



POLYNESIAN SPA

GEOTHERMAL HOT SPRINGS
AND THERAPIES



POLYNESIAN SPA

Reset Day Retreat



Reset Day Retreat

Combining the best from our spa treatments, therapeutic mineral water bathing and MMR (Mindful Moments Retreats), we are excited to offer a [Reset Day Retreat](#) Programme.

This 1-day workshop is a wonderful personal development tool, helping participants to immerse themselves in wellness practices. Our retreat leaders focus on equipping participants with tools that help to manage the stresses of everyday life, enhancing habits that lead to wellbeing.

Our RDR clients leave feeling pampered, reset and rejuvenated after seriously good me-time.

Ideal for:

RDR is an ideal getaway for groups, teams and corporate partner programmes, for those seeking to prioritise health and wellbeing amongst their staff or group. Our wellness day is great way to boost morale and increase teamwork, and we know that these elements are essential in a happy and productive environment.

Soul-soothing and rejuvenation is the only thing on our agenda.

A bit about our region and geothermal wonders

Rotorua is part of the Taupo Volcanic Zone, a geothermal field extending from White Island off the Bay of Plenty Coast to Mt Ruapehu far to the south. There are few places in the world where geothermal phenomena of such intensity, is as extensive and easily seen as here in Rotorua.

Our region is rich in geothermal features which include volcanic crater lakes, spouting geysers, bubbling mud pools, hissing fumaroles, colourful sinter terraces and geothermal waters - all of which have drawn visitors since the 1800s.

Why our pools and treatments are so soul soothing

Unique to bathers at Polynesian Spa – and indeed the Southern Hemisphere, is access to two types of geothermal mineral waters. The therapeutic waters from these two natural springs are fed into 28 hot pools.

-Te Pupunitanga – The Priest Spring (exclusive to Polynesian Spa)

The soothing Priest Spring water is slightly acidic and relieves tired muscles, aches and pains. This spring is named after Father Mahoney, a catholic priest “cured” of crippling arthritis after bathing in the waters in 1878. The Priest Spring source can still be viewed at Polynesian Spa where bubbles emerge through the pumice bottom of the old bath site which is now protected as a historic feature by Heritage New Zealand Pouhere Taonga.

-Te Whangapipiro – The Rachel Spring

Once said to bless bathers with ageless beauty and named after the notorious Parisian cosmetician of the time, the alkaline waters from the Rachel Spring deeply nourish skin and reduce swelling. Alkaline and silica-laden water from this boiling cauldron reach temperatures of 100°C (212 Fahrenheit). The Spring source is a popular attraction and can be viewed in the Government Gardens just 100m from our front entrance.

The Spa Retreat at Polynesian Spa

Our multi award winning Spa Retreat offers an extensive and indulgent therapy range, from Aix Treatments (water therapy) to Signature Mud body wraps, aromatherapy or relaxation massages and facials.



SAY HELLO TO

Your Retreat Leader



Helena's personal experience with meditation began in 1992, developing for her a deep interest in wellbeing benefits.

The opportunity arose to study mindfulness meditation teacher training with Dr Ian Gawler in 2009.

Helena completed her first training course in this field. More recently she has completed further studies in the practices of guided imagery and contemplation.

Helena manages our 1 day and weekend Retreats as well as the treatment therapies offered at Polynesian Spa.

She is our resident well-being expert, helping our visitors learn tips and activities to celebrate awareness and switch off from their busy lives.



SAY HELLO TO

Your Pilates Instructor

inbalancefitness.co.nz



PILATES INSTRUCTOR
Madre Collier

Madre is based in Rotorua and is REPS registered Personal trainer with over 10 years of experience as a movement coach, rehabilitation specialist and Pilates instructor.

She believes that a holistic approach to fitness is best. "It is never just about exercise but rather about taking a general approach to fitness by looking at sleep, work/life stressors, nutrition and movement holistically, as they are all connected" says Madre.

