

# RETREAT MENU

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A  
TRANSFORMATIVE  
WELLNESS  
EXPERIENCE

## YOUR URBAN RETREAT

Willow offers a holistic approach to health and wellbeing that fills your senses with ambient tones, rhythmic symmetry and purified air. This harmonious atmosphere invites you to immerse yourself in the surroundings and open your soul to inner peace, connection and happiness.

A place that promotes and educates physical, nutritional, mental and social wellbeing, it is a space to escape from city stressors.

Our Urban Retreat provides a 360° approach to wellness. We meld Eastern and Western philosophies to personalise experiences and guide guests on their wellness journey. Our retreat programs adopt an integrated approach, an inspiration for creating a healthy lifestyle — your unique wellness experience.

Our team of holistic health experts, influential specialists and outstanding spa therapists have been hand-picked for their exceptional knowledge and expertise.



# THE SPACE

Air and light transcend the space to awaken the senses. Inspired by Eastern and Western healing philosophies, Willow embodies a harmonious energy that invigorates the soul.

We have partnered with local architects and design studio Meme, landscape designer Paul Bangay and artisan Maddie Sharrock to create an emotive atmosphere through an understanding of form, materials and aesthetic. This sensory environment heightens your awareness and provides grounding, encouraging you to be present in the moment.

The finest details have been brought to being to ensure the retreat is true to its principles and values. From acoustically treated rooms and sprung floor design in the movement space, to purified air systems and non-toxic ethically sourced building materials. Willow lives and breathes wellness and clean living.

A crystal grid has been lovingly set into the foundation of the retreat to promote clear and healing energies, restore balance and embody positive vibrations.

**WE INVITE YOU TO EXPERIENCE WILLOW,  
A PLACE TO BREATHE.**

## CAFÉ & WHOLEFOODS

We believe that truly good food should be equal parts vibrant, delicious and nourishing. We're excited about cuisine that looks incredible, tastes amazing and leaves us feeling happy.

Our wholefoods café is already a favourite among locals. Our crew know the difference between *chia* and *chai*. The light-filled space brings together the local community to share nutritious food and exceptional coffee. This hub of activity is located at the centre of Willow and allows easy access to all experiences. Our nutritious menu also attracts those just looking for delicious wholesome foods in a relaxing calm environment.

Fresh produce is sourced locally, with a farm-to-table ethos that is organic where possible. The menu has been designed in conjunction with our resident Naturopath to provide nutrient-dense food that supports your wellbeing. Enjoy beautifully presented and delicious wholefoods in our café or enjoy the convenience of our 'Willow to go' meals and drinks.



MINDFULLY GOOD FOOD

# WELLBEING CONSULTATIONS

Every person has the capacity to thrive. Our Wellness Experts are here to guide you on your personal journey to become the best version of you.

An initial consultation will help to establish your goals, dreams and wishes. Your current state of health and ability to reach those goals will be considered. A lifestyle plan of treatments, nutrition, movement, education and relaxation will be customised exclusively for you.

**YOUR WELLNESS JOURNEY  
BEGINS HERE.**



## AYURVEDA

**Consultation with Resident Ayurvedic Specialist  
60/30 minutes**

The ancient knowledge of Ayurveda is one of the most comprehensive approaches to healthy living and healing. Our Resident Ayurvedic Specialist is highly qualified and a consultation will address the health of the mind, body and spirit. Pulse and tongue diagnosis is used to establish your unique constitution and identify the root cause of imbalance. By examining your lifestyle and physical health, a holistic program will be tailored to best suit your needs and health goals.

## ORIENTAL HEALTH

**Consultation with Oriental Health Specialist  
75/45 minutes**

We respect the ancient wisdom of Traditional Chinese Medicine. Acupuncture, moxibustion, cupping and gua sha modalities are established in Oriental health traditions with an emphasis on achieving and maintaining balance and harmony of body, mind and spirit. A personalised treatment plan may assist in alleviating stress, anxiety, or chronic pain, can address fertility or digestive issues and increase vitality.

