

**Enquire Now**  
Wellness Retreats 2022 Season

This is an exclusive retreat experience and spaces are limited!  
To book your retreat spot email: [mel@wellnessretreatsnz.co.nz](mailto:mel@wellnessretreatsnz.co.nz)



Wellness Retreats NZ 2022 Season  
**REVIVE & RESET RETREAT**

A Luxury Wellness Escape for Women and Men  
at Karioitahi Beach, NZ.



# WELLNESS RETREATS

NEW ZEALAND

*Coupling wellness, fitness, and mindfulness;  
you'll leave Karioitahi Beach feeling refreshed,  
re-energised and with unforgettable memories from  
this beautiful location just over an hour away from  
Auckland, NZ.*



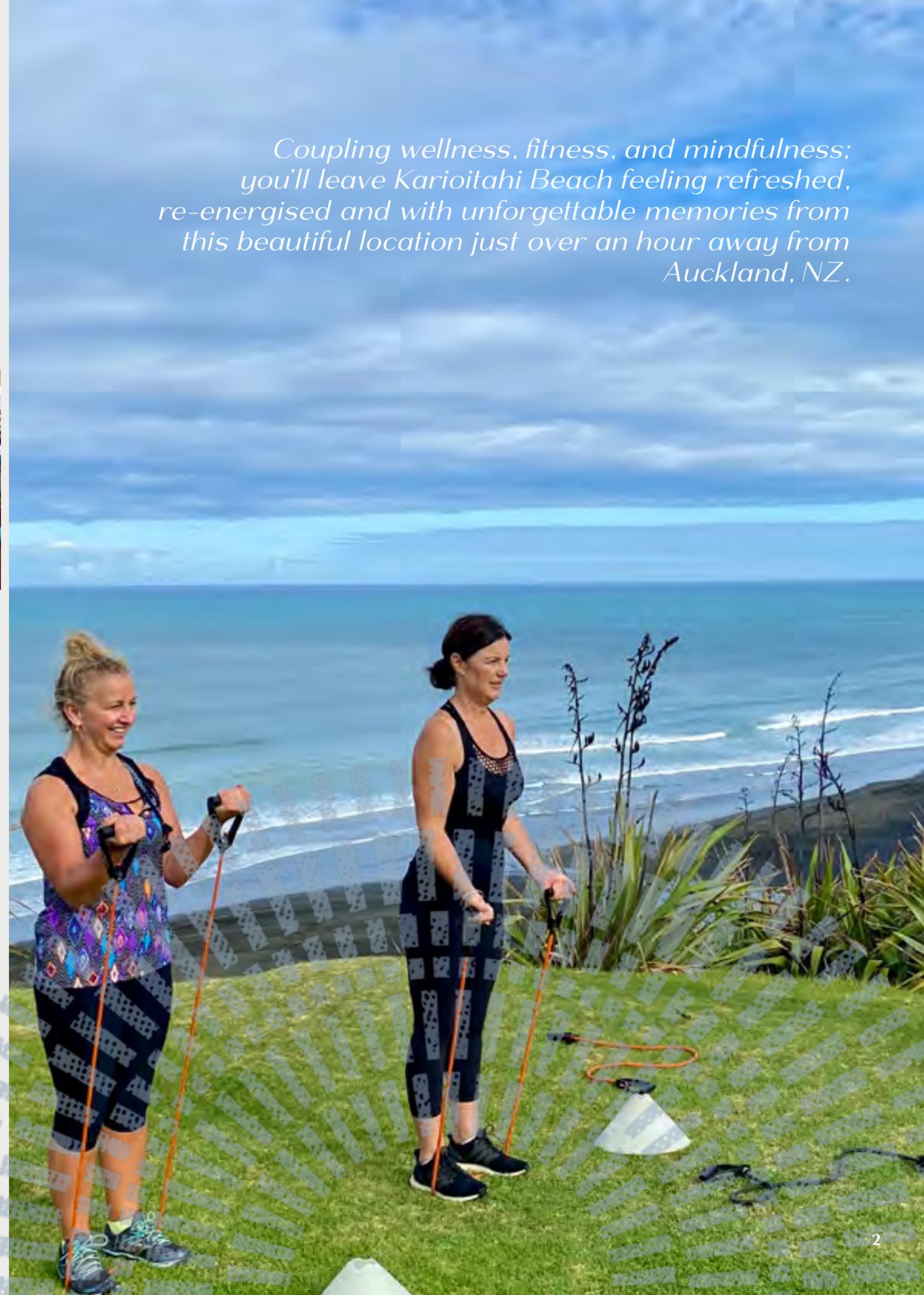
Join us for this 3-day / 2-night premium retreat weekend  
Friday 16th September – Sunday 18th September 2022  
to welcome in the change of season at Karioitahi Beach, NZ.

