

MOTHER & DAUGHTER

Half Day Experience



- **Welcoming drink**
- **Sleep Deeply Massage 55 min:** This deeply sedating body massage harnesses rich earthy essential oils renowned for their intense calming and grounding effects. Working on all aspects of physical, mental, and emotional stress, the treatment begins with a warming ritual followed by slow deep movements, which will balance your body and overactive mind.
- **Private Yoga & Meditation 60 min:** Harmonize mind, body and spirit with a calming yet invigorating yoga session or meditation and connect with your inner self.
(If not available, it can be replaced by one 25-minute spa treatment.)
- **Three course meal at our Restaurant** *excluding beverages



Total price for two people 246 euro
Total price for three people 357 euro

AELIA WELLNESS RETREAT
RESERVATIONS: 22015590