



Queenstown **wellness activities**





Aro Ha Wellness Retreat



Contact: Paula Ryan
Email: paula@aro-ha.com
Website: www.aro-ha.com
Telephone: +64 3 442 7011
Address: 33 Station Valley Rd, Wyuna, Glenorchy

Aro Hā is a next-level wellness experience, offering life shifting, body morphing, spirit lifting retreats. We condense optimal living practices into signature wellness adventures.

Multi-award winning, Aro Hā fuses advanced eco accommodation, permaculture based self-sufficiency, and world-class results-oriented programming.

Aro Hā is designed for the rejuvenation of the human spirit. Ideal for solo travellers, couples, or friends, our physically stimulating programs sculpt the body & mind with sub alpine hiking, vinyasa yoga, and dynamic movement.

Aro Ha Wellness Retreats are 6 Day or 8 Day progrms, with maxium of 18 guests - allowing for a more personal experince.



Body Sanctum



Contact: Judi Seddon
Email: info@bodysanctum.co.nz
Website: www.massagequeenstown.co.nz
Telephone: +64 3 442 4336
Address: Level 1, 10 Athol Street, Queenstown

Body Sanctum is the perfect place to relax, and to treat your delegates, organising committee, CEO or top performer!

Rejuvenate and re-energise with a massage or treatment, absolutely perfect for partner programmes and located right in the idyllic setting of Queenstown's city centre.

Body Sanctum is the largest spa in Queenstown offering 9 treatment rooms all equipped for the optimum in relaxing treatments with the most expert therapists ensuring the best care and satisfaction of each client. We also offer our mobile massage service at any venue or location and can set up back, neck and shoulder massages at your conference show or booth.

Great offers for conference packs are available, just get in touch and let us know when your event is happening!



Eforea - Spa At Hilton



Email: eforeaspa_queenstown@hilton.com
Website: www.queenstown.hilton.com
Telephone: +64 3 450 9416
Address: Kawarau Village Peninsula Road, Queenstown

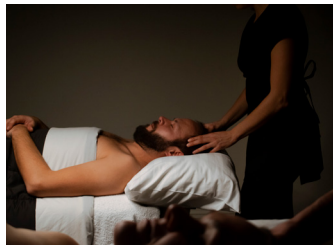
Be prepared for a blissful experience at eforea: Spa at Hilton. Eforea combines the vast expertise of Hilton spa resorts worldwide to draw on the very best modern and traditional practices from around the globe.

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

Eforea - Spa at Hilton promises to take you on a transformative journey of the senses, helping you to emerge brighter.



Eichardt's Vault Spa



Email: khogan@imperiumcollection.com
Website: www.eichardtsdining.com/thegrille
Telephone: +64 3 441 0450
Address: 3 Marine Parade, Queenstown

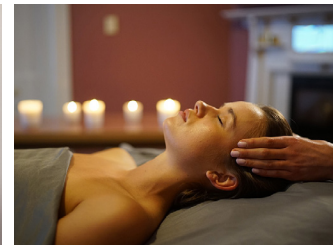
The new Vault Spa is located in the heritage wing of Eichardt's Private Hotel, offering a sanctuary to hotel guests and visitors alike. The Vault Spa features a generous private treatment room offering unique, restorative therapies suitable for up to two people and a relaxing lounge room, promising a serene and rejuvenating experience.

For the ultimate indulgence, upgrade to Eichardt's iconic Penthouse, a private haven for any group occasion where you can unwind and relax against the stunning backdrop of Lake Whakatipu.

Enjoy exclusive use of the Penthouse including the signature outdoor hot tub, sauna, spacious standalone bath, and expansive lounge deck with panoramic views of the mountains. Opt for room service or pre-book your private chef. Complete with spa treatments tailored to each guest in our signature Vault Spa.



Forme Spa & Salon



Email: queenstown@formespa.co.nz
Website: www.formespa.co.nz
Telephone: +64 3 409 0318
Address: Level 1, Mountaineer, 32 Rees Street, Queenstown

Your complete beauty destination for hair salon, beauty lounge and day spa services in central Queenstown (formerly Hush Spa & Salon).

Offering a wide range of facials, massage, waxing/grooming treatments, manicures-pedicures, day spa packages, bridal/make-up and hen's parties, and full service hair salon for colour and styling.

Combine a relaxing massage with a beautiful blow-wave. Foils/colour with a professional manicure in a luxe environment. Or experience the bliss of one our rejuvenating facials. Need some waxing or beauty maintenance? No problem we are experts.

Beautifully renovated and a stylish haven for relaxation and rejuvenation. Perfect also for pre-wedding groups and corporate entertaining. Experienced therapists and stylists to ensure your satisfaction. Open Monday-Saturday.

