

## 2011 WEEKEND PACKAGES

<b>1 Day Pamper Package</b> \$280 per person	Overnight accommodation with ensuite and cooked breakfast in the morning one massage, one facial, spa, walk to the village for your lunch and dinner
<b>1 Day Indulgent package</b> \$343 per person	Overnight Accommodation with ensuite and cooked breakfast in the morning one massage, one facial, spa, yoga, meditation and evening meal
<b>1 Day Rejuvenation package</b> \$303 per person	Overnight accommodation with ensuite and cooked breakfast in the morning massage, yoga, meditation, spa, guided forest walk, oxygeniser, evening meal
<b>1 Day Counselling Package</b> \$438 per person	Overnight accommodation with ensuite and cooked breakfast in the morning, one 90 minute counselling session, one massage, one facial, one guided forest walk, 30 minute meditation, one evening meal

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<b>2 Day Pamper Package</b> \$385 per person	Overnight accommodation with ensuite, cooked breakfast both mornings one massage, one facial, spas, walk to the village for your lunch and dinner
<b>2 Day Indulgent Package</b> \$476 per person	Overnight accommodation with ensuite, cooked breakfast both mornings one massage, one facial, spas, yoga, meditation, evening meals both nights
<b>2 day Rejuvenation package</b> \$598 per person	Overnight accommodation with ensuite, cooked breakfast both mornings two massages, yoga, meditation, one forest walk, two oxygeniser, two evening meals, Dr. John's Slim Advantage program
<b>2 day Counselling package</b> \$661 per person	Overnight accommodation with ensuite, cooked breakfast both mornings two 90 minute counselling sessions, one massage, one facial one guided forest walk one 30 minute meditation two evening meals

## 2011 MIDWEEK - ONE TO SEVEN DAY PAMPER PACKAGES

<b>1 Day Pamper Package</b> \$225 per person	Overnight accommodation with ensuite and cooked breakfast in the morning massage, one facial and spa. Walk to the village for your own lunch and dinner
<b>2 Day Pamper Package</b> \$330 per person	Overnight accommodation with ensuite, cooked breakfast both mornings, one massage, one facial and spas, walk to the village for you own lunch and dinner
<b>3 Day Pamper Package</b> \$435 per person	Overnight accommodation with ensuite, cooked breakfast each morning, one massage, one facial and spas, walk to the village for your own lunch and dinner
<b>4 Day Pamper Package</b> \$540 per person	Overnight accommodation with ensuite, cooked breakfast each morning, one massage, one facial and spas, walk to village for your own lunch and dinner
<b>5 Day Pamper Package</b> \$700 per person	Overnight accommodation with ensuite, cooked breakfast each morning, two massages, one facial, and spas walk to village for your own lunch and dinner
<b>6 Day Pamper Package</b> \$860 per person	Overnight Accommodation with ensuite, cooked breakfast each morning three massages, one facial and spas, walk to village for your own lunch and dinner
<b>7 Day Pamper Package</b> \$965 per person	Overnight Accommodation with ensuite, cooked breakfast each morning, three massages, one facial and spas, walk to village for your own lunch and dinner

## 2011 MIDWEEK - ONE TO SEVEN DAY INDULGENT PACKAGES

<b>1 Day Indulgent Package</b> \$288 per person	Overnight accommodation with ensuite with cooked breakfast, one massage, one facial, spa one yoga, one meditation and evening meal.
<b>2 Day Indulgent Package</b> \$421 per person	Overnight accommodation with ensuite, cooked breakfast both mornings, spas one massage, one facial, one yoga, one meditation, evening meal both nights
<b>3 Day Indulgent Package</b> \$554 per person	Overnight accommodation with ensuite, cooked breakfast each morning, spas, one massage, one facial, one yoga, one meditation, evening meal each night.
<b>4 Day Indulgent Package</b> \$687 per person	Overnight accommodation with ensuite, cooked breakfast each morning, spas one massage, one facial, one yoga, one meditation, evening meal each night
<b>5 Indulgent 5 Day Package</b> \$875 per person	Overnight accommodation with ensuite, cooked breakfast each morning, spas two massages, one facial, one Yoga, one meditation, evening meal each night
<b>6 Day Indulgent Package</b> \$1133 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, one facial, three yoga, three meditation, spas, six evening meals.
<b>7 day Indulgent Package</b> \$1266 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, one facial, three yoga, three meditation, spas, seven evening meals

