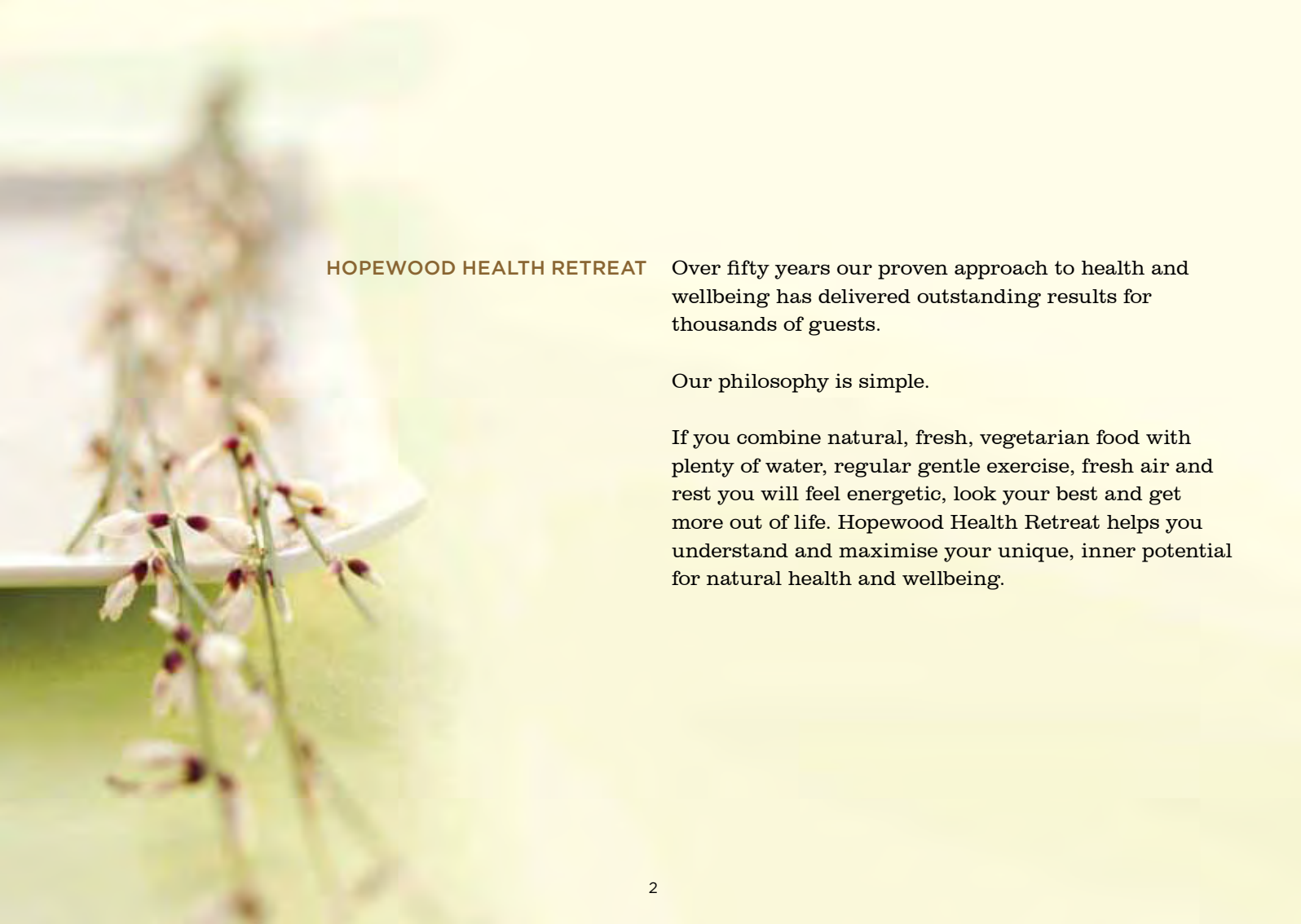




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Celebrating 50 years of natural health and wellbeing



HOPEWOOD HEALTH RETREAT Over fifty years our proven approach to health and wellbeing has delivered outstanding results for thousands of guests.

Our philosophy is simple.

