



Wellness . Regeneration . Adventure

www.parohe.co.nz

Parohe
ISLAND RETREAT



Welcome

“Parohe” translates to a ‘relaxed, easy-going mood’ and that is exactly how we want you to feel as you arrive at our natural oasis situated on Kawau Island.
A jewel in the Hauraki Gulf.

Parohe is nestled in 20 hectares of native bush, luxurious Scandinavian-inspired accommodation, organic gardens and orchards with land and sea activities.
Easily accessible to Auckland with multiple ferries departing Sandspit daily.

Parohe hints towards a deepening connection with our environment.

Welcome to Parohe Island Retreat.

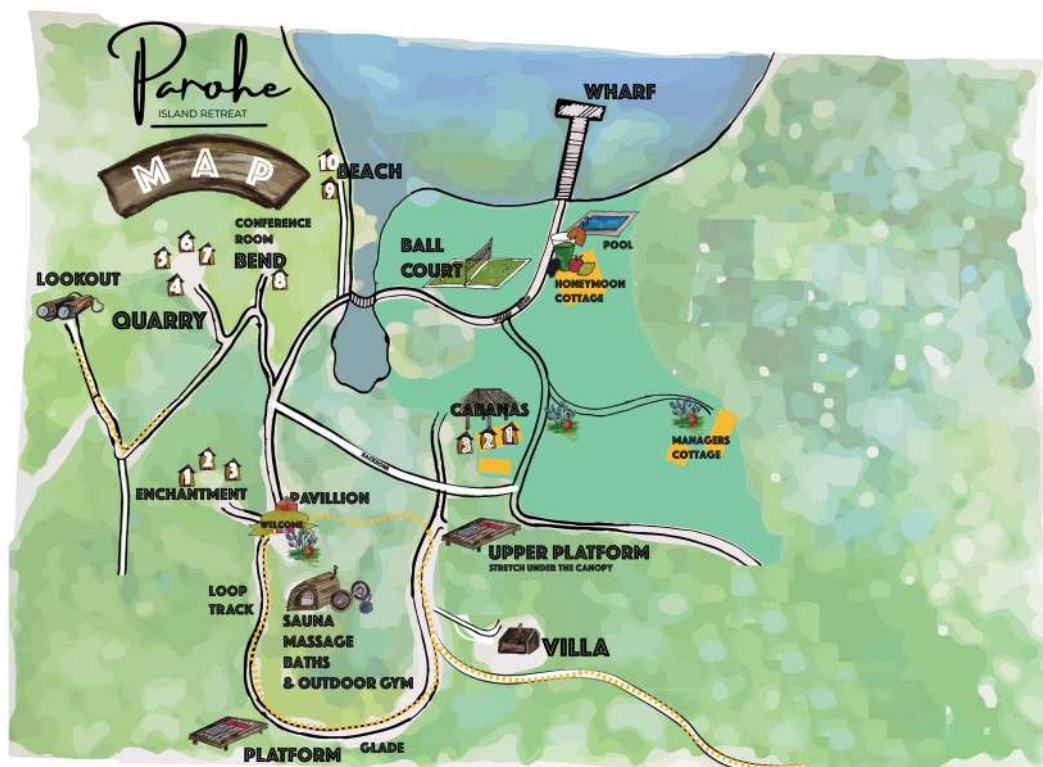
Accommodations

With a selection of 17 rooms dotted across 22 hectares of native bush, you are spoilt for choice.

Our eco-chic accommodation has everything you need for complete comfort and each room has its own full-sized bathroom.

All in-room amenities are crafted here in Aotearoa and include naturopathic grade herbal teas from Forage & Bloom and sumptuous spa products from Real World in the sunny Hawkes Bay.

Fall asleep under the stars and wake up to the sound of native birds.



Ten Cabins

BAREFOOT LUXURY

Dotted throughout 22 hectares of native bush, our cabins blend seamlessly into the landscape, connecting you with nature.

Our Harbour View Cabins are nestled in a citrus grove with views of Bon Accord Harbour, with an uphill hike to get your heart pumping.

Our Enchantment Cabins are enclosed in fig trees with ginger and rosemary - stay connected to activity with a short walk to our restaurant.

Our Beach Cabins have outdoor showers, kitchen and BBQ area, and a private beach.



Three Cabanas

PERFECT SIMPLICITY

Our Cabana suite is 80m², our rustic favourite with an open plan kitchen, lounge and deck with peek views of our harbour.
Our other two are 40m² - all close proximity to Parohe's Alpacas.

Cabanas are a flat 5 minute walk to Enchantment
via the boardwalk and glade path.

