

NEW ZEALAND'S NATURE AND  
WELLBEING DESTINATION

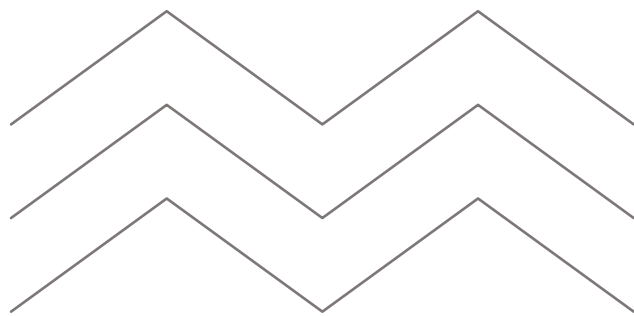
Nelson-Tasman Region South Island, New Zealand

An aerial photograph of a resort complex nestled in a dense, lush forest. The resort features several buildings with grey roofs and light-colored walls, surrounded by green lawns and various trees. The background shows a steep, forested hillside under a slightly overcast sky.

MARUIA  
RIVER RETREAT

# RELAXED LUXURY ACCOMMODATION

**Located at the top  
of the South Island,  
Maruia River Retreat  
was chosen as one of  
the 6 Best Wellness  
retreats in NZ by the  
2021 New Zealand  
Guide.**



Surrounded by 500 acres of exquisite native beech forests, rugged mountain ranges, gardens and terraces, Maruia River Retreat is an extensive natural estate nestled alongside the magnificent Maruia River.

The Estate showcases its beauty through extensive nature trails found on the property. Traversed by five creeks, Maruia River Retreat is home to wild deer, goats, numerous native bird species and boasts some of the best fly fishing New Zealand has to offer.

Just a 2-hour scenic drive from Nelson and 3.5-hours from Christchurch, Maruia River Retreat is the perfect destination gateway for guests wanting to explore the West Coast region and the top of the South Island of New Zealand.

Private chartered flights and scenic aerial tours can be arranged as the estate has a 500-metre airstrip, a private hangar and a helicopter landing area.

