



# CABARITA OCEAN RETREAT

MEDIA KIT 2011

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## “MEETING OF THE WATERS”

Situated at the very southern end of Casuarina, across from the pure white sandy beach of Cabarita, lies an experience at Cabarita Ocean Retreat (COR) that is waiting to revitalise you.

COR, an exclusive health resort along the ocean, is about skilful living and graceful ageing. Stimulate your mind, body and spirit, and explore the possibilities of living a wholesome, energetic and healthier life. The COR team encourages individuals to make the connection between having a healthy lifestyle while also enjoying life to the fullest.

COR was founded and created by Susie Peterson, an entrepreneur and developer with a passionate interest for health and wellbeing. She has an unspoken belief of the healing powers of the ocean. It is Susie's vision and ideals combined with the support of a committed team of health professionals that offer this world-class health retreat.

The retreat will be managed by health and fitness guru Brook Ramage, an experienced professional who spent six years at Camp Eden and 17 years as Founder and General Manager developing and running The Golden Door properties.

“Big Fish,” Susie's nickname of the beachfront retreat whose architecture resembles a large fish both in its layout and appearance, is a three level compound set on six acres and surrounded by tranquil waterfalls, lagoons and gorgeous landscaped gardens.

It consists of eight themed rooms on the first level and four luxurious suites on the top level with sweeping views of the Cabarita shoreline. High quality furnishings have been sourced for each suite creatively inspired from countries and places around the world including Bali, India, Chicago, China, Santorini,

France, Caribbean and another room that is done in a surfside theme, paying tribute to the resorts unique location directly on the beach.

With a wide selection of facilities including a fully equipped gymnasium, unique day spa, pool and tennis court, this opulent retreat is the ultimate destination for individuals to remove themselves from reality and relax with a selection of specialised programs for each and every guest.

The spa is for all those who want to indulge and relax while being secluded away at the retreat. The spa has six treatment rooms and a Vichy shower. COR provides clinical practitioners such as nutritionists and naturopaths who will dedicate their time creating a specialised health program that will tailor to your personal needs.

Wellness speaker, cooking class teacher, therapeutic chef and clinical nutritionist, Samantha Gowing, will be on board to create an exquisite ‘spa food’ menu using fresh organic and biodynamic foods which are the essence of healthy eating. The dishes will be full of flavour and include fresh vegetables and fruit, a wide variety of whole grains, nuts and seeds, legumes and small serves of organic seafood, lean red meat and poultry. Gowing will also be on hand to cater to guest's dietary requirements. COR is a one-hour flight from Sydney to Gold Coast, and a ten-minute drive from Coolangatta airport.

For all booking enquiries and information regarding our packages, please contact General Manager, Brook Ramage.

Please direct all media enquiries to Alarna Kench at MPagency P: 02 8247 2000 or E: [Alarna@mpagency.com.au](mailto:Alarna@mpagency.com.au)

## CABARITA OCEAN RETREAT

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### **SUSIE PETERSON**

is the founder and creator of Cabarita Ocean Retreat. Peterson is an entrepreneur and developed the new retreat with a passionate interest for health and wellbeing.

It is her vision and ideals that are created at Cabarita Ocean Retreat with the support of the Peterson family and a very committed team of professionals.

### **BROOK RAMAGE (B.SC) - GENERAL MANAGER**

has been an innovator and pioneer in the Health Retreat industry in Australia for over 17 years.

His diverse background includes Australian Representative Athlete, policeman, schoolteacher, health club manager, corporate trainer and motivational speaker.

Ramage has presented nationally and internationally on the subject of work/life balance, weight management, goal setting, team building and stress management. Brook was integral in the development and expansion of Camp Eden, the Golden Door and now Cabarita Ocean Retreat.

Brook's message on stress, work – life balance, health and fitness leaves individuals with real benefits to their health, performance and quality of life.



## A TASTE OF CABARITA (2 AND 3 NIGHT STAY)

A perfect escape when the challenges of life begin to weigh you down and a short quality break is just what you need. This tailored two or three day stay by the ocean will enable you to experience all that Cabarita Ocean Retreat offers. The results from just three days will astonish you and be sure to leave you wanting to stay longer.