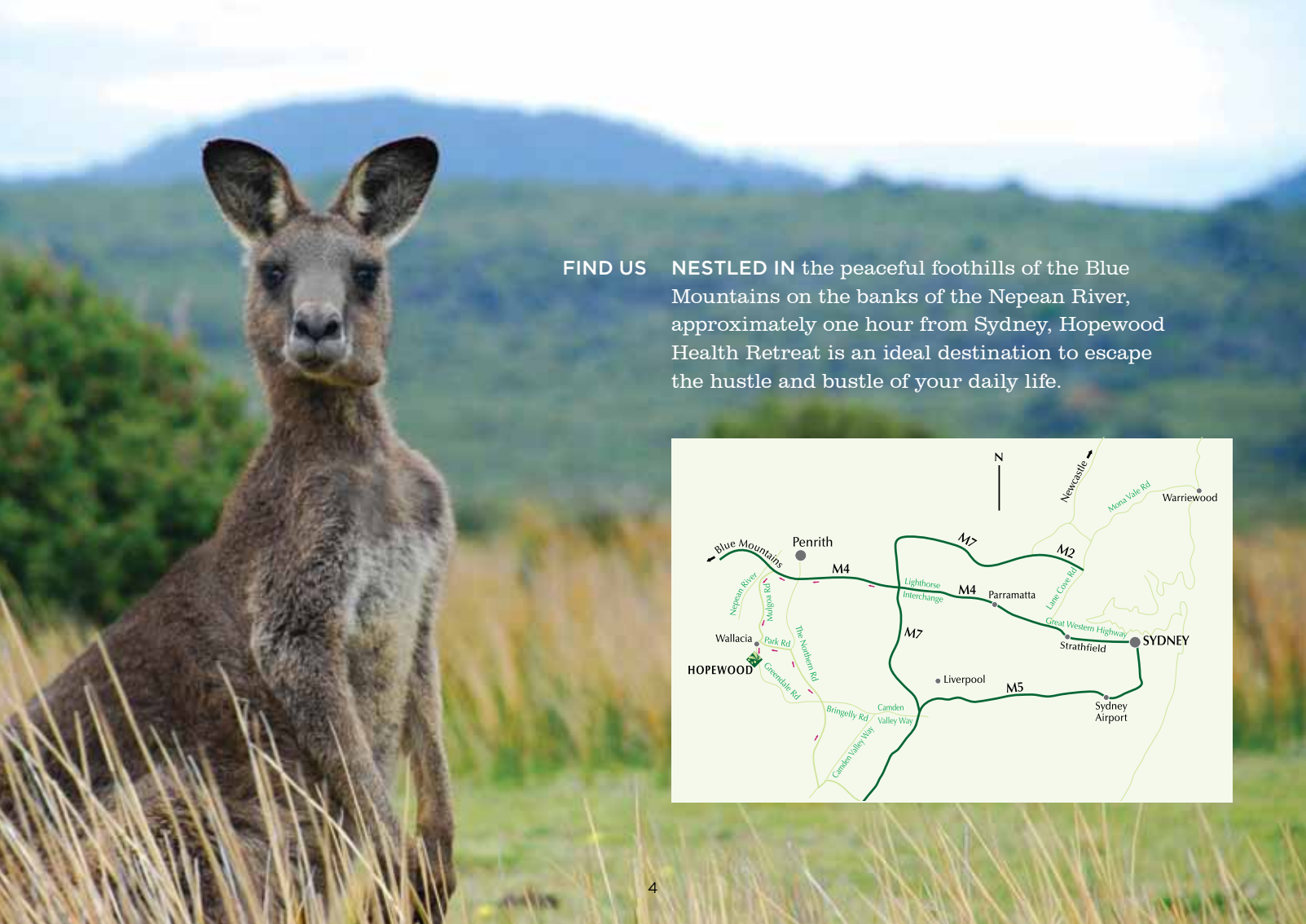
If you combine natural, fresh, vegetarian food with plenty of water, regular gentle exercise, fresh air and rest you will feel energetic, look your best and get more out of life. Hopewood Health Retreat helps you understand and maximise your unique, inner potential for natural health and wellbeing.



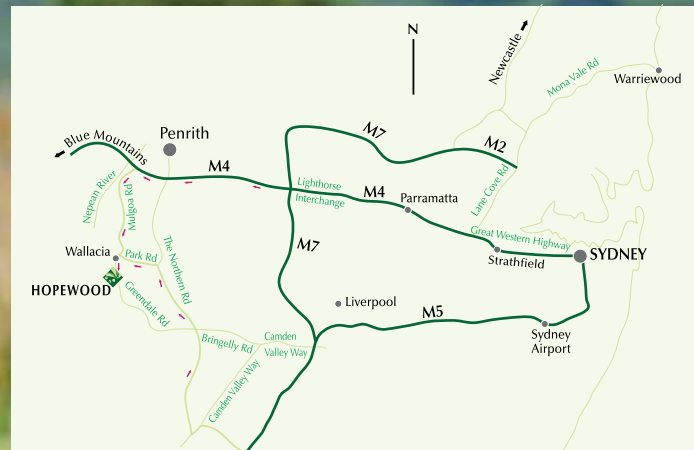
HOPEWOOD IS *A SANCTUARY for good health and wellbeing, Hopewood Health Retreat is the perfect environment to unwind and rejuvenate.*

We specialise in natural healing, delicious vegetarian food, relaxation, stress management, nutrition and weight control, gentle exercise classes, first class massage and beauty pampering.

