



*Your
Gwinganna
Experience*

welcome

at gwinganna

Gwinganna Lifestyle Retreat stands apart as a destination that will soothe your soul and inspire you towards healthy living. In an ideal Queensland location with exceptional facilities, connect with supportive, passionate professionals and experience a journey of self discovery. Share this time with friends, family, your partner or, like many guests, enjoy all that is on offer on your own. Explore integrated approaches to health, come to terms with a life transition, loss or illness, find essential life balance or some quality nurturing and support. In essence, a stay at Gwinganna assists you to create resilience in your health and wellbeing, and has the potential to transform your life; mind, body and spirit.

"Wellness is my passion and at Gwinganna we aim to inspire your healthiest intentions and truly make a difference to your everyday lifestyle. I extend a warm invitation to you to switch off from the world and experience Gwinganna and its people."

Sharon Kolkka, General Manager

"I discovered this special place with a serenity and soul that immediately captured my desire to live a healthier life."

Tony de Leede, Owner





retreat

your experience

Gwinganna is a unique property, encompassing 200 hectares of lush Australian hinterland and rainforest with spectacular valley and ocean views. The name Gwinganna, meaning 'lookout', was given to the land by the traditional Aboriginal people who once lived here. It is here in this setting that your personal journey begins.

With an extensive range of program options available, you can choose something different each time you visit or perhaps combine several retreats to create a customised extended stay. Each comprehensive program offers a focus or theme, from detox to specialty areas such as nutrition, sleep and women's health.

You will find solutions on how to manage stress effectively, find greater balance in your life and how to enhance ageing with energy and vitality. Learn about organic living and its benefits and enjoy superb cuisine, diverse activities and outstanding spa and wellness therapies. Programs are constantly being developed and will help you to manage life's challenges and be inspired to make powerful long term changes.

For those who have limited time or are new to the lifestyle retreat experience, a weekend stay is ideal with more flexibility and time to enjoy the spa and surroundings of Gwinganna.

retreat

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nurture

dreamtime

At Gwinganna, we understand your daily routines are often filled with deadlines, responsibilities and family. To assist your body to reach optimum health, we have designed the ideal day: a morning of activity followed by an afternoon of relaxation.

Dreamtime is that wonderful part of the day to slow down. Each day after lunch we give you the chance to stop... visit the Spa Sanctuary, read a book, lie by the pool, relax in one of the many lounge areas, or just take a nap...

gwinganna spa sanctuary

Few places on earth rival the experience of Gwinganna's 33 room custom designed Spa Sanctuary. From the beautiful bushland surrounds and soaring timber design, to the levels of service and care from our team of gifted experts, the spa facilities are created to provide you with the experience of a lifetime.

An exceptional range of therapies and treatments are on offer, many of which are unique to Gwinganna. Choose from body treatments and facials using certified organic products to specialty therapies and massages.

Between the elevated outdoor deck and lounge which overlooks the native spa garden, the Whisper Lounge, a Crystal Steam Room and themed treatment rooms, you'll discover that this is a truly innovative Australian spa.

Every wish you've ever had to be soothed, nurtured, healed and balanced will be realised at the Spa Sanctuary.



heal

Emotional Wellbeing sets the benchmark for living well with health and happiness.

heal

wellness

Prevention is the new paradigm in a well managed health care plan. Gwinganna's wellness therapies offer specialised complementary health care practitioners to assist you to understand your current cellular health and advise you how to devise a lifestyle plan to maintain optimum wellbeing. Choose Naturopathy, Live Blood Analysis, Nutritional consultations or maybe Traditional Chinese Medicine.

Emotional Wellbeing sets the benchmark for living well with health and happiness. Gwinganna is committed to your quality of life and provides Emotional and Stress Management specialists. Depending on your needs we can offer counseling, meditation, The Journey or Equine Therapy. These valuable options can help improve your health, restore energy and vitality and assist in pain management.



nourish

organic cuisine

Gwinganna's superb organic cuisine is a delight to the senses. Fresh, local and organic with much of the produce harvested from the onsite gardens and orchard. Gwinganna's cuisine enjoys a clean and pure journey, from preparation to plate.

Perfectly balanced nutrition ensures the required nourishment is provided for the body for energy and vitality. Each menu is created by Gwinganna's team of nutritionists and chefs, with options including vegetarian, chicken, red meat and seafood. Specific allergies or intolerances are catered for with flair and creativity. During shorter stays, tea and coffee and also organic wine are offered to complement evening meals, in recommended daily allowances.

Gwinganna's dining room offers both indoor and outdoor dining and exudes a casual and relaxed atmosphere where you can enjoy daily meals and conversation with fellow guests.





nourish

Fresh, local and organic, the Gwinganna cuisine enjoys a clean and pure journey, from preparation to plate.



rest

accommodation

Choose from several styles of accommodation to ensure a peaceful rest. These include:

heritage

Each of the heritage houses is unique and has been brought to Gwinganna piece by piece from various locations or built on site in the original Queenslander style. With air conditioning and fans, some feature large lounge areas and a bath.

orchard suites

Centrally located, the Orchard Suites sit amongst a variety of fruit trees with easy access to the main facilities. Built with soaring ceilings, stylish bathrooms and spacious verandahs these contemporary rooms offer a range of options to share or enjoy on your own. All feature air-conditioning, ceiling fans and ensuite bathrooms.

the villas

The Villas at Gwinganna offer a premium accommodation experience for your stay. Set in various locations they offer more privacy and comfort to create the ultimate escape. Featuring a deep bath, a spacious ensuite, laundry facilities and special features such as a plunge pool or steam room. Book early to secure your very own oasis within Gwinganna.

