



Resolution Retreats

weight loss, health & wellness retreats exclusively for women

0800 473 873 | Lake Karapiro | New Zealand



At Resolution Retreats, we understand the challenges of everyday life and value the importance of slowing down and taking a break from the demands of life to make your health and wellbeing a priority. Our retreat is a gentle escape from the pressures and distractions that surround us everyday, providing you with a nurturing and uplifting space to pause, reset, and reflect on your journey ahead.

Our team of caring and experienced professionals are dedicated to guiding and supporting you on a transformative journey towards improved health and happiness. Whether you need to recharge, find inspiration with nutrition or in the kitchen, manage weight, improve sleep, lower stress, boost confidence, or make positive lifestyle changes; we are here to support you every step of the way. You don't have to do it all alone. Let us take care of *you* for a change, so you can rediscover the beauty and strength within you.

In the restorative environment of our retreat, you'll find a sense of community and understanding among a diverse group of women who are all brought together by a shared goal: to transform their lives for the better. It's a safe haven to share, learn, and grow together.

So, allow yourself this precious gift of self-care and self-discovery. Invest in yourself because you deserve the utmost care and attention. We are here to inspire, uplift, and nurture you, so you have the tools, confidence and energy to be your best self.

Resolution Retreats
Welcomes you

Resolution Retreats is a premier women's wellness initiative where we combine a pragmatic, and realistic approach to health and habits through education, workshops, daily movement sessions and nutritionist designed, nourishing food.

Multi award-winning, and named New Zealand's Best Wellness Retreat, our serene rural oasis invites you to take a moment out for yourself while we take care of you.

An exceptional escape to cultivate happier and healthier lifestyles.



[Click to view the Resolution Retreat experience](#)

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Resolution Retreats
Lakeside Health &
Wellness Resort
1002 Tirau Road
Lake Karapiro 3494
Cambridge
New Zealand

Location

Lakeside Health & Wellness Resort is the home of Resolution Retreats.

Transfers

Nestled in close proximity to Hamilton Airport and the charming Cambridge town, our retreat offers a haven of convenience and tranquility. Complimentary transfers are available from Hamilton Airport and any Cambridge location.

Additional Accommodation

We can provide accommodation onsite the night before or after to extend your retreat. Select this option on the booking page during registration or email us if you have already confirmed your booking. Check-in for the additional night before is 3pm-6pm and includes a light dinner and breakfast in your chalet.

Phone +64 800 473 873

Email contact@resolutionretreats.co.nz

Resort Facilities

Escape to a peaceful rural oasis in New Zealand with our purpose-built, award-winning health & wellness resort. Our resort is designed to cater to all your health, wellness and relaxation needs with an impressive range of facilities for our guests to discover and enjoy.

Take a refreshing swim in our indoor heated saltwater mineral pool or soak in the Jacuzzi spa. Enjoy a game of tennis on our full-size tennis courts or detoxify in our steam room and infrared sauna.

Get cozy by the fire in our open lounge with a stone fireplace, or work up a sweat in our pool-side boutique gym. Practice Yoga and meditation in our indoor and outdoor Yoga spaces, enjoy our private bush tracks or curl up in our comfortable common spaces or your own chalet and just relax.

For guests staying for a longer period, we have guest laundry facilities available.

Our health & wellness resort provides everything you need to unwind and recharge in a peaceful and private setting. Experience the ultimate in relaxation and wellness with us.



Unwind, recharge and rediscover
balance at our peaceful health &
wellness resort

Resort



Accommodation *Chalet*

Welcome to our resort accommodation, where you can indulge in the ultimate relaxing experience. Our resort boasts 45 standalone deluxe chalets, each meticulously constructed from timber and local stone, and designed with an environmentally conscious approach. The chalets are beautifully nestled amidst exquisitely manicured grounds, offering an idyllic sanctuary.

Each chalet offers a separate lounge area with plush sofas and state-of-the-art TVs. The bedroom features a King-size bed (2 x single beds in twin rooms) with luxurious linens, and the bathroom includes a jacuzzi bathtub, spacious shower, and indulgent toiletries. Each chalet has a kitchenette, dining area, outdoor patio, and office space with a desk. Additional amenities include ironing facilities, dual air conditioning, and wireless internet. With 60 square meters of space, you'll have plenty of room to relax and enjoy your stay.





