



SIX SENSES SPAS

## LOVE YOUR HEART WELLNESS DAY

“Life without love is like a tree without blossoms or fruit”. Khalil Gibran

Love is a force of nature. However, much we may want to, we cannot command, demand, or take away love. But you can invite love in. By listening to your intuition and wisdom that lies within your heart, you can train and heighten your compassion, awareness and consciousness and feel a much more powerful connection with mother nature and our earth. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

### Great for:

Feeling emotionally disconnected or overwhelmed  
Heightened emotions: angry, sad, grief  
When you can't find a way forward  
Anxiety or trying to solve everything at once  
Feeling at odds with yourself or unbalanced

### INCLUSIONS

Healing yoga Session to open the heart	1
Love your Heart gift box	1
Hot stones massage	1
24K Gold facial	1

**Price per person** 260

### Terms and Conditions

The above rates are in EURO and include VAT.  
The above rates are per person, per wellness day.

### SAMPLE ITINERARY

On waking up, stretch and smile.

08:00 am	Yoga to open heart chakra followed by meditation
10:00 am	Hot stones massage
2:00 pm	24K Gold facial

Time for: Contemplation walk in nature

LKM meditation and heart connection meditation (pre-recorded)

Read or listen to our recommended podcast

Time for: Stargazing and gratitude journaling.  
Time to ask yourself “what would love do now”