THE WELL RESET

NERVOUS SYSTEM

A POP-UP LONGEVITY DAY RETREAT

Age Well. Feel Better. Live Longer.

Thursday 7 January 2027	Canto Wellness, Avoca Beach	8.30 am to 5.30 pm	Limited to 10 women

A different way to begin the year.

Instead of starting 2027 with more goals and more pressure, give yourself one day to slow down. The Well Reset brings longevity science, restorative practices and nourishing food together in an intimate coastal setting. You'll leave understanding how your stress response shapes your sleep, energy, hormones and the way you age, and knowing exactly how to calm it.

THE DAY INCLUDES

- Nervous system masterclass with Camilla
- Guided breathwork
- Restorative massage
- Sauna, cold plunge and wood-fired hot tub
- Women's health Ask Me Anything
- Guided Yoga Nidra
- Mindful tea ceremony
- Opening and closing circles
- Organic morning tea, lunch and afternoon tea
- Gluten-free and dairy-free menu

HOSTED BY CAMILLA THOMPSON

Healthspan strategist, Nationally Recognised Nutritionist, ICF PCC executive coach and author of Biohack Me, Australia's first biohacking book. Co-founder of Destination Deluxe's 2025 Group Retreat of the Year.

SCAN TO BOOK

$450

INAUGURAL PRICE

Includes all experiences

Reserve your place at biohackme.com.au/the-well-reset