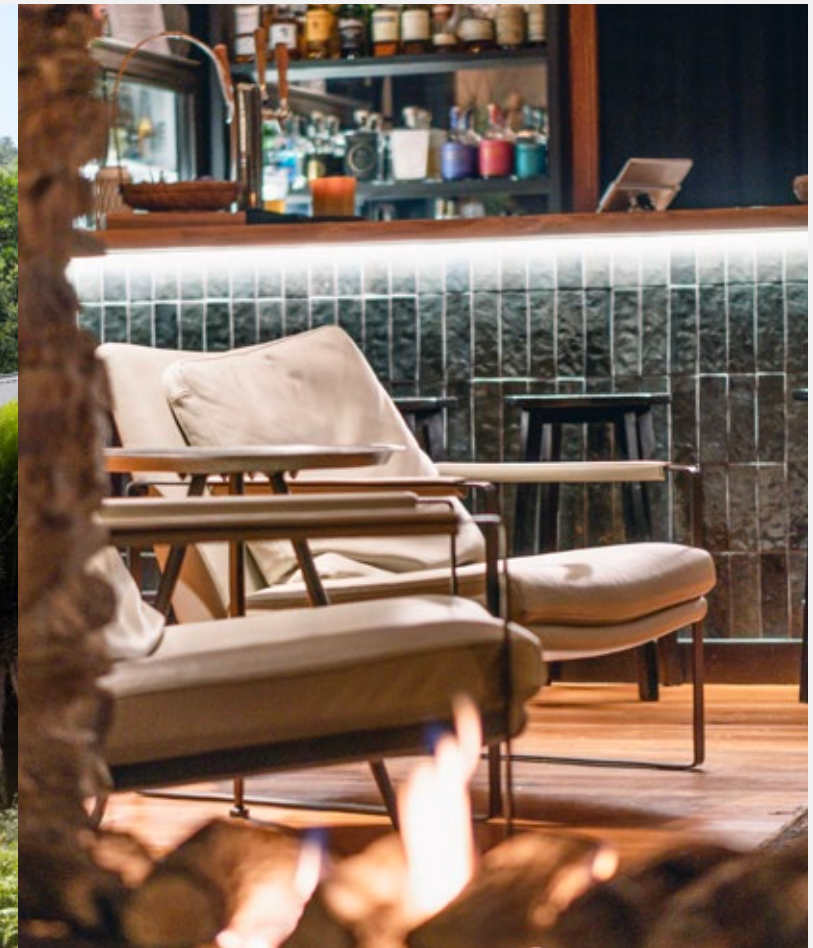
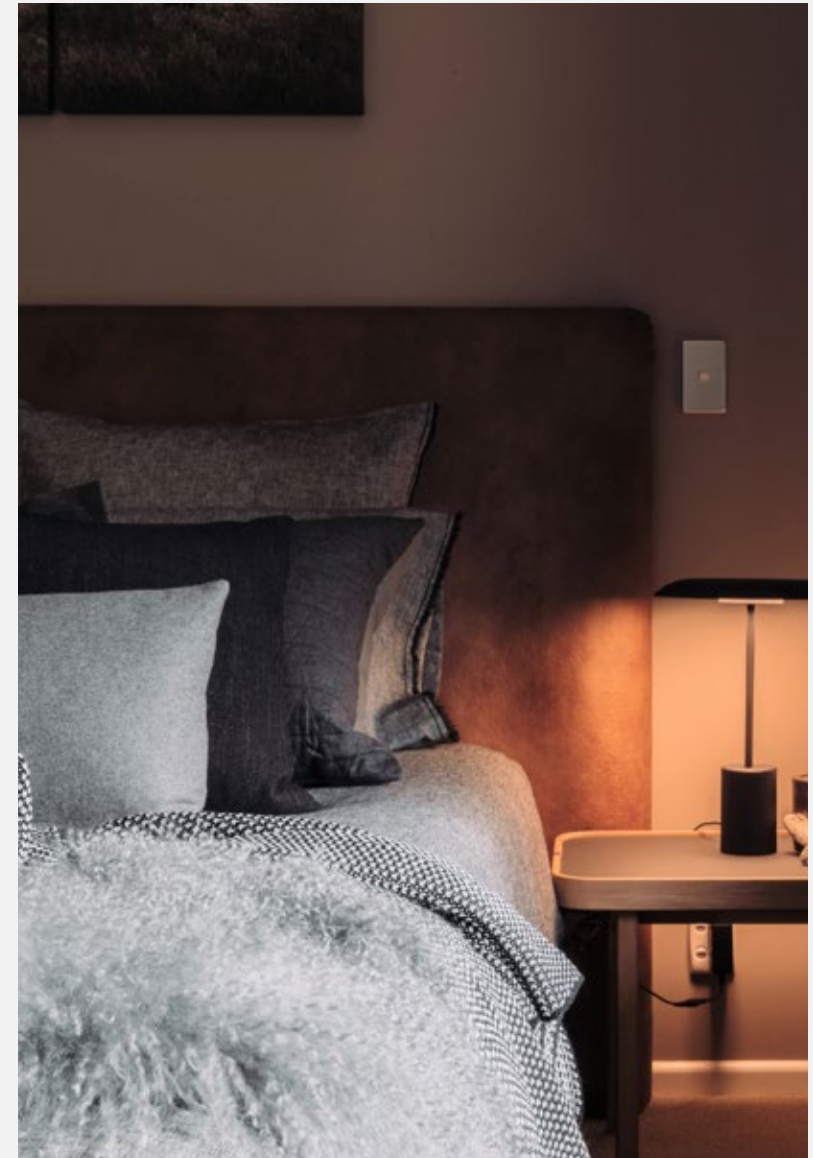


# THE VILLAS

The Villas by the river's edge are where Maruia truly becomes a haven. With idyllic views of the Maruia River and Estate Gardens, guests have the choice of either the 1-bedroom Master or the Luxe Villa with its own private balconies.

Our beds, pillows and furnishings have been curated for ultimate comfort and relaxation, with thorough attention to detail, creating a delightful designer escape.

