

Aelia Wellness Retreat Beautifying Program (3 nights stay)

Forget the daily grind for a moment and get ready to be seriously pampered. This program combines a selection of beauty, grooming and health-enhancing treatments to make beauty rise to the surface. The natural mood booster, which will lift your confidence.

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

Day 1

- Welcoming ritual and drink
- Ultimate Aromatherapy Massage 80': 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!
- One-hour use of the gym
- Close the day with cycling: Enjoy the greenery and silence of nature and simply relish the fresh air
- 1 Smoothie of your choice
- Water Pillow

Day 2

- The energizer morning yoga
- Youth a Booster - Start Young Stay Young: The ground-breaking rose infinity collection, at the heart of the facial, uses Nobel-prize winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulate collagen production.
- Intensely Nourishing Hair treatment: restore health and shine to dull, lifeless hair.
- One-hour use of the gym
- Sleep Tight Green Tea
- Nest for Head Pillow

Day 3

- Nordic Walking: A full-body workout which enhances walking with the use of specially designed Nordic poles and is ideal for sports and nature lovers of all fitness levels.
- Rose Radiance body scrub and wrap: The perfect formula for a radiant glow, which leaves you feeling on top of the world!
- One-hour use of the gym
- Beautifying Green Tea
- Anti-Stress Herbal Sleep Elixir Pillow

Day 4

- Living breath and clear mind Pranayama Meditation
- 1 Smoothie of your choice
- Spa Deluxe Manicure and Pedicure with the absolute luxury of warm-oil based paraffin wax
- Eyelash and eyebrow tint

Total price for one person for three nights 759 euros

Total price for two people for three nights 1091 euros

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