

# 2 Nights Wellbeing Weekend

## To Whom and goal?

This weekend is for anyone looking for a balanced life, decreasing stress and incorporating the Scandinavian lifestyle to your life. The goal is to learn simple changes that will help manage everyday stress and create more happiness.

## What's included?

- Welcome reception
- Accommodation: 2 nights in hygge suite
- Scandinavian style breakfast served to your suite
- Half day spa experience (Saturday 9am-1pm):
  - 60 min Swedish massage
  - 60 min authentic Finnish sauna
  - 60 min Himalayan salt session
  - Hors d'oeuvres
- 2 Wellbeing sessions with Scandinavian treats
  - Session 1: Science behind Scandinavian happiness
  - Session 2: How to reset, recharge and increase resilience
- Optional: guided hike and additional sauna time

**Single occupancy:** \$1248/person    **Double occupancy:** \$1698/2 persons

10% taxes/service fee is added to all reservations.

## Daily program example

	Friday	Saturday	Sunday
Morning		<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• 9am Half day spa experience</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• At 8:00am 60 min guided hike (optional)</li> <li>• 10:00am 2nd wellbeing session</li> </ul>
Afternoon	<ul style="list-style-type: none"> <li>• Checking in 3pm</li> <li>• 5pm welcome reception and introduction to weekend program.</li> <li>• 1st wellbeing session</li> </ul>	<ul style="list-style-type: none"> <li>• Half day spa experience continues until 1pm                             <ul style="list-style-type: none"> <li>◦ Massage</li> <li>◦ Sauna</li> <li>◦ Salt lounge</li> <li>◦ Hors d'oeuvres</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 12:00 Checking out</li> </ul>
Evening	<ul style="list-style-type: none"> <li>• Free time</li> </ul>	<ul style="list-style-type: none"> <li>• Free time</li> </ul>	

