

Aelia Wellness Retreat Mother and Daughter Program (Half-day experience)

Take a day to show the person that knows you best how much you care. Spend a meaningful mother and daughter break at Aelia to really see and listen to each other, share a laugh but most importantly show your love. A specially designed package to reconnect and recharge, that will delight you both inside and out!

- Welcoming drink
- Playful bonding quiz for mother and daughter
- Unlimited use of the library
- Unlimited use of the gym
- Insight Meditation & Relaxation with Breathing Techniques: these can include decreased stress, improved concentration, lower blood pressure.

- Choose one spa treatment per person:
 - Sleep Deeply:** Uses carefully applied pressure points to induce a serious state of relaxation, leaving you prepared for a sound night's sleep. **55 min**
 - Clear your Mind Massage:** Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul. Ideal to improve concentration, refresh your memory and get your brain back on track. **55min**
 - Stepping Stone to Tranquility:** Dating back to ancient times, this experience is an excellent way to drain and regenerate tissues while alleviating tension with the use of stones, which deeply warm your muscles and stimulate circulation. **55min**

Total Price for two people

198 euro



Optional Add On:

- Ultimate Aromatherapy Facial for the Mother- 78 euros 55min
- Coco Bean Facial Drink for the Daughter – 65 euros 55min
- Express Facial – 45 euros 25 min

Including dermo-aesthetic consultation and moisture monitoring

Any activities or services can be changed as per your request