

The image shows a modern spa bathhouse. On the left, a wooden vanity with a terrazzo countertop holds a glass teapot and a white cup. A green plant hangs from the wall above. In the center, a white robe hangs on a wall made of large terrazzo tiles. Below the robe, two white bottles sit on a small terrazzo pedestal. The floor is made of light-colored wood. The overall atmosphere is warm and minimalist.

# AURORA

SPA — BATHHOUSE





## SWITCH OFF. UNWIND. REFUEL.

### RESTORE Retreat: Address the Stress and Burnout

Join us on 30th May for a full-day retreat at Aurora Spa & Bathhouse, designed to help you reclaim balance, restore energy, and address the root causes of stress and burnout. In a world that often prioritises productivity over well-being, this retreat offers the space to pause, reflect, and reset—equipping you with the tools to cultivate long-term resilience and vitality.

Led by Dr Michelle Woolhouse—founding medical director of Vively.com.au and author of *The Wonder Within*—this transformative experience integrates decades of expertise in integrative medicine.

This retreat isn't just about temporary relaxation—it's about creating sustainable change. Through a guided session, you'll learn key skills that serve you long-term, clear away old patterns that no longer benefit you, and open pathways to optimal vitality and clarity. In the supportive environment of a like-minded group, you'll experience the power of shared humanity and collective energy that can accelerate your healing journey.

Your day unfolds with an expert-led workshop, designed to help you shift perspectives and build sustainable habits for emotional and physical well-being. A nourishing lunch at The Continental Sorrento provides a moment for connection and reflection, before the day culminates in deep relaxation—an immersive Bathhouse Ritual at Aurora Spa.

We also offer group retreats throughout the year. Visit our [website](#) to check upcoming group retreats.

# SUPERCARGE YOUR WELLBEING



## AURORA DAY RETREAT SAMPLE ITINERARY

### DAY 1

9:30am	Arrival at Aurora Spa & Bathhouse
9:45am - 10:45am	Introduction & Pilates
11am	Morning tea served at Coppins Lounge
11:30am - 1pm	Workshop with Dr Michelle Woolhouse
1pm	Lunch
1:45pm - 3:45pm	Unwind and relax with Aurora's Bathing Ritual
4pm	Finish

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

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