Experience opulence in nature at
our deluxe chalet resort

Chalet

Twin Share

Share a room

Opting to twin share a chalet with a friend or family member offers a unique opportunity to share a memorable experience together. Sharing a cozy chalet can foster heartfelt conversations, create lasting bonds through shared activities, and provide a sense of comfort and support.

If you're interested in sharing a room but don't have a friend to accompany you, don't worry! We'll be happy to pair you up with another guest who is also looking for a roommate. Your room mate will be someone you haven't met before, but that's part of the adventure! It's an excellent chance to make new friends and create lasting memories with someone new. Rest assured that we'll do our best to match you with a compatible roommate.

For those who value personal space, we can alter the bed configuration as featured in the video linked below.



[View Twin Layout](#)

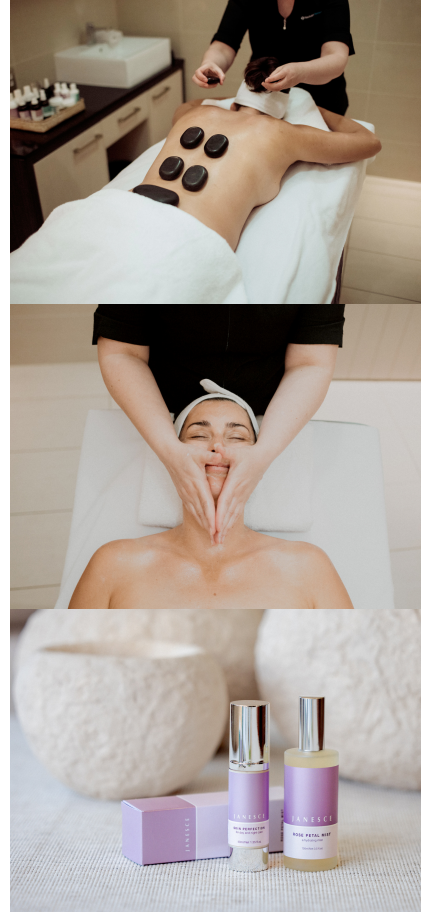
Restore Spa

Indulge in the luxurious and rejuvenating experience of our spa, where pampering is at the heart of your relaxation journey.

Our extensive spa menu boasts an array of luxurious body and beauty treatments that will make you feel even more pampered and refreshed during your time with us. From therapeutic massages to invigorating facials, you can choose from a selection of indulgent options to tailor your retreat experience to perfection.

Our unwind and pamper retreat packages takes relaxation to the next level, with a soothing daily spa treatment to ensure you feel utterly relaxed throughout your stay. If the retreat's schedule doesn't permit a treatment on a particular day, we'll find the perfect alternative time to ensure you don't miss out on any retreat activities

Come, escape the hustle and bustle and demands of everyday life and immerse yourself in rest and relaxation, where every moment is dedicated to your wellbeing. This is your chance to unwind, recharge, and soak up all the benefits of our ultimate retreat experience.



Flowpresso is a detoxifying compression treatment; a breakthrough non-invasive therapy that combines compression, infrared heat, and deep pressure techniques for a 3-in-1 blissful session. This treatment is designed to release toxins, improve sleep, alleviate stress, anxiety, and even help with PTSD.

Experience our exclusive Flowpresso treatment, included complimentary in our Single Suite and Twin Share packages. For those in pursuit of unparalleled relaxation with our Unwind packages, elevate your experience by opting to include this exquisite treatment among your package's included offerings.

[Spa Menu](#)



Revitalise your mind, body, and soul at
our luxurious spa and wellness centre

Indulge

Yoga & Fitness *Movement*

At Resolution Retreats, we take pride in offering a truly exceptional experience that sets us apart from other programs. Our philosophy focuses on making exercise and movement a joyful and sustainable part of your life, both during your stay with us and long after you return home.

Each day on retreat, you'll have the opportunity to indulge in our blissful Yoga sessions, carefully designed to be gentle and restorative. These sessions will leave you feeling physically uplifted, less tense mentally relaxed, centered, and balanced.

