



Dear Future Guest,

Hello, we are excited that you are contemplating a healing time with us here at Living Valley Springs Health Retreat.

Living Valley Springs provides all the features of a peaceful country retreat PLUS an approach to health and wellbeing that is absolutely unique. Our team consists of over 50 dedicated personnel who are trained to deliver the highest level of personal care and support in order to create an experience that is both first-class and life changing.

We provide all the trimmings including therapeutic treatments, fresh juices and delicious organic meals, relaxing daily steam baths and much more to ensure you achieve an effective cleanse. However, the thing that sets the Living Valley Springs experience apart from any other holiday is our personal commitment to YOU!

Throughout your stay your case is managed by a professional team of Naturopaths and holistic health care practitioners. Our focus is to help you achieve the best health possible, physically, emotionally and spiritually.

A new program commences every second Sunday and we invite you to add your name to the list of over 8,000 satisfied guests who are now part of an ever-growing health revolution. Call on 1800 644 733 to discuss your needs and secure your booking.

An experience at Living Valley Springs guarantees to provide an atmosphere of nurture, support and care.

We look forward to meeting you,

Your Living Valley Springs Host

***Do you need a break, a place to unwind,  
to restore your health and feel fantastic with renewed energy?***

***Living Valley Springs is the place!***