



# POLYNESIAN SPA

GEOTHERMAL HOT SPRINGS  
AND THERAPIES



## Mindful Moments Retreat

HISTORIC | THERAPEUTIC | WORLD-FAMOUS

# YOUR JOURNEY TO WELLNESS, BALANCE, AND RELAXATION

## WELCOME TO THE MINDFUL MOMENTS RETREAT AT POLYNESIAN SPA

Unplug from the chaos of daily life and embark on a transformative two-day journey to rediscover balance, inner peace, and rejuvenation. At the Mindful Moments Retreat, we provide you with a unique opportunity to nurture your mind, body, and spirit. Our expert facilitators are here to guide you through a series of activities designed to empower you with lifelong wellness tools and techniques.

New Zealand Herald has called it a 'game-changer' and 'the most calming and relaxing experience ever.' If you're looking to bond with your loved ones, whether it's your mom, sisters, or girlfriends, this retreat is tailor-made for you.

Over the course of two days, you will acquire knowledge of rituals and techniques that will stay with you for a lifetime, equipping you with the skills to lead a healthier, more balanced life.



### Key Dates in 2024:

18-19 May | 20-21 July | 14-15 September | 9-10 November

**Ticket Price:**  
\$795 per person

## WHAT DOES OUR WELLBEING PROGRAMME LOOK LIKE?



### Mindfulness and Meditation Session

This practice has been shown to reduce anxiety and stress, increase memory, and improve attention. You will be guided through yoga, mindfulness practices, meditation and wellness talks.

### Wellness Talk on the Mind & Gut Connection

Gain valuable insights into the intricate relationship between mental and gut health, increasing your awareness and understanding of how they are interconnected.



### Awakening and Rebalance Yoga Session

Stretch your body and find balance through yoga, enhancing flexibility, strength, and mental equilibrium. This session serves as a holistic approach to reducing stress and anxiety while promoting physical well-being.



### Mindful Sound Bathing

Discover the calming power of sound to relax your mind and enhance mindfulness, effectively reducing stress and promoting a state of mental tranquility.



### Therapy Treatment

Indulge in a rejuvenating therapy session at the Retreat Day Spa with access to Deluxe Lake Spa & Pavilion Pools: Immerse yourself in the therapeutic waters of the Polynesian Spa.



### Therapeutic Bathing

Immerse yourself in the healing properties of the spa's natural alkaline and acidic spring waters. These unique waters offer rejuvenation, relaxation, and wellness, providing a soothing experience for your body and mind.

### Morning and Afternoon Teas

Savour delicious and healthy refreshments during breaks to keep your energy levels up, ensuring you remain nourished and energized throughout the day.

### Healthy Lunches

Fuel your body with nutritious and wholesome meals to support your overall well-being and provide the sustenance needed to maintain your vitality.



### Redwoods Guided Walk

Amidst the towering Redwoods, participants engage in physical activity, experiencing the forest's serene allure. This guided journey blends exercise with mindfulness, fostering inner peace and connection to the environment, making it a memorable and rejuvenating experience.

Receive a luxurious spa gift bag valued at over NZ\$360, filled with high-quality spa products and goodies to continue your wellness journey beyond the retreat, allowing you to pamper yourself at home.



## MEET OUR FACILITATORS



### JESSICA TUMATA-LANE

Jess is a qualified Naturopath specialising in plant medicine, nutrition, and aromatherapy.

She empowers others by sharing her knowledge of homemade tinctures and balms made from forest plants.

As a sound healer and mindfulness facilitator, Jess promotes holistic health, teaching art as a mindful outlet for self-esteem and emotional regulation. She combines guided breathwork meditations and vibrational sound healing using Tibetan singing bowls.

Jess hosts workshops on nutrition, emphasizing the connection between the gut and brain, and teaches food-based fermentation workshops, blending plants into everyday nutrition.



### NADINE PRINSLOO

Trained at Adapted Yoga and Pilates, a renowned studio, Nadine acquired extensive experience working with diverse medical conditions and injuries, adeptly adapting postures to accommodate individual needs and limitations.

Nadine's classes are inclusive of all levels, including pregnancy modifications, and center on traditional Hatha Yoga, emphasizing posture, body awareness, core strength, alignment, balance, and breath. Sessions commence with pranayama (yoga breathing techniques) and conclude with relaxation and guided meditation, infused with a light-hearted and humorous atmosphere.



### HELENA KEENAN

Helena's personal experience with Meditation began in 1992 developing for her a deep interest in the Wellbeing benefits of Meditation. Further studies and reading into Mindfulness Meditation created a goal to pursue formal studies in this area.