Most days, our schedule includes our invigorating group fitness sessions. We understand that everyone comes with unique fitness levels and health considerations, and that's why our dedicated personal trainers take the time to adapt exercise routines for you, ensuring that they accommodate for varying fitness levels and any injuries.

In addition you are welcome to explore the stunning surroundings with optional bush walks, swimming or tennis during your retreat.

We value your wellbeing, and rest days are thoughtfully scheduled for your recovery and rejuvenation.



Wellness Menu

In addition to our live-in wellness programs, we offer an extensive array of specialised services, treatments and experiences designed to elevate your journey towards optimal health and wellbeing, both during and after your stay with us. Our wellness menu brings together a holistic and clinical offering to health with a selection of exclusive health and wellness services, curated by sought-after local clinicians. Our wellness menu includes IV vitamin infusions, genetic testing, clinical nutritionist consultations, equine therapy, golf lessons, contrast immersion (featuring invigorating ice baths), hypnotherapy sessions, and much more.

Please note that wellness menu services are typically accessible during our 7 day or longer retreats, contingent upon the availability of our esteemed clinicians. To secure your spot, we highly recommend requesting appointments well in advance of your stay, as these are subject to availability.

[Wellness Menu](#)



Yoga is the art of creating space,
physically and mentally

Body



Retreat Meals *Nourish*

We take pride in our nourishing and award-winning cuisine that helps inspire our guests to recreate our flavorsome and easy-to-follow dishes at home. As part of our commitment to guest's health and wellness journeys, we provide a complimentary copy of our recipe book *Retreat Yourself*. Our nutritionist-designed retreat meal plan includes five meals a day, comprising of three main meals and two snacks. We offer daily cooking workshops considering different levels of kitchen experience and confidence - be as involved as you feel.

We can cater to a wide range of dietary requirements, ensuring that all our guests can enjoy our delicious and healthy meals. No matter your preferences or requirements - this includes coeliac and gluten-free to dairy-free, vegetarian, vegan, pescatarian, and diabetic guests. Please share your dietary restrictions on your registration form when booking.

Hydration is a crucial aspect of detoxification and overall wellbeing. To support your body's natural processes, we encourage you to drink a minimum of three litres of water while on retreat.

We are stimulant-free at retreat and recommend those who usually consume caffeine, to start gradually reducing and eliminating it a few days before the retreat to ease any potential withdrawal symptoms and enhance your overall experience. At our tea station, we offer specially crafted herbal tinctures formulated by a local herbalist. These tinctures are intended to assist with various concerns, such as headaches, stress, and sleep issues. They are natural remedies made from herbal ingredients providing a range of potential health benefits.





Let food be thy medicine, and
medicine be thy food.

Eat

Retreat Programme

We ask guests to arrive between 8.30 and 9.30 am on the first day of retreat.

At 10.00 am, the retreat officially commences.

Get ready to let go of stress and embrace profound tranquility as we guide you through this unforgettable retreat experience.

During the mornings, we have an array of scheduled activities to delight your senses and enrich your soul. But don't worry, we know the importance of 'Bliss Time'. The afternoons are all about you, offering a delightful selection of optional activities, ample rest time, and the chance to indulge in spa & retreat facilities. The choices are yours to make.

You will receive a detailed retreat timetable upon your arrival. Along with your spa treatment schedule.



Our journey together concludes after lunch on the last day, usually between 2.00 pm and 5.00 pm. However, we understand that life's demands may require you to leave a bit earlier, and we'll accommodate your needs with utmost care.

Get ready to let go of all your worries and embrace your time out during your stay with us. Welcome to your well-deserved retreat!

[Sample Schedules](#)



Escape from the
hustle and bustle

Relax

Meet our team



Joeline

Joeline's inspiring journey led her to create Resolution Retreats in 2012 after overcoming personal health challenges. With a background in Human Anatomy & Physiology, she shares remarkable insights into habit psychology with retreat guests, helping women transform their lives and embrace healthier habits. [Read more.](#)



Lauri

Lauri's presence on retreats is truly inspiring, demonstrating the power of personal choices in shaping health and wellbeing. With Yoga as her lifelong companion, she embodies a healthy lifestyle. Her delightful, nutritious meals, insightful workshops, and positive energy leave a lasting impact on all attendees. [Read more.](#)



