

Aelia Wellness Retreat

Anti stress program (Three Day Experience)

Choose this program to get the most out of your Aelia experience, put an end to stress, anxiety and general fatigue. A program to renew, calm and rejuvenate your body, mind and spirit, which will help you adopt a new and healthy perspective of life.

- Two Nights Stay – Rate includes breakfast
- Unlimited use of the gym
- Free Wi-Fi
- Complimentary Chromotherapy for all spa sessions
- Unlimited use of the library
- Complimentary gift bag

Day 1

- Welcoming ritual and drink
- Ultimate Aromatherapy Massage: Pause for a moment and think about how you are feeling now. Then, imagine how you would like to feel. Now, just select the mood oil blend that matches that feeling, sit back and enjoy! 55 min
- Personality Chromo Test
- Before- Bed Yoga Sequence 60 min
- Complimentary Water Pillow

Day 2

- Insight Meditation & Relaxation with Pranayama Breathing Techniques: these can include decreased stress, improved concentration, lower blood pressure. 60 min
- Reiki: To heal and harness your energy 60 min
- Facial Treatment- Choose any of the following: 55 min
 - Lifting Facial
 - Mint Lemon Fresh Facial
 - Coco Bean Facial
- Close the day with cycling: Enjoy the greenery and silence of nature and simply relish the fresh air
- Complimentary Herbal Sleep Elixir Anti Stress Pillow

Day 3

- Start the day with Nordic Walking
- Spa Treatment Toe-Tal harmony: Feet and lower legs are fully treated while gel and oils are massaged into the skin using traditional reflexology techniques that will leave you totally relaxed and rejuvenated. 45 min

Total for one person for two nights 588 euros

Total for two people for two nights 844 euros

Any of the above services or treatments may be changed or removed as per your request.