

98mm



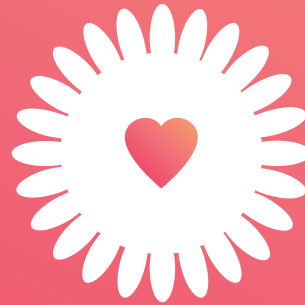
Journey **INWARD**
EXPLORE *Outward*



**WE PROVIDE HEARTFELT
ADVENTURE RETREATS AND
HAWAIIAN MASSAGE TRAINING**

99mm

**RECONNECT
RECHARGE
REDISCOVER**



Contact



1300 090 987
**ALOHA@ISLANDHEARTRETREATS.COM.AU
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100mm



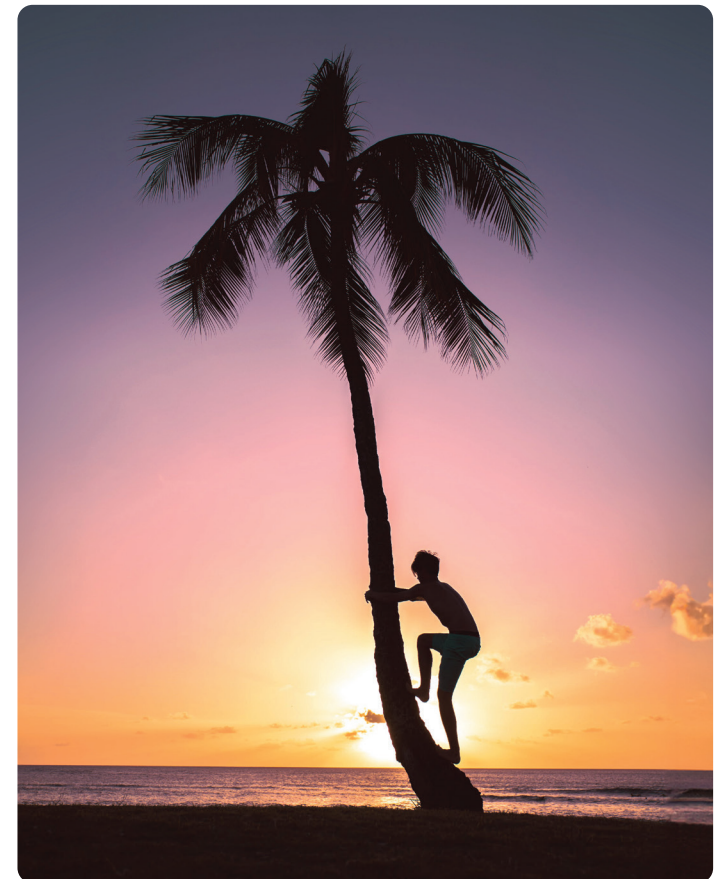
IslandHeart

RETREATS

HEARTFELT



ADVENTURE



THE RETREATS

We offer island getaways that connect with the heart and spirit of powerful Hawaiian 'massage' medicine. Choose between learning Lomi Lomi by giving and receiving, or a retreat where you simply receive this healing massage. Regardless, all our retreats guide you with spiritual processes and heartfelt adventures to gently release toxicity and embody purposeful flow-state.



VANUATU

Celebrated as the happiest place on earth, Vanuatu offers unique cultural richness in a stunning natural environment where rainforest meets the coral. Our retreat offers soul rejuvenation and guided adventure connecting you to your innate sense of aliveness.

NORTH STRADBROKE ISLAND

'Straddie' invokes a nostalgic sense of timelessness with crystal clear ocean, windswept rockpools and sand dunes, along with inland tea tree lakes. In these natural elements we are guided to a deep connection to our essential self.

