Health Retreat Activities & Therapies

ACTIVITY/ THERAPY	Natural Attitudes Health Retreat	Living Valley Springs	Chi of Life Weight Loss & Wellness Retreat	Camp Eden Health Retreat	Golden Door	Solar Springs	Gawler Foundation	Anubha	Kangaroo Island Health Retreat	Life Time	Seven Spirit Bay	Embracing Life!	NuYu Weight Loss Lifestyle Retreat	OnTrack Retreats	Akasha Retreat Centre	Cedarvale Health Retreat	Byron Bay Detox Retreats	Cabarita Ocean Retreat	Misty Mountain Health Retreat	The Australian Health Retreat
Naturopathy	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓			✓	✓	✓	
Massage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nutrition	✓	✓	✓		✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓		✓	✓
Life Coaching	✓	✓	✓	✓	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓		✓	
Counselling	✓	✓	✓		✓		✓	✓					✓	✓	✓	✓	✓		✓	
Spiritual Philosophies	✓						✓	✓		✓		✓			✓	✓	✓		✓	
Educational Workshops	✓	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓		✓	✓
Emotional Wellbeing	✓	✓	✓	✓	✓		✓	✓	✓	✓			✓	✓	✓		✓		✓	
Detoxification	✓	✓	✓					✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	
Juice Fasting	✓	✓	✓									✓			✓	✓	✓		✓	
Live Raw Food	✓	✓	✓					✓	✓			✓					✓			
Organic Food	✓	✓	✓					✓	✓	✓		✓	✓	✓			✓	✓	✓	✓
Weight Loss	✓		✓	✓		✓			✓			✓	✓	✓	✓	✓	✓		✓	
Stress Reduction	✓		✓	✓			✓		✓			✓	✓	✓	✓	✓	✓		✓	
Yoga	✓		✓	✓	✓	✓	✓		✓	✓		✓			✓		✓			✓
Meditation	✓		✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓		✓			
Vegetarian	✓	✓	✓			✓							*							
Sauna	✓		✓	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓	✓		✓	✓
Spa	✓		✓	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓	✓			
Beauty Treatments		✓		✓	✓	✓		✓	✓		✓	✓	✓	✓			✓			✓
Eco Friendly	✓														✓	✓	✓		✓	✓
Physical Adventure		✓	✓	✓	✓	✓				✓			✓	✓				✓		
Gym Equipment			✓	✓	✓	✓							✓	✓		✓		✓	✓	
Hydrotherapy Colon Cleanse	✓	✓	✓										✓	✓			✓		✓	
Aromatherapy	✓	✓		✓		✓		✓			✓						✓		✓	
Tai Chi	✓			✓	✓	✓							✓	✓				✓		
Cellular Memory Release	✓																✓			
Feng Shui	✓																			
Art Therapy	✓								✓		✓									
Sports & Games			✓	✓	✓								✓	✓				✓	✓	
Astrology	✓			✓													✓			
Energy Balancing	✓			✓									✓	✓			✓			
Pilates	✓		✓	✓	✓	✓			✓										✓	
Fitness Classes	✓		✓			✓			✓				✓	✓		✓			✓	
Floatation Tank						✓														✓
Iridology	✓					✓								✓						
Aura Soma								✓									✓			
Lymphatic Drainage Massage		✓	✓	✓	✓	✓			✓			✓	✓	✓		✓	✓		✓	
Live Cell blood Analysis		✓	✓																✓	
Magnagraphs		✓																		
Mudage				✓	✓			✓												
Reflexology				✓		✓	✓				✓						✓			✓
NLP	✓		✓														✓			
Hypnotherapy	✓							✓						✓			✓			
Acupuncture				✓				✓					✓	✓			✓			
Cellular Health Analysis				✓																
Hot Rock Therapy			✓	✓									✓	✓			✓			✓
Osteopathy				✓		✓														
Chi Kung & Qi Gong	✓												✓	✓			✓			
Medical Doctor																✓	✓			
Depression Recovery	✓															✓	✓		✓	
Diabetes management	✓															✓	✓		✓	
Tennis			✓															✓	✓	
Swimming			✓															✓	✓	✓
Cranial Balance																				✓
Cupping																				✓
Lawn Bowls																				✓
Golf																				✓