



ELYSIA

WELLNESS RETREAT

HUNTER VALLEY

Just ask...

Guest Service Directory

WELCOME TO ELYSIA WELLNESS RETREAT

Elysia Wellness Retreat Reception & Housekeeping Dial 201
Elysia Wellness Retreat Outside Line Dial 02 4993 8500

NEED TO KNOW

Reception

The Elysia Wellness Retreat's main reception is located at the top of the stairs in the main building and is open between 8:00am to 8:00pm.

Opening Times

Elysia Wellness Retreat Reception:	Open daily from 8:00am to 8:00pm
Spa Reception:	9:00am to 6:00pm
Pool:	6:30am to 6:30pm
Boutique:	8:00am to 8:00pm
Gymnasium:	6:30am to 6:30pm
Wellness Centre:	8:00am to 5:00pm

IN AN EMERGENCY

POLICE, FIRE DEPARTMENT OR AMBULANCE	DIAL 0, 000
RECEPTION (+24 Hours)	DIAL 201

A fire evacuation plan is located on the back of your suite's door, please ensure you have familiarised yourself with the nearest fire exit.

IN CASE OF FIRE – DO NOT USE LIFTS.

This property is fitted with an advanced fire protection system. In case of fire, please follow the procedures outlined below:

1. If the fire alarm or automatic evacuation system sounds, please make your way to the nearest fire exit. Close your suite's door firmly behind you when all occupants of the suite have vacated. Do not run. Do not use the elevators.
2. Do not telephone reception as we may require the phone lines for emergency calls.
3. Proceed to the assembly meeting area as shown on the evacuation plan on the front door of your suite.
4. Do not re-enter the building unless you are advised to do so by the Fire Brigade or an Avani Adelaide Residences representative.
5. Please note: if a false alarm is found to be caused by the occupant of a suite, a false alarm fee will be charged to the occupant.

For all other information please contact reception - dial 201.

ACTIVITY CENTRE

Located beside the Wellness Centre, the Activity Centre features the following:

Gymnasium

Located on the lower level of the Activity Centre (accessible from the southern side of the building), the gymnasium is fully equipped with high quality resistance and cardiovascular training equipment and is open from 6:30am to 6:30pm daily. For Elysia Wellness Retreat Program Guests, our professional Personal Trainers are available to design and deliver a program specific to your needs to help you achieve the results you desire. For bookings, please contact our Wellness Coordinators by dialing 202 from in-room phone.

Activity Studios

Located on the upper level of the activity centre are three studios, including a fully sprung timber floor in the main studio, cycling studio and carpeted yoga and meditation studio. The studios host group classes such as yoga, pilates, meditation, indoor cycling, stretch and fitball in addition to a wide variety of other classes.

Indoor Activity Court

Located on the lower level of the activity centre, the indoor activity court is home to court sports as well as our larger group team activities such as indoor hockey, racquet sports, volleyball and our morning stretch class. Elysia Wellness Retreat guests should ask your Wellness Coordinators or Program Manager to see what games are scheduled during your visit.

RETREAT FACILITIES

Spa Elysia

Our world-class Elysia Wellness Retreat features 26 wet and dry treatment rooms including specialty suites, Watsu pool suite, mani/pedi spa area and relaxation lounges. For bookings, contact our Wellness Coordinators by dialing 202 from in-room phone. Robes can be worn from your villa for all spa appointments but please remember to leave all valuables in your villa safe. Please arrive approximately 10 minutes prior to your appointment time to the reception area within the spa.

Meditation Hill

A stay at Elysia is not complete without time to contemplate atop Meditation Hill. Located at the centre of the property and designed on Feng Shui principles, it is the perfect place to spend some quiet time for reflection, to meditate or simply enjoy the magnificent view from the highest point on the property. Morning Tai Chi Qi Gong is held up here with the sun rising over the horizon and to the gentle sound of the Elysia stream. There are two pathways leading up to Meditation Hill, adjacent to Villas 20 and 44. To balance out your yin and yang energies, we suggest you alternate paths as you walk up and down the hill.

Change Rooms, Spa Baths & Steam Rooms

Spa baths and steam rooms are located in both male and female change rooms and are open for use between 6:30am to 6:30pm daily. Toilet and shower facilities, towels and amenities are available and both indoor and outdoor lounges are located here for your enjoyment.

Indoor Pool

Situated within the spa building, our heated 25 metre indoor infinity pool is accessible between 6:30am and 6:30pm daily. Towels are also available within the pool complex.

Outdoor Resort Pool

Located on the northern side of the spa building, the outdoor pool is accessible between 6:30am and 6:30pm daily. Towels are available in the spa change rooms. Please note, the outdoor pool is not heated.

Tennis Courts

Located outside of the activity centre and accessible from the southern side of the building are two tennis courts with stunning views. For court bookings and coaching sessions with our professional coach, please contact our Wellness Coordinators by dialing 202 from in-room phone.

Theatre

The theatre is exclusive to Elysia Wellness Retreat guests and located on the ground floor of the main building, seminars and activities are held in the theatre throughout the week. Please ask your Program Manager for details of scheduled presentations throughout your stay.

Library

The library is a sanctuary to take time out and relax. A selection of reading material, books and games have been provided for your enjoyment during your stay however we do ask that games to not be removed from the lounge. You may take an unfinished book home with you but we ask that you please replace it with another one.

The library also houses a selection of DVDs and CDs that are available for use in your villa.

Guest Laundry

Located on the main level outside reception, A washing machine and laundry powder is available for guest use \$4 per load. A clothes dryer is located in your villa, alternatively airing racks can be requested by calling reception on extension 201.

DINING

Breakfast, lunch, and dinner are served in the restaurant, which is located on the upper level of the main building.

Restaurant mealtimes are as follows:

Breakfast: 8:00am to 9:00am

Lunch: 1:00pm to 2:00pm

Dinner: 6:00pm to 7:00pm

Important: If you have a food allergy or a specific dietary requirement the Wellness Centre must have this information listed in your personal file. Please ensure your details are correct before dining in the restaurant. Please make yourself known to the restaurant staff to ensure your needs are met.