

Located in the picturesque Riverland region of South Australia, The Frames Luxury Accommodation offers an unparalleled wellness experience amidst stunning natural surroundings. nestled along the banks of the Murray

River, this luxurious retreat provides an ideal escape for travelers seeking relaxation, rejuvenation and holistic wellness.

We focus on three main pillars of wellness at The Frames; water, land and sleep therapy.



WATER THERAPY

The gentle flow of the River Murray soothes the soul, and there are plenty of relaxing ways to experience this tranquil waterway and your luxury villa.

- Private heated pool in each retreat
- Hydrotherapy spa
- Private sunset gondola ride
- Canoe, kayak or paddleboard on the river
- Wetland & Wildlife Cruise



LAND THERAPY

Each retreat is perfectly positioned so you can obsorb the peaceful views of the River Murray from the comfort of your own private sanctuary.

- Enjoy sunrise yoga or meditation on your outdoor deck
- Head out on one of the many local walking trails
- Treat yourself to an in-room massage with local essentual oils
- Private infrared sauna in each retreat



SLEEP THERAPY

Expect a sleep like no other in our king-sized beds, which are made locally in South Australia by trusted sleep experts A.H Beard.

• Smart bed base that allow you to adjust the angle and elevation, with optional massage feature