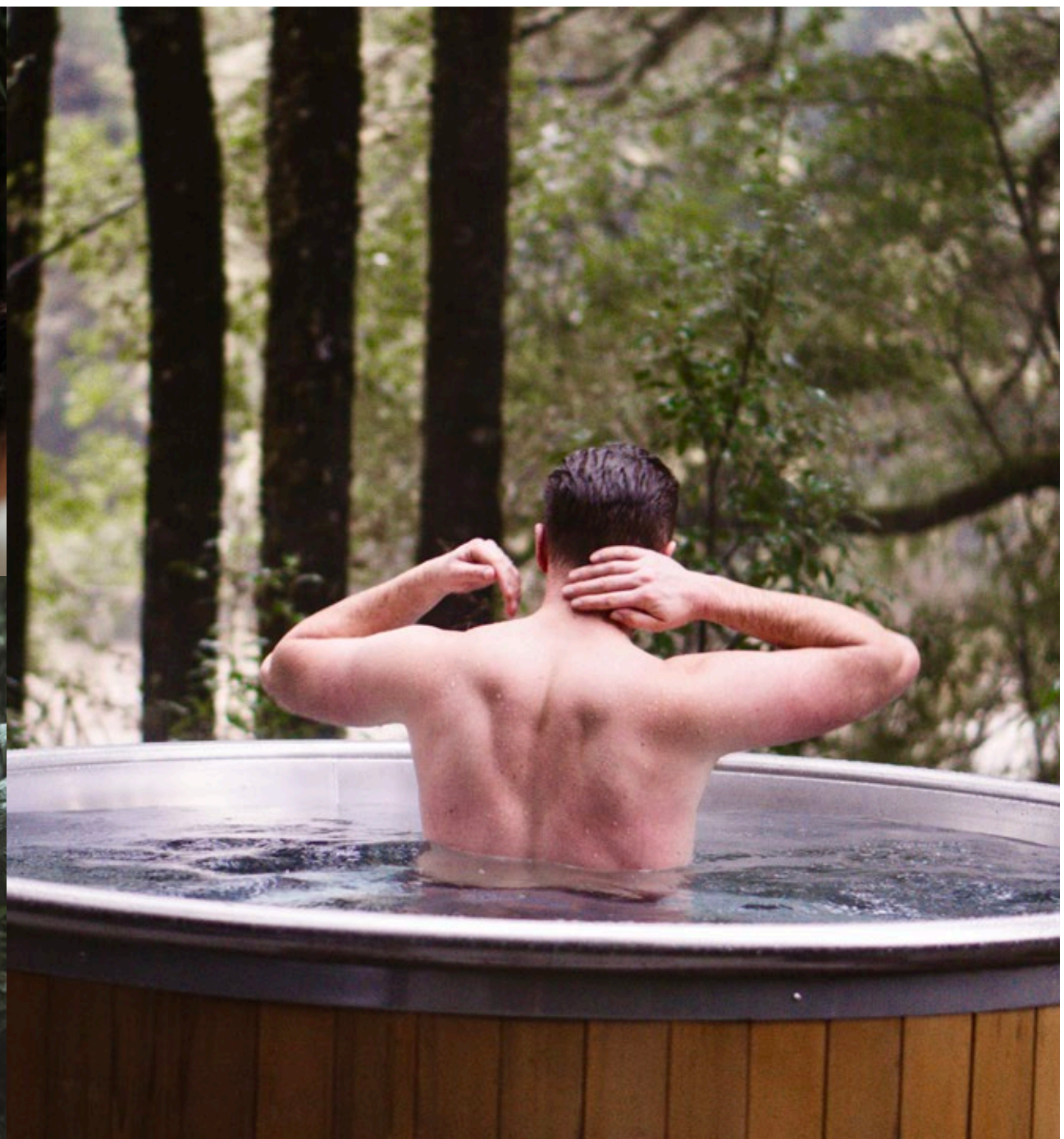
All Villas are fully self-contained with brand new Italian kitchenettes, allowing flexibility and to encourage longer stays. Our Master Villas include luxury in-room spa jacuzzis.



# NATURE THERAPY, SPA & FOREST BATHING

**The ultimate space to foster healing and relaxation.**

We offer complimentary yoga classes to all guests at our Yoga Shala facilitated by an experienced yoga teacher. Guests have access to a variety of massage and rejuvenation treatments at our Wellness Spa, which has a built-in Finnish sauna. Enjoy private bathing at the outdoor Stoked hot tub and infrared chroma-therapy sauna by the river. You can also choose to go for our guided walks within the property to open your senses, hone your intuition, and experience the benefits of forest bathing.