Ask our Retreat Advisors for more details.



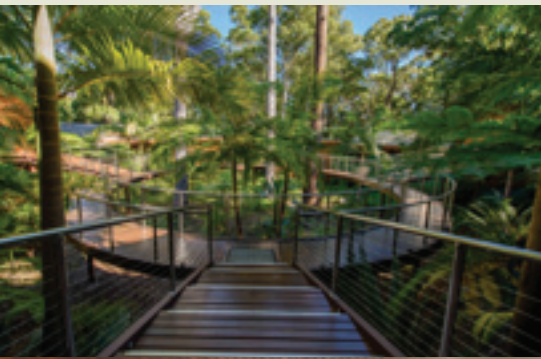
move

activities

Movement at Gwinganna is inspired by its stunning environment, whether the activity is indoor or outdoor. Although nothing is compulsory, you will love getting involved.

Choose from Gwinganna's signature yin and yang options for mind and body offering gentle exercise, but also the more intense activities to energise your spirit. A range of private training sessions are available and ensure optimum results.

Qi Gong, yoga, Pilates, stretching and meditation and popular yin options led by dedicated and passionate teachers who will assist you to develop skills for life balance and functional movement. Or, join in games such as tennis, cricket and fun effective aqua workouts. Indoor options include fitball, boxing circuits, indoor cycling and the innovative Kinesis training system, while outdoors you can join challenging hikes and scenic walks...diversity is our specialty.



explore

facilities

Gwinganna offers facilities in an environment like no other to ensure your stay is exactly as you need it to be. On a plateau with scenic ocean and valley views is the main accommodation village including dining and relaxation area, swimming pools, seminar venue, gymnasium and spa. Close by, The Store has a variety of products, books, clothing and gifts for you to take home. Everything is within easy walking distance.

dining and relaxation

Gwinganna's dining room extends onto an outdoor deck with infinity edge swimming pool. This is the place to dine, to read by the pool or to relax under the shade of the trees. An indoor lounge with an open fireplace and amphitheater is the venue for informal presentations and musical experiences.

activity

Central to the activity program is a stunning two level gymnasium and personal training centre which features an outdoor infinity edge lap pool and fully equipped gymnasium with Kinesis and Pilates training on the mezzanine level. With views from every aspect, this innovative centre also provides consultation rooms for evaluations. Adjoining the gymnasium, an indoor Group Fitness Studio features sprung timber floors and impressive sound system with a separate air conditioned indoor cycling studio. An open air Mind Body Pavilion provides shelter from rain and sun, but allows cooling breezes and views and the labyrinth is a dreamy destination to explore your intentions.

At the top of Mt Gwinganna, the Yoga Deck delivers views from Moreton Bay to Coolangatta on an expansive platform for stretching, yoga or just soaking up the stillness and beautiful surrounds.



environmental

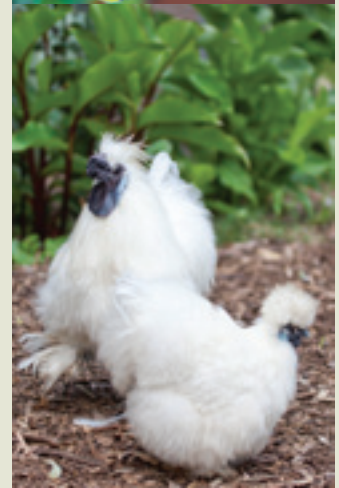
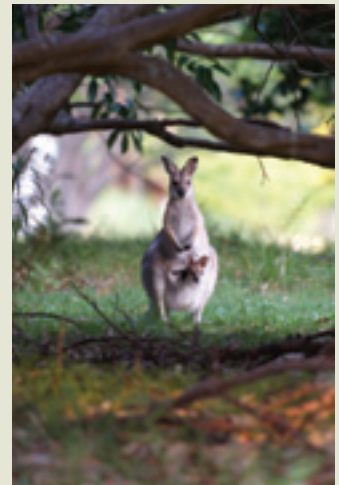
Gwinganna is one of the only health retreats recognised with Ecotourism certification. A comprehensive environmental focus is in place including efficient use of energy, water treatment and recycling, on site composting and a botanist and an organic gardener on staff.

Awarded full registration with Land for Wildlife, Gwinganna works closely with Conservation Partnership Officers and not for profit organisation Wildcare Australia Inc, to protect and enhance wildlife habitat on the property. Gwinganna is actively involved in translocating rescued native wildlife and we encourage you to look out for animals during your stay.

location

Gwinganna is easy to reach but feels a million miles away. Located on Queensland's Gold Coast, in a hidden region of the Tallebudgera Valley, it is less than 30 minutes from Gold Coast airport, around 60 minutes from Brisbane airport and just 15 minutes from Burleigh Heads beach. Courtesy transfers from Gold Coast airport are available at set times.

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Gwinganna.
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