

## ABOUT HARMONY RETREAT

We welcome you to enjoy our Harmony Island facilities. Come early or stay after your treatment and make use of our quiet spaces to reflect or meditate. Sit in the shade, relax to gentle music and the sound of our waterfall, and sip an iced tea or juice.

At Harmony Retreat we care that you have the best and freshest treatments for your body at reasonable prices so that you leave us happy and revitalized.

If you can't eat it, don't put it on your body!

We will not use fragrances, derivatives, mineral oils, preservatives or any other potentially toxic substance on your body. In fact, we choose to create a completely garden-fresh treatment for you personally, from organic produce.

The skin is the body's largest organ. It has great capacity to expel wastes if correctly encouraged, and take in nutritive active ingredients if offered. The skin is beautiful because of a healthful lifestyle. In other words, what goes on inside is reflected on the outside. Good nutrition, exercise, daily healthy routines, and a calm mind make for the glowing skin we all like to see. Our 'Detoxify and Rejuvenate' wellness option works from the inside out, EFT can bring peace of mind, and letting go and completely relaxing and enjoying your time on Harmony Island can aid the release of stored stress and tension.

Everything we have described in our menu is a separate treatment, and we encourage you to take a little time to become familiar with what we do at Harmony Retreat, and combine treatments to create for yourself your own unique and ideal package, for one hour or all day! Our staffs are very happy to help you with this process.

## MASSAGES

### 1. Harmony Island Massage

We will customize a massage for your needs at the time, using a variety of techniques, and your choice of aromatics in fine body oils or body balms.

1 HR \$95 30MINS \$50 1 HR 30 MINS \$135

NB: This option is available in your apartment. An extra charge of \$20 applies.

### 2. Hahana Stone Massage

Hot stones have been used in healing practices for thousands of years throughout the world, but it is the Hawaiians who have possibly done the most to develop it and keep it alive. Hahana, their Pacific Island style, utilizes warm coconut oil and smooth, heated volcanic stones in rhythmic Hawaiian lomilomi strokes mimicking a gentle stream of flowing water. This allows the stones to release their healing energies deep into the muscles dissolving any tension and stress. Two therapists co-ordinate the efficient, continuous flow of hot stones for a truly memorable experience.

1 HR \$135

### 3. Ratu and Adi : Couples Massage

Feel like a royal Fijian King and Queen. Be anointed with the ancient aromatic oils of Fiji. Enjoy a luxurious massage side by side in a private outside pavilion.

1 HR for two \$190

### 4. Fijian Bobo Massage

From the earliest times Fijians have used hand movements with coconut oil infused with totodro and other herbs to relieve aches, pains and general body soreness.

1 HR \$95



### **5. Four Hand Massage**

For an amazing, invigorating, therapeutic experience from the caring of four hands applying pressure, percussion, and effleurage movements. Completion with an aromatic body compress.

1 HR \$190

### **6. Foot and Leg Massage – includes basic pedicure**

Spoil your legs and feet. They deserve it! Basic pedicure is followed by thorough massage including reflexology to benefit the whole body, and completed with an aromatic wrap. Sip iced tea while your feet are bathed and moisturized.

1 HR \$95

### **7. Hand and Arm Massage – includes basic manicure**

Cuticle and nail care is followed by a deluxe hand and arm massage. The treatment is completed with an aromatic wrap.

## **BODY DELIGHTS**

A Body Delight is a one hour session with a particular theme. We encourage a Harmony Island Massage first to activate the blood and lymph circulation, but this is optional. A

Body Delight begins with a gentle skin exfoliation, progresses to a body mask, wrap or pack using fresh banana leaf sheets, and after a shower and moisturize, a quiet time with a refreshing elixir. All ingredients are organic or wild-harvested, and most are sourced locally.

### **1. Hot Body!**

For those feeling over-exposed to the sun and the wind. Come and soak up deeply moisturizing and cooling balms, be refreshed with cold stone placements, and enjoy a delicious, chilled, rehydrating, antioxidant smoothie in the shade by our waterfall.

### **2. A Tropical Fruit Basket**

Try this for fun and zest! You like fruit? After this you will love fruit! Just relax and let our juicy, fruity mixes cleanse, invigorate, and nourish your body. After your shower, rest with an iced lime tisane and slices of fresh fruit.

### **3. A Spicy Interlude**

For men who know how to lie back, relax, and let the freshly prepared and spicy lotions and potions soak in, to strengthen and tone up the body, engage the spirit, and lighten the mind. Yes, women enjoy it to!! Complete the experience with a lemon-pepper tea and nibble on spicy, roasted nuts and seeds.

1 HR \$95

### **4. A Floral Affair**

This is to transport you to seventh heaven! Your every sense is assailed with the magical aromas of tropical and sub-tropical flowers and pure flower essences. Complete your session with a stimulating hibiscus cocktail.

