

## Tranquility and Sleep Enhancing

*Relaxation and quality of sleep are vital aspects of enjoying life to the fullest. A lack of restorative rest, both mental and physical, is linked to premature ageing and risk of ill health.*

*This gentle programme uses evidence-based techniques proven to improve your sleep. Our expert team will equip you with routines and tips to ensure that you will understand how to improve your sleep quality, starting with the day you arrive, and how to sustain it once you have returned home.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest, and Sleep Enhancement Consult	✓	✓	✓
90'	Sleep Inducing Ritual	1	1	1
60'	Tibetan Singing Bowl Vibrational Massage	1	1	1
90'	Marbella Club Personalised or Energy Balance Massage			2
60'	Personalised Facial			1
120'	Stress-Reducing Ritual	1	1	1
60'	Reflexology			1
60'	Marine Magnesium or Calcium Wrap or Marine Massage		1	1
55'	Personal Guided Meditation or Yoga Session	1	2	3
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 2,110 p/p	€ 2,950 p/p	€ 4,615 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.