

23 January 2024

## **New year, new you! Wellness in Western Australia**

As the saying goes, *New Year, New Me* – and in Western Australia, opportunities abound for you to immerse in natural surroundings, focus on your mental health and wellbeing, disconnect and reconnect with yourself. If slow travel is one of your new year's resolutions, then a holiday in WA could be just what you need. WA's natural assets, including its beaches and coastline, pristine natural environments and unique natural sights are the main reason visitors choose to holiday in WA\*. Immersing yourself in State's wide-open spaces, endless stretches of pristine coastline, big blue skies and expanses of native flora and fauna is one of the best ways to disconnect from the everyday hustle and bustle of everyday life.

We've collated a list of the top wellness offerings in WA to ensure your next trip here allows you to connect with nature, reconnect with yourself and allow you to truly bliss out into a dreamy state.

### **Cold Nips - Perth**

Looking for a way to meet like-minded people on your travels, whilst also experiencing Perth's stunning beaches – then Cold Nips is for you! What is Cold Nips? It's a community movement that originated in Perth, built around connection, discomfort, nature and joy. Open to any and every one, Cold Nips invites you to meet, splash and vibe every Wednesday morning during the summer months at a Perth beach. The location changes weekly, and starts with a sunrise dip in the ocean followed by the time to connect with your fellow Cold Nip dippers. An ideal way to enjoy Perth's stunning beaches and potentially meet new friends along the way.

[www.coldnips.com.au](http://www.coldnips.com.au)

### **The Hike Collective - Perth**

Looking for a hiking adventure on a trip to Perth? The Hike Collective offers easy short trail adventures at various locations across Perth, all less than an hours' drive from the CBD – plus the opportunity to connect with fellow hikers on your travels. Does walking in nature plus harnessing your creative side sound like your ideal way to start your 2024? Then step into a season of mind, body and soul exploration with Hike Collective's Summer Blend series. The summer friendly trail series creates the perfect blend between a hiking trail experience and an opportunity to connect, grow and learn. The half-day adventure blends include 'Trail + Art' and 'Trail + Paint' – with the journey beginning with a hike through Perth's dreamy Kings Park and Botanic Garden (Kaarta Koomba), followed by a botanical clay-making workshop (art) or a watercolour painting workshop (paint), where you'll be inspired to create from the magical surroundings of Kings Park. The 'Trail + Breath' invites you to elevate your hiking journey by incorporating an invigorating breathwork session,

sitting atop of a sun-kissed hill along the Bibbulmun Track in Mundaring, surrounded by nature and engaging in a mindful breath practice to rejuvenate body and soul.

[www.hikecollective.com.au](http://www.hikecollective.com.au)

### **Mindful in Nature - Perth**

Immerse yourself in the beauty of one of the world's largest inner-city parks, Kings Park and Botanic Garden with Mindful in Nature's guided forest therapy and nature-based wellness experiences. A unique way to truly experience one of Perth's most popular tourist attractions, join an experienced forest therapy guide to take you through mindfulness techniques, allowing you to connect with the present moment and experience the beauty of your natural surroundings. The term shinrin-yoku, or forest bathing, originated in Japan in the 1980s as a physiological and psychological exercise, and is the simple and therapeutic act of spending time in a forest. For an unguided forest bathing experience, Kings Park offers various bushland walking trails through a wilderness that is dynamic and alive with the sounds, colours and activity of nature.

[www.mindfulforestbathing.com.au](http://www.mindfulforestbathing.com.au)

### **Ember Bath House - Perth**

If you want to completely bliss out on a holiday in Perth, the city's newest wellness destination is for you. Ember Bathhouse offers dreamy soak and steam experiences inspired by bathing rituals from around the world. Located in a converted warehouse space in Osborne Park, the bathhouse is the first of its kind in Perth. The relaxing space offers a Moroccan hammam steam room, a Finnish sauna, cold spas and hot mineral baths, plus rainfall showers with Japanese-style onsen tools. There are also facials, ayurvedic massage and hammam ritual treatments on offer for a truly indulgent experience.

[www.emberbathhouse.com](http://www.emberbathhouse.com)

### **Chimes Spa Retreat – Denmark, South West**

A spa retreat nestled amongst nature and offering breathtaking views over the magical blue hues of the Southern Ocean in WA's Great Southern region. Chimes Spa Retreat in Denmark offers luxury accommodation in a lodge-style boutique hotel with a divine spa experience. It's the ultimate retreat to escape the hustle and bustle of everyday life and immerse in serenity and tranquillity. Having undergone an extensive renovation in 2022, all of the 10 guest rooms are beautifully appointed with modern furnishings and bespoke cabinetry and spacious ensuite bathrooms with either a double spa jacuzzi or freestanding double round bath. Rest, relax and restore at the on-site day spa, and indulge in a spa journey inspired by the natural surroundings. With double or single treatment rooms for a solo escape or connection with a loved one, a sauna, steam deck, Vichy shower and cold plunge pool, the serene surroundings of the Chimes Day Spa provide the perfect backdrop to the ultimate wellness journey.

[www.chimes.com.au](http://www.chimes.com.au)

### **The Neighbourhood Sauna - Perth**

Looking for an immune or mental health boost, or need to manage any aches and pains while you're travelling? An infrared sauna could be just what you need. The

Neighbourhood Sauna has converted shipping containers into traditional dry Finnish infrared saunas, and placed them at some of Perth's best beaches. Located at South Terrace and South Beach in Fremantle (Walyalup), and Hillary's Boat Harbour, guests can book a session in these infrared saunas and enjoy the healing benefits whilst overlooking the beach. An ocean dip following the session offers even more therapeutic benefits!  
<https://theneighbourhoodsauna.com/>

### **Untamed Escapes Yoga Retreats – Margaret River Region, South West**

Let go of the stress of everyday life for the ultimate slow travel experience with Untamed Escapes Yoga Retreats. Indulge in the natural and epicurean delights of the Margaret River Region and the regenerating wellness of yoga on a three-day Yoga and Wellness Glamping Adventure from Perth. Switch off and enjoy off-grid glamping accommodation at Fair Harvest Permaculture Farm, immerse yourself in blissful yoga and sound mediation classes and adventure on a Cape to Cape Track hike with a local healer, then nourish your body with the region's freshest local produce and spoil yourself with wine tastings from the region.

[www.untamedescapes.com.au/experiences/yoga-retreats/](http://www.untamedescapes.com.au/experiences/yoga-retreats/)

\* Tourism WA [Visitor Experience and Expectations Research Report 2022-23](#)

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## **Background**

### **About Tourism Western Australia (Tourism WA)**

Tourism Western Australia (Tourism WA) is responsible for promoting Western Australia (WA) as an incredible holiday and events destination. We work with a range of people from the public and private sector to develop and promote WA's iconic tourism experiences, to attract events to the State and help the tourism industry thrive.

Walk on a Dream in Western Australia and explore the awe-inspiring attributes that make the State such a wondrous, dreamlike destination. Tourism WA's new Walking on a Dream campaign is inspired by WA's unique Aboriginal culture and inspires holidaymakers to book their next visit to WA by showcasing the State's dreamlike qualities - jaw-dropping landscapes, supernatural colour contrasts, otherworldly phenomena, immersive connections with authentic characters, and one-of-a-kind experiences that inspire a sense of unparalleled freedom.

Find out more about [Western Australia](#).

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