

# Anti Stress Program 2 Nights

## Day 1



### Check in

Complimentary **Welcoming drink**

Complimentary **gift bag**

### **Ultimate Aromatherapy Massage (55 min)**

*A personalized sensory treatment using your chosen mood-enhancing oil blend to relax, uplift, or rebalance your energy.*

Complimentary **Herbal Sleep Elixir Anti-Stress Pillow**

**Three-course dinner**

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## Day 2



### **Breakfast**

### **Toe-Tal Harmony Treatment**

*A deeply soothing foot and lower-leg ritual using gels, oils, and traditional reflexology techniques to restore comfort and lightness.*

### **Three-course lunch**

### **Yoga, Breathwork & Meditation Session (110 min)**

*A grounding practice designed to quiet the mind and release accumulated tension.*

Complimentary **Herbal Sleep Elixir Anti-Stress Pillow**

### **Three-course dinner**



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## Day 3



### **Breakfast**

### **Facial Treatment (55 min)**

A revitalizing experience tailored to refresh and brighten your complexion.

### **11:00 Check out**

*(late check out complimentary if available)*



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## Anti-Stress Program – Total Package Cost

Weekdays Monday - Friday

512,00 Euros for 1 Person

880,00 Euros for 2 Person

Weekends (including either Saturday or Sunday)

612,00 Euros for 1 Person

980,00 Euros for 2 Person

### FOR BOOKINGS:

22015590

[aelia@aeliawellness.com.cy](mailto:aelia@aeliawellness.com.cy)

#### **Aelia Wellness Retreat**

150 Grigoriou Afxentiou Tseri -  
Analiontas Nicosia 2641 –  
Cyprus

### Optional Add-On Experiences

*(Pre-booking required and subject to availability)*

Reiki Healing Session

Horseback Riding

Bike Rental

Nordic Walking Sticks

### Customization

**A**ny service or treatment in this program may be rescheduled to a different day during your stay



*Aelia*  
WELLNESS RETREAT