

# Natural Instinct Healing's "Simply Renew" Fasting Detox Retreat



**GyMEA Eco Retreat Centre & Day Spa, Northern NSW**

**15th – 24th February 2013**

• NATURAL INSTINCT ENTERPRISES PTE LTD •

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## Retreat Details

Thank you for the opportunity to present this personal retreat information brochure. This brochure confirms that at this point in time we have availability for you to join our 9 night Fasting Detox Retreat in the northern rivers region of New South Wales. To avoid disappointment, we suggest you confirm your booking with us as soon as possible. Please sit back, relax, and read all about our unique retreat package ~ a physical, emotional, and spiritual journey guaranteed to change your life!

## Retreat Overview & Health Benefits!

Whilst you are fasting (abstinence from food), your body will be purged of long-term accumulated toxins and acid wastes which are affecting its ability to absorb nutrients and potentially adding to *dis-ease* in your body. Our retreat activates your body's innate healing capacity to renew, rejuvenate and refresh all of its cells, organs, bodily systems and blood.

Practitioner prescribed herbs and natural supplements are utilised to literally "pull out" the toxins via the body's elimination pathways i.e. colon, skin, kidneys, liver, lungs and lymph nodes. And the additional support of enemas, yoga, meditation, massages, spa & sauna, gentle exercise, fresh organic juices, organic broth soups, and herbal teas ensures a deep and thorough cleanse.

As the toxic load reduces throughout the retreat, the functioning of every cell in your body is enhanced, which makes our *Simply Renew* Retreat a very powerful tool for the elimination of disease processes in the body, building up energy, strength & vitality, and assisting in weight loss.

It is the rise in our overall toxicity levels that often leads to increased health complications and disease processes.

### COMMON PRE-FAST HEALTH COMPLAINTS

- 🌿 Digestive complaints
- 🌿 Stress
- 🌿 Overweight & sluggish metabolism
- 🌿 Skin conditions and allergies
- 🌿 Hormonal imbalances in men and women
- 🌿 Poor immune system
- 🌿 General tiredness & lethargy
- 🌿 Overindulgence & food cravings
- 🌿 Poor circulation
- 🌿 Allergies and food intolerances
- 🌿 Depression and Anxiety
- 🌿 Lack of concentration and focus
- 🌿 Past or present injuries & convalescence
- 🌿 Slow healing capacity

### WHAT TO EXPECT AFTER THE RETREAT!

- Weight Loss & Body Re-composition**
- Increased Enthusiasm & Motivation**
- Stress Relief & Mental Clarity**
- Increased Vitality & Energy**
- Digestive Balance & Immune Resistance**
- Detoxification & Cellular Renewal**
- Increased Self Awareness**
- Liver Cleansing & Hormonal Balance**
- Reduced Cravings & Elevated Mood**
- Improvement in Blood Circulation**

*“ Such an enriching, powerful, and incredibly necessary ten days. You have created a wonderful program to nourish and strengthen the body, mind, and spirit – a platform that everyone truly needs to live their best life possible... ”*

Suz Mendoza - Australian Fasting Detox Retreat, May 2012.



## Retreat Location

Our retreat will be hosted at the base of majestic Mt Warning in the northern rivers region of New South Wales at GYMEA Eco Retreat & Spa – a sustainable retreat & day spa with a commitment to rejuvenation, health, and healing. The enchanting accommodation and secluded location sets the perfect scene for your personal health and healing journey.

The retreat centre is positioned on 22Ha (54 acres) of secluded naturally undulating rainforest with stunning views of Mt. Warning, a UNESCO World Heritage national Park. The space will provide guests with the opportunity to soak up the natural beauty and relax in comfort, with an amazing Day Spa for those looking for the ultimate nurturing experience.

Positioned 40 minutes from Gold Coast Airport, 45 minutes from Byron Bay, and approx. 1 hour 45 minutes to Brisbane Airport; the retreat location is ideal for both Australian and International guests. The retreat centre has a number of recommendations and suggestions for transfers.