Without the temptation of coffee and alcohol, you will be able to achieve the most out of your stay. Whether you seek a week-long stay, a weekend retreat or a day visit, we have a range of packages to suit your needs.



FIND US NESTLED IN the peaceful foothills of the Blue Mountains on the banks of the Nepean River, approximately one hour from Sydney, Hopewood Health Retreat is an ideal destination to escape the hustle and bustle of your daily life.



PACKAGES



PACKAGE INCLUSIONS

ALL ACCOMMODATION PACKAGES INCLUDE:

- Fully serviced balcony room featuring ensuite, TV, inhouse movies and radio
- Delicious, gourmet vegetarian smorgasbord meals plus fresh fruit, fruit juices and herbal teas
- Healthy lifestyle learning opportunities including workshops on a variety of topics
- Relaxation techniques and meditation
- Daily activities program which can include tai chi, yoga, low impact exercise classes, guided walks, food demonstrations and more
- Use of all facilities including outdoor heated pool, tennis court, bicycles, fitness room and art room

HEALTH & VITALITY

REGAIN your natural health and wellbeing. During a personal consultation, our qualified Naturopath will discuss your specific health concerns and plan an individual nutritional program especially for you.

YOU'LL RECEIVE ongoing guidance, care and support throughout your stay.

** if recommended by a Naturopath*

Please note that Hopewood is not a hospital and does not provide medical or diagnostic facilities. Naturopaths are not available on Sundays.

7 NIGHTS

Special inclusions:

- Naturopathic consultation with follow up support and supervision
- Dietary and lifestyle program designed for you
- Detox program or juice therapy*
- Regular monitoring of your detox progress
- Individually prepared meals*
- Blood pressure check
- Prescribed hydrotherapy
- Blood sugar level check*
- Swedish Massage OR Hopewood Facial
- Spa Manicure OR Pedicure OR Reflexology OR Reiki
- Nutritional and lifestyle notes



Lavendar; calms nerves; soothes headaches; eases dizziness; helps to lighten the spirits





BLISSFUL GLOW

REWARD YOURSELF with the ultimate self-indulgent week away. Immerse yourself in a world of complete pampering. You will achieve that blissful glow with five fabulous beauty and body treatments.

OUR FIRST CLASS beauty therapists and masseurs will help you to relax, re-energise and feel wonderful!

7 NIGHTS

Special inclusions:

- OrganicSpa Age Vita Renewal Signature Treatment OR Deluxe Rejuvenation Facial
- Silky Smooth and Detox Skin Rejuvenation OR Hot Stone Therapy
- Spa Manicure OR Pedicure OR 'Special Care' Pedicure
- Aromatherapy OR Shiatsu
- Swedish Massage OR Reflexology OR Reiki



DETOX & CLEANSE

KICK-START your new healthy lifestyle. If you need to de-stress inside and out this package is for you.

RECEIVE EXPERT ADVICE, support and nurturing while you cleanse and detox your mind and body. You'll feel renewed.

5 NIGHTS

Special inclusions:

- Initial Naturopathic consultation
- Naturopathic follow up as prescribed
- A detox program designed specifically for you
- Prescribed hydrotherapy
- Gentle exercise program designed specifically for you
- Silky Smooth and Detox Skin Rejuvenation
- Nutritional and lifestyle notes



Herbal teas are often consumed for their physical or medicinal effects, especially for their stimulant, relaxant or sedative properties.

Hopewood's delicious homemade ginger tea is particularly popular with guests.



PERFECT PAMPER

4 NIGHTS

SOME SPECIAL 'ME TIME' to *revitalise and rejuvenate your body and mind.*

FOUR FABULOUS TREATMENTS, delicious meals from our gourmet vegetarian smorgasbord and some yoga or tai chi will help you look wonderful and feel completely pampered.

Special inclusions:

- Hopewood Facial
- Hot Stone Therapy for head, neck & shoulders OR Silky Smooth Skin Rejuvenation OR Musclease
- Aromatherapy OR Shiatsu
- Swedish Massage OR Reflexology OR Reiki



Fresh juice is easy to digest, absorb and prepare. It boosts immunity, increases alkalinity, prevents inflammation and detoxifies your system.

Juices can assist liver cleansing, prevent acidity in the joints, and increase energy levels.