**Friday 16th September- Sunday 18th September 2022**

Hosted by Wellness Retreats Founder, Director and Yoga Teacher Mel Carroll, alongside special guest co-hosts, Exercise Mentor Paddy Flavell, Integrative Nutritionist Kaytee Boyd and Life Coach Tracy Manu, this short retreat is specifically designed to nourish and encourage a reset for your mind, body and soul; balancing rest, relaxation, wellbeing, movement and adventures.

Set amongst the gorgeous surrounds of Castaways Resort overlooking the wild West Coast of Karioitahi Beach ensures the perfect location to recharge away from the stress and pressures of everyday life.

Plus our smaller group sizes ensure you receive the individual attention required to gain transformational results. The perfect weekend getaway!





# WELLNESS RETREATS

NEW ZEALAND

## PREMIUM PACKAGE INCLUSIONS

---

Accommodation for 2 nights: Single or twin share in a private Chalet or Studio Room with ocean views.

**Bespoke menu curated by Wellness Retreats NZ and Castaways resident Chef.**

Delicious healthy meals catering to all dietary requirements.

**One hour relaxation massage at Castaway's Bersantai Day Spa.**

Daily group movement and fitness classes with Exercise Mentor Paddy Flavell.

**Daily yoga classes with Wellness Retreats NZ Founder Melissa Carroll.**

Wellbeing workshop with Integrative Nutritionist Kaytee Boyd.

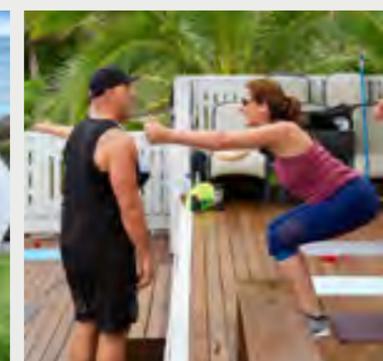
**Wellbeing workshop with Life Coach and Mentor Tracy Manu.**

Planned group nature and beach walks.

**Complimentary Wi-Fi.**

Retreat Recipes, post retreat workout and yoga sequence to continue your wellbeing journey into 2022 and beyond!

*The retreat starts at 9.30am on Friday 16th September with a welcome and yoga session. The retreat will close on Sunday 18th September around 3.30pm. The option is available to book additional accommodation the night prior or after the retreat. Please let us know and we can check availability for you.*



With a Spring theme our September Revive & Reset Retreat is the perfect time to reset after the Winter months and get back into a healthy routine. It is specifically designed to nourish and encourage a reset for your mind, body and soul; balancing rest, relaxation, wellbeing, movement, massage and adventures.



*Castaways Resort is the ultimate location to recharge your batteries and feel invigorated from the inside out.*

## ACCOMMODATION

---

Situated on the wild coastal cliff tops of Karioitahi Beach on the West Coast of Auckland, Castaways Resort is perfect for a weekend retreat escape.

Guests are welcomed with a sense of being far away from the clutter of everyday life, and invited to find shelter at the core of what is truly beautiful and peaceful.

All of the chalets and studios feature private decks with ocean views, 12 Sky channels and WiFi internet.

The newly renovated Castaways Restaurant and Bar, offers a relaxed dining experience, and the Bersantai Day Spa can treat you to a truly indulgent experience.



Image© Castaways Resort.



## HOSTS & WELLNESS PRACTITIONERS

---



*"I've learnt from personal experience that putting health and happiness first is the most important thing in life."*

### **Melissa Carroll**

Founder, Wellness Retreats NZ and Yoga Teacher.

I created Wellness Retreats NZ in 2014 to inspire and guide others on their journey to healthier and happier lives. For me, it's all about connecting and being able to assist and help every single individual.

For this reason alone, our retreats are bespoke to ensure a tailored and intimate experience where everyone comes away with unique results.

With a background in international retreat management; hosting over 200 retreats and managing a world renowned and award-winning women's retreat in Bali for two years, I've been privileged to help people as they undergo life-changing transformations by making important changes on a physical and mental level.

I'm also a certified yoga instructor, completing my 200-hour Vinyasa training in Seville, Spain in 2013 and currently teach weekly classes to corporate and private clients for those looking to bring wellness into their every day.

I look forward to joining you on your wellness journey... welcome to Wellness Retreats NZ!



### **Kaytee Boyd**

Integrative Nutritionist, Professional Athlete & Founder, The Boyd Clinic.

Kaytee has been involved in the health and wellness industry for over 25 years and is a regular at Wellness Retreats NZ.

With a double degree from Otago University in Human Nutrition and Sports Science, Kaytee has continued further studies with the CHEK Institute, Holistic Lifestyle Coaching disciplines, ACNEM and was also awarded a Prime Minister's Scholarship.

Kaytee currently runs a thriving practice specialising in hormones, gut issues, hard to treat illnesses, cancer and chronic fatigue cases and her skill base has great depth and knowledge of the human body making it extremely helpful in diagnosis and treatment.