The opportunity to study Mindfulness Meditation Teacher training with Dr Ian Gawler arose and in 2009 and Helena completed her first training course in this field.

More recently Helena has completed further studies with Ian Gawler and Ruth Gawler in Australia, in the practices of Guided Imagery and Contemplation. Helena also has extensive experience with Aromatherapy, Massage Therapy, and overall health and well-being. Helena brings a diverse and extensive skill-set to Polynesian Spa.

## THERAPIES

As a participant, you get to choose the spa therapy that best suits your needs. The options include a variety of massages and facials to rejuvenate your body and mind.

### MASSAGES



**Mud or Manuka  
Massage**



**Relax your Body  
Aromatherapy  
Massage**



**Swedish Massage**



**Spa Stress Therapy**

### BODY POLISH & MUD WRAPS



**Pure Fiji Body Glow**



**Signature  
Geothermal Mud  
Wrap**



**Himalayan Salt Polish  
& Herba Oil Massage**



**Juara Candlenut Body  
Polish & Massage**

### FACIALS



**Waterlily Triple Berry  
Facial**



**Timeless Facial**



**Nellie Tier Body Polish  
& Mini Facial**



**Pure Fiji Moisture  
Drench Facial**

**"It was a wonderful spa retreat. I would thoroughly recommend to everyone. Thank you Helena for this wonderful experience and I look forward to coming again in the near future."**

*Amanda Gunn, MMR Guest, August 2023*

**"What a fantastic time away at the Retreat. Really enjoyed every moment. Definitely coming back again. Thanks so much."**

*Sally Blackler, MMR Guest, August 2023*

**"Wonderful experience as always. Highly recommend!"**

*Catherine Lupton, MMR Guest, August 2023*



## PROGRAMME

### Day One: Saturday

8:30–9:00am:	Guests Arrive at Polynesian Spa
9:00am:	Welcome and Introduction with Morning Tea in the Wellness Room
10:00am:	Soak in the Pavilion mineral pools
11:00am:	Awakening Yoga Session
1:00am:	Healthy Lunch in the Wellness Room
1:45pm:	Transport for a Rejuvenating Guided Walk in the Redwoods
3:00pm:	Afternoon Tea in the Wellness Room
3:30pm:	Wellness Talk – “Gut & Brain Connection”
Free time	Enjoy your evening at your leisure

### Day Two: Sunday

9:00am:	Guests Arrive at Polynesian Spa
9:15am:	Group 1: Soak in Deluxe Lake Spa mineral pools Group 2: Meditation Class in Wellness Room
10:15am:	Group 1: 60 min Indulgent Therapy
10:30am:	Group 2: Soak in Deluxe Lake Spa mineral pools
11:45am:	Group 1: Meditation Class in Wellness Room Group 2: 60 min Indulgent Therapy
1:15pm:	Healthy Lunch in the Wellness Room
2:00pm:	Choice of Scenic Lake Rotorua walk or Deluxe Lake Spa soak
2:45pm:	Mindful Sound Bathing in the Wellness Room
4:00pm:	Home Time - Not in a rush? Book a Treatment at a 20% discount

## Bring your mind, body and spirit into balance

Ready to embark on this journey of self-discovery, relaxation, and rejuvenation? Join us for the Mindful Moments Retreat and leave with more than just memories – leave with the tools to transform your life, nurture your well-being, and embrace a healthier, balanced you.



## NEARBY ACCOMMODATION

Polynesian Spa is centrally located, on the lakeside edge of the CBD. We have a range of hotels in the immediate vicinity. We can assist with great rates for any of the hotels listed below.



Sudima Hotel



Millennium Hotel



Novotel Hotel



Pullman Hotel



Distinction Hotel



Princes Gate

There is also a wide selection of luxury lodges, resorts, lake-side baches, and charming motels available in Rotorua. [Click here to see more options.](#)

## PROUD TO BE AN AWARD-WINNING MINERAL BATHING AND SPA THERAPY COMPLEX

Polynesian Spa has won numerous awards over the years, some of our most recent awards being:

- World Luxury Spa Awards: 2023 Winner of Best Luxury Hot Springs, Best Luxury Lakeside Spa, Best Luxury Mineral Springs Spa for Australasia & Oceania
- Luxlife 2023 Winner for Most Relaxing Hot Springs Experience
- Tripadvisor 2023 Traveller's Choice Awards
- Top10 Geothermal and Medical Spa Awards: Winner four times
- Luxury Travel Guides Spa of the Year: Winner two times



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