



Holistic Retreat



This deeply relaxing and personally focussed treatment package will leave you feeling completely balanced and refreshed.

Total treatment time: 4 hrs **Price:** £105.00 per person (2 to 4 persons only)

What's included in the package?

> Aromatherapy Back Massage

Essential oil profiles are created especially for you to help you get the most out of this deeply relaxing treatment.

> Holistic Facial

A deep cleanse, tone, mask, acupuncture facial massage, and moisturise using Organic Skin Care Products that are free from the potentially unhealthy chemicals commonly found in most brands.

> Luxury Reflexology

An organic foot soak, exfoliate, and moisturise, rounded off with a complete Reflexology treatment.

> Meditation & Relaxation Lesson

A basic introduction to a series of relaxation techniques that will leave you feeling thoroughly rejuvenated. Being able to take these techniques away with you will help you achieve and enjoy relaxation in your everyday life.

> Vegetarian Lunch

A vegetarian lunch is provided along with other refreshments throughout the course of your stay with us.

> Garden of Peace and Reflection

Let Mother Nature inspire you as you enjoy exclusive access to our peaceful, south-facing garden.

> Individual Attention

For most of your visit our clinic will be exclusively open for you! Add to this our complete dedication to your wellbeing and we're sure you'll have an experience that you'll deeply value.

(Alternative treatments can be made available including: Indian Head Massage, Reiki, Tui Na, Hopi Ear Candles, Holistic Pedicure, please let us know when booking if you wish to change any treatments and we will do our best to meet your requirements).

Please get in touch to check availability and discuss your requirements.

Terms & Conditions:

We ask for a 50% deposit at the time of booking. Cheques should be made payable to Amitayus Wellbeing. Credit Card payments can also be made via Paypal or over the phone. Unfortunately if you wish to cancel your booking within 7 days prior to your Retreat we will retain the full deposit. Full payment should be made on arrival. Your Retreat will commence at 12noon and finish at 4.30pm. We respectfully ask that you arrive promptly and vacate the premises by 5.00pm. Late arrivals may reduce the length or number of treatments given without compensation.



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