

# AURORA

SPA — BATHHOUSE





## SWITCH OFF. UNWIND. REFUEL.

Join us on the Mornington Peninsula for an all-inclusive wellness retreat, where the fresh sea air and the slower pace of coastal life will help you to switch off, unwind and refuel body, mind and spirit.

Our Aurora Group Retreats are scheduled throughout the year and you can choose from Aurora Wellness Refuel or Aurora Beauty Boost.

We also run Address the Stress retreats, led by internationally acclaimed nutritional biochemist Dr Libby Weaver. Alternatively, retreat anytime you choose with a fully customised Aurora Private Retreat.

Visit our [website](#) to check upcoming retreat dates or make an enquiry.

Read on to find out more about our signature Aurora Group Retreats.



# AURORA GROUP RETREATS



## SUPERCHARGE YOUR WELLBEING

Aurora Group Retreats offer an immersive experience where you can disengage from the everyday and restore your energy and vitality in a supportive group dynamic.

Everything is taken care of throughout your 3-day retreat; luxury accommodation at the adjoining Intercontinental Sorrento Mornington Peninsula, delicious wholesome meals, unlimited Bathhouse access, wellness workshops and group classes, invigorating coastal walks and customised Aurora spa experiences.

Choose from two retreat themes; Wellness Refuel with a focus on detox and destress, or Beauty Boost for holistic face and body rejuvenation.

| Retreat program inclusions              | Wellness Refuel<br>Detox & Destress | Beauty Boost<br>Holistic Rejuvenation |
|---|-------------------------------------|---------------------------------------|
| Accommodation                           | 2 nights                            | 2 nights                              |
| Breakfast                               | 2                                   | 2                                     |
| Lunch                                   | 2                                   | 2                                     |
| Dinner                                  | \$100 voucher                       | \$100 voucher                         |
| Bathhouse access                        | Unlimited                           | Unlimited                             |
| Soothing Bliss Massage (1hr)            | 1                                   | 1                                     |
| Private Salt Float Therapy              | 1                                   | 1                                     |
| Detoxifying Body Wrap                   | 1                                   |                                       |
| Holistic Facial Therapy                 | 1                                   |                                       |
| Precision Power Percussion Massage      | 1                                   |                                       |
| Biologique Recherche Skin Health Facial |                                     | 1                                     |
| Biologique Recherche Body Treatment     |                                     | 1                                     |
| Group yoga class                        | 2                                   | 2                                     |
| Group wellness workshop (1.5hr)         | 1                                   | 1                                     |
| Guided coastal walk                     | 2                                   | 2                                     |
| Spa slides                              | 1 pair                              | 1 pair                                |
| Custom salts                            | 1                                   | 1                                     |

### Price (per person)

|                                 |         |         |
|---------------------------------|---------|---------|
| Single Cosy Heritage King       | \$2,495 | \$2,495 |
| Single Premium Terrace King     | \$2,695 | \$2,695 |
| Twin Share Premium Terrace King | \$2,195 | \$2,195 |

Visit our [website](#) to check upcoming dates and reserve your time to retreat.

# SUPERCARGE YOUR WELLBEING



## AURORA GROUP RETREAT SAMPLE ITINERARY

| <b>DAY 1</b>    | <b>SUNDAY</b>   |
|-----------------|---|
| 2:00pm          | Check in at Aurora Spa for arrival consultation               |
| 2:00 – 5:30pm   | Treatment / rest time   |
| 5.30pm          | Welcome talk  |
| 6:00 pm         | Dinner  |
| 7:00pm          | Bathhouse Ritual  |
| <br>            |   |
| <b>DAY 2</b>    | <b>MONDAY</b>   |
| 6:30am          | Coastal walk  |
| 7:30am          | Breakfast   |
| 9:00am          | Wellness workshop   |
| 10:30 – 12:00pm | Treatment / rest time   |
| 12:00 pm        | Lunch   |
| 1:30 – 5:00pm   | Treatment / Bathhouse Ritual / rest time                      |
| 5:00pm          | Group yoga  |
| 7:00pm          | Dinner  |
| <br>            |   |
| <b>DAY 3</b>    | <b>TUESDAY</b>  |
| 6:30am          | Coastal walk  |
| 8:00am          | Breakfast   |
| 8:30 – 10:30am  | Treatment / Bathhouse Ritual / rest time / check out of hotel |
| 10.30am         | Group yoga  |
| 11.30 – 3:00pm  | Treatment / Bathhouse Ritual                                  |
| 3:00pm          | Wrap up and farewell  |

\*This schedule is intended as a guide only. Final schedules will vary according to availability and guest preferences.

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