

# SELF HEALING



## TAKE A BREAK FROM EVERYDAY LIFE...

... and discover what a 3 nights journey experience at Pine Cliffs Resort can do for your well-being. Make the most of experiences such as introduction to a good sleep or Nature's Star Cinema and enjoy all the benefits of Serenity Spa treatments. This program includes accommodation in a One Bedroom Serenity Suite, buffet breakfast at Jardim Colonial and lunch & dinner within our Zest healthy living concept.

DAY 1 (ARRIVAL)

- \_\_\_\_\_ Guest welcome & package introduction
- \_\_\_\_\_ Green Cleansing Juice
- \_\_\_\_\_ Back-pain consultation
- \_\_\_\_\_ Dinner – Zest concept
- \_\_\_\_\_ Introduction to good sleep

DAY 2

- \_\_\_\_\_ Morning Energy Boost
- \_\_\_\_\_ Breakfast at Jardim Colonial
- \_\_\_\_\_ Full body detox ritual
- \_\_\_\_\_ Organic Lunch – Zest concept
- \_\_\_\_\_ Healthy skin, Healthy Life
- \_\_\_\_\_ Dinner – Zest concept
- \_\_\_\_\_ Nature's Star Cinema

DAY 3

- \_\_\_\_\_ Morning Energy Boost
- \_\_\_\_\_ Breakfast at Jardim Colonial
- \_\_\_\_\_ Breathing & meditation
- \_\_\_\_\_ Energy break under the pine trees
- \_\_\_\_\_ Organic Lunch – Zest concept
- \_\_\_\_\_ Serenity Signature Treatment "Senses of the Algarve"
- \_\_\_\_\_ Dinner – Zest concept

DAY 4

- \_\_\_\_\_ Sand drawing on beachfront
- \_\_\_\_\_ Breakfast at Jardim Colonial

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<b>4 days program</b>	Nov. - Mar.	Apr. - Jun. / Sep. - Oct.
1 pax	1.374,00 €	1.698,00 €
2 pax	1.902,00 €	2.226,00 €