## NATUROPATHY

**Consultation with Naturopath  
60/30 minutes**

Naturopathic medicine is a distinct form of primary health care that integrates scientific knowledge with natural therapies. During this in-depth consultation our Naturopath will assess your overall health and design a holistic program to address existing conditions and assist the body to heal and achieve optimal health. Dietary advice and supplements may be prescribed to optimise your health and wellbeing.

*Diagnostic options may include:*

**Functional pathology testing** can investigate a range of biochemical, nutritional, metabolic and hormonal status profiles in the body. Assessment can be beneficial in identifying a wide range of health conditions including fatigue, weight gain, peri-menopause and menopause, infertility and insomnia.

**Hair tissue mineral analysis** will determine the body's current mineral status, highlighting areas of concern and indicating nutrient mineral imbalances or toxic mineral excesses affecting your health.

**THERE IS MORE TO  
LIFE THAN JUST LIVING.  
LEARN TO THRIVE.**



# WELLNESS SPA

**A PLACE OF  
REJUVENATION,  
CONNECTION &  
EMPOWERMENT**

Our Wellness Spa treatments are designed to help promote deep relaxation and reconnection to self. Spa journeys, holistic facials, massage and complementary therapies are provided by professional, intuitive and heart-driven wellness professionals — dedicated to guiding and empowering each guest into a state of greater wellness.

We have carefully selected two world class brands for our Wellness Spa. Australian-owned Subtle Energies offer results-driven aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles.

London-based Aromatherapy Associates have been procured as they are artisans in the field of aromatherapy and renowned for their therapeutic products that nurture the body and boost the spirit.

## AYURVEDA

*A balanced approach to healing.*

*Ayurveda is at the heart of Willow's beliefs, gently guiding our guests to experience the ultimate in wellness. This healing practice dating back over 5000 years, works to bring balance to our vital energies or 'Doshas' through a personalised combination of treatments, yoga, diet and lifestyle inspiration.*

### **Blissful Marma Massage | 60/90 minutes**

Awaken your inner healing. Firm, long, flowing massage movements and therapeutic techniques combined with Ayurveda marma point therapy and chakra balancing to align the vital energy centres. Enriching Ayurveda Aromatherapy oil blends deliver active benefits to release tension and balance emotions. The 90 minute includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

### **Shirodhara — Meditative Massage | 60 minutes**

Integrate the mind and body. A steady stream of herbal oil is gently poured over the forehead and Ajna (eyebrow) chakra. This deeply calming treatment improves memory, normalises sleep patterns and helps to provide clarity of all senses. A 4-week program is recommended to access ultimate benefits.

### **Pinda Sweda — Poultice Massage | 60 minutes**

Strengthen and rejuvenate the immune system. A deeply nourishing therapy using cotton compresses of warmed rice, herbs and spices that are applied in a rhythmic massage to help improve circulation and soothe pain in the joints, for a feeling of restored vitality throughout the whole body.

*\*The following add-on treatments may be booked in conjunction with any 60 minute or longer Ayurvedic treatments:*

### **Vedic Eye Therapy — Marma Point Massage 30 minutes**

Soothe tired and sore eyes. Designed to improve vision, enhance memory, concentration, productivity and reduce anxiety. Be guided using ancient Vedic techniques and meditation that will provide balance to the senses and the mind.

### **Shiroabhyanga — Indian Head Massage 30 minutes**

Induce a deep sense of calm. Traditional Indian head massage uses therapeutic ingredients such as neem and coriander seed to provide a sense of grounding, while improving blood flow on the scalp and releasing neck and shoulder tension.

### **Kati Vasti — Lower Back Massage | 60 minutes**

Soothe muscular tissue and help alleviate lower back pain. A traditional and nurturing treatment using warm medicated herbal oils that are pooled in a small circle of organic paste on the lower back helping to lubricate the discs and nerves in the spine.

