



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.

You can retreat anytime you choose with an Aurora Private Retreat; three restorative days scheduled anytime you choose.

We also offer group retreats throughout the year, with the option of Aurora Wellness Refuel, Aurora Beauty Boost or Dr Libby Weaver's Address the Stress retreat. Visit our [website](#) to check upcoming group retreats.

Read on to find out more about creating your own Aurora Private Retreat.

AURORA PRIVATE RETREAT



SUPERCHARGE YOUR WELLBEING

Fast-forward your wellness goals with an immersive 3-day private retreat, scheduled any time you choose. Your retreat includes luxury accommodation, wholesome meals, unlimited Bathhouse access, private wellness sessions and customised Aurora spa experiences.

Select from two retreat themes: Wellness Refuel to focus on detox and destress, or Beauty Boost for holistic rejuvenation. Come alone, bring a friend or let us create a wellness immersion for your group. Everything is flexible with an Aurora Private Retreat.

Price on application.

Retreat program inclusions	Wellness Refuel Detox & Destress	Beauty Boost 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
Private yoga class	2	2
Wellbeing Coaching (1hr)	1	1
Guided coastal walk	2	2
Spa slides	1 pair	1 pair
Custom salts	1	1

SUPERCARGE YOUR WELLBEING



AURORA PRIVATE RETREAT SAMPLE ITINERARY

DAY 1

2:00pm	Check in at Aurora Spa for arrival consultation
2:00 – 5:30pm	Treatment / rest time

DAY 2

6:30am	Coastal walk
7:30am	Breakfast
9:00am	Wellbeing Coaching
10:00 – 12:00pm	Treatment / rest time
12:00 pm	Lunch
1:30 – 5:00pm	Treatment / Bathhouse Ritual / rest time
5:00pm	Private yoga
7:00pm	Dinner

DAY 3

6:30am	Coastal walk
8:00am	Breakfast
8:30 – 10:30am	Treatment / Bathhouse Ritual / rest time / check out of hotel
10.30am	Private 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.