



Wellness packages

LIFE's wellness packages combine a range of health and beauty treatments and therapies to suit your individual and group needs. They include: coaching, nutrition, massage, beauty, personal exercise training and use of the luxurious health club onsite. Below are some suggestions for packages:

Relaxation

- Coaching for reflection, restfulness and regeneration
- Relaxing massage
- Yoga
- Full use of health club

Rebalance

- Coaching for resiliency and recharging
- Nutrition
- Facial
- Full use of health club

Reconnect

- Coaching for personal awareness and enriching relationships
- Personal training
- Massage and facial
- Nutrition
- Full use of health club

Wellness packages can be tailored to suit your individual or group needs and budget.



Contact us for bookings

At reception:

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 170 Castlereagh Street
 Sydney NSW 2000
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 Email: reception@54parkstreet.com.au

Need to talk to someone on the LIFE team to learn more about our professional services and our team contact:

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