

Health & Wellness In Queensland



Kiwis looking to disconnect in Queensland won't be short on options, as the state is home to numerous wellness retreats.

Gwinganna Lifestyle Retreat in the Gold Coast Hinterland is a luxury, eco-certified retreat with pools, dedicated fitness and meditation studios and the largest spa in the southern hemisphere, with intensive wellness programmes.

Eden Health Retreat is described as the Rolls Royce of wellness. Located in Currumbin Valley, it offers a multitude of bushwalks and hikes, a tennis court, bespoke spa facilities, a pool, and a fitness pavilion offering yoga, meditation, Zumba and Qigong.

On the border of Lamington National Park Nightfall Camp (pictured) is Queensland's answer to luxury glamping. It offers luxurious safari tents with fireplaces and stand-alone bathtubs as well as bespoke spa treatments.

Cockatoo Hill retreat in the Daintree Rainforest is also a popular options—with daily activities including guided moonlight walks and hikes through the ancient rainforests.

The lush Thala Beach Reserve Tropical North Queensland offers 83 luxury eco-designed bungalows and activities such as daily guided forest walks and afternoons with elders from the local Kuku Yalanji people.

Meanwhile the Shanti Nirvana Wellness Sanctuary is the go to for yoga lovers of all levels. Located in Beechmont, the line-up includes gentle yoga, yoga breathwork pranayama, meditation and mindfulness and nature walks and hikes as well as Ayurvedic vegetarian dining and lush accommodation.

... Indigenous Offering

Aboriginal remedies and rituals are increasingly being incorporated to Queensland's wellness offering.

The Daintree EcoLodge and Spa, which uses the waters of a nearby waterfall in its spa treatments. The water is believed by the Indigenous Kuku Yalanji women to have ancient healing properties.

Meanwhile, Azure Spa at Star Gold Coast in Broadbeach offers a Li'Tya range of treatments and products, created in consultation with Aboriginal elders. Think quandong hair masks, native pepperberry foot treatments and pearl and kelp body mud wraps.

Gwandalan Spa at Orpheus Island Lodge is also noted for its rhythmic kodo massage, which uses traditional Aboriginal techniques to balance and realign energy flow, and The Dreaming ceremony which promises a total sensory journey.

See details [HERE](#) and [HERE](#).

New Evening SUP Tours



Gold Coast's Stoked Paddle has new glow-in-the-dark stand up paddle board tours, exploring Burleigh Heads Wed-Sun.

The tours depart 1930, with prices from AUD70pp. There's also a new Sunset Tour (from 1830) priced from AUD70pp, with the option to add a grazing platter for an extra AUD30 for two people. See more at stokedpaddlecompany.com/

Discover Our Home

For clients considering a Mackay break, Mackay Tourism's new video by Stuart McKay, highlights the best of what the region has to offer, from ancient forests to kangaroos on the beach. Watch it [HERE](#).

Indigenous Tourism

The Year of Indigenous Tourism has been officially extended to 2021—and will celebrate the state's indigenous experiences, boosting their profile and aiming to attract visitors to learn and experience more about one of the world's oldest living cultures. Learn more on Queensland's indigenous experiences [HERE](#) and [HERE](#).

Lady Musgrave HQ



Queensland's second underwater accommodation on the Great Barrier Reef is set to open, just off the coast off Bundaberg. Lady Musgrave HQ, a pontoon and underwater observatory, is due to launch in the second quarter 2021. It will cater to day and overnight visitors, with retractable bunk beds in the pontoon observatory

Long Island's Sustainable Elysian Retreat



Elysian Retreat, of Long Island, has passed the Ecotourism Australia's audit programme, making it an ideal option for clients looking for a sustainable Queensland getaway. The property's sustainable initiatives include a soon-to-be zero waste kitchen, a vegetable and herb garden and sustainable suppliers.

The retreat also works to restore ocean-based coral nurseries through the Reef Restoration Foundation, and offer guests free reef safe sunscreen. It operates a full commercial kitchen, spa, restaurant, bar and 10 air conditioned guest villas, all with hot water systems, off solar power and batteries. See [HERE](#)

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