

# Feel Good Factor

BY REBECCA KIDMAN

*"MOST RETREATS HAVE IN-HOUSE NATUROPATHS TO HELP WITH DIET AND HEALTH ISSUES."*

TO JUMP OUT OF YOUR SKIN WITH WELLBEING, A BIT OF TIME AWAY MIGHT BE ALL THAT'S NEEDED.

**H**ealth retreats put a focus on exercise, relaxation, and wholesome eating, all the elements that work to replenish the body and soul.

Although the retreats vary in the services they offer, all give the opportunity to relax, unwind and give time and space to enjoy the lead up to the wedding. The services could include facials, body wraps, shiatsu, reflexology and massage. Most retreats have in-house naturopaths to help with diet and health issues.

A week or a few days spent in fresh air with exercise, relaxation and good food offers a natural detox for the body, without putting the body into shock. Exercise is offered at all retreats, most will have a well equipped gym, work-out classes and walking tracks. Some will also have more extreme physical challenges available.

Retreats usually run meditation classes, tai chi, yoga, and workshops on weight and stress management. The holistic health retreats around Australia have many wonderful therapies and services and promise a return home feeling more healthy and radiant.

## A HEALTH RETREAT NEAR YOU

THE GOLDEN DOOR HEALTH RETREAT AND CAMP EDEN BOTH LOCATED IN THE HINTERLAND, QUEENSLAND

HOPEWOOD HEALTH RETREAT  
WALLACIA, NSW

KANGAROO ISLAND HEALTH RETREAT  
EMU BAY, KANGAROO ISLAND, SA

ANUBHA MOUNTAIN HEALTH RETREAT  
KINGSTON, TASMANIA

A COUNTRY HEALTH RETREAT  
GIDGEGANNUP, WA

SAMADHI SPA AND WELLNESS RETREAT  
GLENLYON/DAYLESFORD, VIC

PLEASE NOTE: IT IS IMPORTANT TO CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE UNDERTAKING ANY CHANGES TO YOUR DIET OR LIFESTYLE.

### REBECCA KIDMAN IS A QUALIFIED NATUROPATH

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