

SAMPLE PACKAGE

 **from 5302€ Per Person****Arrival Day**

- Jet Lag Massage 1hr
- Welcome and presentation of the schedule

Day 2MORNING

- Massage (Swedish) 1hr
- Exotic salt glow: Body Scrub

AFTERNOON

- Free time
- Skin specific facial treatment
- Relaxation or yoga or meditation

Day 3MORNING

- Acupuncture or Reiki
- Vitalizing massage
- Pilates and relaxation in water

AFTERNOON

- Good living workout with Frédérique
- Hiking excursion with relaxing assessment

Day 4MORNING

- Meditation / relaxation
- "eau de rêve" body therapy with watsu and stretching
- Cooking lesson with a chef

AFTERNOON

- Shopping time or free time
- Cellutox or muscle Body Wrap

Day 5MORNING

- Yoga session
- Pedicure and foot care
- Acupuncture or Reiki

AFTERNOON

- Island tour trip
- Aqua-training
- Thai massage

Day 6MORNING

- Therapeutic massage mixing detox and relax 1.5 hr.
- Shopping time or free time

AFTERNOON

- Good-living or nutritional session
- Pro-collagen quartz lifting for women or anti-aging booster for men

Day 7 Departure

- **Goodbye from Treasure of Wellness with follow-up advice and a gift.**
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INCLUDED IN THIS PACKAGE:

- ✓ **Organic body products**

Recommended Inclusions:

- ✓ **Full or half board catering services** with our chefs; gourmet cuisine and accommodation of dietary needs (gluten free, vegetarian, lactose free,
- ✓ **Osteopathy treatment** to enhance long-term impact of the massage on your muscles and on your stress level
- ✓ **Acupuncture** therapy for stress effects, fatigue and pain
- ✓ **Work-out on stress affects** (bad sleeping, anxiousness, food addiction, smoking, overeating ...)
- ✓ **Hypnosis treatment** with our psychology therapist
- ✓ **Workout session** with our professional team
- ✓ **Butler services**
- ✓ **Clothing from our line** (tee-shirts and pants, sport clothing)
- ✓ **Leisure activities from the list bellow**

Note: A Children's camp is available

ADDITIONAL SERVICES **UPON REQUEST**

- ✓ **Driver**
- ✓ **Personal Shopper**
- ✓ **Hair dresser**
- ✓ **Extra house-keeping and laundry**
- ✓ **Newspapers delivery**
- ✓ **Sport or house equipment rental**
- ✓ **Medical material rental**
- ✓ **Medical assistance**
- ✓ **Body guard**

LEISURE ACTIVITIES
UPON REQUEST

- ✓ **Boat excursion**
- ✓ **Snorkeling**
- ✓ **Quad excursion**
- ✓ **Concerts**
- ✓ **Golf excursion in Anguilla**
- ✓ **Cooking lesson**
- ✓ **Art lesson**
- ✓ **Dance lesson**
- ✓ **Tennis lesson**
- ✓ **Paddle, windsurfing, and Kayak lessons or rental**
- ✓ **Wine tasting**
- ✓ **Horseback riding lesson**
- ✓ **Beach volleyball**
- ✓ **Workout with the natural reserve**
- ✓ **Swim lesson**
- ✓ **Music lesson**
- ✓ **Archery lesson**