

# **Kardio Resort Hotel Australia**

## **KardioCore Guest Journey & Mindful Entertainment Guide**

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## ■ Kardio Resort Hotel – Wellness Chapter 1

Welcome to Kardio Resort Hotel, a sanctuary of clarity, connection, and comfort nestled along the eastern shores of Australia. We've created a space where mindful relaxation meets responsible leisure, all guided by our signature concept — KardioCore™.

KardioCore™ is more than a wellness initiative. It's a philosophy that empowers our guests to stay present, grounded, and in control throughout their stay. With calm interiors, scenic ocean views, and personalized experiences, we provide an environment where every moment feels intentional.

At Kardio, our commitment extends from hospitality to health. Our approach to entertainment includes support tools, expert consultations, and quiet spaces designed for reflection and care. Whether you're enjoying a serene spa retreat or exploring our gaming salon, you'll be encouraged to pause, reset, and refocus.

■ Kardio Resort Hotel 301 Sunrise Boulevard, Sunshine Coast, QLD 4572, Australia 📞 +61 7 7222 8800 ■ [relax@kardioresort.com](mailto:relax@kardioresort.com) ■ [www.kardioresort.com](http://www.kardioresort.com)

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