



Reset and Restore Wellness Retreat Three Night Itinerary

Day 1

Arrival at 3pm

- Welcome wellness amenity
- Arrival consultation with Director of Spa & Wellness to review itinerary
- Oriental Qi Treatment
- 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
- Himalayan Singing Bowl Treatment
- Dinner from Revolution Health Kitchen

Day 3

- Breakfast from Revolution Health Kitchen
- Guided meditation
- Lunch from Revolution Health Kitchen
- Inner Strength Treatment
- Dinner from Revolution Health Kitchen

Day 4

Departure at 12noon

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