Winner Best Luxury Spa Group Australasia in World Luxury Spa Awards 2019. Come upstairs and relax, you've come to the right place.



The Spa At Millbrook



Email: thespa@millbrook.co.nz
Website: www.millbrook.co.nz
Telephone: +64 3 441 7007
Address: Malaghans Road, Arrowtown

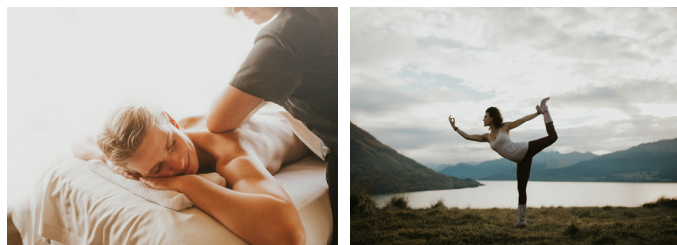
As Queenstown's most prestigious and award-winning day spa, The Spa at Millbrook epitomizes the ultimate in rest in relaxation.

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 the majority of treatment rooms.



Nadi Wellness



Contact: Sandi Murphy
Email: info@queenstownmassage.co.nz
Website: www.yoganadi.co.nz
Telephone: +64 3 409 0318
Address: Level 2, 50 Stanley Street, Queenstown

At Nadi Wellness we take a holistic approach to wellness, with 2 locations to choose from: Queenstown Central and Remarkables Park, Frankton.

A community of therapists share space in our Centres – to heal mind, body and soul, and we run regular wellness workshops and events. Nadi Wellness offers yoga, massage (including mobile service, shiatsu, hot stone and synchronized massage), facials, foot reflexology, acupuncture and spa packages.

Other natural therapies offered are Feldenkrais, counselling, clairvoyance and reiki. Yoga classes are suitable for beginners to advanced, and we offer many different styles. Private yoga classes can be arranged in our studio or mobile.



Onsen Hot Pools Retreat & Day Spa



Contact: Liz Marshallsea
Email: marketing@onsen.co.nz
Website: www.onsen.co.nz
Telephone: +64 3 442 5707
Freephone: 0508 869 463
Address: 160 Arthurs Point Road, Queenstown

While Queenstown is generally done at full pace, Onsen Hot pools takes a step back to let you take in the beauty of the surroundings and simply relax.

Exclusive use Original and Outdoor cedar tubs offer panoramic views across the Shotover River.

Relax amongst the amazing alpine scenery, while at night you can dim the lights and watch the southern constellations wheel past.

At Onsen we offer a range of options to suit all your relaxation needs. In addition to the exclusive use cedar hot tubs, Onsen is also home to a tranquil day spa with high quality therapists delivering an extensive range of treatments.

Our natural setting is matched by the pure water captured on its endless journey between the sky and earth to continually fill and refresh the pools, Onsen Hot Pools is relaxation the natural way.



So Spa - Sofitel



Contact: Suiza Sevilla
Email: sospa@sofitelqueenstown.com
Website: www.sofitel-queenstown.com
Telephone: +64 3 450 0048
Address: 8 Duke Street, Queenstown

Enter an oasis of calm where body, mind and spirit merge. Enter So Spa – voted the World's Best Hotel Spa by Travel + Leisure magazine.

So Spa's take on wellbeing places emphasis on balance and rejuvenation, utilising exclusive French and New Zealand product ranges. Our dedicated team of international spa professionals delivers an extensive, premium range of therapies and invigorating signature treatments, such as the traditional Maori Greenstone Massage.

All five well-appointed treatment rooms boast individual showers and steam rooms, with a couples' suite complete with cedar wood Jacuzzi.

Notably, So SPA now features a new and unique infra-red room as well as serene relaxation rooms in addition to a discovery bar, where guests are encouraged to further unwind following their treatment over a freshly brewed tea and healthy snack.

Spa At Nugget Point



Contact: Lorna Pullin
Email: spa@thcnuggetpoint.co.nz
Website: www.thcnuggetpoint.co.nz/spa
Telephone: +64 3 441 0288
Address: 146 Arthurs point, Arthurs Point, Queenstown

Nestled in the most magnificent alpine setting overlooking the famous Shotover River, in the finest boutique hotel, is The Spa at Nugget Point.

Stepping into our spa suite is like entering a modern version of the Roman baths, complete with mosaic pool under a domed roof, marbled plunge bath, steam room, sauna, spa pool and beautiful rose mosaic showers, along with relaxation areas.

Designated rooms await you for the ultimate pampering amid breath-taking mountain and river views – the perfect setting to enjoy organic treatments that release your inner and outer radiance.



