



Holistics NZ

Holistic Packages for Hens Events & Brides

Kim McCormack
NATUROPATH

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Holistic Hens Event Packages

*Luxury, healthy experiences, for your Hens' event.
Make it a special day to remember.*

PACKAGES FROM \$275 PER PERSON

Includes a \$70 Goodie Bag for each Hen and extras for the Bride.
Our wellness experts will come to your venue.

BALANCE & BREATHE ~ \$275PP

*Relax into the day and allow your body
to find balance inside and out.*

- Wholefood Catering by The Kitchen
- Yin Yoga with Jane Pascoe
- Foot Massage
- Personalised Homebotanical drops
- Goodie Bag worth \$70

ENERGISE & REFRESH ~ \$299PP

*Move your body, get energised and
pampered from head to toe.*

- Wholefood Catering by The Kitchen
- SUP yoga or Barre (ballet, pilates & yoga) class with Jane Pascoe
- Reflexology Treatment
- Express Facial with Elise Hair & Beauty
- Goodie Bag worth \$70

NOURISH & DREAM ~ \$299PP

*Get your creative energy flowing with
this unique hands-on day.*

- 1.5 hour Wholefood Cooking Workshop at The Kitchen
- Vinyasa Flow Yoga with Jane Pascoe
- Floral Crowns with Susie Jaworski
- Express Pedicure with Elise Hair & Beauty
- Goodie Bag worth \$70

CUSTOM

Design your own hens package from
our extensive list of services.

Contact Kim McCormack from
Holistics NZ to discuss your needs.



Holistic Bridal Packages

*Be happy, healthy and energised on your special day.
You will glow your way down the aisle after one of our packages
especially designed for Brides to Be.*

LUXURY WELLNESS PACKAGES FROM \$145

CLEANSE ~ \$245

4 week package to cleanse the body.

- Guided 4 week Detox Cleanse Nutritional Programme
- Beauty Spa Treatments at Erban Spa, Nelson
- Reflexology Treatment

WELLNESS ~ \$145

4-6 week package to support wellness.

- Naturopathic consultation
- Follow up consultation 4-6 weeks later
- Reflexology Treatment
- Discounted wellness products

GLOW ~ \$340

Treatments and products for skin health.

- Mini-consult including personalised remedy for skin health
- Skin product kit worth over \$120
- Beauty Spa Treatments at Erban Spa, Nelson

Holistic Hens

Events Package Details

To customise your Holistic Hens Event chose from our detailed list below

WHOLEFOODS ~ BY THE KITCHEN

Using the best local ingredients and sourcing the finest organic products to produce freshly made, tasty seasonal foods for your health and enjoyment. Gluten, dairy and refined sugar free.

Catering your hens event

A SELECTION OF:

- 3 savoury food options
- 4 sweet food options
- Cold brewed coffee
- Cold pressed juice
- Kombucha

Cooking Workshop

A 90 minute cooking workshop led by an experienced chef, held at The Kitchen café in Nelson. You will have lots of fun learning how to make delicious wholefood treats, and eating them afterwards!

- All food costs included.
- Gluten, dairy and refined sugar free.
- Minimum of 4 people
- 90 minutes

NATUROPATHY ~ WITH KIM MCCORMACK

Personalised Homeobotanical Remedy

Do you have a health issue, big or small, that you'd like to address?

Homeobotanical drops (herbs blended with homeopathy) can get your body gently back on track. Sleep better, boost your immunity, address your allergies, support your circulation, reduce PMS – whatever your need may be.

- Personalised drops made for you on the spot!
- 100% safe for anyone of any age
- No interactions with any other medications
- Enough for at least one month
- 15 mins

YOGA ~ WITH JANE PASCOE

Yin Yoga

A Yin Yoga class designed to restore energy levels and create space, followed by Yoga Nidra, a guided relaxation to leave you in a state of complete bliss.

- At the venue of your choice or at Jane's studio.
- Gear provided
- 75–90 minutes

BARRE

A rockin' BARRE class which incorporates Ballet, Pilates and Yoga moves to sculpt your body, just like a dancer's! Combine lots of isometric movements and an emphasis on the core with a high energy soundtrack and you'll be sweating and smiling your way to 60 minutes before you know it! No dance experience necessary and suitable for all fitness levels.

- At Jane's studio
- Gear provided
- 60 minutes

Vinyasa Flow

A dynamic Yoga flow class to challenge your body, free your mind and lift your spirits! Jane is known for taking students on a journey through creative sequencing in a supportive and fun environment.

- At the venue of your choice or at Jane's studio
- Gear provided
- 60–75 minutes

SUP Yoga

Experience Yoga on Liquid! Yoga on stand up paddle boards has become hugely popular across the world and I was one of the first in NZ to offer it. Take a short paddle out to the swimming buoys off Tahunanui Beach where we attach up and go through breathe work, stability exercises, a modified yoga sequence and the most amazing savasana/relaxation that literally leaves you floating! Can be also arranged at different locations, just ask.

- Board hire included
- Limited to 6 people per session
- 90 minutes

Holistic Hens

Events Package Details

To customise your Holistic Hens Event chose from our detailed list below

FLORAL ~ WITH SUSAN JAWORSKI

Floral crown

Create a gorgeous flower crown with a selection of blooms, foliage and ribbon. Learning the skills of wiring, taping and constructing your own beautiful floral crown to wear and enjoy.

