



SIX SENSES SPAS

MIND YOUR BRAIN WELLNESS DAY

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats. Your brain is the fattiest organ in the body, consisting of nearly 60 percent fat so eating the right foods and good fats allows it to perform at its best. We'll help you stimulate, and kick start the brain in the morning, share activities that are proven to improve brain function and send you home with some tips to take back into everyday life.

Great for:

- Brain fog
- Feeling like you're stuck in a rut or old habits
- Lack of sleep or bad quality sleep
- Fuzzy short-term memory
- Stress or mental fatigue

INCLUSIONS

Mind your brain gift bag	1
Mind and body balance (60 minutes)	1
Healing sound massage	1
Head massage	1
Brain boosting smoothie and Coffee with MCT Oil	1

Price per person **270 EUR**

Price per couple **450 EUR**

Terms and Conditions

The above rates are in EUR and include VAT
 The above rates are per person per Wellness Day

SAMPLE ITINERARY

	Wake up with lemon water and a smile
7:15 am	Sunrise Mind and Body balance activity
9:00 am	Brain boosting coffee or Green Tea with MCT oil and biosignature drawings
12:00 pm	Healing sound massage
13:00pm	Head massage
Afternoon	Time for: Brain boosting smoothie with journal and reflection time
7:00 pm	Dinner
Time for:	Binaural beats to relax whilst playing some brain games