

## **Calming the mind, healing the body package €99.00**

- 4-hour retreat/spa day
- On arrival to Bloomfield Manor Wellness, you will be greeted, and have use of our complimentary towel's robes and slippers.
- Firstly, we work on the mind with a deep healing meditation in our Sakara cabin.
- 40-minute facial customised using Dermalogica products
- 30-minute back neck and shoulders massage or Indian head massage
- 15 minutes infrared sauna with chromotherapy
- Unlimited time in our hydrotherapy spa
- We invite you to take time out and enjoy the gardens and various seating areas.
- Unlimited refreshments in our relaxation room.

## **Deluxe package €149.00 Body Bliss**

- 4/5-hour retreat/spa day
- On arrival to Bloomfield Manor wellness, you will be greeted, and have use of our complimentary towels, robes and slippers.
- Guided crystal infused calming meditation.
- 1-hour deluxe facial using our Nobel prize intelligent Eneo machine (suitable for all skin types)
- 1 hour body bliss- body brushing, deluxe mask and massage.
- Unlimited use of our hydrotherapy spa,
- Infra-red sauna
- Unlimited refreshments and time in our relaxation room
- Light lunch
- Take your time and enjoy the gardens and various seating areas.

## **Super deluxe head to toe body ritual €199**

- On arrival to Bloomfield Manor wellness, you will be greeted and have use of our complimentary towels, robes and slippers.
- Guided crystal infused calming meditation.
- 1 hour customized deluxe facial using avologi scientific facial machine.
- 1 hour body bliss – body brushing body scrub and body mask and massage
- Choice of deluxe pedicure or deluxe manicure
- Unlimited use of our hydrotherapy spa
- Infra-red sauna
- Unlimited refreshments and time in our relaxation room
- Light lunch
- Take your time and enjoy the gardens and various seating areas.

### **Afternoon escape 2-5pm €79 Tuesday -Thursday**

- Enjoy bubbling hydrotherapy.
- infra-red sauna session
- 30-minute treatment of choice
- Relax and unwind with delicious afternoon tea in our relaxation room.

### **Wellness day 10-am -4.30 (groups of 6+) 79**

- Meditation to unwind and relax.
- Flow yoga classes releasing emotions.
- Mindfulness
- Lunch included.
- Healing ancestral limiting beliefs.
- How to protect your energy
- Tea and coffee
- Grounding meditation