

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: \$1398/person **Double occupancy:** \$1980/2 persons
 10% taxes/service fee is added to all reservations.

Daily program example

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