## Example of Daily Supplement & Activity Schedule

Natural Instinct Healing are well experienced in the art of providing constant support to guests while giving them the space and inspiration to follow their own personal healing journey.

Time	Supplements	Activity
7.00am	Detox Shake & Herbal Tea	Enema
8:30am	Detox Herbs & H <sup>2</sup> O <sup>2</sup>	Yoga, Water Therapy, Guided Bush/Beach Walk
9:30am	Hydration Drink & Herbal Tea	Journaling / Reading / Reflection / Pool
10:00am	Detox Shake	
12:00pm	Detox Herbs & Live Green Juice	Workshops – Nutrition, Conscious Cleansing, Raw Food
1:00pm	Detox Shake	Relaxation Massages Private one-on-one sessions with Practitioners Magnesium Mineral Swimming Pool Steam, Sauna, Hydrotherapy Spa, Plunge Pool
2:30pm	Detox Herbs & Coconut Water	
4:00pm	Detox Shake & Herbs	
5:00pm	Herbal Tea	
6:00pm	Broth Soup & Detox Herbs	Guided Meditation
7:30pm	Detox Shake (Optional)	Movie / Group Discussion





## Accommodation & Facility Details



### Eco Deluxe Rooms (Single & Twin Share option)

The Retreat centre offers 20 Eco Deluxe double rooms, which are all equipped with luxury 5 star eco inner sprung latex topped single or king beds. All bedding, manchester and room furnishings have been carefully selected to meet biodynamic or organic certification standards. Each room includes its own shower and toilet.



### The "Octagon" Hall

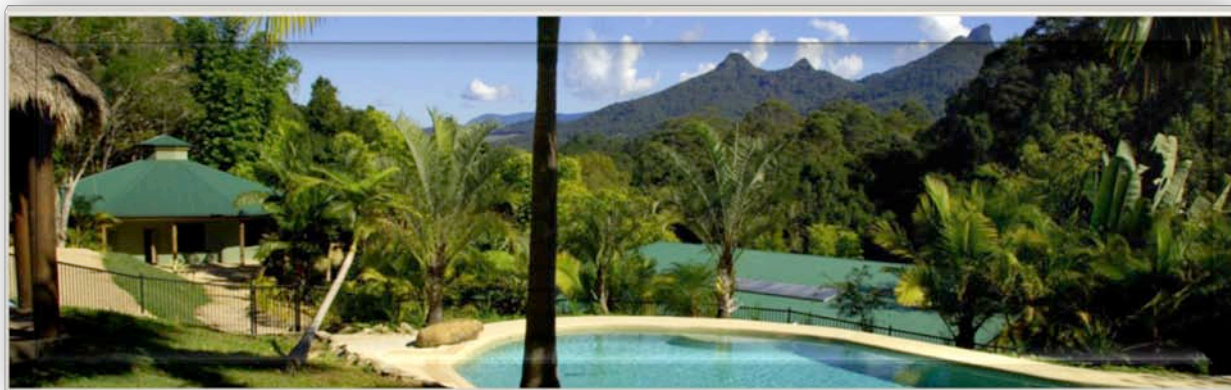
Natural Instinct Healing will have exclusive use of the "Octagon" Hall - a 220m<sup>2</sup> hall with amazing acoustics and ideal for morning yoga sessions, evening meditations, and daily health and healing workshops. The "Octagon" will be the 'hub' of the retreat, and a perfect setting for informative and inspiring group sessions.



### Day Spa & Magnesium Mineral Swimming Pool

Set in lush surroundings, the Day Spa compliments our program by offering guests a sauna, steam-room, plunge pool and contemporary hydrotherapy spa experience every 2<sup>nd</sup> day throughout the retreat. Guests will be enjoying relaxation massages within their retreat package, and the Day Spa also offers a range of certified organic facial and body treatments.