Casey

Casey is an inspiring Certified Personal Trainer who, through her own health journey, discovered the transformative power of movement on both physical and mental wellbeing. Her enthusiasm and empathy motivate women of all ages, shapes, sizes, and abilities to achieve their health goals. [Read more.](#)



Elena

With two decades of expertise as a spa therapist, Elena brings unparalleled experience to her role as spa manager. Her warm and positive demeanor creates a welcoming environment for our guests, and her attentive listening ensures that she can meet their needs and customize their wellness experience. [Read more.](#)

Retreat Lengths

Fresh Start Three & Four Day Retreats



Our Four-Day Fresh Start retreats (with a 3-day option available) offer you the chance to unwind and recharge while indulging in nourishing, wholesome meals. As you immerse yourself in daily educational and inspiring workshops, alongside invigorating sessions of yoga and fitness, you'll begin to witness the positive shifts in your wellbeing and contentment that are typical of our longer retreats. Whether you opt for a solitary journey or bring along companions, take this opportunity to retreat, prioritize self-care, and elevate your overall health of body and mind!

- Four day accommodation our our beautiful health resort
- Nutritious and delicious meals for four days
- Nutritionist-designed meal plan (while on Retreat)
- Daily Yoga and meditation sessions
- Daily group movement sessions with our Fitness Instructor
- One complimentary Flowpresso detoxifying compression treatment or daily spa treatments (if booked on our Unwind and Pamper package)
- Educational workshops, including nutrition, exercise and health
- Meal planning workshop
- Daily cooking classes and workshops
- Resolution Retreat recipe book
- Facilitator support
- Complimentary subscription to our online community: The Resolution Support Network
- Complimentary transfers to and from Hamilton Airport

[Sample Schedule](#)

[3 Day
Dates / Prices](#)

[4 Day
Dates / Prices](#)

Renewal

Seven & Ten Day Retreats

Embark on a transformative ten-day retreat (7-day option also available) that kick starts your pathway to improved health and helps you reset from the burnout of everyday life. Immerse yourself in a comprehensive wellness experience that blends daily yoga, informative workshops, invigorating fitness sessions, and wholesome, nourishing meals. Throughout your time with us, you'll experience an immersive educational journey designed to empower you with the knowledge needed for lasting positive lifestyle changes and to recover from burnout. Our focus is on intensifying your education, ensuring you leave us feeling not only pampered and refreshed but also equipped with the tools and inspiration required to achieve your goals and overcome burnout. Our commitment doesn't end when you leave; the post-retreat community and support system will help you to seamlessly implement what you've learned during the retreat and reset into your daily life at home.

[Sample Schedule](#)

[7 Day
Dates / Prices](#)

[10 Day
Dates / Prices](#)



- Accommodation at our beautiful health resort
- Nutritious and delicious meals
- Nutritionist-designed meal plan (while on Retreat)
- Half day nutrition workshop
- Post-retreat meal plan
- Daily Yoga sessions
- Daily group movement sessions with our Group Fitness Instructor
- Post-retreat movement plan
- Inspirational seminar on stress and heart health with Cardiac Specialist
- Educational workshops, including nutrition, hormones, and health
- Cooking classes and workshops
- Gut health and fermented foods workshop
- One complimentary Flowpresso detoxifying compression treatment (or daily spa treatments if booked on our Unwind and Pamper package)
- Resolution Retreats recipe book
- Facilitator support
- Complimentary subscription to our online community: The Resolution Support Network
- Complimentary transfers to and from Hamilton Airport

Life Changer

Twenty-One Day Retreats



Embark on an extensive 21-day journey that will not only transform your habits but also elevate your sense of confidence and wellbeing. Rediscover a new you as you immerse yourself in a world of opulence and self-discovery, guided by the timeless wisdom that "it takes 21 days to change a habit."

Your transformation begins with a half-day nutrition workshop, imparting valuable insights that will shape your journey towards a healthier you. Enrich your knowledge with educational workshops, covering a spectrum of topics from nutrition and body positivity to mindfulness, hormones, heart health, and gut health ensuring a holistic approach to your transformation.

Nourish both your body and mind with a nutritionist-designed meal plan. Engage in daily Yoga sessions that harmonize your inner and outer wellbeing, while group fitness sessions with a personal trainer invigorate your path to wellness.

