



AURORA

SPA — BATHHOUSE



SWITCH OFF. UNWIND. REFUEL.

IGNITE Retreat: Reset Your Metabolism

Join us for a full-day retreat with renowned clinical nutritionist and exercise physiologist Kate Save, designed to help you reset your metabolism, restore energy and build long-term vitality. In a culture where fatigue and imbalance have become the norm, this retreat offers the space to pause, reconnect with your body, and learn the science behind sustainable metabolic health.

With over 20 years of clinical experience and qualifications in Nutrition, Dietetics, Exercise Science and Clinical Physiology, Kate brings a unique, evidence-based approach that merges the latest in nutritional science with real-world strategies for change.

This retreat isn't about short-term fixes—it's about deep, lasting transformation. You'll explore the root causes of metabolic dysfunction, from hormonal imbalances to gut health, and discover how to personalise your approach using genetic and biochemical insights. With practical tools and expert guidance, you'll leave feeling empowered, energised and equipped to make meaningful changes that last.

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 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 Mat Class
11am	Juice and Wholefood Snacks
11:30am - 1pm	Workshop with Kate Save
1pm	Wholefood Lunch
1:45pm - 3:45pm	Unwind and relax with Aurora's Bathing Ritual
4pm	Farewell

*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.