- 1-2 hours

Wrist or lapel corsage

Create a stunning wrist or lapel corsage with a selection of blooms, foliage and decorative accessories. Learning the skills of wiring, taping and constructing your own corsage.

- 1 hour

Tea cup posy

Learn how to create your own gorgeous floral posy in a vintage tea cup. Using a selection of blooms and foliage.

- 1 hour
- All materials provided
- Minimum of six people

FEET ~ WITH KIM MCCORMACK

Express Reflexology Treatment

Lie back and relax as your feet are treated to a reflexology treatment.

Using pressure points on the feet, tension will be released and you will feel balanced and grounded. Each treatment begins with a foot cleanse and a mini foot massage, and finishes with a discussion about the 'active' pressure points on your feet.

- 25 mins

Foot Massage

A luxurious treat for your feet! There is something truly blissful about having your feet massaged. Your feet will be gently cleansed with essential oils and then massaged.

- 15 mins

BEAUTY THERAPY ~ WITH SARAH NYSEN

Express pedicure

Enjoy a foot massage with this express pedicure, while we create gorgeous toes.

- Lasts up to 4 weeks
- 30 mins

Express anti-ageing facial

Ease yourself in to relaxation with this amazing facial. This unique and exclusive combination of ingredients will instantly soften smooth and reduce the appearance of wrinkles.

- 30mins

Shellac manicure

This express mani includes a delicious hand massage. Our fabulous shellac manicure will last up to 14 days.

- 30mins
- Does not include french polish or nail art

Combo

Choose any 2 of the above as a combo.

- 60 mins

Bookings to be confirmed with a 50% non-refundable deposit at least one month prior to your event

Holistic Brides Package Details

*See below for our Luxury Wellness Packages
with Erban Spa, Nelson*

WELLNESS ~ \$145

4-6 week package to support wellness.

Naturopathic consultation

A full 90 minute naturopathic consultation to holistically assess your health. Following this you will receive a detailed treatment plan to address any health issues, with discounts on all supplements relating to your treatment.

- Discounted wellness products

Follow up consultation 4–6 weeks later

A 30 minute follow up consultation to review your initial treatment plan, assess any new health issues. You will receive a detailed reviewed treatment plan and discounts on all supplements relating to your treatment.

Reflexology treatment at Holistics NZ

Lie back and relax as your feet are treated to a reflexology treatment.

Using pressure points on the feet, tension will be released and you will feel balanced and grounded. Each treatment begins with a foot cleanse and a mini foot massage, and finishes with a discussion about the 'active' pressure points on your feet.

CLEANSE ~ \$245

4 week package to cleanse the body.

Guided 4 week Detox Cleanse Nutritional Programme

You will receive a detox cleanse programme to complete over 4 weeks. The programme includes detailed instructions, weekly emails, recipe suggestions, discounts and offers, and email contact whenever needed.

Beauty Spa Treatments

You will receive vouchers for 2 luxurious treatments at the gorgeous Erban Spa in Nelson and can choose from the following

ANTIPODES AROHANUI MASSAGE:

Unwind the body and mind with this unique massage using the New Zealand Antipodes skin & body range.

- 1 hour

ANTIPODES AROHA ORGANIC FACIAL:

Starting with a warm foot bath, then lie back and relax while we cleanse, exfoliate and moisturize the skin.

- 1 hour

Vouchers allow for 2 x 1 hour treatments to be used together or at different occasions.

Reflexology Treatment at Holistics NZ

Lie back and relax as your feet are treated to a reflexology treatment.

Using pressure points on the feet, tension will be released and you will feel balanced and grounded. Each treatment begins with a foot cleanse and a mini foot massage, and finishes with a discussion about the 'active' pressure points on your feet.

Holistic Brides Package Details

*See below for our Luxury Wellness Packages
with Erban Spa, Nelson*

GLOW ~ \$340

Treatments and products for skin health.

Mini-consult including personalised remedy for skin health

Homeobotanical drops (herbs blended with homeopathy) can get your body gently back on track. In this Glow Package you will receive a personalised remedy for skin health.

- Personalised drops made especially for you
- 100% safe for anyone of any age
- No interactions with any other medications
- Enough for at least one month
- 15–20 mins

Skin product kit ~ worth over \$120

Holistic wellness products to support healthy, glowing skin from the inside and out.

Kit includes a quality Omega 3 supplement, dry skin brush with instructions, rejuvenating face serum, ethique products, skin cream.

We reserve the right to change these items and will only ever provide quality products.

Beauty Spa Treatments

You will receive a voucher for a luxurious treatment package (massage & facial) at the gorgeous Erban Spa in Nelson.

ANTIPODES AROHANUI MASSAGE:

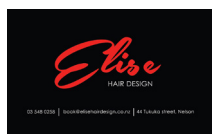
Unwind the body and mind with this unique massage using the New Zealand Antipodes skin & body range.

ANTIPODES MINI SPA FACIAL:

The perfect mini treat for skin maintenance and skin rejuvenation.

- 1.5 hours

PARTNERS:



Susan Jaworski
~ Florist ~



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**Contact Kim to book your
Hens Event or bridal package**

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