

# REMISE EN FORME BY M.O.



Focus on your wellbeing and reconnect with your body with this wellness journey, dedicated to mental and physical balance.

The one-day programme includes:

- a 60-minute lesson with our Personal Trainer
- a 60-minute holistic Spa treatment
- a 60-minute Yoga class
- a balanced nutritional journey based on 100% natural juices and tasty dishes designed by Executive Chef Antonio Guida
- our exquisite Minestrone in an elegant take-away package, ready to be enjoyed at home.

Remise en Forme by M.O. is highly customisable, in its inclusions and length. Our Spa Specialists are available for tailor-made consultations.

**For information and reservations:**

**+ 39 02 8731 8882 - [momln-spa@mohg.com](mailto:momln-spa@mohg.com)**



## TERMS AND CONDITIONS

Rates start from 550 EUR. Reservations are required at least 48h in advance. Cancellations can be made within the previous 24h.