### **Aromatherapy Steam Shower | 30 minutes**

Our steam showers have high humidity and are heated to 43° to help the body release toxins and boost the immune system. Sore, tired muscles and stiff joints will benefit, improving blood circulation and lymph detoxification, supporting respiratory ailments and improving skin conditions. We utilise different essential aromatherapy oil blends to energise the mind and invigorate the senses.

### **Garhana — Dry Body Brushing | 15 minutes**

Encourage cell renewal and smoother skin. There is no oil used at all in Garhana. A dry, brisk and rhythmic massage with coarse body gloves to stimulate lymphatic drainage and exfoliate the skin, improving circulation and detoxification.

## MASSAGE

### **Signature Willow | 60/90 minutes**

A truly authentic aromatherapy experience. Deeply therapeutic, this holistic massage uses personalised oil blends to calm the nervous system and release tension. Eastern and Western techniques will reduce muscular stress in the entire body and encourage lymphatic drainage. A crystal bowl sound healing will restore your inner harmony.

### **Deep Tissue Release | 60/90 minutes**

Intense and invigorating. Melt away knots and tensions in tight and aching muscles with full body stretching and cross muscle fibre massage techniques. Therapeutic oils of black pepper, rosemary and ginger will warm and disperse the built-up lactic acid in muscles. Best after heavy exercise or if experiencing postural and emotional stress.

### **Blissful Marma Massage | 60/90 minutes**

Awaken your inner healing. Firm, long, flowing massage movements and therapeutic techniques combined with Ayurveda marma point therapy and chakra balancing to align the vital energy centres. Enriching Ayurveda Aromatherapy oil blends deliver active benefits to release tension and balance emotions. The 90 minute includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.

### **Lomi Lomi (Kahuna) Bodywork | 90 minutes**

Open your heart with Hawaiian massage. Energy-infused warm coconut oil will melt away tension and this ancient technique of rhythmic forearm strokes will allow for the expansive feeling of mohala (opening). A deeply healing treatment for those experiencing transition or grief, or those who wish to experience increased vitality.

### **Remedial | Myotherapy Massage | 60/90 minutes**

Improve muscular performance and restore a balanced energy flow throughout the body. Focusing on specific areas in the deeper layers of muscle tissue, tendons, ligaments and fascia. Deep and direct pressure releases are utilised to alleviate chronic patterns of tension, reducing pain and tightness.

### **Nurture Pregnancy | 60 minutes**

Feel supported from top to toe. Designed for mothers-to-be after their first trimester. Tight shoulders and heavy legs are massaged using luxurious aromatic rose oils incorporating a scalp and facial massage. Helps to alleviate an aching back, reduce peripheral swelling and soothe the nervous system.



## BODY THERAPY

### Rasayana Detox Body Scrub | 60 minutes

*Rasayana* is Sanskrit for rejuvenation and longevity. Detoxify and improve skin tone using finely-milled walnut shells and cinnamon powder with aromas of wild turmeric and Tulsi. It helps sluggish circulation and targets signs of cellulite when combined with hot compresses.

### Rasayana Detox Body Wrap | 75 minutes

Revitalise skin texture and tone with lymphatic skin brushing and a Rasayana detox exfoliation. Mineral-rich clay designed to alkalise the body is infused with powerful detoxifying herbs of ginger lily, spirulina and green tea. Uplifting Ayurveda aromatherapy and a soothing Indian head massage will invigorate the mind and a customised body hydration will leave skin glowing.

### Himalayan Energising Body Polish | 60 minutes

Purify and energise your energy field. Mineral rich crystal salts and rare Ayurveda aromatherapy oils are used for a strong body exfoliation that will invigorate the skin and alleviate fatigue. A hydrating double body cream will revitalise and soften the appearance of dry and aging skin to reveal visible radiance.

### Pearl Remineralising Body Mask | 90 minutes

Anti-aging and an immune system boost. A luxurious exfoliation therapy and mineral-rich body mask infused with the active ingredients pearl and conch shell designed to regenerate the cells and leave skin feeling silky smooth. A facial marma point massage using Indian rose oils will release tension and encourage energy flow.