INDULGENCE FOR YOU

3 NIGHTS

THE PERFECT OPPORTUNITY to *rest, replenish and recharge.*

RE-ENERGISE your body with some deliciously healthy food and gentle exercise. Immerse yourself in three indulgent pamperers to help you de-stress and unwind.

Special inclusions:

- Hopewood Facial
- Swedish Massage OR Reflexology OR Reiki
- Aromatherapy OR Shiatsu OR Silky Smooth Skin Rejuvenation



Chamomile; heals skin ulcers, wounds, or burns; cooled tea helps soothe tired, irritated eyes

MINI ESCAPE

2 NIGHTS

A RELAXING WEEKEND *with some well-deserved pampering.*

Relax and unwind with a calming Swedish Massage and Hopewood Facial, try some yoga or tai chi and enjoy delicious, healthy meals. You'll leave relaxed, refreshed and restored.

NATUROPATHIC CONSULTATIONS

HOPEWOOD'S NATUROPATHS *have over 50 years combined experience in the principles of natural health.*

Our qualified professionals can help to identify health issues, provide ongoing guidance, care and support and prescribe individual nutritional programs.

Naturopathy can address a wide range of health issues including:

- Blood pressure
- Arthritis
- Respiratory problems
- Heart issues
- Chronic fatigue
- Weight issues
- Digestive problems

Naturopathic consultation is included in select packages or available as an additional service. Let us know at time of booking if you'd like to meet with one of our Naturopaths.



Rosemary; enhances memory; combats fluid retention; protects brain from free radical damage



DAY VISITS

FACILITIES

You don't have to stay at Hopewood to enjoy our facilities. Come for lunch, a pamper treatment or for a relaxing day out. A Day Visit at Hopewood includes lunch and refreshments throughout the day, use of all facilities and the opportunity to participate in our daily activities program and workshops. To really make the most of your day at Hopewood, book a beauty treatment or spoil yourself with a blissful massage.



Note: All Day Visits must be booked in advance.

SHORT VISITS

JUST FOR LUNCH: You can experience a delicious, gourmet smorgasbord of tasty vegetarian dishes and seasonal fruits. Lunch is served between 12.30pm – 1.30pm every day of the year. Bookings are essential, please call us: (02) 4773 8401.

GROUP BOOKINGS: We are happy to accommodate group bookings and can offer special group rates and packages. Call us for details on (02) 4773 8401.

CHILDREN: If you are over the age of 16 years you are welcome to participate in our programs. Hopewood does not have the facilities for, or recommend our program for children under 16 years.





BODY TREATMENTS

SILKY SMOOTH SKIN REJUVENATION EXFOLIATION TREATMENT

Soak your feet, relax them with a pressure point massage, then rejuvenate your body with your choice of a salt scrub or bamboo body polish. Finish off with a nourishing body cream.

HOT STONE THERAPY

Heated smooth, flat stones are placed on key points and used to massage areas of the body. Improves circulation, calms the nervous system, improves lymph flow and induces a feeling of total wellbeing.

SILKY SMOOTH AND DETOX SKIN REJUVENATION EXFOLIATION AND WRAP

Experience all the benefits of 'Silky Smooth' plus luxuriate in a clay or seaweed wrap. Includes head and face massage. Refines the skin, increases circulation and soothes muscle tension.

MUSCLEASE

Relax with our reflex point foot massage, then luxuriate in a heated seaweed wrap containing magnesium and lavender to ease those aches and pains. Enjoy a soothing face and scalp massage and finish with an application of a nourishing lotion.



BEAUTY TREATMENTS

HOPEWOOD FACIAL

A revitalising facial treatment that cleanses, exfoliates and hydrates while stimulating your skin and facial muscles. Leave feeling fabulous with a radiant glow.

DELUXE REJUVENATION FACIAL

The ultimate in relaxation whilst delivering wonderful results for your skin.

ORGANICSPA AGE VITA RENEWAL SIGNATURE TREATMENT

Designed to restore youthful radiance to mature and dry skins. This lymphatic and pressure point face massage will leave your skin visibly brighter and firmer.





MASSAGE TREATMENTS

REIKI

A gentle, healing 'hands-on' technique that improves overall wellbeing and deep relaxation.

SHIATSU

Shiatsu focuses on activating the body's pressure points with firm, deep and slow pressure.

SWEDISH MASSAGE

A relaxing massage that increases circulation and relieves aches and pains.

REFLEXOLOGY

A gentle form of natural healing that involves treatment by massage to the reflex areas in the feet. These reflex areas correspond to all the various parts of the body.

AROMATHERAPY

A relaxing body massage using pure essential oils designed by our aromatherapist for your individual benefit.

NB: Other treatments available. See our price list for larger selection, refer to our website or contact us at Hopewood.

