

CREATE YOUR
RETREAT
with
LIVING SHORE SPA



CURATE YOUR SPA EXPERIENCE

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Immerse yourself in Living Shore Spa's collection of indulgent treatments, thoughtfully designed to pamper the senses and restore balance.

Enjoy a full day of rejuvenating spa services, or enhance your event by building your own retreat from our à la carte menu. Add dining experiences, engaging workshops, and even overnight accommodations to create the perfect customized retreat for your group. (Minimum group of 6)



1

Choose Your Retreat Service:

Select from one of our signature spa treatments – each includes a \$25 lunch voucher for Lakeside Seafood & Grill.

2

Add a Workshop:

Enhance your experience with a workshop of your choice (priced per menu).

3

Stay & Unwind:

Enjoy a complimentary Aquapath when you book any overnight accommodation.

1.0 SIGNATURE RETREAT SERVICES

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Begin your retreat by selecting one of our signature spa services. Each guest may choose the treatment they prefer, and every service includes a \$25 lunch credit at Lakeside Seafood & Grill.

ORGANIC FACIAL

\$165/pp

A nutrient-rich facial with cleansing, exfoliation, massage, and customized masks to reveal your natural glow.

REBALANCING MASSAGE

\$150/pp

A 45-minute massage with nourishing oils and a refreshing mini facial cleanse to restore balance.

RELAXATION MASSAGE

\$145/pp

A soothing full-body massage to ease tension, improve circulation, and melt away stress.

THAI FOOT MASSAGE

\$145/pp

An ancient reflexology treatment from knees to toes that restores balance and revitalizes energy.

REIKI THERAPY

\$145/pp

A gentle Japanese touch therapy that channels positive energy to improve sleep, mood, and balance.

REIKI FUSION MASSAGE

\$145/pp

A holistic blend of reflexology and Reiki, enhanced with a foot scrub, heated eye mask, and warm towels.



2.1 ENRICHING WORKSHOPS

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Your retreat continues with a single, carefully chosen workshop, each led by our trusted partners to inspire, relax, and restore. Select from the calming vibrations of Sound Bath Meditation with Anita Dobbing, crafting personalized Mala Beads with Aaryne Dawson, or exploring transformational practices with Raven Murphy of Ravenspeaks. Each workshop offers a unique opportunity to relax, reflect, and reconnect, adding a restorative and memorable dimension to your spa retreat.

Sound Bathing Meditation - \$75/pp

Led by Anita Dobbing

Immerse yourself in soothing vibrations from crystal bowls and chimes to release tension, restore balance, and promote inner calm. The session closes with a grounding tea ceremony, fostering mindfulness and a sense of togetherness.



Mala Bead Workshop – \$80/pp

Led By Aaryne Dawson

Create your own personalized mala in this hands-on workshop, selecting beads that reflect your intentions. A mindful, creative practice to enhance meditation and daily



Restorative Yoga - \$50/pp

Led By Aaryne Dawson

A gentle, slow-paced class using supported poses and deep breathing to release tension, calm the mind, and restore balance. Perfect for all levels.

2.2 ENRICHING WORKSHOPS

Alternatively, you may choose a workshop led by Raven Murphy of Ravenspeaks – \$150/pp. Her offerings go beyond simple relaxation, fostering a deeper connection to nature and self while bringing mindfulness, insight, and renewal. Like our other workshops, Raven’s experiences add a meaningful dimension to your retreat, creating memories that are both transformational and lasting.



I. Cedar and Sage Land Teachings

Slow down and settle in with the grounding scents of cedar and sage. Sip warm cedar tea, breathe in cedar oils, and experience a simple, nature-based ritual designed to calm the nervous system and quiet the mind. Guests leave with a cedar oil blend and a smudging kit to continue the experience at home.

II. Nature’s Messengers: Animal Symbolism & Meaning

Animals often show up at meaningful moments. Through guided reflection and story, this experience explores animal symbolism as a way to notice patterns, gain perspective, and deepen your connection with the natural world. Participants are introduced to their birth animal, offering a simple and meaningful lens for self-reflection and curiosity.

III. Botanical Bliss Aromatherapy

Explore more than 15 essential oils in this hands-on, sensory experience. Guests are guided in creating a personalized roll-on blend designed to support relaxation, clarity, or energy, and leave with a custom essential oil blend to enjoy long after the retreat.

IV. Vision Mapping and Journaling

Step away from the noise and put pen to paper in a relaxed, supportive experience designed to bring Calm, Clarity, and Confidence into your daily life. No journaling experience required. This is a light, welcoming experience for anyone looking to slow down, enjoy the moment, and gain fresh insight and inspiration.



3.º BOOK YOUR STAY *OPTIONAL

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Complete your spa experience with an overnight stay and enjoy the comfort of waking up refreshed at Living Water Resorts. As a special bonus, overnight guests receive a complimentary Aquapath session the following morning—the perfect way to continue your journey of relaxation and renewal.



4.º Create Your Retreat Today!

Curating your own retreat is all about creating meaningful moments together. Whether you're gathering friends, colleagues, or loved ones, our team will help you craft a shared experience filled with relaxation, connection, and renewal.

CONTACT US TO BEGIN



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LIVING SHORE SPA
BY LIVING WATER RESORTS

WELLNESS, YOUR WAY.