### **Paddy Flavell**

Exercise Mentor.



Paddy is one of NZ's leading trainers and has been with Les Mills Auckland for 20 years, winning Personal Trainer of the Year 5 times.

Paddy's background as a representative Rugby Player means he's perfectly suited to help his clients achieve the upper limits of their personal goals. But beyond that Paddy also works extensively with groups of teenagers and major Kiwi companies to help them better understand the value of fit and healthy employees.

Having a diverse mix of clients in terms of ages and gender means Paddy is always considerate of not pushing people too far, training should be fun as well as rewarding!

### **Tracy Manu**

Life Coach and Mentor, Kundalini Yoga Teacher & Founder, Blossom.



Change is inevitable, but transformation is a choice. As a life coach, mentor and speaker, Tracy helps you to understand that no matter your past, you're more in control of how you experience life from this point forward than you realise.

She shares intuitive coaching techniques and life-enhancing strategies to help those who are seeking a deeper level of empowerment and happiness to create a life they deeply love.

As a speaker, her words of wisdom, courage and self-belief will inspire optimism, entertain and leaves a positive impact on hearts and minds.



## LOCATION

---



The beautiful and remote location of Karioitahi Beach offers a true sense of escape. Its wild coastline and stunning sunsets will simply take your breath away, stretching out along the Tasman Sea.

Featuring the Castaways Lookout walk along the cliff tops, this magnificent 15 minute walk showcases views across the resort and Karioitahi beach – a must on your visit.

Only 70 kilometres from the Auckland CBD, Auckland airport and 115 kilometres from Hamilton, it's the perfect weekend getaway.

## PRICING & BOOKING DETAILS

---

### Luxury newly refurbished private studio

~ \$1850pp (all inclusive)

~ \$1695pp (couples)

Enjoy your own private open plan dining/lounge area with ocean views.

### Luxury private room with ensuite in a 2-bedroom Chalet

~ \$1695pp (all inclusive)

With ocean views and sharing the spacious lounge/kitchen area with one other guest.

### Twin-share with ensuite in a 2-bedroom Chalet

~ \$1495pp (all inclusive)

With ocean views and sharing the spacious lounge/kitchen area with three other guests.

### Spa Treatments Available

If you're interested in booking a spa treatment, please let us know.



#### Treatments include:

\* Massages from \$140 \* Facials from \$100 \* Manicures/Pedicures from \$75



## WELLNESS RETREATS

NEW ZEALAND

## TERMS & CONDITIONS

---

Daily scheduling may change slightly. Bookings essential. To hold a space, we require a non-refundable \$500pp deposit. The balance is then due 5 weeks prior to the retreat date.

No deposit refund due to change of mind or personal circumstances.

Should this event need to be postponed due to Covid-19, we will reschedule to another date. If you are unable to attend the new date you will receive a full refund. We also suggest that any associated travel and additional accommodation be booked with full flexibility. If a flexible rate is not booked, you may not be entitled to a refund. If you need to cancel your booking we require notification in writing at least 30 days prior to the start date of the retreat.

All cancellations that are 3 months or more before the retreat will receive a full refund minus a \$50NZD registration fee. All cancellations that are between 1-3 months before the retreat will receive a 50% refund. All cancellations that are less than 30 days prior to the start date of the retreat will not receive any refund of the retreat fees.



## TESTIMONIALS

---

*"I thoroughly recommend this retreat! It was a real treat and exactly what I needed to de-stress and revive myself. My favourite pastimes are yoga and learning about wellness so I was in my element. Mel is an expert at reading people's needs and with Kaytee and Paddy, a perfect combination to enhance the experience."*

*"What a wonderful three days I had at your Revive & Reset Retreat. It was very evident that you put your heart and soul into making the few days such a success. It was really great and you provided the best team with Kaytee, Paddy and Tracy. I have come home and already done a yoga class this morning and am following the ideas that Kaytee has suggested for me. I'm certainly making changes!!!" ~ Joanne Feb 2021*

*"This is my second retreat with Wellness Retreats NZ. What a wonderful treat this is for your mind, body and soul. Mel thinks of everything, her attention to detail is 100%. Having Paddy and Kaytee with the fitness and nutrition knowledge, this just makes the perfect A team." ~ Vic.*

*I have now been to three retreats with Wellness Retreats NZ, Mel and her amazing team. I have again been blown away by the superb location, yoga, fitness and wellbeing workshops. The level of detail taken by the team makes Wellness Retreats NZ a must do! I cannot wait for my next retreat! ~ Nikki ~ Feb 2021 Revive & Reset Retreat*

*"For me, a retreat is all about the people. We were so lucky to have an amazing team enlightening us, training us and guiding us through the five days. Loved every minute and would recommend to anyone that wants to have a lot of fun and take care of their wellness"*