



## Reset and Restore Wellness Retreat Five Night Itinerary

### Day 1

#### Arrival at 3pm

- Welcome wellness amenity
- Arrival consultation with Director of Spa & Wellness to review itinerary
- Dinner from Revolution Health Kitchen
- Evening bath butler service with Mandarin Oriental Signature Aromatherapy Oils

### Day 2

- Breakfast from Revolution Health Kitchen
- Intention setting class
- Lunch from Revolution Health Kitchen
- Inner Strength Treatment
- Dinner from Revolution Health Kitchen

### Day 3

- Breakfast from Revolution Health Kitchen
- Guided meditation
- Lunch from Revolution Health Kitchen
- Himalayan Singing Bowl Treatment
- Dinner from Revolution Health Kitchen

### Day 4

- Breakfast from Revolution Health Kitchen
- Personal training session
- Lunch from Revolution Health Kitchen
- Oriental Qi Treatment
- Dinner from Revolution Health Kitchen

### Day 5

- Breakfast from Revolution Health Kitchen
- Sensory meditation
- Lunch from Revolution Health Kitchen
- Synergistic Healing Treatment
- Dinner from Revolution Health Kitchen

### Day 6

#### Departure at 12noon

- Breakfast from Revolution Health Kitchen
- Yoga class
- Farewell consultation with Director of Spa & Wellness

