HOLISM
RETREAT

Experience the new benchmark of luxury spa wellness

Restore the body. Calm the mind. Release the breath. Retreat with us. Your intention for the day is inner peace. Give yourself the gift of time. Arrive early. Allow yourself to truly sink into the experience. Switch off your device. Exhale. Relax purely in the now. Truly breathe. Allow yourself to be open and present. They can wait, trust us. Relish the quiet. It will be worth it, we promise.

UNIFYING BODY, MIND & BREATH
RETREAT WELLNESS RITUALS

SPEND THE WHOLE DAY AT HOTEL CHADSTONE. EXPERIENCE A RADICAL ACT OF SELF-KINDNESS.

Imagine your dream day. Talk to us about it. Maybe you arrive in the morning and begin with a yoga class, and then take yourself up to the rooftop for a swim. Exhale. Feeling refreshed, your dedicated therapist guides you through the spa where your retreat ritual begins and inner peace finds you. Inhale. You may decide to complete your experience with a booking at Altus rooftop to nourish and reflect.

Leave it with us to customise your experience based on your needs. Each package includes valet parking, exclusive access to the Level 12 rooftop guest pool. Altus Rooftop is also available for reservations for breakfast, lunch, dinner or drinks as part of your wellness experience (please note: food and drinks are additonal).

Feel Free Philosophy
Unwind and release with a 60 min yoga class in our shala followed by a 60min Mindful Meditation Massage and Wellness Light Therapy.
$285

Reset
Switch off to create balance and inner peace with our 60 min Signature Holism Massage. Allow your skin the ultimate indulgence of a 60min Wellness Warrior Facial and Restorative Foot Treatment. The perfect reset and recharge. Can be modified beautifully upon booking as a perfect pregnancy package.
$420

Today’s Mantra is ME
Spend some time with yourself and dive deep into relaxation. Experience a 60min yoga class, a 60min Mindful Meditation Massage and complete the experience with a 60min Signature Holism Facial.
$415

YOGA

Our yoga shala is heated to 27 degrees via infrared wellness panels that both warm you, and aid muscle movement for ease of flow. We have four yoga offerings available, each speaking to a different intention so that you can honour yourself and what your body needs that day.

Casual class $35 | 5 Class $150 | 10 Class Pass $280 | See in-spa for unlimited pass.

PRITHVI - Earth
A slow, steady-paced flow offered with the intention of honouring yourself. Expect restorative poses, long holds from 3-5 mins, and deep breath work. Just like the earth, this practice is grounding and introspective.

VAYU - Air
A medium-paced flow designed to awaken Prana flow and build stamina with a focus on mindful movement, alignment, energy and endurance. Suitable for all levels.

AGNI - Fire
A strong, energetic, fire building flow with an intention to cleanse, detoxify and reset. Stimulates blood circulation for nourishment and purification.

APA - Water
A slow, fluid yoga flow embracing asana and meditation in equal parts. Mindfulness meditation incorporated for inner peace, happiness and wellness. Refreshed, centred and calm all at once.
RETREAT MASSAGE RITUALS

Each experience starts with a slow, guided, deep breathing practice combined with essential oil inhalation to ground, relax, and bring you into the moment.

Our Signature Holism Massage
Unify body, mind, and breath with our Balinese inspired body massage. Combining deep relaxation and muscle tension release, the healing power of touch you will leave feeling restored, relaxed and at peace.
60min $175 | 90min $225

A Mindful Meditation Massage
Melt into the moment with this meditative massage. A mindfully guided meditation played through a wireless headset, taking you gently into a state of deep relaxation. Completely give yourself over to an hour of relaxation massage throughout this meditation. With the intention of reducing anxiety and stress, let go and be present in the moment. Give yourself the gift of self-kindness.
60min $200

Santosha Body Treatment
Santosha signifies contentment, inner peace and joy, and in this treatment you will embody all three. Indulge in the ancient tradition of body brushing to stimulate blood circulation, detoxify and encourage lymphatic flow, delivering deep relaxation. Decompress with a luscious coconut oil back and neck massage, followed by a deeply nourishing and creamy all over body mask.
75min $240

RETREAT FACIAL RITUALS

Flawless skin is achieved by truly understanding what occurs beneath the surface. Our retreat facial rituals will help you to understand, embrace, treat, and rejuvenate your skin to your desired outcome. Each commences with our state-of-the-art Obseiv 520 Skin Analysis System. Be guided by your Spa Therapist as we identify and address any concerns you may have. At Holism, we offer an effective customised skin prescription and treatment plan that is results based.

The Signature Holism Facial
Here we set the intention for enlightenment, unifying the body and breath with this soulful facial treatment. Delving far beyond beauty basics, this ritual honours your skin by blending natural, organic and deeply restoring elements with the healing power of touch for ultimate heavenly hydration.
60min $180 | 90min $230

The Wellness Warrior
Transforming on every level, we revitalise to deliver both inner and outer glow. A bespoke holistic peel customised to suit your skin’s individual needs. This is not a peel as you know it. With options for sensitive, pigmented, aged and congested skins. Each of our fruit acid or enzyme based peels will smooth and deliver a fresh dewy complexion. This ritual includes a de-stress scalp massage and an age defying alginate mineral mask treatment.
60min $195 | with added LED wellness light $245

WELLNESS LIGHT LOUNGE

Treat yourself from within with our infrared LED therapy lounge. Stimulates skin healing, collagen production and skin rejuvenation. It works by targeting the skin’s deep layer to improve scar healing, skin texture, radiance and ageing concerns. Come in and cleanse away the day, then recline for a 15min absolute unwind - for body and mind. Relax in our deep, lush armchairs, enjoy a boost of wellness light, find peace and comfort in the moment. Add-on menu items available in-spa.

Stand alone $75
Combined with another ritual $50
5 sessions  $300 ($60)
10 sessions  $500 ($50)
In philosophy, holism explores the theory of interconnectedness. That each part of the whole is so intimately connected that they cannot be seen, understood or even exist outside of the whole. We then must explore the self as a whole, not simply in parts. We are, as it were, more than the sum of our parts.

At Holism Retreat we embrace this theory and offer wellness treatments that encompass the whole self – physical, mental and spiritual.

Offering holistic skincare, yoga, massage, meditation, a wellness light therapy lounge and wellness education, we believe in forming an authentic connection with our community. We want to inspire you to achieve holism, happiness and balance in your life. Most importantly, to feel good.