## HOLISTIC FACIALS

### Golden Glow | 60/90 minutes

Create positive radiance. This exotic skin remedy will enliven the skin and restore emotional balance to your being. Working to boost collagen production and increase skin cell renewal, the restorative powers of 24K gold leaf will penetrate and revive the deep layers helping to reduce signs of aging.

### Rose Quartz Holistic | 90 minutes

Harnessing the potent blend of ancient cellular wisdom, this customised facial delivers unique anti-aging benefits. Rose quartz is the stone of unconditional love, activating the heart chakra and the ultimate beauty stone. Incorporating rose quartz facial rollers and gua sha facial tools used in TCM to massage and encourage lymphatic drainage. Together with aromatic actives and marma technique this facial will retain moisture and restore cellular radiance, leaving the skin visibly luminous.

### Advanced Antioxidant | 60/90 minutes

A vitamin rich antioxidant boost. This intense treatment for dry, sensitive or sun-damaged skin delivers a nutrient rich elixir that will deeply nourish and revitalise, while essential fatty acids fight free radical damage, protecting the skin from all visible signs of aging.

### Vital Hydration | 60/90 minutes

Restore youthful vitality. This gentle and hydrating treatment restores a natural plumpness to your skin using nature's powerful actives, neem and carrot seed oil, known for their firming and healing properties. Ideal for most skin types, men will also love this facial, leaving skin supple and resistant to the effects of urban living.



## ENERGY HEALING

### Intuitive Massage | 60/90/120 minutes

A fusion of bodywork and spiritual wisdom. Harmonise your energies with a blend of relaxing and deep tissue massage techniques to relieve tension while addressing underlying emotional and mental barriers to healing. This holistic centred therapy combines energy massage with a life path reading to nourish mind, body and spirit.

### Chakra Balance | 60/90 minutes

Chakras receive, assimilate and transmit energy. Seven energy centres spin at our core and if we are in a state of ill health, physically or emotionally, chakras may be out of alignment. A gentle and aromatic treatment, balance is the key is to clear out energy blocks and reconnect to vital life force.

### Reiki | 60 minutes

Reclaim a sense of peace and wellbeing. Reiki is an ancient Japanese healing practice that can alleviate stress, reduce pain and free emotional blocks. By applying barely detectable touch, your therapist will work to enhance the life force energy that flows through the body and help clear vibrations that no longer serve you.

## INFRARED SAUNA

### Sunlighten™ Infrared Sauna | 30/45 minutes

Infrared sauna technology provides a deep penetrating heat into the skin at a cellular level, safely and comfortably. Multiple health benefits include decreasing inflammation, strengthening immunity, calorie burning, skin rejuvenation and even gaining a more restful night's sleep. Regular sessions are recommended for ultimate benefits.

## ELEVATE

To elevate your in-room Wellness Spa experience, choose from the following treatment add-ons:

Infrared Sauna	30/45 minutes
Aromatherapy Steam Shower	30 minutes
Rasayana Detox Body Scrub	30 minutes
Garhana Dry Body Brushing	15 minutes
Vedic Eye Therapy	30 minutes
Marma Point Massage	
Shiroabhyanga	30 minutes
Indian Head Massage	
Vital Hydration Facial	30 minutes
Chakra Balance	30 minutes
Reiki	30 minutes

## SPA JOURNEYS

*Spa Journeys include a soothing foot ritual plus a delicious detox or spa lunch and choice of pressed juice.*

### Sleep Ceremony | 2 hours

Recalibrate the body's natural rhythm and heal disruptive sleep patterns. Based on clinical research and ancient healing practices to help treat insomnia.

- Guided Yogic Pranayama
- Marma Point Massage Therapy
- Nasya Nasal Oil Application
- Shirodhara — Meditative Massage

### Detoxify Me | 2 hours

Cleanse and purify with the ultimate detox break for body, mind and soul. Perfect for when you have overindulged or need to boost energy levels.