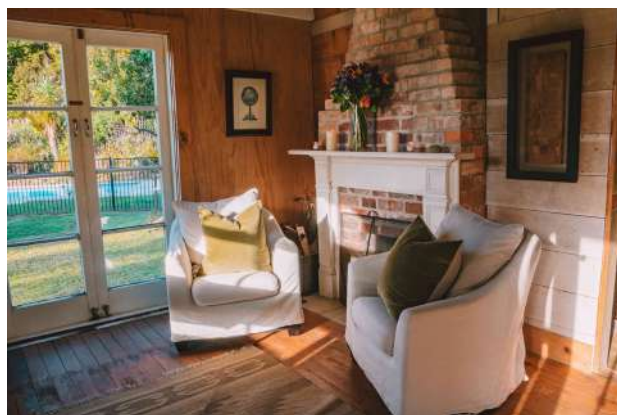


Only One Honeymoon

FALL IN LOVE

The Honeymoon Cottage sits at the water's edge next to the swimming pool.
It is rustic, chic and laced with history.

Built in the 1860s (or so), it famously housed a "good friend" of Governor Grey!
With its own kitchen and lounge, the bed is in the loft, up a ladder - how romantic!
Just a 9 minute flat walk to the Enchantment.



The Big Eye Villa

DIVINE COMFORT - Perfect for 3 couples or 4 singles

Our Parohe favourite is the Big Eye Villa. Sitting on top of its own sheltered micro-climate atop a hill, with all-day sun and a mesmerising view of the harbour and surrounding bush-clad hills.

Features include full kitchen a double sided fireplace and elevated bush or harbour views from the bedrooms. Open the sliding door by the shower and enjoy the privacy of the native bush.

The track up to the Big Eye Villa is steeper than other tracks but the views are worth it. The walk will take 15 mins from Enchantment via the Upper Glade path.



Activities & Facilities

Connect with nature through our various land & sea activities available.

Land

Archery
Volleyball
Lawn games
Pitch / Putt golf
Bush immersed yoga platforms
Sauna / Massage hut
Petanque
Badminton

Sea

Fishing
Outdoor baths
Swimming Pool
Paddle Boarding
Kayaking



Enchantment

THE HEART OF PAROHE

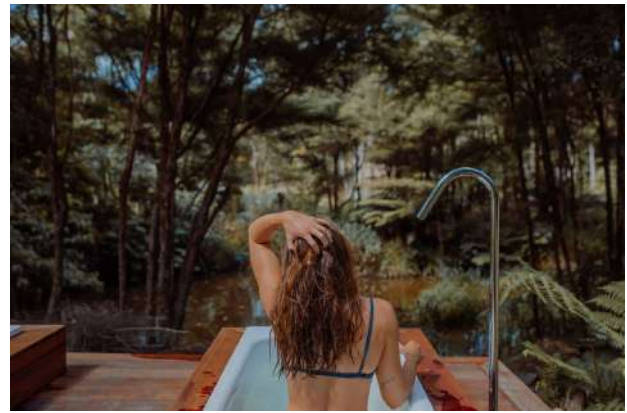
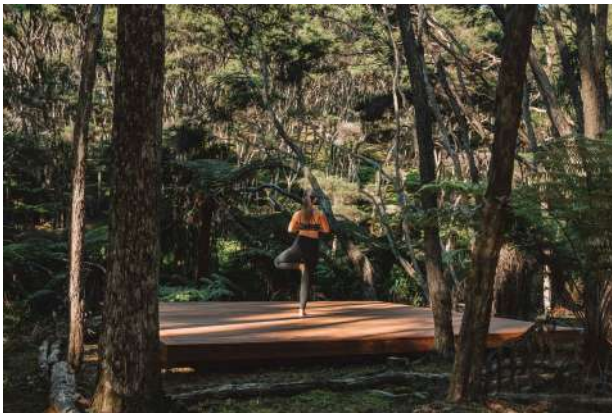
Home to our dining and hub for activities and connection.

Explore our organic gardens or relax under the stars near our outdoor fire pit.

The restaurant seats up to 40 people and the fully equipped kitchen can cater for up to 100 people. Liase with our on site chef to curate a wellness menu for your event.

Parohe serves a garden to table cuisine featuring naturally organic produce from our gardens and premium local suppliers. Liase with our on site chef to curate a menu for your event.

A short stroll away you'll find our outdoor baths, sauna, massage hut, ush enclosed yoga platforms, with outdoor gym coming soon.



Sample Menu

BREAKFAST

Home-made granola
*Spiced apple or pear compote
and nutmeg yoghurt*

Mango chia seed pudding
Raspberry and coconut

Shakshuka
Free range eggs, peppers and garden herbs

Seeded gluten-free bread
Kawau Island honey

DINNER

Soup taster
Spiced lentil

Whole charred cauliflower
Coconut chickpea curry

Eggplant miso

Brussel sprout and parmesan salad
With lemon dressing

Fennel and courgette salad
Preserved lemon dressing

LUNCH

Soup
Kumara and coconut cardamom

Parohe Bowl
*Roast tofu and seasonal vegetables, fresh
greens, nigella crumb with citrus dressing*

Vegetable oat tart
Home-made cashew feta and balsamic

Chickpea, kale and red onion salad
With tahini dressing

SIDES

Cacao and date bliss balls

Activated almonds

Seasonal fruit bowl

***Parohe's sample wellness menu is
vegetarian, menus for your event can be
curated for all dietary preferences.**

Ambassadors

We've curated a portfolio of ambassadors to bring your retreat to life.



