



seaspray

RESORT & SPA



FEBRUARY
2010

Girlfriends Time Out

Send them a postcard...

Darling Hubbie
Having a fabulous time
with the girls! Not sure when
I'll be back home... xxoo

Forget the men in your life for a few days!
Grab your best girlfriends & spoil yourselves...

Gather a few of your best girlfriends — or your mum —
and enjoy a couple of days of food, wine tasting, bling,
relaxation and exhilarating fun!

Have a laugh doing things you never thought you would
do, including learning to surf and bellydancing!

Picture yourself in a stunning range of bling from
Something Different, and pamper yourself with heavenly
beauty products from Pure Pharmacy.

Where: Seaspray Resort & Spa
Lakewood Place, Zilzie. Capricorn Coast.

When: Wednesday 24th - Friday 26th February 2010

Cost:	2 SHARE	3 SHARE	4 SHARE	5 SHARE
	\$429	\$417	\$387	\$367
	per person	per person	per person	per person



1800 077 768
seasprayresort.com.au

— THE NEW —
CAPRICORN COAST



Girlfriends Time Out



Wednesday 24th - Friday 26th February 2010

Package includes:

- ★ accommodation for two nights in luxuriously appointed, spacious 2 & 3 bedroom self-contained loft apartments
- ★ all activities
- ★ all meals and some beverages
- ★ late checkout Friday

Wednesday

2:00pm Check-in

3:00pm High Tea Bling
with Something Different

7:00pm Tapas & Tyrells - Dinner
& Wine Tasting on The Deck

8:30pm Belly Dancing
on The Piazza

Thursday

7:30am Meditation &
Yoga Stretch Class

9:00am Breakfast at Coco's

10:00am Learn to Surf
at Emu Park Main Beach

1:00pm Lunch at Coco's

3:00pm Mona Makeover - Beauty
Products from 

7:00pm Cooking & Dining with
Chef in Coco's Kitchen

Friday

7:30am Tai Chi on The Headland

9:00am Breakfast at Coco's

10:00am Restorative Yoga

11:30am Cool Down Aqua Aerobics

1:00pm Lazy Lunch & Goodbyes
on The Piazza

3:00pm Late Check-out

