

Selfness Retreat

Experience a Personalized Retreat Journey

Immerse yourself in a personalized retreat that blends Reiki, chakra rebalancing, meditation, aura cleansing, soothing facials, and massages — restoring balance, harmony, and inner peace for body, mind, and spirit.

Acquapura Spa – Hotel Cristallo Falkensteiner

Day 1 – Arrival & Grounding

Arrival at 16:00:

- 16:00 Arrival and welcome drink
- 16:10 Orientation and introduction to your personal *Selfness Journal*

Afternoon:

- 18:00 – 18:20 Guided meditation (20 min) to center your mind and set intentions
or Aura cleansing session to reset your energy field (group)

Evening:

- 19:30 Light dinner
 - Reflection in your personal journal: intentions and goals for the retreat
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Day 2 – Deep Healing & Balance

Morning:

- 07:30 – 08:15 Gentle morning yoga or stretching (45 min, group)
- 09:00 Light breakfast
- 10:30 – 12:30 (choose your preferred time) Reiki session, Therapeutic Massage, or Aromatherapy (50 min, personalized)

Midday:

- 13:00 Healthy, mindful lunch
- 14:30 Chakra balancing treatment (20 min, group, tailored to your needs)
- Free time for relaxation, a light walk, smoothie, or herbal tea

Afternoon:

- 15:00 – 18:00 (choose your preferred time) Personalized facial treatment (50 min) to rejuvenate and restore your skin
- 18:30 – 19:00 Guided meditation and breathing exercises (30 min) to enhance self-awareness (group)

Evening:

- 19:30 Dinner featuring light, nourishing dishes
 - Reflection and journaling: experiences, insights, and sensations
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Day 3 – Integration & Renewal**Morning:**

- 07:30 – 08:15 Gentle awakening yoga (45 min)
- 09:00 Light breakfast
- 10:30 – 11:00 Chakra rebalancing (30 min, group) based on your progress

Midday:

- 13:00 Light, mindful lunch
- 15:00 – 18:00 (choose your preferred time) Full-body massage, Lymph drainage, Aromatherapy, or Reiki (50 min, personalized)

Afternoon:

- 18:00 – 18:30 Group closing ritual: aura cleansing and meditation
- Final journaling: reflections, insights, and future intentions

Evening:

- 19:30 Dinner with a focus on light, nourishing foods
 - Departure with a small personal gift or keepsake card symbolizing your retreat journey
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Day 4 – Departure from Hotel or individual extension

Dates:

- **12.03.26 – 15.03.26**
 - **26.03.26 – 29.03.26**
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Group of 5 people
All activities in English language