

GLOBAL WELLNESS DAY

Saturday, 13th June 2015

Highlights:



07:30AM - THE CLIFF BAY WAKE UP SESSION **

THE BLUE LAGOON (Sea level)

A personal trainer wakes up your muscles with exercises based on the techniques of yoga, stretching and Pilates. Whatever your current level of fitness, is the perfect way to welcome a new day while enjoying an exceptional view from the Blue Lagoon pier facing Funchal harbour.

Meeting point: 07:15am, Pool Reception, level 0.

11:00AM – ESPA SKIN CARE WORKSHOP **

Outer beauty is a reflection of your inner health. Make skincare part of your wellness routine. Our therapist will show you that each product should be used in a specific order to optimise its effect. Practice and learn step by step how to optimise and enhance your skincare routine at home.

Meeting point: 10:45am, Spa Reception, level 0.



ESPA SKIN CARE
WORKSHOP



12:00PM – HEALTHY LUNCH - THE BLUE LAGOON RESTAURANT

(Sea level) Take a deep breath and feel the fresh air by the sea!

Next to our seawater pool, take a time out for a pleasant dip and challenge your senses with our Healthy Lunch. Flavours that are fresh, light and perfectly blended!!

Includes buffet with salads, grilled fish or meat, fresh fruit. €30,00 per person.

19:00PM - DINNER DANCE - IL GALLO D'ORO RESTAURANT *

SPECIAL WELLNESS MENU

with light and local organic ingredients carefully selected

by our Michelin Star Chef Benoît Sinthon.

Menu: €54,00 / Beverage Selection: Portuguese Biodynamic Wines €19,00.



*** Please book at our main reception, level 00.**

*** Please book at our Spa reception, level 0.**

Reservations upon availability. Limited numbers of participants.
