

FESTIVE WELLNESS WEEK

December 19 - 16

This is the season to pamper yourself & your loved ones.

day 1
saturday

Tranquillity Self-massage work shop
available throughout the day
(maximum 6 people at a time),
booking required.
2 min massages over the pool
with our compliments between 11am - 1pm.
**15% discount on all spa
treatments** during the day.

Stress is today's top psychological concern and a big danger to our health. Eforea spa would like to share technique of the relaxing self-massage with few drops of rose sandal oil. It is an easy but effective practice everyone can implement in daily routine.

day 2
sunday

Homemade wellness beauty recipes day
(maximum 6 people at a time),
booking is required. Complimentary.
**15% discount on all beauty
treatments** during the day.

Make your face and body skin healthy & glowing with these easy homemade beauty recipes. Our spa team will show how to create amazing beauty products from natural ingredients.

day 3
monday

Skin Care workshop by Hydropeptide
Luxurious Hydropeptide Facials
10% + 20% discount on retail during the day.
Free skin care consultations available
on the day (booking required).

Spa professional experts will provide personalized consultation and facial skin care routine advising within the day.

day 4
tuesday

IV Therapy Benefits - 25% discount
during the day and **free wellness
consultation**.

Our partners from Skin 111 - The best IV Therapy Clinic Providers will provide free Oligoscan examination and 25% discount for numerous IV Therapy blends.

day 5
wednesday

Benefits of the **Crystal Stones workshop**
available during the day.
(bookings are required).

Discount for all Crystal Stones Retail Items 15% throughout the day.

day 6
thursday

Sound Therapy for healing mind and soul
(2 workshops at 11am and 3pm).
Booking is required. Complimentary.
**Private sessions of sound healing
with 20% discount** during the day.

Tibetan singing bowls are said to promote relaxation and offer powerful healing properties including stress relief.

day 7
friday

**Secrets of authentic Moroccan Hammam
free hammam usage** during the day
(Booking is required, max 4 people at a time,
30 minutes duration).
15% discount for all Hammam Treatments
booked during the day.
Amenities will be provided with compliments.

The hammam is a real place of purification of the body and the soul but it is also the place of meeting with friends.