

# Be Still & Shine

AN EXQUISITE RESTORATIVE RETREAT

## 5-Star Luxury Retreat Experience

Relax in elegant, soul-soothing surroundings that feel like a haven.

## Dreamy Accommodation

Spacious, serene, and designed for deep rest – with early check-in and late check-out so you can truly settle in.

## Breakfast & Dinner Daily

Wholesome, soulful meals made with love and catered to your dietary needs – flavours that heal and nourish.

## Flexible booking

Choose from a 1, 2, or 3, night retreat packages, with dates to suit you.

## Wellness Reset Starter Kit

Begin your transformation with tools and natural supports tailored for your body's specific needs.

## Reset consult

30 minutes pre-retreat to clarify your top needs.

## One-on-One Sessions

Personalised guidance, mentoring, and soulful conversation with Holistic Wellbeing Specialist, Kat Alex – just for you.

## Surprises, Gifts & Optional Experiences

Be delighted with thoughtful touches and indulge in optional add-ons like spa rituals, meditative walks, and more.

## Restorative moments

A gentle return home to what truly matters.

## Incredible VALUE Retreat inclusions:

- Luxury Accommodation (Per Night + VIP Check-in/out) – \$400
- Flexible Booking (Your Choice of Dates) – Included
- Exclusive use of the property (no other guests) – Included
- Reset Consult (30-Minute Pre-Retreat Call with Kat) – \$120
- Wellness Reset Starter Kit – \$350
- Private 1:1 Session with Kat (During Retreat) – \$250 (Per Session)
- Restorative Moments (Curated Wellness Experiences) – up to \$250
- Gourmet Snacks, Breakfast & Dinner (Daily) – \$190
- Surprise Gifts & Optional Experiences – Be Surprised!

**Total 3 Night Value: \$3,240 AUD**

Choose from packages to suit your time and your budget:

Package	Value	Price	You Save
1-Night	\$1,610	<b>\$1,197</b>	\$413
2-Night	\$2,650	<b>\$1,697</b>	\$953
3-Night	\$3,240	<b>\$2,197</b>	\$1,043

*I look forward to serving you in this space! xoxo*

*Kat Alex*