1 HR \$95



## FACIAL FAVOURITES

### 1. Kuush

The always-exposed face and neck skin deserves its own deluxe treatment and we have chosen the certified organic 'Oceana Rich' range from Kuush for the ultimate facial experience. It is rich in nutrients that stimulate new skin growth, fill out lines and wrinkles, create a supple, smooth and radiant skin, and give UV protection. It is suitable for all skin types.

1 HR \$95

### 2. Harmony Tropical Expression

Freshly made from rich, organic ingredients to cleanse, nourish and rejuvenate tired skin.

1 HR \$95

## WELLNESS OPTIONS

Our Harmony Retreat director and experienced naturopath, Erica Light, and her team of therapists are dedicated to your having the opportunity to fine tune your health while you are here. Much can be accomplished in a few days on holiday, so whether you have five days or three weeks, we can work with you and support you with the goals you set for yourself. We will give you a Vitality and Longevity Assessment (VLA) at the beginning and again at the end of your stay so you have proof of your improving biomarkers. Consider one of the following:

### 1. Lose Weight

Your first VLA will tell you how much you need to lose and we will help you to set your long-term goal and your short-stay goal. We will weigh and measure you and instruct you in nutrition for weight loss. Yes, the resort chefs have a special menu just for you! Although you will mostly follow your own holiday plan, you will have a simple daily exercise programme and a daily body treatment to select from.

1 HR \$95 to establish your programme.

Body Treatments for weight loss:

- (a) Weight loss massage: Using Mayr Cure tissue rolling movements, body rocking, and the invigoration of firm petrissage and effleurage strokes. 1 HR \$95 30MINS \$50
- (b) A Body Delight: Any of these treatments is most beneficial when losing weight.

### 2. Detoxify and Rejuvenate

If you feel you are under functioning, lacking energy, experiencing chronic body aches and pains or headaches, feel overworked, are sleeping poorly and would like to create a new revitalized 'you', then this is for you. With the results of your first VLA we will customize a programme for you which will include a simple herbal detox plan, nutrition advice and recommended resort menu plan, exercise schedule, and your daily selection of treatments over your holiday time.

1 HR \$95 to establish your programme.

### EAR CANDLING especially for divers and high flyers!

Everybody benefits from having their ears candled, but especially divers, avid water-sports people, and those whose ears trouble them when flying. This ancient and safe procedure uses special ear candles to vacuum wax from the ears, and the gentle stream of warm air along the ear canal will dry and soothe the surfaces. One ear takes one hour.

1 HR \$95 Optional at the same time: foot massage \$50



### **REIKI BLISS**

Reiki is beneficial for everybody and ideal for someone who for any reason cannot have a massage or other skin treatments. Reiki, one of the world's great healing arts, is a gentle session over clothes, which creates harmony in mind, body and spirit. We also use deep relaxing music and the aromas of some of the world's most sacred essences.  
1 HR \$95

### **EMOTIONAL FREEDOM TECHNIQUE (EFT)**

This is a simple-to-learn and effective method for dealing with issues of concern in one's life, be it an anxiety or phobia, or a physical upset like a headache. We teach it to you and get you using it for yourself in one session.  
1 HR \$95

### **MEDITATION**

There are several secluded meditation areas on Harmony Island which we encourage our guests to use at any time, but especially before or after treatments. Simple instruction is available if required. N/C

**YOGA** and other exercise classes take place at the Fitness Centre.

## **GUIDELINES FOR GUESTS TO HARMONY RETREAT**

- 1. Opening hours:** 9.00am to 6.00pm seven days
- 2. Appointments:** To schedule an appointment come to the Harmony Retreat reception, or phone 675.6675. In house guests touch ext. 6675.
- 3. Cancellations:** Missed appointments or cancellations of less than 3 hours will be billed at the full rate printed for the treatment.
- 4. Gratuities:** We trust you are very satisfied with our services and your personal providers. Gratuity is discretionary.
- 5. Gift Vouchers** are available.
- 6. Health Fund Rebates:** These are available to Australians for naturopathic treatments.
- 7. Energy Resonance Technology (ERT):** We have harmonized all incoming electromagnetic frequencies to the Retreat with the use of ERT from BioPro Technology. We have devices on our computers, general wiring, and all electrical appliances, so that the environment is very safe and relaxing, and you will get maximum benefit from your stay on the island.

**HARMONY RETREAT supports the 'Freeschools World Literacy' programme** which assists with the education of millions of girls in developing nations, and gives young women work skills training. Top international economists agree that the single best investment to improve the well-being and economic prospects of developing nations is girls' education. Female literacy is linked to later marriage, fewer and healthier children, improved economic prospects for the family, and better parenting.

