



## Sleep well journey by Subtle Energies

The importance of sleep goes way beyond just boosting your mood or banishing under-eye circles. So why not try the signature journey created by our product partner, Subtle Energies, and enjoy better zzz's.

Based on clinical research and ancient practices to alleviate sleep concerns, this journey begins with guided meditation and *pranayama* (breathing exercise) which positively impacts the flow of energy. A full body massage then releases tension and brings the body's rhythm back into balance, while the facial marma massage stimulates the pineal gland using potent active ingredients. This is followed by the *nasya* (nasal oil application) which has been used for centuries to relieve sleep concerns, and concludes with Shirodhara, a powerful Ayurvedic technique which activates the pineal gland to secrete the sleep hormone, melatonin.

Guided meditation (15 mins)  
Pranayama (15 mins)  
Blissful marma massage (45 mins)  
Shirodhara (45 mins)  
Nasya  
Three Sleep & Resilience Smoothies

Euro 320 including VAT.  
Prices exclude accommodation.