




ARO-HĀ , GLENORCHY, NEW ZEALAND

New Zealand’s beautiful Aro-Hā Wellness Retreat is the perfect place to recharge, relax and rethink your lifestyle in stunning surrounds.

Aro-Hā which means “in the presence of divine breath” is the brain child of two amazing minds - Chris Madison and Damian Chaparro.

They have created a world-class health retreat that encompasses spiritual, physical and mental health with guests leaving with a new spring in their step.

The eco-friendly retreat, located 45-minutes’ drive from Queenstown in New Zealand’s South Island, sits in one of the most picturesque locations in the world. The pristine surroundings have been carefully selected to inspire and encourage guests.

Days are filled with yoga, guided hikes, deep tissue massages, cooking classes, strength training, pilates, group discussions, mindfulness and meditation.

The entire retreat is run on hydro and solar power, the buildings designed sustainably and built from larch wood and local stone.

Every building is placed to maximize the views - even the sauna looks out onto the lake. Rooms are comfortable, sparsely furnished but with touches such as a soft cashmere blanket, crisp linen and organic toiletries.

Aro-Hā follows a paleo-vegan diet – no grains, no coffee, no alcohol, no meat or fish, no gluten, no sugar. Meals are enjoyed at a communal table so guests can interact with each other.

The spa pavilion has massage rooms, a dry Finnish sauna and cool infrared sauna, an outdoor hot tub and icy cold plunge pool. Guests are encouraged to alternate between the sauna and the pool to strengthen their immune system.

Stretching, breathing and meditating followed by a long walk start the day in a land of enchanted forests and clear spring rivers that leaves you marvelling at Mother Nature.

Not only do you leave Aro-Hā with renewed vigour but guests take away a revised lifestyle program to ensure optimal wellbeing.

FACILITIES

- Pool
- Hot Tub
- Sauna
- Guided walks
- Massage
- Meditation
- Yoga

16 pavilions

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