Queenstown winter activities





Harris Mountain Heli-Ski



Email: hmh@heliski.co.nz
Website: www.heliski.co.nz
Address: The Station, Cnr Shotover and Camp Street, Queenstown

New Zealand's pioneering heli-ski and heli-board company, operating for over forty years - Harris Mountains Heli-Ski has extensive, exclusive terrain in Wanaka, Queenstown or Mount Cook.

Using the highest available terrain offers reliable snow conditions. The ultimate experience for any skier or snowboarder, options include three, four, seven or ten run days with extra runs available. Private charters are also available. Harris Mountain Heli-Ski guides are internationally qualified and specialists in snow and mountain safety offering a personalised mountain experience.



Southern Lakes Heli-Ski



Contact: Monica Valle
Email: info@heliskinz.com
Website: www.heliskinz.com
Telephone: +64 3 442 6222
Address: 20 Athol Street, Queenstown

With access to 17 mountain ranges and over 800 runs, Southern Lakes Heliski offers more terrain and more vertical than any other Heliski operator in the region.

With a variety of daily, multi-day and private charter packages for all ability levels from intermediate to expert, our highly experienced guides and pilots have been making the dreams of skiers and snowboarders reality for more than 30 years by providing a world-class Heliski experience from Queenstown and Wanaka.



Cardrona Alpine Resort



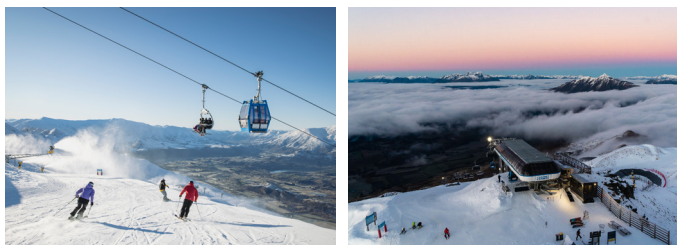
Contact: Rochelle Dsouza
Email: rochelle.dsouza@realnz.com
Website: www.cardrona.com
Telephone: +64 27 381 1009
Address: 50 Cardrona Valley Road, Wanaka

Founded in 1980, Cardrona Alpine Resort is New Zealand's most popular ski area, where everyone's a VIP – from beginners & families, to Olympic & X Games athletes. Cardrona's 3 vast basins are home to NZ's first cabin-style lift – the McDougall's Express Chondola, & the Southern Hemisphere's most extensive terrain parks & pipes.

Wide, open trails offer some of NZ's best snow conditions, thanks to high altitude & an innovative snow management system. Take an easy drive from Queenstown or Wanaka & be welcomed with genuine Kiwi hospitality.



Coronet Peak



Contact: James Urquhart
Email: jamesu@nthutt.co.nz
Website: www.nzski.com
Telephone: +64 3 450 1979
Freephone: 0800 697 547

World-class facilities, superb conditions and a spectacular rollercoaster terrain make Coronet Peak New Zealand's most exciting destination for snow lovers of any ability.

An easy 20 minutes from picturesque Queenstown, Coronet Peak is perfect for serious action or sharing great times. Stunning high points and rolling trails offer seasoned skiers and riders something to really get your teeth into - including NZ's longest opening hours and thrilling weekend night skiing. For those just getting to know the snow the dedicated learner and novice areas make finding your snow feet easy.

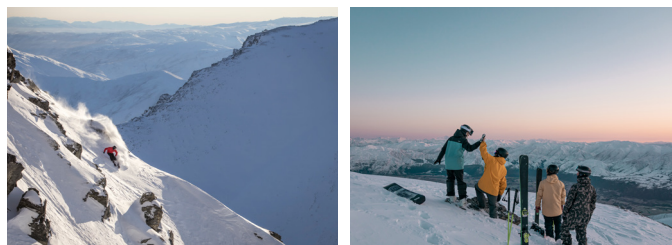
Skiable area: 280 Hectares

Lifts: 1 high speed six seater, 2 express quads, 1 T-Bar and 4 surface conveyor lifts.

Terrain: Beginners 25%, Intermediates 45%, Advanced 30% (includes Back Bowls).



The Remarkables



Contact: James Urquhart
Email: jamesu@nthutt.co.nz
Website: www.nzski.com
Telephone: +64 3 450 1979
Freephone: 0800 697 547

With its relaxed atmosphere, sun-kissed slopes, dedicated learning facilities, and awesome snow tubing park, The Remarkables is serious fun for all.

Just 45 minutes from Queenstown The Remarkables features a fantastic network of progressive terrain parks with wide, gentle slopes for beginners of all ages and big mountain steeps for the experts.

Boasting some of NZ's best beginner terrain and black diamond runs that will leave your heart racing and wanting to get back up for more. While you're up there don't forget to check out our purpose-built snow tubing lanes before you round off with a hot chocolate or drinks, and weekend live entertainment on a sunny deck.

