



OUTER
STRENGTH
RETREAT

5 Day

EVENING OF ARRIVAL

Welcome with Spa Director
In-Room Wellness Amenity
Technogym In-Room Wellness case
Dream Catcher Treatment
Evening Meal

DAY 1

Breakfast Meal
Pilates Class
Lunch Meal
Himalayan Salt Stone Massage
Dinner Meal

DAY 2

Breakfast Meal
Personal Training Class
Lunch Meal
CBD Vitality Massage
Dinner Meal

DAY 3

Breakfast Meal
Personal Training Class
Lunch Meal
Rose Radiance Wrap
Dinner Meal

DAY 4

Breakfast Meal
Yogalates Class
Lunch Meal
Intelligent Movement
Dinner Meal

DAY 5

Breakfast Meal
Therapeutic Massage Treatment
Farewell with Spa Director



OUTER
STRENGTH
RETREAT

3 Day

EVENING OF ARRIVAL

In-Room Welcome Amenity
Technogym In-Room Fitness Case
Welcome with Spa Director
Dream Catcher Treatment
Evening Meal

DAY 1

Breakfast Meal
Pilates Class/Core class
Lunch Meal
Himalayan Salt Stone Massage
Dinner Meal

DAY 2

Breakfast Meal
Personal Training Class
Lunch Meal
Intelligent Movement Treatment
Dinner Meal

DAY 3

Breakfast Meal
Yogalates Class
CBD Vitality Massage Treatment
Farewell with Spa Director