- Guided Yogic Pranayama
- Body Brushing
- Detox Body Scrub
- Detox Body Wrap
- Indian Head Massage

### Men's Retreat | 2 hours

Strengthen immunity, purify the skin and improve muscle tone. By alleviating stress with deep relaxation, you will feel a sense of renewal, inner balance and invigoration.

- Detox Body Scrub
- Detoxifying Massage
- Vital Hydration Facial

### Mother To Be | 2.5 hours

A journey to calm the mind and ease the body. Enjoy a nurturing rose oil massage and enriching facial to soothe the skin. Healing reiki will alleviate tension and complete your experience. Designed for mothers-to-be after their first trimester.

- Nurture Pregnancy Massage
- Advanced Antioxidant Facial
- Reiki

### Bride To Be | 3 hours

Restore a sense of serenity. Unwind with our aromatic signature massage followed by the Golden Glow Facial to enhance skin luminosity. Complete your experience with a sacred Chakra Balance to align your energy ahead of this special day.

- Signature Willow Massage
- Golden Glow Facial
- Chakra Balance

### Cellular Restoration | 3.5 hours

A luxurious ritual to regenerate body and mind on a cellular level. Drawing on powerful and potent actives, this journey will replenish and enhance cellular radiance and vitality on every aspect of being.

- Energising Body Polish
- Phytonutrient Body Mask
- Blissful Marma Massage
- Golden Glow Facial

## BESPOKE SPA JOURNEYS

Co-create your own spa journey experience with a Wellness Advisor, by combining Wellness Spa treatments that best suit your needs.

# MOVEMENT

For the mind to be in optimal health, so must the body. Movement invigorates your very core, waking up your soul to restore drive, motivation and an undeniable zest for life.

We offer a dynamic and unique range of movement classes designed for men and women that includes rebounding, various yoga styles, dance, stretch and alignment practices. Our aim is to inspire, motivate and educate you on your path to self-care and mind-body health.

*Check our schedule for class details.*



## REBOUNding

The trampoline workout could be the best exercise for your lymphatic system and you will break a sweat! High adrenaline and low impact, it's the most fun you'll have getting in shape. Lose weight, strengthen your back, increase stamina and boost your immune system. A full body low-stress workout that will revitalise your entire system.

## REBOUND FUSION

Bounce, dance and tone with trampolines for a total body conditioning workout. A low impact, cardio routine with high energy dancing that will get the heart racing. Plus trampoline-based muscle sculpting using hand weights and resistance bands to improve strength and promote balance.

## STRETCH AND RELEASE

Achieve and maintain healthy connective tissue and rebalance the nervous system through a series of restorative stretching and posture alignment techniques. Designed to elongate muscles, tone the body and provide regenerative massage, perfect for improving blood circulation throughout skin, muscles and joints.

## DANCE

Get ready for a refreshing movement experience. Dancing can improve mental health by boosting overall happiness and is a great cardio workout. All classes are taught by mindful and energetic experts in a positive and inspiring ambience, making our Retreat Space the ideal place to be to have fun whilst getting into shape.

## YOGA RESTORE

Cultivate powerful inner awareness and practice stillness. Both Yin and restorative forms of yoga are slow-paced to calm the mind and nervous system. This practice will enable you to focus on breath and help lengthen connective tissue by holding restorative postures, with the use of props, for extended periods of time.

## YOGA

Union of the mind, body and spirit. A mindful, strengthening and holistic practice, we offer various styles of yoga and classes for all ages and levels of experience. Drawing on traditional Hatha yogic practices our expert instructors are here to guide you to improved flexibility, balance and strength.

## QIGONG

Awaken your true nature. Qi meaning 'life force energy' and Qigong (pronounced chee-gong) has a long history in China and has evolved into part martial art and spiritual practice that involves breathing and meditation, postural alignment and movement exercises. This gentle practice promotes circulation, mental focus, relaxation and general wellbeing.

# WAKE UP



# MINDFULNESS

# RECONNECT WITH YOURSELF

Meditation is a simple yet profound method to improve the quality of our lives and experience connection with others and with ourselves.

