

[Aelia Wellness Retreat](#)

[Anti stress program \(two nights stay\)](#)

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 – Rates include breakfast
- Unlimited use of the gym
- Unlimited use of the library
- Complimentary Gift Bag

Day 1

- Welcoming 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**
- 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!
- Before-Bed Yoga Sequence **60 min**

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**
- Facials: One per person **55 min**
- 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.