

# Media Release



July 1, 2025

## Silky Oaks Lodge Reveals Springtime Wellness Weekend, Silky Sanctuary

This October, the tranquil beauty of the Daintree Rainforest becomes the setting for the three-night Silky Sanctuary, a carefully considered wellness retreat set in the cool reserves of Tropical North Queensland's luxury bolthole Silky Oaks Lodge. Nestled within the leafy canopy of the world's oldest living rainforest, the lodge offers the ideal sanctuary for self-care and connection.

Running over three glorious days, Thursday October 9 to Sunday October 12, the Silky Sanctuary retreat is hosted by holistic health coach and yoga instructor Emily Spurling of Karma Being. The itinerary invites guests to pause from the busyness of everyday life and step into a slower rhythm, one shaped by movement and guided yoga and mindfulness sessions, stillness, creativity, and community.

Each day begins and ends in the Treehouse Restaurant, where guests enjoy flavourful, local produce-led menus with views to the rainforest and a soundtrack of forest birds and the Mossman River flowing by. Fresh greens and local native ingredients come freshly picked from the lush onsite kitchen garden, straight to the plate.

The Silky Sanctuary program includes daily yoga, breathwork, meditation, and a range of shared experiences designed to encourage wellness and cultivate connection. Highlights include a Mossman Gorge Walk where guests will learn the ancient Japanese technique of *Shinrin-yoku* or rainforest bathing and a Coral Sea Sunset Cruise with Sailaway.

Guests are encouraged to tailor their experience with a menu of optional bespoke experiences, from treatments at the Healing Waters Spa to tarot readings, PSYCH-K sessions, or a cruise on the Daintree River.

Guests can explore the Daintree at their own pace, swimming in the crystal-clear Mossman River – with fresh water pure enough to drink, exploring the region by e-bike, or walking the lodge's signposted tracks to Fig Tree Rapids. The natural surrounds invite a gentle sense of awe and mindfulness at every turn.

With retreat rates from \$6,090\* for two people twin share or \$4,995\* for solo travellers, guests enjoy generous inclusions over three nights including:

- Accommodation in a luxury treehouse-style retreat (twin or king bed setup)
- Gourmet breakfast
- Two 2-course lunches
- Daily replenished insuite bar
- Three 3-course dinners in the Treehouse Restaurant
- Guided yoga, meditation or breathwork
- Reset & Glow Workshop: Practical Tools to De-Stress and Thrive
- Mossman Gorge walk and Shinrin-yoku rainforest bathing experience
- Coral Sea Sunset Cruise with Sailaway
- Access to e-bikes for self-guided adventures
- Self-guided Fig Tree Rapids walk

A bespoke menu of optional wellness activities (price on application, subject to availability) includes:

- Spa treatments in the Healing Waters Spa
- Daintree River cruise
- Tarot card reading by Emily Spurling
- PSYKE-K with Emily Spurling.

For more information and to make a booking, please call Baillie Lodges reservations on 02 9918 4355 or visit <https://silkyoakslodge.com.au/package/silky-sanctuary/>

\*Subject to availability, conditions apply.

#### **ABOUT**

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