Known to reduce stress, increase immunity, improve brain function and provide many other health benefits, meditation is a key ingredient in achieving optimal wellness, inner fulfilment and happiness.

Our Retreat Space is designed for you to breathe deeply and reconnect with yourself. Our teachers offer a variety of traditions all designed to encourage and enlighten.

### **MEDITATION CLASS**

Our mission is to inspire and empower you to reconnect with your best self, find balance and live life to your fullest potential. We offer classes, self-guided or private sessions, with expert teachers from a variety of traditions.

### **SOUND BATH HEALING**

Slow down, release stress and bring a sense of wholeness to your being through the vibration of sound. By using quartz crystal singing bowls to stimulate alpha and theta brain waves, a deep meditative and peaceful state can be achieved for healing.

*Check our schedule for class details.*

# RETREAT PROGRAMS

Our retreat programs adopt an integrated approach to optimise your wellbeing.

Through rejuvenation, rest, movement and education we are here to provide you with lasting inspiration and the tools to implement positive lifestyle change.



## LIFESTYLE FOCUS

If you would like to focus your intention on weight management, stress reduction, general wellbeing or detoxification we offer therapies, holistic medicine, movement classes, nutritional and lifestyle solutions for your area of focus.

## DETOX & DIGESTION

Our digestive and metabolic systems can become overloaded, causing uncomfortable physical, mental and emotional symptoms. The benefits of a gentle detoxification program by reducing toxins, improving nutrition, mindful movement and various holistic therapies can effectively result in reduced inflammation, weight loss, a clear mind and renewed energy.

## INNER PEACE

Integrate nutritional and movement based practices including holistic therapies into your lifestyle and use conscious breathing techniques to assist in quietening a busy mind. Yoga, meditation and sound healing can assist in freeing the body from tension, reinvigorate your inner being and restore inherent calm.

## AYURVEDA & YOGA

Maintain health, rejuvenate and strengthen your body with Ayurveda and yoga. Embrace a personalised Ayurvedic diet and Lifestyle Plan as prescribed by our Resident Ayurvedic Specialist and enhance its effects by integrating traditional Ayurveda therapies, pranayama and a regular yoga practice. For beginners and yogis alike.

## SLEEP DEEPLY

Stress, exercise, diet and lifestyle all impact the quality of our sleep. Address imbalances and promote a more healthful sleep drawing on Eastern based traditional medicine, including acupuncture and massage therapies, nutrition, movement and mindfulness practices it's all in a good night's sleep.

## LONGEVITY & RESILIENCE

Stress hormones accelerate aging and compromise a healthful immune response. Be guided in a supportive lifestyle approach to longevity with a nutrient dense, low glycaemic and low inflammatory diet. Regular movement and mindfulness practices will reinforce resilience and help you better manage stress.

## MEN'S HEALTH

Increased physical activity, lifestyle and healthy dietary changes are known to benefit vascular health, support healthful weight loss and improve resilience to stress. Our Men's Health program provides treatment, tools and resources for the modern man to harness healthy living and mindful practices that are practical to implement and sustain.

## WOMEN'S HEALTH

Replenish harmonious hormones with a lifestyle approach at any stage in life. Through guided detoxification, stress management strategies, movement and mindfulness practices, you will receive personalised and evidence-based guidance from our Wellness Experts to ensure optimal results.

# INSPIRED LEARNING FOR LIFESTYLE CHANGE

# RETREAT EXPERIENCE

The retreat experience begins with an initial consultation and one of our Wellness Experts will provide you with a Lifestyle Plan that will help guide you on your personal journey to become the best version of you.

If you would prefer to co-create a retreat program, our team can work with you on a personalised experience tailored to your needs. Our team are here to support you throughout the entire experience. Upon arrival we will guide you through our facilities, education and classes, treatments and nutritional cuisine.



