

THE VILLAS

OF BYRON

Special Services

Private yoga & meditation session – Private yoga class is the best way to learn the foundations for beginners or challenge those that are seasoned practitioners. Stretch and lengthen the yin way or flow and strengthen the yang way. Learn to breathe correctly, meditate if you're ready and most importantly simply learn to rest – 1 hour – \$150 (one or two guests)

Squad Method is not based on any fad training regimes. It's about working with strength, core and interval training. Our method is backed by research and consists of 3 cycles (45-50min) that are easy to follow with a warm up and cool down. The program will combine strength, core stability work with interval training to promote lean muscle growth, fat loss and get your heart rate going to produce that endorphin rush that makes us feel great post work out! All workouts are personally programmed to cover exercise preferences and special requirements. Training is available in private studio, in villa or online www.squadmethod.com.au

A Toast the Sun lighthouse breakfast by Wild Goat Events – Let yourself be enveloped by the rising sun's warm rays while getting 5 star treatment and eating some truly delectable food. It is a morning that you will not forget! <http://wildgoatevents.co/toast-the-sun/>

Romantic turndown – Let us set the mood for a romantic night in with 100 candles throughout your villa, rose petal bath, champagne on ice, scattered rose petals, music & chocolates – \$250

One dozen long-stem boxed roses – Surprise her when she least expects it – \$95

Fresh rose petal pack – Add a touch of romance to your stay with scattered rose petals throughout your villa – \$60

Luxury airport transfer – Start your holiday with your luxury transfers. Private, smooth, noiseless and comfortable journey – one way Ballina \$120 (1-2 guests), one way Coolangatta \$220 (1-2 guests), one way Brisbane \$440 (1-2 guests); one way Ballina \$150 (3-4 guests), one way Coolangatta \$250 (3-4 guests), one way Brisbane \$500 (3-4 guests); one way Ballina \$180 (5-7 guests), one way Coolangatta \$300 (5-7 guests), one way Brisbane \$550 (5-7 guests)

Bicycle hire – Colourful bicycles to explore Byron Bay – \$15 per day per bike

Grocery shopping service – Get groceries delivered for your arrival - \$60

Late check-out of 12pm to enjoy sleep in - \$150 (depends on availability)

Extra villa service clean– \$100 per day

Rollaway bed (only in a Two Bedroom Grand villa) - \$100 per night

Babysitting services – Little Wild Things <http://www.littlewildthings.com.au/>