The 20m long resort style swimming pool enjoys incredible views of Mt Warning and the valley. Benefits of the magnesium mineral pool include feeling and tasting like fresh water and environmental friendliness - perfect for our morning "Water Therapy" sessions, or simply lazing by the pool with a book and soaking up the energy emanating from Mt Warning.





## Retreat Inclusions

### Your quoted retreat package price includes:

- 🌿 Pre-cleanse support and dietary plan before arriving to the retreat
- 🌿 Accommodation for length of retreat (9 nights)
- 🌿 Constant on-site guidance and support from trained professionals during the entire length of retreat
- 🌿 Orientation on arrival including personalised health assessment and physical examination
- 🌿 Welcome Pack & Educational Workbook including information on the process of fasting, recipes to take home, refresher sprays, and a whole lot more!
- 🌿 All fresh juices, coconut water, broth soup, and herbal teas (we use local organic produce where ever possible)
- 🌿 Practitioner only herbal products, minerals, vitamins and probiotic supplements to support and enhance the detoxing capacity of the body
- 🌿 Daily guided exercise classes - including yoga classes, water therapy sessions, and guided bush/beach walks.
- 🌿 3 x one hour massages tailored to further enhance the detoxification process
- 🌿 4 x one hour Steam, Sauna, Hydrotherapy Spa and Plunge Pool sessions to further enhance the detoxification process
- 🌿 Workshops on a variety of topics including nutrition, eating for health, food as medicine, conscious cleansing, emotional clearing, hormonal balance and weight loss.
- 🌿 2 x one-on-one personal health or healing sessions with our onsite Naturopath, Nutritionists & Healers.
- 🌿 1 x excursion to local beach for meditation and beach walk.
- 🌿 Daily enemas
- 🌿 Daily guided meditations

### The retreat package does not include:

- 🌿 Transport and/or transfers to the retreat location (we have a list of recommendations)
- 🌿 Beauty care treatments at the Day Spa e.g. facial treatments.

## Optional Extras

One-on-one consultations with Qualified Practitioners <sup>♪</sup>	60-75 minutes	\$80-\$100
Extra Spa treatments incl. Massages <sup>♫</sup> , Facials, etc.	30+ minutes	\$55++
Beauty & Health care products + take away Supplement Kits	Varied	

♪ Two (2) private consultations are included within the retreat package price.

♫ Three (3) massages are included with the retreat package price.



## Personal Investment

Single Occupancy	\$3150	Twin Occupancy	\$2745pp
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Guests requesting twin share occupancy must book in and share a room with their own accompanying friend or partner. Given the nature of the retreat we strongly recommend single occupancy for our guests - unless your travel companion is a partner, or a very close friend with whom you know you can share space and a bathroom. The retreat is an experience that can bring raw emotions to the surface, and also a time for inner reflection – this is why we recommend single occupancy.

## The Small Stuff Explained...

Reservations are only held with a \$650 non-refundable deposit. The remaining balance is due no later than 14 days prior to arrival (or on arrival subject to arrangement with Management), with any additional charges finalised upon check out, payable in cash only. We hope to share the experience with as many people as possible; as such *Payment Plans* can be arranged directly with Management if requested.

Payments can be made via Bank Transfer or PayPal. All payments made via Credit Card through our PayPal account will incur an additional 3% processing fee; we hope you understand that we have to pass on this incurred cost to our clients. Cancellations made within 2 weeks of the arrival date forfeit the full package amount.

## Contact / Find Us

Should you have any questions about this retreat please contact Natural Instinct Healing at any time via email. If you would prefer to discuss over the phone please provide us with a contact number, your time zone, and a preferred time of day for contact. Please just hover your mouse over the respective hyperlinks below to make contact and/or see what we are all about!

**Email:** [info@naturalinstincthealing.com](mailto:info@naturalinstincthealing.com)  
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