## NEW ZEALAND PASTORAL CUISINE

Maruia River Retreat is a destination for nourishment as we place great emphasis on seasonal food with authentic flavours from the land, delivering fresh, beautiful real food.

Our gourmet kitchen offers selections with ingredients and produce sourced from our own kitchen-garden and from the best that the region has to offer.

Throughout the year, in partnership with curated local cooks and chefs, the entire retreat transforms for a limited time into a gastronomical experience unlike any other.

We have the finer things covered with our 4-season Outdoor room with a Kiwi Outdoor Oven, fired with Manuka firewood or stay indoors at our Maruia Bar & Dining Lounge to experience true Kiwi hospitality.



# PERSONAL RESTORATION RETREAT SAMPLE SCHEDULE

**3-NIGHT PACKAGE / COUPLE**

## THURSDAY Day 1:

Settling in: Orientation, Health & Safety and Unwinding

- Arrive at 2pm and check in to your villa - you will run through your schedule with the Resident Host and be oriented with the Estate
- 4pm to 5pm Guided Estate Walk (weather-permitting)
- 6:30pm 3-course Dinner
- 8pm to 9pm Private 1-hour forest bathing after dinner

## FRIDAY Day 2:

Effort towards Ease:

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast at the Main Lodge
- 11am 1-hour private forest bathing
- 1pm Pick up Packed Lunch at the Lodge
- 2pm to 3:30pm: 90-minute spa/massage therapy
- 3:45pm to 5:15pm: 90-minute spa/massage therapy
- 6:30pm 3-course Dinner

## SATURDAY Day 3:

Explore & Restore

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast
- 1pm Pick up Packed Lunch at the Main Lodge
- 2pm to 3:30pm 90-minute Spa/Massage therapy
- 3:45pm to 5:15pm: 90-minute Spa/Massage therapy
- 6:30pm 3-course Dinner
- 8pm to 9pm Private 1-hour forest bathing after dinner

## SUNDAY Day 4:

Reset and Ready

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast
- 11am Check-out



For the spa/massage sessions - need to be confirmed as the experienced therapists are from town.

Check-in is at 2pm Thursday and check-out is 11am Sunday.

Nothing follows.

# PERSONAL RESTORATION RETREAT SAMPLE SCHEDULE

4-NIGHT PACKAGE / SOLO

## THURSDAY Day 1:

Settling in: Orientation, Health & Safety and Unwinding

- Arrive at 2pm and check in to your villa - you will run through your schedule with the Resident Host and be oriented with the Estate
- 4pm to 5pm Guided Nature Walk (weather-permitting)
- 6:30pm 3-course Dinner
- 8pm to 9pm Private 1-hour forest bathing after dinner

## FRIDAY Day 2:

Effort towards Ease:

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast at the Main Lodge
- 11am 90-minute Spa/Massage therapy
- 1pm Pick up Packed Lunch at the Lodge
- 3pm to 4pm: 1-hour private forest bathing
- 6:30pm 3-course Dinner

## SATURDAY Day 3:

Explore & Restore

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast
- 1pm Pick up Packed Lunch at the Main Lodge
- 2pm to 3:30pm 90-minute Spa/Massage therapy
- 5pm to 6pm: 1-hour Private forest bathing
- 6:30pm 3-course Dinner

## SUNDAY Day 4:

Reset and Ready

- 8am to 9:15am Yoga at the Wellness Center
- 9:30am Continental Breakfast
- 11am to 12:30pm 90-minute Spa/Massage therapy
- 1pm Pick up Packed Lunch at the Main Lodge
- Option to drive out and explore the surrounds (Hot springs, West Coast, National parks, Walks, Biking trails, etc.)
- 6:30pm 3-course Dinner
- 8pm to 9pm: Private forest bathing

## MONDAY Day 3:

Gratitude & Return

- 8am to 9:15am Yoga Class
- 9:30am Continental Breakfast
- 11am Check-out



For the spa/massage sessions - need to be confirmed as the experienced therapists are from town.

Check-in is at 2pm Thursday and check-out is 11am Sunday.

Nothing follows.

# ESCAPE TO NEW ZEALAND'S NATURE & WELLBEING DESTINATION

**Nelson-Tasman Region**

**South Island, New Zealand**



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