



Selfness Retreat

Experience a personally curated retreat journey that combines Reiki, chakra balancing, meditation, aura cleansing, soothing facials, and relaxing massages: creating balance, harmony, and inner peace for body, mind, and soul.

Acquapura SPA – Falkensteiner Hotel Cristallo

September 17–20, 2026

Small group experience with a maximum of 5 participants.
All activities are held in English.

Selfness Retreat

FALKENSTEINER HOTEL CRISTALLO

Day 1

ARRIVAL & GROUNDING

Time	Programme
4:00 PM	Arrival and welcome drink
4:10 PM	Orientation and introduction to your personal Selfness Journal
6:00 – 6:20 PM	Guided meditation for grounding and intention setting or an aura cleansing session for energetic realignment (group session)
7:30 PM	Light dinner
Evening	Reflection in your personal journal: intentions and goals for the retreat

Day 2

DEEP HEALING & BALANCE

Time	Programme
9:00 AM	Gentle morning yoga or stretching (group session) Light breakfast
10:30 AM – 12:30 PM	Reiki session, therapeutic massage, or aromatherapy treatment (50 min., personalised)
1:00 PM	Healthy, mindful lunch
2:30 PM	Chakra balancing treatment (20 min., group session, individually tailored)
3:00 – 6:00 PM	Rejuvenating facial treatment (50 min., personalised) and free time to relax, enjoy a gentle walk, smoothie, or herbal tea
6:30 – 7:00 PM	Guided meditation and breathing exercises to deepen mindfulness (group session)
7:30 PM	Dinner featuring light, nutrient-rich dishes
Evening	Reflection & journaling: experiences, insights, and sensations

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Day 3

DEEP HEALING & BALANCE

Time	Programme
7:30 – 8:15 AM	Gentle awakening yoga (group session)
9:00 AM	Light breakfast
10:30 – 11:00 AM	Chakra balancing based on your personal progress (group session)
1:00 PM	Light, mindful lunch
3:00 – 6:00 PM	Full-body massage, lymphatic drainage, aromatherapy, or Reiki treatment (50 min., personalised)
6:00 – 6:30 PM	Closing group ritual: aura cleansing and meditation Final journaling: reflections, insights, and future intentions
7:30 PM	Dinner focused on light, nutrient-rich dishes Departure with a small personal gift or a keepsake card reflecting your retreat journey

Day 4

DEPARTURE

Time	Programme
7:30 – 10:00 AM	Breakfast and check-out

Welcome Home!

INFORMATION & BOOKING

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