## 1/2 DAY RETREAT

- Wellbeing Consultation
- Lifestyle Plan
- Infrared Sauna
- Wellness Spa treatment
- Detox or Spa lunch and pressed juice

## 1 DAY RETREAT

- Wellbeing Consultation
- Lifestyle Plan
- Infrared Sauna
- 2 Wellness Spa treatments
- Movement or Mindfulness Class
- Detox or Spa lunch and pressed juice

## 3 DAY IMMERSION RETREAT

- Wellbeing Consultation
- Daily Wellbeing Reviews
- Lifestyle Plan
- 3 Infrared Saunas
- 6 Wellness Spa treatments
- 3 Movement or Mindfulness Classes
- Program Prescription Kit
- 3 Detox or Spa lunches and pressed juices

## 6 WEEK TRANSFORMATION RETREAT

- Wellbeing Consultation
- Wellbeing Reviews
- Lifestyle Plan
- Infrared Saunas
- Wellness Spa treatments program
- Movement or Mindfulness Classes
- Program Prescription Kit
- Detox or Spa lunches and pressed juices
- Wellness Workshops
- Cooking Classes

# INSPIRATIONAL PEOPLE, TALKS & TOPICS



## EVENTS & WORKSHOPS

Wellness education is key for life transformation. We source field experts to share their knowledge, experience and vision with the Willow community.

We offer audiences with visiting masters, workshops and holistic presentations focusing on nutrition, stress and emotional management, longevity, spiritual practice and specialist cooking classes.

We are passionate about sharing knowledge and inspiring others on their wellness journey. Our events are led by industry leaders and inspirational wellness experts.

*Check our events and workshop calendar for details.*

# MEMBERSHIP

Travelling beyond the traditional confines of a day spa, yoga studio or massage space, Willow is an elevated, integrated wellness experience designed to create a true sense of nourishment, inspiration and wholeness.

We have created a comprehensive range of options to make it easy for you to join the Willow community. This includes annual and monthly membership class packs and introductory offers with benefits tailored to support you in all aspects of your wellbeing.

*Details of all memberships and class packs are found in pricing.*

## THE ART OF LIVING WELL

### ADDITIONAL INFORMATION

#### Arrival Time

You are encouraged to arrive at least 15 minutes prior to your scheduled appointment time. Please understand that late arrival may result in a reduction of treatment time.

#### Opening Hours

See our website for details.

#### Contact Details

+61 3 9822 8778  
hello@willowurbanretreat.com

#### Location & Parking

1203 High Street Armadale VIC 3143

Parking Available — 2 and 4 hour and all-day parking is available in the surrounding area.

Please note High Street, Monday to Friday after 4:30pm is a TOW AWAY ZONE.

### WELLNESS SPA FACILITIES

Your Wellness Spa experience is made more memorable by beginning in our Tea Lounge. Once your treatment has come to an end, we encourage you to continue your peaceful journey in the lounge or visit the café and Zen courtyard for healthy and delicious wholefoods.

- Lockers
- Infrared sauna
- Hair dryers and styling irons
- Natural skin and hair care amenities
- Male and female changing rooms with showers
- Private steam showers (must be booked with a treatment)
- Retail boutique for skincare, books and wellness products
- Filtered water
- Tea Lounge
- Purified air

#### **Sunlighten™ Infrared Sauna**

The infrared sauna is available all day for private or group sessions. Reservations are required.

#### **Aromatherapy Steam Showers**

The aromatherapy steam shower is a private experience and will prepare your body and mind for the treatments to follow. Reservations are required and can be made at the time of booking your Wellness Spa services.

#### **Health Conditions**

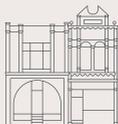
Kindly advise us of any health conditions, allergies or injuries which could affect your service or using the facilities when making your Wellness Spa reservation.

#### **Pregnancy**

We have specially-designed treatments for expecting mothers after their first trimester. Please allow our Wellness Advisor team to guide you in selecting which treatments are most suitable for you during this time.

#### **Cancellation Policy**

A 100% cancellation charge will be incurred for any treatment cancelled within 6 hours for appointments and 24 hours for Spa Journeys and Retreat Programs.



# WILLOW

URBAN RETREAT

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