## 2011 MIDWEEK - ONE TO SEVEN DAY REJUVENATION PACKAGES

<b>1 Day Rejuvenation Package</b> \$249 per person	Overnight accommodation with ensuite, cooked breakfast, massage, yoga, meditation, spa, guided forest walk, oxygeniser, evening meal.
<b>2 Day Rejuvenation Package</b> \$563 per person	Overnight accommodation with ensuite, cooked breakfast both mornings, two massages, yoga, meditation, spas two guided forest walks, two oxygeniser, two evening meals The Dr John Tickell Slim for Life programme
<b>3 Day Rejuvenation Package</b> \$777 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, yoga, meditation, spas three guided forest walks, 3 oxygeniser, three evening meals The Dr John Tickell Slim For Life programme
<b>4 Day Rejuvenation Package</b> \$930 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, yoga, meditation, spas, four guided forest walks, 3 oxygeniser, four evening meals, The Dr John Tickell Slim for Life programme
<b>5 Day Rejuvenation Package</b> \$1083 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, yoga, meditation, spas, five guided forest walks, 3 oxygeniser, five evening meals, The Dr John Tickell Slim for Life programme
<b>6 Day Rejuvenation Package</b> \$1306 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, three yoga, and meditations, spas six guided forest walks three oxygeniser, six evening meals, The Dr. John Tickell Slim for Life Program
<b>7 Day Rejuvenation Package</b> \$1459 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three massages, three yoga, and meditation, spas, seven guided forest walks, three Oxygeniser, seven evening meals, The Dr John Tickell Slim for Life programme

## 2011 MIDWEEK - ONE TO SEVEN DAY COUNSELLING PACKAGES

<b>1 Day Counselling Package</b> \$383 per person	Overnight accommodation with ensuite, cooked breakfast, 90 minute Counselling sessions, one massage, one facial, 30 minute meditation, one guided forest walk, one evening meal.
<b>2 Day Counselling Package</b> \$626 per person	Overnight accommodation with ensuite, cooked breakfast each morning, two 90 minute Counselling sessions, one massage, one facial, one 30 minute meditation, two guided forest walks, two evening meals.
<b>3 Day Counselling Package</b> \$924 per person	Overnight accommodation with ensuite, cooked breakfast each morning, three 90 minute Counselling sessions, two massages, one facial, one 30 min. meditation, three guided forest walks, three evening meals.
<b>4 Day Counselling Package</b> \$1222 per person	Overnight accommodation with ensuite, cooked breakfast each morning, four 90 minute Counselling sessions, three massages, one facial, one 30 minute meditation, four guided forest walks four evening meals.
<b>5 Day Counselling Package</b> \$1400 per person	Overnight accommodation with ensuite, cooked breakfast each morning, five 60 minute Counselling sessions, three massages, two facial, two 30 minute meditation, five guided forest walks, five evening meals.
<b>6 Day Counselling Package</b> \$1613 per person	Overnight accommodation with ensuite, cooked breakfast each morning, six 60 minute Counselling sessions, three massages, two facial, two 30 minute meditation, six guided forest walks, six evening meals.
<b>7 Day Counselling Package</b> \$1901 per person	Overnight accommodation with ensuite, cooked breakfast each morning, seven 60 minute Counselling sessions, four massages, two facial, three 30 minute meditation seven guided forest walks, seven evening meals.

## 2011 TWO AND THREE WEEK PACKAGES

<b>2 Week Pamper Package</b> \$1820 per person	Overnight accommodation with ensuite, cooked breakfast each morning, four massages, two facials, spas walk to the shops for your own lunch and dinner
<b>2 Week Indulgent Package</b> \$2477 per person	Overnight accommodation with ensuite cooked breakfast each morning, five massages, two facials, six yoga, six meditation, spas, evening meals each night
<b>2 Week Rejuvenation Pack</b> \$2818 per person	Overnight accommodation with ensuite, cooked breakfast each morning, six massages, six yoga and meditation, spas, 14 guided forest walks, six oxygeniser, fourteen evening meals The Slim Advantage by Dr John Tickell
<b>3 Week Pamper Package</b> \$2730 per person	Overnight accommodation with ensuite, cooked breakfast each morning, six massages, three facials, spas, walk to shops for your own lunch and dinner
<b>3 Week Indulgent Package</b> \$3653 per person	Overnight accommodation with ensuite cooked breakfast each morning, seven massages, three facials, spas, eight yoga and meditation, 21 evening meals
<b>3 Week Rejuvenation Pack</b> \$4177 per person	Overnight accommodation with ensuite, cooked breakfast each morning, nine massages, nine yoga and meditation, spas, 21 guided forest walks, nine oxygeniser, twenty one evening meals The Slim Advantage by Dr John Tickell

Prices will be given on application for four week and longer stays.

### 2011 Day Spa Packages

Massage, Facial, Spa, - \$140 please allow three hours