



Queenstown wellness activities



feel the
inspiration



Aro Ha Wellness Retreat



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Aro Hā is a next-level wellness experience, offering life shifting, body morphing, spirit lifting retreats. We condense optimal living practices into signature wellness adventures.

Multi-award winning, Aro Hā fuses advanced eco accommodation, permaculture based self-sufficiency, and world-class results-oriented programming.

Aro Hā is designed for the rejuvenation of the human spirit. Ideal for solo travellers, couples, or friends, our physically stimulating programs sculpt the body & mind with sub alpine hiking, vinyasa yoga, and dynamic movement.

Aro Ha Wellness Retreats are 6 Day or 8 Day progrms, with maxium of 18 guests - allowing for a more personal experience.



Body Sanctum



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Body Sanctum is the perfect place to relax, and to treat your delegates, organising committee, CEO or top performer!

Rejuvenate and re-energise with a massage or treatment, absolutely perfect for partner programmes and located right in the idyllic setting of Queenstown's city centre.

Body Sanctum is the largest spa in Queenstown offering 9 treatment rooms all equipped for the optimum in relaxing treatments with the most expert therapists ensuring the best care and satisfaction of each client. We also offer our mobile massage service at any venue or location and can set up back, neck and shoulder massages at your conference show or booth.

Great offers for conference packs are available, just get in touch and let us know when your event is happening!



Eforea - Spa At Hilton



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Be prepared for a blissful experience at eforea: Spa at Hilton. Eforea combines the vast expertise of Hilton spa resorts worldwide to draw on the very best modern and traditional practices from around the globe.

Explore the three distinct ranges of treatments, all focused on organic, natural products and scientific, results-driven practices.

Eforea - Spa at Hilton promises to take you on a transformative journey of the senses, helping you to emerge brighter.

The Spa At Millbrook

Nadi Wellness

Onsen Hotpools



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As Queenstown's most prestigious and award-winning day spa, The Spa at Millbrook epitomizes the ultimate in rest in relaxation.

From the inviting welcome area to the quiet and spacious treatment rooms, post treatment relaxation rooms and superb outdoor relaxation areas, The Spa at Millbrook provides a peaceful environment to relax and be pampered.

Located in an idyllic position, carefully angled windows ensure that the stunning views across manicured fairways, rolling hills and surrounding mountains are enjoyed from the majority of treatment rooms.

At Nadi Wellness we take a holistic approach to wellness, with 2 locations to choose from: Queenstown Central and Remarkables Park, Frankton.

A community of therapists share space in our Centres - to heal mind, body and soul, and we run regular wellness workshops and events. Nadi Wellness offers yoga, massage (including mobile service, shiatsu, hot stone and synchronized massage), facials, foot reflexology, acupuncture and spa packages.

Other natural therapies offered are Feldenkrais, counselling, clairvoyance and reiki. Yoga classes are suitable for beginners to advanced, and we offer many different styles. Private yoga classes can be arranged in our studio or mobile.

While Queenstown is generally done at full pace, Onsen Hot pools takes a step back to let you take in the beauty of the surroundings and simply relax.

Housed in private cedar lined rooms, complete with a shower and changing facilities, the hot tubs have a depth of 1m and offer panoramic views across the Shotover River.

The spring fed water is heated to 38.C and can accommodate up to four adults. At the touch of a button the front wall retracts and puts you amongst the amazing alpine scenery, while at night you can dim the lights and watch the southern constellations wheel past.

Our natural setting is matched by the pure water captured on its endless journey between the sky and earth to continually fill and refresh the pools. With complimentary transport to and from Queenstown, Onsen Hot Pools is relaxation the natural way.



So Spa - Sofitel



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Renowned for its masterful blend of French luxury and local culture, Sofitel's signature wellness experience, So Spa takes you on an exquisite journey of relaxation and pampering.

An oasis of tranquillity and peace, dedicated to absolute wellbeing, So SPA's treatment rooms, boast individual showers and steam rooms with a couples' suite and Jacuzzi.

With advanced technology, So SPA features a unique infra-red room, as well as relaxation rooms and courtyard for you to continue to unwind post treatment.



Spa At Nugget Point



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Nestled in the most magnificent alpine setting overlooking the famous Shotover River, in the finest boutique hotel, is The Spa at Nugget Point.

Stepping into our spa suite is like entering a modern version of the Roman baths, complete with mosaic pool under a domed roof, marbled plunge bath, steam room, sauna, spa pool and beautiful rose mosaic showers, along with relaxation areas.

Designated rooms await you for the ultimate pampering amid breath-taking mountain and river views - the perfect setting to enjoy organic treatments that release your inner and outer radiance.