

# Embracing Health, Embracing Life!

Eight Day Detox, Healing & Raw Food Retreat

*Busselton, WA*

*23<sup>rd</sup> November – 1<sup>st</sup> December, 2012*

## **Getting There:**

The Embracing Life! Retreat is being held at:

Grand Mercure Apartments Busselton  
553 Bussell Highway  
Broadwater WA 6280  
08 9754-9800

## **Driving:**

Driving route from Perth:

1. Head south on the Kwinana Freeway (104km)
2. Continue straight onto Old Coast Road (39.3km)
3. Continue onto Australind Bypass (17.6km)
4. At the end of the Australind Bypass you will come to a roundabout – take the 1<sup>st</sup> exit left into Bunbury Bypass (4.9km)
5. At the T-intersection turn left onto Bussell Highway (46.4km)
6. Turn right at the roundabout to continue on Bussell Highway
7. Turn left at the intersection of Queen and Albert streets to continue on Bussell Highway
8. Travel 6km, Grand Mercure is on the right hand side after Holgate Road



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## **Check-in:**

Check-in is from 2pm, and our first group get-together will be at 5.30pm, so arrival prior to this time would be appreciated so that you don't miss the introduction to the week's events.

## **Check-out:**

Check-out is by 10am on the Saturday morning, and we will be finished our breakfast and closing by 8.30 – 9.00am.

## **Accommodation:**

Grand Mercure's accommodation will be in either three bedroom - two bathroom apartments; two bedroom - two bathroom spacious apartments, where everyone will enjoy their own private room with shared living areas or King Spa accommodation. Couples will automatically be upgraded to a King Spa Suite.

## **What to bring:**

- Swimwear
- Hat
- Non-toxic sunscreen and insect repellent
- A torch and an umbrella are both handy to have
- An alarm clock
- Beach towel
- Comfortable clothes suitable for yoga
- A yoga mat if you have one
- Sneakers for walking
- A set of warmer clothes for cool evenings
- Something nice to wear for our last night celebration dinner
- Books or magazines for reading by the pool
- Hairdryer and non-toxic personal care products
- A fun attitude



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## **What NOT to bring:**

- Any food or snacks
- Tea or coffee (herbal teas will be provided)
- Cigarettes
- Alcohol
- Only bring necessary medication
- Perfume or personal care products with a strong scent – as a courtesy as some people are allergic or sensitive to any scented products
- Video cameras or recording devices – personal use only. We request that no recordings of the event on video or tape are made. Cameras for still photographs are fine, and there will be comprehensive notes given at each lecture, so you won't miss anything!
- Workbooks, pens and paper will be provided

## **Shuttle Bus Services**

Bus Services operate daily between Perth City and Busselton. For current information, reservations and timetables please contact: 08 9326-2477

<http://www.transwa.wa.gov.au/>

## **Extra Bookings:**

### Colon Hydrotherapy:

Colon Hydrotherapy is available in Margaret River, about a 40 minute drive from the resort. If you would like to book treatments during your stay they will be at a cost of \$90.00 per session.

The Margaret River Renewal Clinic is proud to offer the LIBBE open system of colon hydrotherapy. This system allows for the client to have more control over their cleansing experience. You will be in a private room, your therapist fully appreciates the sensitivity of the colonic procedure and will help you feel at ease. You are completely covered & your privacy will be maintained at all times. Each session lasts approx. 35-45 min.

Please make all bookings with Leisa – and it would be appreciated if you could let me know your requirements well in advance.



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## Massage:

Two massages are included as a part of your retreat experience, but if you would like extra massage treatments during your stay they will be at a cost of \$95.00 per hour.

Please make all bookings with Leisa – and it would be appreciated if you could let me know your requirements well in advance.

We have Darby Centra, a very talented healer on staff for the week, and he will be treating everyone to one Hawaiian Ka'Huna Massage during the retreat. He is also available to do a limited number of extra massages of various styles during the week, as listed below. Extra treatments are at a rate of \$95 per hour or \$125 per hour and a half.

- **Ka'Huna** - the King of massages - based in the Hawaii'an temple style tradition, a flowing dance of full body-long strokes that work with the breath and energy of the client for a thoroughly relaxing and relieving experience. Utilising only organic coconut oil, these sessions can be tailored to work with the needs of your body and spirit.
- **Bone and Joint massage**- great for deep relaxation, old injuries, blood regeneration.
- **Polynesian floor massage**- excellent for a deep stretch, reinvigoration and alleviation of pain and energy blockages.
- **Ch'i net Tsiang** and **Deep Stomach massage**- superb for deep emotional and physical release- an extremely effective cleansing massage that complements a strong raw food-based cleanse (best during the juice fasting).
- **Deep Tissue Ka Huna**- focusing on holistic cleansing of stagnant energy, working with breath and release.

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## Massage & Day Spa Therapies:

Day Spa therapies will be available on site during the retreat. Please make all bookings with Leisa – and it would be appreciated if you could let me know your requirements well in advance.

### **Deep Cleansing Facial**

This facial deeply cleanses, clarifies and refines the skin. Miessence organic skin care products are used to massage the face, neck, décolletage and shoulders with an extra pampering with a hand and arm, or foot and lower leg massage. A delight to the senses.

*60 minutes*

**\$95**

### **Bio-Active Facial Treatment**

Experience this highly acclaimed superb Mineral Skin Care product from the Dead Sea. Restorative, rejuvenating, anti-wrinkle treatment suitable for everyone, especially those with time challenged skin.

*75 minutes*

**\$110**

### **Remedial Massage with Hot Stone Thermal Treatment**

A massage tailored to address your personal needs using remedial, sports and deeper tissue techniques, combined with the soothing heat, weight and energy of ancient metamorphic Australian stones. A perfect treatment for aching muscles concentrating on challenged areas or full body.

*60 or 90 minutes*

**\$95 / \$125**

### **Sea Salt Body Polish**

A stimulating sea salt and coconut cream body polish. Blended with Lime, Lemon, Grapefruit and Juniper oils this scrub is excellent for cellulite, dull sluggish skin, toxin release and improving blood and lymph circulation. Includes a gentle facial scrub.

*50 minutes*

**\$85**

### **Warm Mud Oil Massage Wrap**

Modern research has determined that the unique blend of powerful minerals in Dead Sea Mud acts as a highly beneficial health and beauty treatment. This revitalising body wrap is based on 50% black mud from the Dead Sea, enriched with fine natural oils including Sweet Almond, Jojoba and Olive Oil. Dead Sea Mud revitalises and invigorates the skin and neutralises surface toxins and when combined with natural yet effective oils, a Mud Oil Massage and Wrap can work wonders on body and mind.

*60 minutes*

**\$95**

### **Healing Touch Full Body Chakra Connection**

An energy based program researched by science and developed by nurses since 1989. By clearing and balancing the chakras, emotional and physical healing is promoted on all levels.

*45 minutes*

**\$70**



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## Naturopathy:

I will be with you during the whole retreat and there will be ample opportunity in both the lectures, free time, and during the meals for me to answer all of your questions and for all of us to have input and discussions on all sorts of health issues (and anything else that comes up!).

I have found that for most people this interaction, and the education they receive during the week is all they need – but at times someone may genuinely require a more in-depth and private consultation to discuss a more serious health matter.

To cater for this, I have put aside only three appointments during the week for naturopathic consultations. The cost of these consults will be \$95.00 and if you would like to book a spot, please advise Leisa.

I look forward to a great retreat with you!

*Leisa*

Healing is a journey, not just a <sup>raw food</sup> diet.

