

Wellness Weekend Tour

Discover how to become the best version of you with a weekend of wellness, health and laughter. Grab a fun group of girls and mix and match your dream Wellness Weekend, all set amongst the beautiful backdrop of the Matakana region.

A great way to discover some tips to enhancing your lifestyle and finding balance.

Itinerary

Mix and match activities and experiences to tailor-make a wellness weekend to your group.

- Choose to include yoga, fitness challenges and seminars from wellness experts
- Provide us with your wish-list, then relax knowing everything is taken care of
- Treat yourself and enjoy a weekend of laughs and wellness with the girls

Tour Highlights

- The perfect way to take some time out of your busy life. Re-connect with friends or family, rejuvenate your body and be inspired to incorporate healthy living into your routine.
- Choose to include a military-grade confidence course; a fun way to test yourself physically and find your limits.
- Relaxation options include yoga, glass bead making, arts and crafts or a visit to Matakana Botanicals. Take some time out to discover quality local products & crafts and enjoy connecting with the locals.
- Soak up a little wellness knowledge. Include a cooking course with a cook book author, demonstrations on how to eat Paleo and learn new smoothie recipes for breakfast.
- Gain more body confidence when you choose a styling session with Katya Maker on dressing for your body shape.
- Indulge in healthy, fresh local food. Discover locally crafted olive oil, salmon, smoked veggies and kombucha tea.

What's included

Duration

2 nights, 2 days

Times

Friday evening to Sunday afternoon

Price

From \$600 pp - twin share

Includes:

- Accommodation
- Full itinerary & event arrangements
- Some meals



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