



AURORA

SPA — BATHHOUSE

# YOUR WELLNESS FOUNDATIONS WORKBOOK

EPISODE #3

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 3: YOUR WELLNESS FOUNDATION

Today we explore four essential pillars for lasting wellbeing: Eat, Move, Sleep, and Nourish. As you work through this guide, you'll discover how small, mindful adjustments in these fundamental areas can enhance your daily experience.

# THE FOUNDATION WHEEL

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A simple tool to visualise and assess four key areas of your wellbeing.

How to Use Your Wheel:

**01** Rate each area from 0-100% (0% at center, 100% at outer edge)

**Eat:** How satisfied are you with your nutrition choices?

**Move:** How content are you with your physical activity?

**Sleep:** How well are you resting and recovering?

**Nourish:** How effectively are you making time for self-care?

**02** Mark two points in each section:

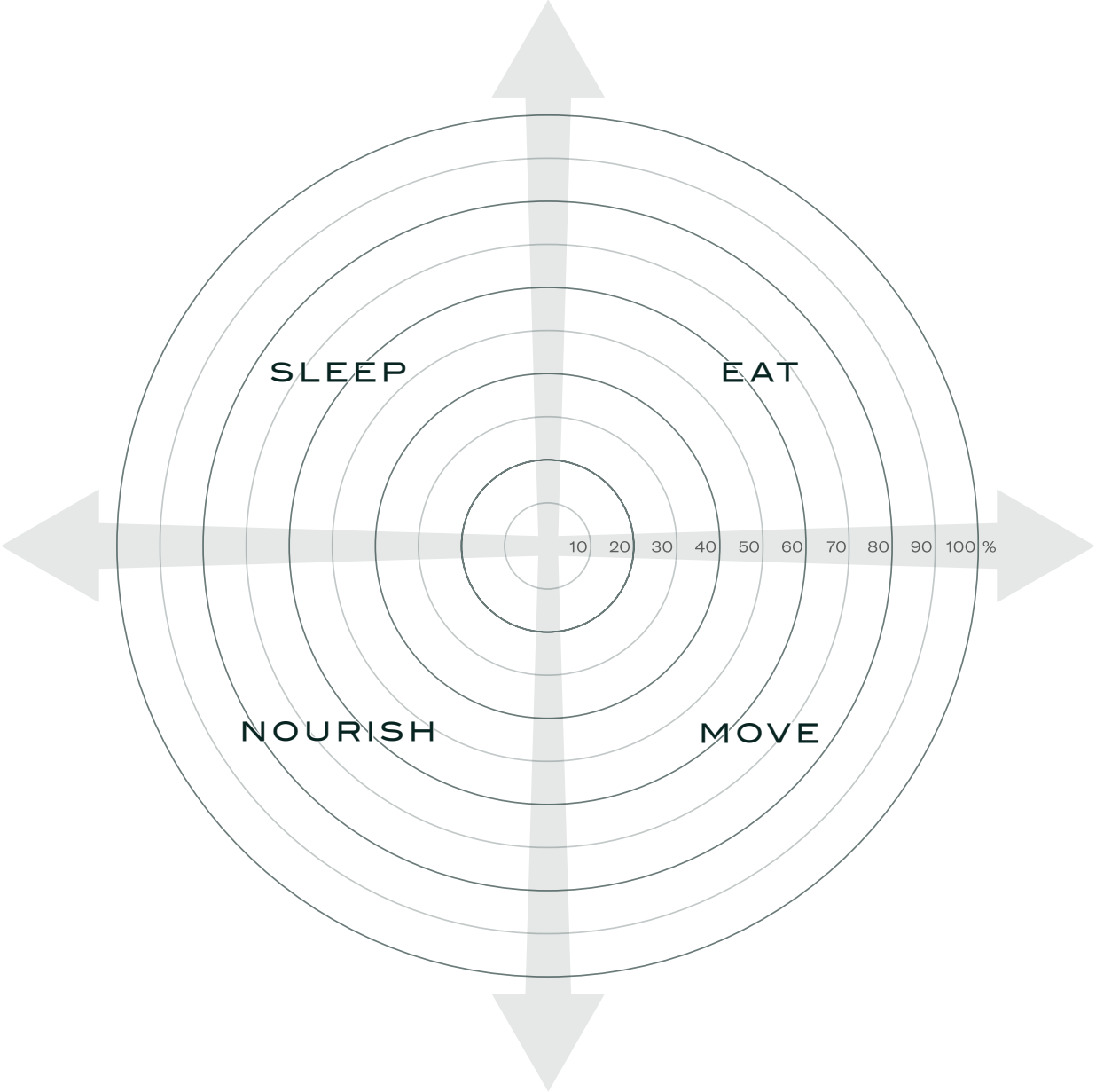
**Point A:** Your current state

**Point B:** Where you'd like to be

**03** Connect your A points to see your present foundation

**04** Connect your B points to visualise your aspirations

THE FOUNDATION WHEEL



## CONTINUE YOUR JOURNEY

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This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

## YOUR COASTAL SANCTUARY

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At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

## BOOK YOUR VISIT AT [AURORASPA.COM.AU](https://auroraspa.com.au) OR CALL (03) 5935 1222

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Created by Lyndall Mitchell  
Founder, Aurora Spa & Bathhouse

The Continental Sorrento  
23 Constitution Hill Road  
Sorrento, Victoria, 3943