



GLOBAL WELLNESS DAY

June 11th 2022, Saturday

All activities are complimentary experiences on a first-come-first-serve basis to all guests at the resort unless mentioned chargeable
#globalwellnessday #lilywellness #thinkmagenta

Morning:

08:15 - 09:15 hrs - Detox Yoga at Tamara Spa*
Followed by a Light Breakfast with Fruit Skewers, Detox Juices, and Granolas & Yogurts at 09:15 to 09:45 hrs

11:00 - 12:00 hrs - Massage Class at Lily Treatment Room*
Depending on number of guests, max 6 seats per 15 minute presentation



Afternoon:

12:30 - 13:30 hrs - Special Vegetarian Set Lunch at AQVA*
Special Lunch menu can be found on Resort App, Website, and Front Desk

14:00 - 15:00 hrs - Hand Massage Treatment with oils*

15:00 - 16:00 hrs - Product Tour and Sampling at Tamara Spa*
Learn more about our products available to be bought and brought back home



Evening:

16:30 - 17:30 hrs - Wellness Practitioners Meet & Greet at Spirit Bar
Wellness Mocktails and snacks will be available

18:00 - 18:40 hrs - Meditation with Singing Bowls near AQVA*
There will be 1 session of 40 minutes or 2 sessions of 20 minutes each session

19:30 - 21:00 hrs - Special Bonfire Beach BBQ at Vibes Beach - Chargeable* **150 USD++ per person**
Crystal Singing Bowl Performance from 20:30 to 21:00 hrs at Vibes Beach for the Bonfire Participants



* These events needs to be booked in advance on a first-come-first-serve basis

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