

## Aelia Wellness Retreat Blissful Couples Program (One-night stay)

Take pleasure in sharing the ultimate romance break with that someone special! Take a break from the hustle and bustle of everyday life and let us take you both away on a journey filled with relaxation that will leave you feeling truly spoiled and revitalised.

- One night accommodation including Breakfast
- Unlimited use of the gym
- Complimentary Chromotherapy for all spa sessions
- Complimentary Water Pillow: An ultimate relief for headaches, clinically proven to reduce morning pain and improve quality of sleep. A therapeutic pillow that allows you to personalise the level of support softer, medium or firmer. Unless there's a leak, it will never go flat!
- Unlimited use of the library

### Day 1

- Welcoming ritual and drink
- Playful bonding quiz for couples
- 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!
- Before- Bed Insight Meditation & Relaxation with breathing techniques: Focus your life

### Day 2

- Foot Reflexology: This traditional ritual promotes body healing, brings harmony and releases blocked energy, which causes imbalance in the body.
- Facials: Choose one of the following
  - Matte Face Perfect
  - Coco Bean Facial (anti stress, detox facial)
  - Tantalizing Orange
  - Mint & Lemon Fresh (combination/oily skin)
  - Alpha Male



Take home with you a full list of carefully written rules to boost your relationship forever.

Total price for two people including all taxes

409 euros

**Optional Add on**

Private dining: fall in love again with an unforgettable private candle-lit meal just for you two under the stars with your private butler that cater discreetly for all your needs. Three course set menu with a bottle of house wine

75 per person

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

