



## PAMPER PARADISE

Experience the luxurious pampering and sensory indulgence of the Spa Chakra Health Retreat

The people at Hayman don't seem to be content with the usual trappings of their remote island paradise. Tropical breezes, tranquil waters, serene vistas and untouched beaches just aren't enough for one of The Leading Hotels of the World. Hayman invites you to experience their Spa Chakra Health Retreat, where luxurious pampering and energising activity, set against the island's natural beauty, is an experience of pure sensory pleasure.

Hayman's Spa Chakra Health Retreat is not just a day spa. The team's focus is on holistic wellness achieved through naturopathy, massage, yoga, Pilates and a host of other therapies - everything you need to de-stress body and mind. Meet with the island's naturopath and plan your sessions one-on-one, then relax as the expert team guides you comfortably through your programme. Perhaps a cool morning yoga routine in exotic surrounds, followed by a spa facial. In the afternoon consult with your trainer, and finish the day with a guided meditation session. Each day of your programme varies, with evening beachside walks falling in with hot stone massages. Make no mistake, this is no boot camp. Spa Chakra

Hayman's skincare range from Guerlain Paris delivers intense results, and it's the same story during the spa experience - the highest quality ensures a full revival of your sense of wellbeing.

Of course, a light, delicious dinner at Hayman's fine dining restaurants and retiring to your Pool, Lagoon or Retreat room each evening is bliss no matter what your goals. And when it's time to go, you take a Guerlain Paris package, your new relaxation skills and a little bit of Hayman with you.

A five-night Spa Chakra Health Retreat is priced from \$695 per person per day. Spa Chakra Hayman's daily program of activities are continually monitored and finetuned to ensure all is in accordance with the dynamics of your personal profile. As part of the programme you will also receive vitamin supplements, a meditation CD, a personal training guide and a Guerlain Paris skincare collection to the value of \$210.

Contact Hayman Reservations on 02 9268 1888, email [reserve@hayman.com.au](mailto:reserve@hayman.com.au) or see the Hayman website [www.hayman.com.au](http://www.hayman.com.au), for more information.