She enjoys coaching and training people, forming friendships and supporting transformational change that helps an individual develop into a happy, confident, and strong being.

Dealing with injuries and the multiple benefits that movement can bring in her every day professional environment, she is excited to apply her knowledge and skills to our body conditioning workshop on our Reset Day Retreat.

Madre's motto:

ABILITY IS WHAT YOU'RE CAPABLE OF DOING.
MOTIVATION DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW WELL YOU DO IT.

SAY HELLO TO

Your Yoga Instructor

yogarotorua.nz



YOGA INSTRUCTOR
Nadine Prinsloo

Nadine's journey with yoga started in South Africa in 2015 after a failed back surgery left her broken and depressed. One of her doctors suggested yoga as rehabilitation. She was amazed at how fast a regular yoga practice healed not only her body, but also her mind.

He moved to Christchurch with her husband and young daughter in 2017. The move inspired her to create the life that she truly wanted to live – leaving the corporate world to teach yoga and share the magical healing with others. She did her training with Adapted Yoga and Pilates (Yoga studio of the year 2019 & 2020) and was employed as a full time yoga teacher.

Working for the largest, most awarded studio in NZ helped her to gain valuable experience with a wide variety of medical conditions and injuries. She has learned to adapt postures to suit the needs and physical limitations of students.

Her classes are suited for all levels and she knows how to adapt classes for pregnancy.

What you can expect from Nadine's classes: She teaches traditional Hatha Yoga. Her classes focus on posture, body awareness, core strength, alignment, balance and breath. She offers various levels and progressions to cater for the level that you are at. Classes start with a short session of pranayama (yoga breathing techniques) and end with relaxation/guided meditation – all of this is kept light and relaxed with a good dose of humor throughout.

RETREAT

Programme

8.30- 9.00 ^{AM}	Check In	Arrive at Polynesian Spa
9.00 ^{AM}	Helena Keenan	Welcome and Introduction
9.45 ^{AM}	Nadine Prinsloo OR Madre Collie	Yoga Pilates and Body Conditioning
11.15 ^{AM}	88 Ra Café	Morning Break
11.30 ^{AM}	Helena Keenan	60 Minutes Mindfulness and Meditation Session
1.00 ^{PM}	Lunch	Healthy lunch prepared by our on-site Café team
2.00 ^{PM}	Alkaline & Acidic water soak in therapy pools	*Pre-therapy soak in the Deluxe Lake Spa Pools or Private Lake View Pools
3.00 ^{PM}	Spa Therapy Group 1	60 Minute Indulgent Therapy in the Spa Retreat
4.15 ^{PM}	Spa Therapy Group 2	60 Minute Indulgent Therapy in the Spa Retreat
5.15 ^{PM}	End of Day	Reflect and relax in the Relaxation Lounge with herbal teas/drink of choice

*Schedule is subject to availability.

*Please note that there are two groups created during therapy time as the Polynesian Spa has capacity for up to 8 therapies at a time.

*If you would like to book a lake View Private Pool for your pre-therapy soak instead of the Public Deluxe lake Spa Pools, this can be arranged. Booking requires a minimum of 2 people per pool. (Subject to availability).

*Towels, gowns, toiletries and disposable underwear are provided for therapy and on-site use.



YOUR INVESTMENT OF \$449 includes

Morning tea and lunch, light snack in the afternoon, drinks

60 Minute Spa Retreat Therapy in our Award-Winning spa

Deluxe Lake Spa Pools for a pre therapy soak

Qualified Teacher Instruction in Body conditioning – Yoga or Pilates

Qualified Teacher Instruction in Meditation and Mindfulness techniques

20% off in our Spa Essentials Gift shop

Your FREE goodie bag to pamper yourself when you get home

Contact us to discuss your programme:

Phone: +64 7 348 1328

Email: vicki@polynesianspa.co.nz
trade@polynesianspa.co.nz

Discover: www.polynesianspa.co.nz/groups

