

# WELLNESS ACTIVITIES

Destination Queenstown





## ARO HA WELLNESS RETREAT



**Contact:** Paula Ryan

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Telephone: +64 3 442 7011

Address: 33 Station Valley Rd, Wyuna, Glenorchy

**Aro Hā offers a next-level wellness experience with life-shifting, body-morphing, and spirit-lifting retreats.**

Their award-winning programs combine advanced eco accommodation, permaculture-based self-sufficiency, and world-class, results-oriented programming. Designed to rejuvenate the human spirit, Aro Hā is ideal for solo travelers, couples, or friends. Their programs include sub-alpine hiking, vinyasa yoga, and dynamic movement to sculpt the body and mind.

Aro Hā Wellness Retreats are available as 6-day or 8-day programs, with a maximum of 18 guests for a personalized experience..

## BODY SANCTUM



**Contact:** Judi Seddon

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Website: [www.massagequeenstown.co.nz](http://www.massagequeenstown.co.nz)

Telephone: +64 3 442 4336

Address: Level 1, 10 Athol Street, Queenstown

**Body Sanctum is perfect for relaxing and treating delegates, CEOs, or top performers.**

Located in Queenstown's city center, it offers rejuvenating massages and treatments ideal for partner programs. As the largest spa in Queenstown, it boasts 9 treatment rooms with expert therapists ensuring optimal care.

Body Sanctum also provides mobile massage services at any venue, setting up back, neck, and shoulder massages at conferences or booths. Great offers for conference packages are available; contact them to plan your event.

## EFOREA - SPA AT HILTON



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Address: Kawarau Village Peninsula Road, Queenstown

**Be prepared for a blissful experience at eforea: Spa at Hilton.**

Eforea combines the vast expertise of Hilton spa resorts worldwide, drawing on the best modern and traditional practices from around the globe.

Explore three distinct ranges of treatments, all focused on organic, natural products and scientific, results-driven practices.

Eforea - Spa at Hilton promises a transformative journey of the senses, helping guests emerge brighter.

## EICHARDT'S VAULT SPA



Contact: N/A

Email: [khogan@imperiumcollection.com](mailto:khogan@imperiumcollection.com)

Website: [www.eichardtsdining.com/thegrille](http://www.eichardtsdining.com/thegrille)

Telephone: +64 3 441 0450

Address: 3 Marine Parade, Queenstown

The new Vault Spa, in Eichardt's Private Hotel's heritage wing, offers a sanctuary for guests and visitors. It features a private treatment room for two and a relaxing lounge, ensuring a rejuvenating experience.

For ultimate indulgence, upgrade to Eichardt's iconic Penthouse, a private haven with stunning Lake Whakatipu views. Enjoy exclusive use of the outdoor hot tub, sauna, standalone bath, and lounge deck with panoramic mountain views.

Guests can opt for room service or a private chef and complete their stay with tailored spa treatments in the Vault Spa.

## NADI WELLNESS



Contact: Sandi Murphy

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Website: [www.yoganadi.co.nz](http://www.yoganadi.co.nz)

Telephone: +64 3 409 0318

Address: Level 2, 50 Stanley Street, Queenstown

At Nadi Wellness, a holistic approach to wellness is embraced with two locations in Queenstown Central and Remarkables Park, Frankton.

A community of therapists shares space to heal mind, body, and soul. Nadi Wellness offers yoga, massage (including mobile service, shiatsu, hot stone, and synchronized massage), facials, foot reflexology, acupuncture, and spa packages.

Other natural therapies include Feldenkrais, counseling, clairvoyance, and reiki. Yoga classes cater to beginners and advanced practitioners, with various styles available. Private yoga classes can be arranged in-studio or as a mobile service.

## ONSEN HOT POOLS RETREAT & DAY SPA



Contact: Liz Marshallsea

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Website: [www.onsen.co.nz](http://www.onsen.co.nz)

Telephone: +64 3 442 5707 | 0508 869 463

Address: 160 Arthurs Point Road, Queenstown

While Queenstown often moves at full pace, Onsen Hot Pools invites guests to step back, take in the stunning surroundings, and simply relax.

Exclusive-use original and outdoor cedar tubs offer panoramic views across the Shotover River. Guests can relax amidst alpine scenery or dim the lights at night to watch the southern constellations.

Onsen provides a range of options for all relaxation needs, including a tranquil day spa with high-quality therapists delivering extensive treatments. With pure water naturally refreshing the pools, Onsen Hot Pools embodies relaxation the natural way.

## SOFITEL SPA WITH L'OCCITANE

SOFITEL  
Spa  
with L'OCCITANE



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Telephone: +64 3 450 0048

Address: 8 Duke Street, Queenstown

**Enter an oasis of calm at Sofitel Spa with L'Occitane, voted the World's Best Hotel Spa by Travel + Leisure magazine.**

Sofitel Spa with L'Occitane emphasises balance and rejuvenation with exclusive French and New Zealand products. Their international team offers a premium range of therapies and signature treatments, like the traditional Māori Greenstone Massage. Each of the five treatment rooms includes individual showers and steam rooms, with a couples' suite featuring a cedar wood Jacuzzi.

Sofitel Spa with L'Occitane also boasts a unique infra-red room, serene relaxation rooms, and a discovery bar for unwinding over tea and healthy snacks.

## SPA AT NUGGET POINT

  
NUGGET POINT  
A THE GROUP HOTEL  
QUEENSTOWN NEW ZEALAND



**Contact:** Lorna Pullin

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Telephone: +64 3 441 0288

Address: 146 Arthurs point, Arthurs Point, Queenstown

**Nestled in a magnificent alpine setting overlooking the famous Shotover River, The Spa at Nugget Point is housed in a fine boutique hotel.**

Stepping into the spa suite feels like entering a modern Roman bath, complete with a mosaic pool under a domed roof, marbled plunge bath, steam room, sauna, spa pool, and rose mosaic showers.

Relaxation areas and designated treatment rooms offer ultimate pampering amid breathtaking mountain and river views. The perfect setting to enjoy organic treatments that release your inner and outer radiance.

## THE SPA AT MILLBROOK

  
MILLBROOK  
QUEENSTOWN | NEW ZEALAND



**Contact:** N/A

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Website: [www.millbrook.co.nz](http://www.millbrook.co.nz)

Telephone: +64 3 441 7007

Address: Malaghans Road, Arrowtown

**As Queenstown's most prestigious and award-winning day spa, The Spa at Millbrook epitomizes the ultimate in rest in relaxation.**

From the inviting welcome area to the quiet and spacious treatment rooms, post treatment relaxation rooms and superb outdoor relaxation areas, The Spa at Millbrook provides a peaceful environment to relax and be pampered.

Located in an idyllic position, carefully angled windows ensure that the stunning views across manicured fairways, rolling hills and surrounding mountains are enjoyed from most treatment rooms.

**Queenstown**  
NEW ZEALAND