



Sleep Therapy Retreats

One of the most important building blocks of vitality resides in the healing power of sleep, an amazing life-sustaining system where natural therapies can make immediate and dramatic changes to your well-being.

Sleep achieves the deepest levels of metabolic calm, allowing your body to re-align everything from your basic body chemistry through to your thoughts and emotions. We now know sleep performs three vital functions to sustain life and vitality:

- Sleep rejuvenates your body chemistry for renewed energy.
- Sleep recharges your immune system and heals your body
- Sleep helps process, sort and store everything you learnt, felt or experienced during the day, Sleep is vital.

Sleep Therapy Packages

Sleep Rejuvenation....from \$1,399*

- 2 Nights luxury accommodation
- One on one treatment
- Gourmet cuisine daily

Full Sleep4Health....from \$2,980*

- 7 Nights Luxury accommodation
- One on one treatment
- Gourmet cuisine daily
- Educational and interactive workshop
- Evening session on personal health
- Tailored 24 weeks nutritional program

Sleeping Blissfrom \$13,700*

- 4 x 7 Nights luxury accommodation
- Comprehensive rejuvenation program
- Consultation schedule
- Performance and wellbeing program
- Deals with serious sleeping disorders

*Subject to availability, conditions apply



Sleep 4 Health

The sleep4health retreat at Domain Casuarina Beach Resort addresses sleep problems from a unique, holistic approach that steers away from drugs and pills. The Sleep Health Retreat focuses on intense revolutionary treatment program developed by Dr Reza Samvat over the last 20 years of his clinical observation and implementations, aimed to identify the major areas contributing to sleep issues.

Enquires

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Packages and their inclusions

Package includes:	2 Nights	7 Nights	12 Months
Comprehensive one on one health, sleep and fitness assessment	•	•	•
Major causes of individual sleep disorders will be investigated.	•	•	•
Dr Samvat's revolutionary treatment daily	•	•	•
Ecological Luxurious accommodation	•	•	•
12 months wellness/nutritional phone consult (every 2 weeks)	N/A	N/A	•
one (7 nights Package) followed by 3 (weekend packages)	N/A	N/A	•
Healthy Gourmet cuisine designed to stimulate both wakefulness and sleep accordingly (Three Meals Daily)	•	•	•
Use of all facilities – new fully equipped gymnasium, tennis and volley ball courts, sauna, and heated swimming pool	•	•	•
Evening educational and informative talk on sleep management	•	•	•
Fitness activities – cardio classes to bush walks, mountain biking, canoeing and Daily Guided Morning Hikes, Awareness Walks and Moonlight Walks.	•	•	•
Educational Talk and workshop on weight loss, sleep and other health related issues	N/A	•	•
Deram interpretation and personal development mini workshop	N/A	•	•
Meditation and stress release techniques.	•	•	•
Mini workshop as to how emotions may influence your sleep and health and what to do about it.	N/A	•	•
expert fitness training programs	N/A	•	•
Daily Guided Morning Hikes, Awareness Walks and Moonlight Walks.	N/A	•	•
Organic skincare, soak and mist beauty sleep ritual that will transform your cozy guest room into a sleep sanctuary.	Optional	•	•
Balinese Aromatherapy with hot rocks massage (2 sessions)	Optional	•	•
Daily Intermittent Hypoxic Training to enhance cellular oxygenation	N/A	•	•