

## Aelia Wellness Retreat Sleep Recovery Programme (Three Day Experience)

*Sleep is one of the fundamental pillars of a healthy and balanced lifestyle. The perfect experience to recover and improve the quality of sleep, including sleeping disorders such as insomnia or obstructive sleep, hence improve the quality of life and stay healthy.*

- 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
- Free dermo-aesthetic consultation and moisture monitoring
- Complimentary gift bag

### Day 1

- Sleep Deeply Massage: Uses carefully applied pressure points to induce a serious state of relaxation, leaving you prepared for a sound night's sleep
- Rewriting rules for sleep with our counsellor
- Insight Meditation with Breathing techniques to promote deep sleep and ultimate relaxation
- Complimentary Anti Stress Herbal Sleep Elixir Pillow

### Day 2

- Stepping Stone to Tranquility: Pure bliss as the warm stones glide over your body. Everything around you will slow down.
- Wellness Test and Counselling
- Yoga Sequence: Harmonize mind, body and spirit with a calming yet invigorating yoga session and connect with your inner self.
- Foot Reflexology: This traditional ritual promotes body healing, brings harmony and releases blocked energy, which causes imbalance in the body.
- Cycling
- Complimentary Nest For Head Pillow

### Day 3

- Nordic Walking



- Clear your Mind Massage: Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul.

Total for one person for two nights	644
Total for two people for two nights	1068

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