



Wellness Retreats 2021 Season  
**Enquire Now**

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 2021 Season  
**Retreat into the Rainforest**

*A Yoga, Wellness and Adventure Retreat  
for Women and Men in Franz Josef, NZ.*



*Coupling wellness, fitness, and adventure; you'll leave refreshed, re-energised and with unforgettable memories from this beautiful piece of the Earth.*

**Join us for this 6-day / 5-night premium retreat package from Saturday 29th May - Thursday 3rd June 2021 with Yoga, Wellness and Adventure in Franz Josef.**

Hosted by Wellness Retreats Founder, Director and Yoga Instructor Mel Carroll, alongside special guest practitioners and co-hosts Integrative Nutritionist Kaytee Boyd and Exercise Mentor Paddy Flavell and set in a magical rainforest escape in the heart of West Coast Glacier Country.

The 5-star Qualmark rated Rainforest Retreat is situated in the stunning township of Franz Josef, surrounded by lush native bush and the pure sanctuary of nature.

Secluded Deluxe 2-bedroom Spa Tree Houses and Deluxe 1-bedroom Tree Lodges are breathtakingly positioned within the most peaceful setting, complimented by privacy and picturesque views, with access to an outdoor hot tub for the ultimate relaxation.



## Premium Package Inclusions

- \* Deluxe accommodation for 5 nights; private room with en-suite in a 2-bedroom Deluxe Spa Tree House sharing an outdoor hot tub set amongst the forest canopy for a once-in-a-lifetime experience or choose a private Deluxe Tree Lodge suitable for couples.
  - \* An incredible Helicopter Scenic Flight over the majestic Franz Josef Glacier including a snow landing.
  - \* Entry into the West Coast Wildlife Centre with VIP backstage pass.
  - \* Welcome dinner including the local delicacy of wild west coast Whitebait.
- \* Bespoke wholefood menu catering to all dietary requirements, curated by the Rainforest Retreat resident chef, Wellness Retreats and holistic nutritionist Kaytee Boyd.
  - \* Daily flow yoga with Yoga Instructor Mel Carroll.
- \* Daily outdoor group fitness for all levels with Exercise Mentor Paddy Flavell.
  - \* Wellbeing and nutrition workshops with Holistic Nutritionist Kaytee Boyd.
    - \* A 60-minute relaxation massage.
- \* Afternoon hikes and adventures around Franz Josef including the famous Lake Matheson mirror lakes walk.
  - \* Return shuttle bus transfers from Hokitika to Franz Josef†
    - \* Deluxe goodie bag.
    - \* Complimentary Wi-Fi.
  - \* Recipes and wellness tips post-retreat.

†Transfers included when return flight is booked as part of our group booking. Flights not included.



Surrounded by nature and the pureness of the South Island of New Zealand, the retreat is a relaxing destination to enjoy some time out from your fast-paced lifestyle, while exploring the captivating sights of Franz Josef and the fun and adventure it provides.



*Beautiful and contemporary individual accommodation amongst lush native bush.*

## Accommodation

Experience the Southern Alps in pure luxury at Rainforest, featuring incredible 2-bedroom Deluxe Spa Tree Houses and 1-bedroom Tree Lodge accommodation.

Relax and soak yourself in alpine ambience. The incredible 2-bedroom Deluxe Spa Tree Houses feature outdoor hot tubs set amongst the forest canopy for a once-in-a-lifetime experience. These are perfect for guests wanting to have their own private room with en-suite whilst sharing the lounge, kitchen area with one other guest.

Supremely spacious and stylish 1-bedroom with ensuite Deluxe Tree Lodges are privately nestled amongst lush rain forest. They are ideal for couples wanting a little more privacy.



Image® Deluxe Tree Lodge.



## Hosts and Wellness Practitioners

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*“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 Instructor.

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 and Founder, The Boyd Clinic.

Kaytee has been involved in the health and wellness industry for over 25 years and is a regular speaker and co-host at our Wellness Retreats in Niue and NZ.

After graduating from Otago University with a double degree in Human Nutrition and Sports Science, she has continued further studies within 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.

Kaytee has competed for New Zealand in BMX, mountain bike, road racing and is a World Cup Gold Medalist in track cycling, she has also competed in the Commonwealth Games.

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 New Zealand’s leading personal 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, children 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.

He’s a living, breathing example of having a great life balance PLUS Paddy comes with a bigger than life smile!



## Location

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The breathtaking Franz Josef Village is a one-of-a-kind destination not to be missed. Situated in the Westland Taipoutini National Park and Voted Rough Guides Top 100 Places on Earth to visit 2020.

It is the home of green rainforest and the magical snow-capped Alps above. Untouched beauty at every corner and an array of adventure activities amongst nature.

Fresh air, pure waters, an abundance of wildlife, lush rainforests and winding tracks. A place where exploration never ends and awe and appreciation for *Kā Roimata o Hine Hukatere* (Franz Josef Glacier) is a given.

## Pricing and Booking Details

### Private room with ensuite in 2-bedroom Deluxe Spa Tree House ~ \$4495pp (all inclusive)

Enjoy your own private room with en-suite, sharing the Deluxe Spa Tree House lounge, kitchen and an outdoor hot tub area with one other guest.

### 1-bedroom Deluxe Tree Lodge ~ \$4295pp (all inclusive)

Enjoy the privacy of your own sanctuary nestled amongst the rainforest.  
A perfect option for couples. Excludes private hot tub.

#### Terms and Conditions

Daily scheduling may change slightly. Bookings essential. To hold a space, we require a non-refundable † \$1000pp deposit. The balance is then due 6 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.



### Optional Extras, Bookings Essential

– Glacier Kayaks – Glacier Heli Hikes –  
Alpine quad bike touring – Alpine mountain biking



### An Exclusive Group Booking Discount

A dedicated Flexi-fare flight booking priced at \$548 return (plus \$15 booking fee) from Auckland is guaranteed until **Tuesday 23rd March 2021 at 10am** for all Wellness Retreats NZ guests.

A fixed, one-off\* scheduled group transfer service to and from Hokitika airport is included in the package price when you book the following flights:

**29/05/21 Flight ANZ517/8832: 6:30am – 10:25am Auckland to Hokitika via Christchurch.**

**03/06/21 Flight ANZ8837/570: 5:35pm – 8:25pm Hokitika to Auckland via Christchurch.**

A picturesque 1.5-hour shuttle bus transfer sees you arriving into Franz Josef and our retreat approx. 2pm with plenty of time to settle in before a welcome dinner with all guests.

Departure on Thursday 3rd June at 1.30pm.

Transfer back to Hokitika airport arriving for the 5.35pm flight to Auckland via Christchurch.

Arriving into Auckland airport at 8:25pm.

**\* Please Note** - only the one transfer is included in the package from Hokitika to Franz Josef. If you choose not to take these flights you will have to make your own way to the retreat. If you would prefer this option or would like to extend your stay, please let us when booking.