



WELLNESS
SCREENING MENU

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WELLNESS SCREENING WMS

Wellness Screening - WMS uses **100% evidence based** and non-invasive technology to analyse over **30 key physiological bio-markers of health**. Including body composition, cardio fitness, recovery, oxygen distribution, metabolism, autonomic nervous system, immunity, circulation and stress parameters.

60 min | 190 EURO ++



RESTORE WELLNESS PROGRAM

Our Restore Wellness Program is **carefully designed** to rejuvenate your mind, body and spirit. Combining ancient Ayurveda practices and **contemporary wellness science** the program can be run over 3, 5 or 7 days.

RESTORE 3 DAYS

PER PERSON | 1525 EURO ++
PER COUPLE | 2880 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Immune Healing Recovery Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Mindful Dreams Marine Massage
- 1 x 45 mins - Guided Meditation
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

RESTORE 5 DAYS

PER PERSON | 2240 EURO ++
PER COUPLE | 4210 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Immune Healing Recovery Massage
- 2 x 90 mins - Ayur-Abhyanga
- 1 x 120 mins - Mindful Dreams Marine Massage
- 1 x 90 mins - Organic Bespoke Facial
- 1 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Guided Meditation
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

RESTORE 7 DAYS

PER PERSON | 2990 EURO ++
PER COUPLE | 5610 EURO ++

- 2 x WMS Wellness Assessment
- 1 x 120 mins - Immune Healing Recovery Massage
- 2 x 90 mins - Ayur-Abhyanga
- 2 x 120 mins - Mindful Dreams Marine Massage
- 1 x 90 mins - Organic Bespoke Facial
- 1 x 60 mins - Marine Body Scrub
- 2 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Guided Meditation
- 2 x 45 mins - Breathwork
- 1 x 45 mins - Sound Healing

**Programs are exclusive offers not combinable with other promotions and non-transferable*



PURIFY WELLNESS PROGRAM

Our Purify Wellness Program is carefully designed to **detoxify and cleanse your body, mind and soul**. Combining ancient Ayurveda practices, **contemporary wellness science and movement** the program can be run over 3, 5 or 7 days.



PURIFY 3 DAYS

PER PERSON | 1650 EURO ++
PER COUPLE | 3085 EURO ++

- 1 x WMS Wellness Assessment
- 1 x 90 mins - Detox Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 1 x 60 mins - Personalized Wellness Session
- 1 x 45 mins - Breathwork
- 1 x 75 mins - Personalized Yogic Cleanse

PURIFY 5 DAYS

PER PERSON | 2340 EURO ++
PER COUPLE | 4400 EURO ++

- 1 x WMS Wellness Assessment
- 2 x 90 mins - Detox Massage
- 1 x 90 mins - Herbal Compress Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 2 x 60 mins - Personalized Wellness Session
- 1 x 45 mins - Breathwork
- 1 x 45 mins - Guided Meditation
- 1 x 75 mins - Personalized Yogic Cleanse

PURIFY 7 DAYS

PER PERSON | 3000 EURO ++
PER COUPLE | 5640 EURO ++

- 2 x WMS Wellness Assessment
- 2 x 90 mins - Detox Massage
- 2 x 90 mins - Herbal Compress Massage
- 1 x 90 mins - Ayur-Abhyanga
- 1 x 90 mins - Ocean Essence Body Wrap
- 1 x 60 mins - Marine Body Scrub
- 2 x 60 mins - Personalized Wellness Session
- 2 x 45 mins - Breathwork
- 1 x 60 mins - Personalised Stretching or Yoga
- 1 x 45 mins - Guided Meditation
- 1 x 75 mins - Personalized Yogic Cleanse

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