Skiable area: 220 Hectares

Lifts: 3 Quad Chairs, 3 surface conveyor lifts, 1 handle tow.

Terrain: Beginners 30%, Intermediates 40%, Advanced 30%



Snow Park Ice Drive - Cardrona



Contact: Steve Gould
Email: steve@icedriving.co.nz
Website: www.icedriving.co.nz
Telephone: +64 21 228 2644
Freephone: +64 3 428 4189

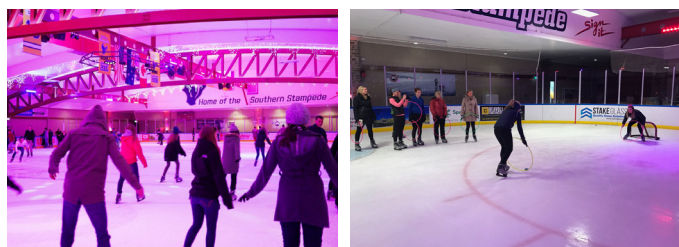
A brand new experience combining ice driving, luxury accommodation and New Zealand cuisine in a spectacular private alpine setting.

Run by Southern Hemisphere Proving Grounds it is the only place in the Southern Hemisphere to offer the unique ice driving experience.

Participants will drive luxury European cars under the guidance of qualified instructors to experience the thrill of drifting around a snow circle or slalom course.



Queenstown Ice Arena



Contact: Kellye Nelson or Daniel Graham
Email: info@queenstownicearena.co.nz
Website: www.queenstownicearena.co.nz
Telephone: +64 3 441 8000
Address: 29 Park Street, Queenstown Gardens

Can't Wait to Skate? The Queenstown Ice Arena offers a great value, super fun activity for all ages and abilities.

Whether you're a seasoned pro or someone taking to the ice for the first time, we will provide an unforgettable Ice Skating Experience. If you're not keen on skating but the rest of your group is, you can relax by the warm fire in our alpine style café and lounge. Be sure to try our famous hot chocolate or perhaps a glass of the town's best mulled wine!

What You Will Experience:

Set in the idyllic Queenstown Gardens, the Queenstown Ice Arena provides

- A variety of fabulous activities for groups of all sizes
- An all-weather activity everyone can enjoy
- Open 7 days a week including early mornings & late nights



Queenstown Snowmobiles



Contact: Tegan Worthington
Email: sales@glaciersouthernlakes.co.nz
Website: www.queenstownsnowmobiles.co.nz
Telephone: +64 3 442 3016
Address: 35 Lucas Place, Queenstown Airport

Queenstown Snowmobiles is the most fun you can have on the snow!

Glacier Southern Lakes Helicopters owns and operates New Zealand's only heli-snowmobiling adventure high up in the Garvie mountain range, an exclusive location only we can access for snowmobiling.

Enjoy the exhilaration and freedom of riding snowmobiles over the pristine, snow-covered Garvie Plateau, with stops along the way to absorb the amazing views of the surrounding mountains and beyond.

Each trip begins and ends with an amazing 15-minute scenic helicopter flight over The Remarkables mountains. We can adapt your trip by flying you directly to or from another fun activity or location in the Queenstown region.... perhaps landing in a winery, a half day skiing or stopping at Oxbow for an epic team building event?

A snowmobiling trip is ideal for small groups of up to six, or as an individual incentive.



Snow Farm - Cardrona



Contact: Pip Gillespie
Email: info@snowfarmnz.com
Website: www.snowfarmnz.com
Telephone: +64 3 443 7542

Come and experience Snow Farm, New Zealand's premier cross-country ski field in the Cardrona Valley, just over an hour from Queenstown.

Old, young, beginner or expert - we have something for everyone.

Activities include:

Dog Sled Tours - Underdog tours offer you the opportunity to enjoy the alpine environment in a unique way, either as a passenger or driving your own team of sled dogs with an experienced musher guiding you along the trails while outstanding views of mountains, rivers and snow.

Cross Country Skiing trails

Skiing with your dog

Snowshoeing tours

Snow Fun Zone for Tubing and comew and build a snowman



Guided Walks New Zealand - Snowshoeing



Contact:	Martin Langford
Email:	martin.langford@nttourism.co.nz
Website:	www.nzwalks.com
Telephone:	+64 442 3000
Freephone:	0800 832 226

Ditch the lift queues and explore more of the mountain on a guided Snowshoe experience.

- Access incredible vistas without queuing for lifts
- All equipment provided
- Experienced alpine guide to help you all the way
- Return transport to Queenstown

Options: Snowplay (a perfect 'first introduction' to snow for kids big and small), Snowshoe Adventure (a slightly more challenging hike for views and vistas), Heli-Snowshoeing (the ultimate blend of a scenic heli flight and epic snowshoe adventure) all available as regular group or on a privately guided basis.