JESS

Jess is a 500 hour certified yoga instructor, teaching classes for all levels from beginners to advanced providing adaptive practices for students to incorporate into daily life.

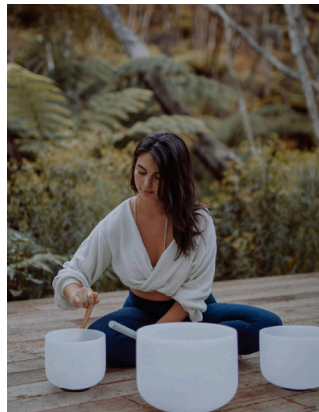
Jess has facilitated events, retreats and teacher training across USA, Australia, Thailand with upcoming events in Spain.



NATTI

Natti has 15 years experience as a physiotherapist working with elite sports teams and 1-1 in a rehabilitation setting.

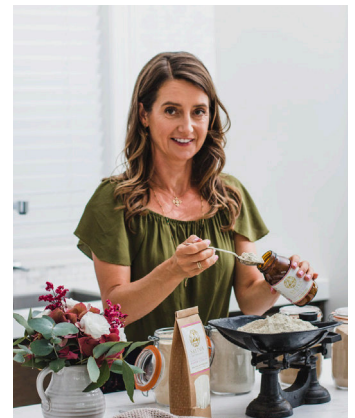
Natti is an advanced Pilates teacher trainer under Classical Pilates technique, specialising in movement, training and rehabilitation since 2008.



SHARDE

Sharde is a sound artist and 200 hour yoga instructor with a Bachelor of Media Arts.

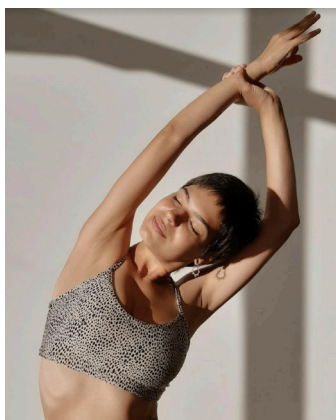
Her unique style weaves her love of singing through her classes incorporating mantra and sound as a meditative healing process. Sharde has facilitated at events and festivals across New Zealand, Australia and Bali.



SARITA

Sarita is the founder of Ayurveda New Zealand, with over 15 years experience in Ayurvedic medicine, Sarita is a certified Ayurvedic medicine practitioner and yoga therapist.

Sarita has worked in clinics in India, having recently facilitated her first Pancha Karma cleanses at Parohe.



MAHELA

Mahela is a 500 hour certified yoga instructor specialising in Vinyasa, Yin, and Ashtanga.

Mahela has facilitated retreats and teacher trainings in Costa Rica, Nicaragua, Panama and Rishikesh. She also has training and experience in Yoga for Addiction Recovery.



KAYLA

Kayla is the founder of Awhina Wellness and is an international Les Mills ambassador.

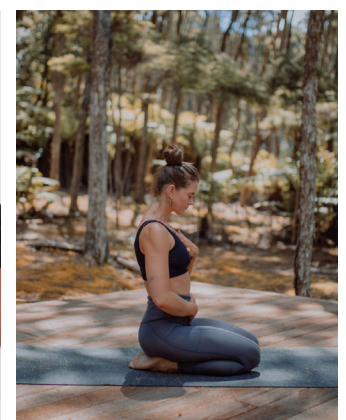
Kayla offers a wide range of programs including corporate health and wellbeing. She is an advocate for Maori health, incorporating Te Reo and Te Ao Maori.



KOMAL

Chef Komal is the founder of Koko and Chai, and provides a range of healthy and delicious meals for our guests.

Bright and bubbly, Komal enjoys hosting cooking classes and will happily strike up a conversation with guests from the kitchen, sharing recipes and tips.



AMY

Amy is a certified 200 hour yoga instructor and incredibly talented photographer.

Amy has a drive for helping others to strengthen their practice, and develop their connection of body, mind and spirit through movement, breath and a deep love of the earth.

The background image shows two women sitting under a thatched roof, smiling and looking at each other. In the foreground, there is a wooden tray with a pineapple, an orange, a peach, and bananas. Next to the tray are two glasses of juice: one green and one red. The scene is set outdoors with trees and a clear blue sky in the background.

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