Immerse yourself in the finer aspects of self-care with offerings such as breathwork, muscle-tension release sessions.

Retreat inclusions ...



Life Changer

Twenty-One Day Retreats

Transform not only your habits but also your appearance with a mini makeover by our make-up artist, enhancing your inner confidence.

Throughout your journey, enjoy retreat outings that integrate leisure and exploration, enriching your experience with a broader perspective. Find unwavering support through our dedicated wellness managers and immerse yourself in our Resolution Support Network, ensuring your transformation transcends these 21 days.

- 2 Half-day nutrition workshops with a Nutritionist
- Personal copy of best selling women's health book
- 21 Day accommodation at our beautiful health resort
- Nutritious and delicious meals for 21 days
- Nutritionist-designed meal plan (while on Retreat)
- Post-retreat nutrition plan
- Daily Yoga sessions
- Daily group movement sessions with our fitness instructor
- Post-retreat movement plan
- Workshop with women's hormone specialist
- Inspirational seminar on heart health with Cardiac Specialist
- Educational workshops, including nutrition, exercise, health & more
- Cooking classes and workshops
- Goals and habits workshop
- Gut health and fermented foods workshop
- Breathwork workshop
- Muscle tension release workshop
- Sleep workshop
- Mini makeover with our Make-up Artist
- Resolution Retreats recipe book
- Two complimentary Flowpresso compression detoxifying treatment (or daily spa treatments if booked on our Unwind and Pamper package)
- Retreat outings
- Facilitator support
- Complimentary subscription to our online community: The Resolution Support Network
- Complimentary transfers to and from Hamilton Airport

[Sample Schedule](#)

[Dates / Prices](#)

Reset and recalibrate

Journey



Choose from six unique accommodation packages designed to match your preferences

Single Suite Package + Unwind and Pampering Add-on



- Private chalet with daily spa treatments included
- Guests can choose from the 'unwind package' treatments on our spa menu and indicate their selections during registration

Single Suite Package



- Private chalet with a complimentary Flowpresso treatment
- Option to choose additional treatments during the booking process

Twin Share Package + Unwind and Pampering Add-on



- Shared chalet with a friend or another guest, including daily spa treatments
- Guests can choose from the 'unwind package' treatments on our spa menu and indicate their selections during registration

Twin Share Package



- Shared chalet with a friend or another guest, includes a Flowpresso treatment
- Option to book extra spa treatments during the registration process

Day-Stay Package

- Attend retreat activities while staying in your own accommodation outside the resort
- Includes a Flowpresso treatment
- Option to book additional spa treatments during registration

Day-Stay Package + Unwind and Pampering Add-on



- Upgrades the Day-Stay Package to include daily spa treatments
- Ideal for guests who want to add spa treatments to their day-stay experience



non-invasive natural therapy

Flowpresso

Guest Journey

Paula



Paula's lifetime of restriction had her stuck in feeling that food had to be basic, bland and boring. We developed a meal plan that was a realistic approach which suits her and her family's lifestyle and was based on finding healthy food they can all enjoy.....[read more](#)

Debbie



She watches her portion sizes and does a decent amount of exercise. She told me that she eats a lot of fruit and veggies, at least 5+ a day. However looking her food diary, we see a number of areas which might be holding Debbie back.....[read more](#)

Vicky



When you meet Vicky, she seems to have it all under control. Stress is really in the driver's seat though. She runs on adrenaline and hadn't had a proper break for herself in too long. She is constantly on the go and was well overdue for some time for herself....[read more](#)

Brenda



Brenda had tried various 'diets' over the years, but couldn't make any of them stick. This led to her concluding that she didn't have the 'will power' or 'self control' and would give up if she deviated from the diet at all. She concluded that 'health was too hard'.....[read more](#)

Media

Resolution Retreat Features



your typical day at retreat *Schedule*



7

Fitness



8.30

Breakfast in the Dining Room



9

Health workshop in the Yoga Chalet
Snack



11

Digestion, Yoga & Meditation in our Yoga
Chalet



12.30

Lunch in the Dining Room



1

Your bliss time: Enjoy our wellness menu, spa menu,
gym, bush walks, pools, sauna, steamroom, games,
puzzles, books, magazines, good company, -OR- Just relax



