

## Destination n°2

### Destination *Balance & Emotion*

This Destination will be the culmination of a journey that engages all of your senses. Reconnect with nature and its peacefulness. The inner journey and restful sleep are this programme's priorities. This Destination brings a heightened sense of well-being, like a rendezvous with oneself.

#### **BENEFITS**

- Explore inner dimension
- Improve sleep quality
- Reconnect with nature

### *L'Occitane* Treatments

- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Reset Face & Eyes
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Almond detoxifying Balance
- Listen & Feel Massage
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Body Massage (Vitality)
- Made to Measure Body Massage (Relaxation)
- Made to Measure Body Massage (Of your choice)

### *Energy* Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang
- Korean Relaxation

### Sports & *Energy* Arts

- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Qi Gong
- Meditation

### Workshop

- Nature Immersion Workshop
- Cuisine with Wild Food Workshop
- Essential Oils Workshop

### *Holistic* Service

- Naturopathy
- Sophrology Session
- Hypnotherapy

