

Top 5 Healthy Breaks for Mother's Day

Health and Fitness Travel, share their top 5 choices for a wellness break this Mother's Day

Chocolates, flowers and breakfast in bed are the standard Mother's day presents, but why not do something different to show your appreciation and spoil Mum with a luxury healthy break focused on well-being. Health and Fitness Travel, the leading specialists in healthy holidays share their top 5 choices for a wellness break at one of their many excellent destinations, all of which are sure to please. From the beautiful Hunter Valley to the lush tropical climates of Thailand, these suggestions are sure to inspire; the hardest part will be getting the time off work so you can go too.

Queensland, Australia: Qualia - Spa Experience

Ideal for a luxury healthy break the picturesque views and decadent surrounding at Qualia are sure to impress Mum this Mother's Day. She can unwind at Spa Qualia with a relaxing Kodo massage and a LI'TYA Mirri facial guaranteed to let her know she is appreciated. The spa also houses a relaxation area, steam room, outdoor vichy shower and open air meditation pavilion. 5 star luxury, complimentary yoga classes and exquisite cuisine to delight in, Mum will not only be impressed but also refreshed and re-energised.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers Qualia Spa Experience; 2 nights from \$1320 twin share, or for \$2125 single occupancy. Price includes spa wellness program, daily breakfast, one dinner and return transfers.

Hunter Valley, Australia: Golden Door - Healthy Lifestyle Weekend

What better treat for Mother's Day than a weekend away with their favourite son or daughter at an award-winning health retreat just 2 and a half hours from Sydney in the gorgeous Hunter Valley. Rebalance with a variety of holistic classes and outdoor activities including bush walking and biking or challenge Mum to a game of tennis. Relax in renowned Spa Elysia; where you can both soothe your tired muscles with a Swedish massage or enjoy a luxurious facial and unwind in the private sun gardens or aptly named relaxation lounge. If this healthy break doesn't put a smile on your Mother's face, we're not sure what will!

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers the Healthy Lifestyle Weekend program; 2 nights from \$1110 twin share, or for \$1280 single occupancy. Price includes the tailored wellness program and full board.

New Zealand: Aro Ha Invigorate & Enrich

Give Mum some 'ME' time to focus on her fitness and well-being at the all-inclusive Aro Ha Wellness Retreat in New Zealand. The magnificent destination and full daily program including sub-alpine hiking, kayaking and TRX training will leave her feeling invigorated and ready to take on the world. Daily therapeutic massages, yoga and meditation sessions, complimented with contrast spa therapy make this the ideal active adventure holiday choice. A guaranteed winner for those Mum's who enjoy a challenge this Mother's Day.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 4 nights from \$4915 twin share, or for \$5210 single occupancy. Price includes a tailored wellness program, full board, return flights and transfers.

Bali: Como Shambhala Estate Stress Management

If you have given your Mum a lot of reasons to be worry over the years then this luxury de-stress holiday is the perfect remedy. Located in the tropical jungles in Bali, a hidden paradise surrounded by lush green manicured gardens and the flowing Agung river. Unwind with daily massages, and three private yoga classes to rebalance body and mind. Your Mum will also be spoiled for choice with the quality of delicious food on offer with not one but two restaurants that have their own individual ambience and we bet you'll be forgiven for all those times you broke curfew!

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 7 nights from \$4780 twin share, or for \$5770 single occupancy. Price includes a tailored wellness program, full board, return flights and transfers.

Thailand: Kamalaya Relax & Renew

Give your Mum a VIP experience this year at Kamalaya. This luxury wellness getaway is based in Koh Samui Thailand; surrounded by clear blue seas and seamlessly blended with the stunning natural backdrop, is the ideal escape for a revitalising spa break.

A comprehensive list of spa treatments included let Mum unwind, and focus inwards on her own wellbeing for a change of pace. If the pampering gets too much, Mum can take part in complimentary Aqua aerobics, Circuit Training, Yoga and Meditation classes, and will return home feeling completely rejuvenated.

Health and Fitness Travel (1300 551 353 healthandfitnesstravel.com.au) offers 7 nights from \$3975 twin share, or for \$4630 single occupancy. Price includes a tailored wellness program, full board, return flights and transfers.

For advice, guidance and booking visit www.healthandfitnesstravel.com.au or call 1300 551 353

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For further information and hi-res imagery please contact Samantha Lippiatt; Samantha@healthandfitnesstravel.com.au or call +61400 847 673 / (03) 9021 0909

Notes to Editors:

About Health and Fitness Travel

Health and Fitness Travel is a global luxury wellness travel company that originated in the UK in 2010 and is committed to providing healthy holidays that enhance and change lives. Created by Paul Joseph, Adam Heathcote and co-founded in Australia by local Director Samantha Lippiatt as a result of their combined passion for health and fitness travel and offering bespoke holidays to improve people's well-being to lead happier and healthier lives.

Health and Fitness Travel offers clients a tailor-made seamless service with the very best health and fitness holidays, handpicked by its expert team, together with exclusive and added value packages with the best deals. As leading specialists, Health and Fitness Travel has also created their own collection of trademark healthy holidays in various destinations which include Fusion Fitness™ and Discover Recover™, offering clients the best value and holiday experience. For more information visit: www.healthandfitnesstravel.com.au

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