3.30

Snack



5.30

Cooking Demonstration



6.15

Dinner in the Dining Room



7

Optional candlelit Sleep Meditation in the
Yoga Chalet



8.30

Reflection time, pre-sleep ritual & wind-down
in your Chalet

Frequently asked questions

What are the Unwind and Pamper packages? Our Unwind and Pamper Package is an add on to your room type (single, twin, or day-stay), where you receive one luxury spa treatment every day while you're with us. You read that right...a spa treatment EVERY DAY of your retreat! You also have the option of bundling treatment times together to have one of our longer treatments on one day and a break from treatments on another. You can make your selection on the registration page when booking

Can I arrive the day before? We can provide accommodation onsite the night before retreat, select this option on your booking registration page. Check-in for the additional night before accommodation is 3pm-6pm and includes a light dinner and breakfast, served in your chalet.

What do I bring? You will be emailed a detailed confirmation pack outlining what to bring once you have registered your booking.

Do you cater for food allergies and preferences? We frequently cater for a variety of food allergies and preferences including coeliac and gluten-free to dairy-free, vegetarian, vegan, pescitarian, and diabetic guests. Please share your dietary restrictions with us on your registration page when booking.

Is the retreat just for weight loss?

No. We welcome and support a diverse group of guests, each seeking something unique – whether it's finding relief from stress, improving their health, or seeking emotional balance. Our approach is all-encompassing. We're dedicated to equipping our attendees with knowledge and practical tools that empower them to care for themselves in profound ways. The changes we witness during our retreats are genuinely life-changing, extending far beyond the time spent here.

How many guests will there be?

The retreat focuses on small, intimate groups to foster meaningful interactions and personal connections among participants, we have groups of between 10 - 25.

Do you have payment options? Yes, we offer finance through Q-Card, Lay-by, and credit card. Find more details [here](#).

I have never done Yoga before, is this an issue? It doesn't matter if you have done Yoga all your life or if it is your first time stepping on a Yoga mat. We've got you – we cater for all levels/abilities and absolutely love seeing our guests improve from class to class throughout their retreat with us.

becoming the best
version of yourself

Growth



Book your Retreat *Register*

To book, visit our website and follow these steps

- Choose your preferred retreat type
- Select your retreat dates
- Pick a retreat package: Single Suite + Unwind and Pampering, Single Suite, Twin Share + Unwind and Pampering, Twin Share, or Day Stay
- Fill in your details and any relevant information, including injuries, allergies, and intolerances
- Confirm with a NZD\$500 deposit (\$1000 for 21 day retreats) using our secure credit card facility
- Receive an email with a retreat invoice, confirmation pack, packing list, travel directions, and draft retreat schedule
- Complete the payment balance 30 days before the retreat
- We'll stay in touch via email for any questions

We are looking forward to welcoming you



For You

In the beautiful chaos of life, it's easy to forget the most important person in the equation: you. Amidst the responsibilities, demands, and constant juggling, it's crucial to recognise that selfcare isn't a luxury—it's a necessity. You deserve the chance to step away from the whirlwind to breathe, and to rekindle the connection with yourself that often gets lost in the daily shuffle. Our retreats allow you to prioritize your health and happiness, to give yourself permission to unwind and recharge. Let go of any guilt and embrace the idea that taking care of yourself isn't selfish; it's an act of self-love that radiates into every facet of your life. Allow us to provide you with the space to rest, reset, and map your path forward. Book this retreat and gift yourself the time to be pampered, inspired, and rejuvenated. You've earned it, and we're here to make it happen





LAKESIDE

HEALTH & WELLNESS RESORT
KARAPIRO | NEW ZEALAND

Contact Information
Get in touch

Phone: +64 800 473 873

Email: contact@resolutionretreats.co.nz

Website: Resolutionretreats.co.nz

Discover Upcoming Retreat Dates and Prices: Explore our website to find details about our upcoming retreat dates and prices and register your booking.

Experience the Tranquility of Lakeside Health & Wellness Resort: Lakeside Health & Wellness Resort serves as the home of Resolution Retreats. To learn more about this idyllic retreat destination, please visit our Lakeside Health & Wellness Resort website.



Resolution Retreats

weight loss, health & wellness retreats exclusively for women