

ARRIVAL DAY AT THE LODGE

2 pm pick up from airport by our local connecting coach service.

Upon arrival at 4.30 pm, we will greet you with a cool refreshing drink or hot tea and an iced face washer to allow you to unwind, relax and recover from your journey.

We look forward in taking you by the hand and introducing you to our tranquil world. We will check you in; then take you to your room with your bags to freshen up.

At 5 pm there is a group orientation tour of the property where you will have the opportunity to look over a map of the property.

You will have the opportunity to have a group chat and clarify any health type queries from questionnaire previously filled in with our visiting therapists.

An appointment time is then organized for a private consultation in the clinic with your therapist.

6 pm is dinner and informal introductions of guests.

Your meal for the first evening will be dependant on the variety of local fresh organic produce and may include barbequed fresh barramundi or chicken breast with one of the many complementing sauces, french garlic potatoes, grilled tomatoes and organic spinach/sesame/orange salad.

Desert could be one of our famous tropical organic fruit salads or homemade wattle seed or wild rainforest honey ice cream.

To drink....Fresh lime/rainforest honey /mint juice and herbal tea.

We will start you on a two part course of cleansing herbs to help your digestive system to to unbind it's self.

Most importantly, please inform us, when booking, of any food allergies or particular food dislikes you may have.

7.30 pm After dinner.....We will finish dinner with a briefing of what is to be expected and explanation of the pre-cleansing day tomorrow.

8.30 pm. You may like to spend half an hour in the Sadhana room in relaxing meditation with one of our trained therapists to help you sleep.