

A Typical 1st day at Bedarra Lodge

Pre-cleansing stage

6.00am- Gentle yoga and Meditation in the Sadhana room is optional and everyone is welcome.

7am- Meet at observation and grill dining area (just near the sheltered “Lovers Beach” and below pool and cabana relaxation area.)

Start the morning with refreshing organic lime and rainforest honey juice. At least 2 full glasses.

Fill personal drinking bottle in preparation for beach and rainforest walk. 45 minute walk

Optional-Vigorous walk or meditation walk- up to you!
Return for breakfast and freshen up.

8am- Breakfast will consist of cleansing juices such as beautiful organic grown red papaya with mango and passion fruit with added molasses and ground linseed.

Stewed fruit such as cinnamon, and apples depending on your individualized program.

Finished off with one of the many fresh herb teas sweetened with natural rainforest or lychee honey if desired.

9am- Time to commence one’s individualized therapy treatments at the MEDI SPA.

Your treatment may be a FULL BODY SCRUB using healing Celtic salt or ground rice with detoxifying tumeric added.
Then of course the body is moisturized with the appropriate Ayurvedic oil to nurture, replenish and rejuvenate the skin depending on your appropriate skin diagnosis.

10.30am-Morning tea. More organic nourishing juices such as lime and pawpaw and of courses beautiful fresh herbal tea such as ginger and lemongrass.

11am- Private consultation with Jenny Kidnie or perhaps a tutorial in ‘the new way to eat and live’, or it could be a healing reiki session with one of our specially trained staff.

12.30am- Lunch -Choice of exotic organic salads such as zucchini and tomato salad, Thai cucumber and fennel salad, Californian coleslaw with rainforest

honey and roasted sunflower seeds or perhaps beetroot and orange salad depending on the day.

Then a delicious comforting, cleansing soup such as roasted capsicum with tomato, flavored with garlic and coriander.

Papaya or vegetable juice of your choice, made by you under our guidance. Finished off with a fresh herbal tea.

1.30pm- Rest time for you.

Fill in daily questionnaire and update your diary.

3.00 – 4.30pm- Specialized Meditation, yoga and body work sessions with Jenny.

4.30 – 6.00pm- YOUR TIME- perhaps a walk in the rainforest or along the beach, sit by the beach in the rainforest and reflect, swim in our therapeutic saltwater rainforest pool, or maybe listening to one of Jenny's audio-healing therapies.

5.45-6.00 Bird feeding time at the Observation Deck

6.00 pm- Dinner, maybe on the beach or the observation deck. Menus consist of barbeque vegetarian kebabs with lime and cucumber sauce, baked pumpkin and shallots, exotic Bedarra Lodge green salad with baked onion, garlic and potato.

Desert could be pineapple, coconut and banana fruit salad or a selection of other in season, yummy tropical fruits.

7.30pm- Meditation in the Sadhana room optional.

8.30pm- A second dose of cleansing digestive herbs. Evening herbal tea or lime and honey juice in the lounge area.

Hand in daily health questionnaire and special requests at the reception area. Time to retire. You may like to read, or listen to one of the healing audio recordings by Jenny, or perhaps like everyone else sleep like a baby aided by the oxygen enriched atmosphere.