A person is walking away from the camera on a dirt path that winds through a dense, lush forest. The scene is captured during sunset or sunrise, with a warm, golden light filtering through the trees. The path is surrounded by tall, green trees and undergrowth. The overall atmosphere is serene and peaceful.

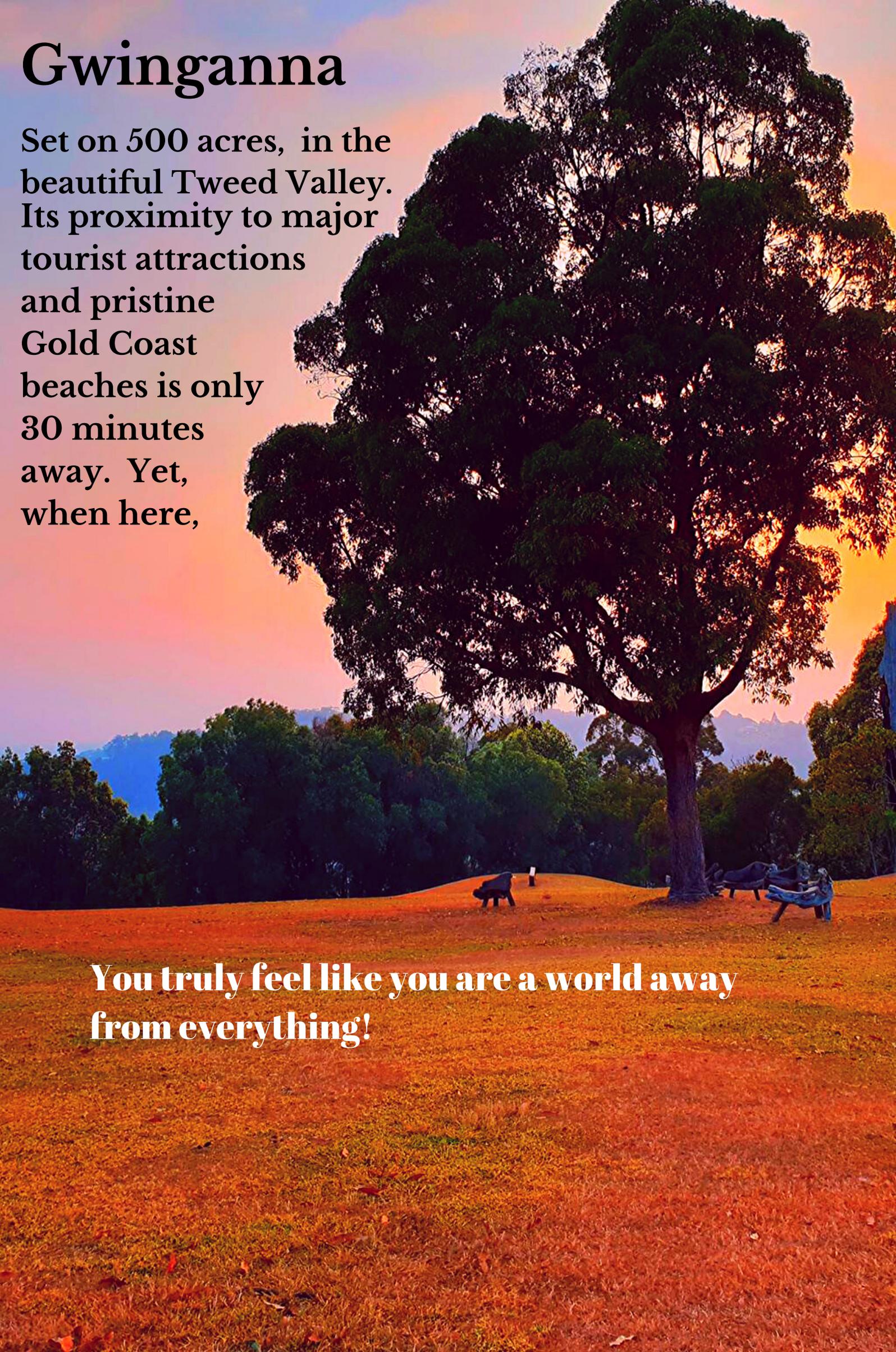
**WHEN
CHOOSING
GWINGANNA,
YOU ARE
CHOOSING
LUXURY,
SERENITY,
PEACE, AND
EDUCATION.**

THIS LIFESTYLE HEALTH
RETREAT is like nothing I
have ever experienced. The
team at Gwinganna and the
passion they all share in
educating guests on how to
live healthier and fuller lives
is astounding. All Experts in
their fields - the information
they provide is so valueable
to anyone who REALLY
wants to improve their health
and well-being

Gwinganna

Set on 500 acres, in the beautiful Tweed Valley. Its proximity to major tourist attractions and pristine Gold Coast beaches is only 30 minutes away. Yet, when here,

You truly feel like you are a world away from everything!





Welcome to Gwinganna

Your wellness journey begins

How to describe this captivating place "Gwinganna" with only a few words, would have to include "True Australian Raw Beauty accompanied by luxury and an ever powerful message of health and well-being. The Gwinganna Journey for me, begins with a drive through the beautiful Tweed Valley to the Entry Gates of Gwinganna which is at the bottom of the mountain, follow a steep driveway immersed by plenty of greenery and the amazing backdrop of the Australian Bush.

Anticipation truly heightens as I get further and further up the mountain and then, there it is "Gwinganna", perched at the top of the valley. I hopped out of our car and just took a moment to observe this alluring sight and breathe in some fresh mountain air. There is plenty of open spaces which immediately made my soul feel restful. The buildings are a mixture of colonial style and traditional timber Queenslanders, set in acres of lush greenery,

orchards trees and the stunning views of the Australian Eastern Coastline. Gwinganna is an Aboriginal world meaning "the Look out," with this location and the incredible views, what an ideal name for such a place! Why visit Gwinganna? Who would benefit from visiting Gwinganna? To me, anyone who is on a journey of Self Care, anyone who wants to retreat from the daily grind, people with high stress and who have so much going in in their personal life, people who just want to get away from the noise of their daily lives and retreat to a tranquil, quiet place - where you can hear your thoughts and be still for a period of time. Gwinganna to me is more than just a Retreat, it is an Education / Learning Centre for your Soul and your Well-being. I returned from Gwinganna feeling empowered, restored, rejuvenated - ready to face my challenges in a better mind-set and with a conscious goal to better my lifestyle habits and live a fuller, healthier life!



What to Expect

- At check-in you will be given a program which will run throughout your Retreat.
- On the first evening there is a Welcome briefing/Introduction to Gwinganna and what the Gwinganna Experience is all about, this is very informative so do not miss it!
- The property does not promote the use of mobile phones in Public areas, when you are here you are here to shut out the outside world!
"No TV's in your room"
- All meals included breakfast, morning tea, lunch, afternoon tea, dinner. Delicious meals are mostly organic with vegetables served straight from Gwinganna's garden.
- On longer retreats - no coffee, no wine.
- On shorter retreats 1 glass of Organic Wine with dinner and Instant coffee provided at Tea Station
- Water is always available!
- Scheduled Fitness / Wellness classes / Seminars
- Most retreats will include 1 x Aromatherapy Massage in Gwinganna's World famous Day Spa
- * Use of all onsite facilities - beautiful Infinity pools, sauna, steam rooms, gymnasium



Gwinganna
Lifestyle Retreat

