All inclusive 2 Nights Menopause Spa Retreat

A specialized wellness getaway designed to support women navigating the physical, emotional and mental challenges of menopasue. The goal is to learn simple lifestyle changes that will help manage everyday symptoms, stress and create more happiness.

What's included?

Accommodation, food & beverages

- 2 nights in a hygge suite, Scandinavian style breakfasts, lunch, 2 dinners, non-alcoholic beverages.

Spa treatements:

- 60min Swedish massage, 30min Nordic facial glow, 60min Himalayan salt halotherapy, 3 x 30min private sauna heat therapy, 45min spa-yoga/strength training, 45min Nordic walking, 45min skincare,

Wellbeing educational sessions:

- Scandinavian approach to menopause & heat therapy to balance hormones
- Navigating through symptoms and treatments
- Mindfulness and stress management
- Nutritional awarness
- Sustainable lifestyle goal setting
- Off-site online: how are lifystule changes progressing.

Single occupancy: $2300/person **Double occupancy**: $1900/person
10% taxes/service fee is added to all reservations.

Daily program example

	Day 1	Day 2	Day 3
Morning		• 7:30 am guided Nordic walking • Spa yoga-strength training • Breakfast • 2nd wellbeing session	• 7:30 am guided Nordic walking • Skincare • Breakfast • 5th wellbeing session
Afternoon	• Checking in 1 -3pm • Sauna heat therapy • Nordic facial glow • 6pm welcome reception and introduction to weekend program. • 1st wellbeing session	• Swedish massage • Sauna heat therapy • Lunch & 3rd wellbeing session • Himalayan Salt lounge session • 4th wellbeing session	• Sauna heat therapy • 12-2:00pm Checking out
Evening	• Dinner at 7pm	• Dinner at 7pm	