Package prices are Per Person:

Signature Room

Double \$468 Per Day

Single \$550 Per Day

Penthouse Suite

Double \$756 Per Day

Single \$890 Per Day

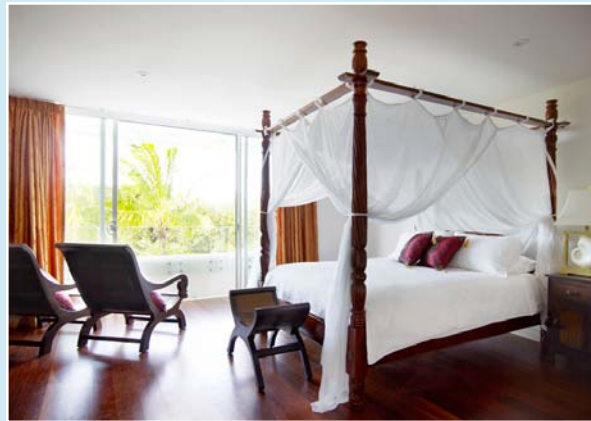
Package Includes:

2 or 3 night luxury accommodation in ocean view room

1 Spa treatment for guests on a 3-night stay

All organic meals and snacks.

Access to all facilities and scheduled activities such as yoga, Pilates, meditation, bike riding, surfing & bush walking.



## LIFE ENRICHMENT PROGRAM (5 NIGHT STAY)

The 5-night retreat is the perfect opportunity to assess your current health and performance levels and then tailor make a program to make positive improvements. You are guaranteed to feel completely re-energised, healthier, fitter and more resilient to the pressures of everyday life. The variety of activities, spa treatments, gourmet organic food and educational seminars guarantee that you will both enjoy the process and benefit greatly as a result.

Package Prices are Per Person:

Signature Room

Double \$2,338

Single \$2,750

Penthouse Suite

Double \$3,226

Single \$3,795

Package Includes:

5 nights luxury accommodation in ocean view room

All organic meals and snacks

1 Wellness Consultation

1 Massage and 1 Facial

Educational seminars

Evening Entertainment

Cooking demonstration

Access to all facilities and scheduled activities

Courtesy transfers from Gold Coast airport at set times



## INDIVIDUAL TRANSFORMATION PROGRAM (7 NIGHT STAY)

This seven-night retreat is the ideal choice to make life long changes. After an initial wellness assessment, the highly qualified Cabarita Ocean retreat team will design a well-balanced program to help you achieve optimum results. A seven-day stay at Cabarita Ocean Retreat will be an experience that will have profound results and leave you with lifetime memories.

Package Prices are Per Person:

Signature Room

Double \$2,922

Single \$3,438

Penthouse Suite

Double \$4,032

Single \$4,744

Package Includes:

7 nights accommodation

All organic meals and snacks

1 Wellness Consultation

3 Spa treatments

Educational seminars

Evening Entertainment

Cooking demonstrations

Access to all facilities and scheduled activities

Courtesy transfers from Gold Coast airport at set times.

## CABARITA OCEAN RETREAT MENU



The signature cuisine of Cabarita Ocean Retreat draws together the fundamental elements of nutritional wisdom with a contemporary culinary style.

COR's philosophy has been thoughtfully designed to provide a bounty of seasonal, locally grown, pesticide free, organic and biodynamic whole foods. Good food, laughter and conversation are key ingredients to health and happiness and COR encourages all guests to enjoy the abundance of their kitchen's harvest or perhaps enjoy the lighter options if guests have specific health goals.

The menu is predominantly wheat and dairy free encouraging guests to experience new and exciting ingredients.



Below is an example of the daily menu carefully developed for guests throughout their stay.

### SUNDAY LUNCH

Mediterranean platter grilled gold band snapper, seared calamari, tweed prawns and mussels  
Roasted pumpkin, potato and carrot salad with lentils, cashew cheese and dill dressing  
Medley of organic salad greens and micro herbs

### SUNDAY AFTERNOON TEA

Superfood bliss balls with goji, maca and Brazil nuts

### SUNDAY WELCOME MOCKTAIL

Sparkling lime spritzer

### SUNDAY DINNER

Fragrant breast of chicken with lightly spiced coconut reduction with steamed minted quinoa  
Chickpea tagine with tomato, red capsicum, ginger, paprika, preserved lemons and olives with wilted kale leaves and fennel puree  
Seasonal greens



## THE SPA AT CABARITA OCEAN RETREAT

Cabarita Ocean Retreat is committed to developing a harmonious balance with nature and the environment. They provide individuals with tailor made solutions of their skin, which are as natural, chemical free and effective as possible. On selecting Sodashi as their skincare product of choice, they are able to offer an Australian owned skincare range, which is the world's only 100% natural range devoted exclusively to the spa industry. Sodashi skincare and spa therapies use natural sources from the earth and sea, including extracts of the purest and highest-grade essential oils. Sodashi has conducted many years of research on the effects of using plant extracts and plant essences to rejuvenate and balance the skin.

Please click [here](#) to download The Spa menu for COR