



WELLNESS ACTIVITIES AT SIX SENSES SPA

09:00

16.00

MONDAY
22nd Jan 2018

Intro to back massage

TUESDAY
23rd

Yoga

Guided meditation

WEDNESDAY
24th

Himalayan singing bowl

Homemade coconut oil

THURSDAY
25th

Crystal work shop

FRIDAY
26th

Yoga

Guided meditation

SATURDAY
27th

Himalayan singing bowl

SUNDAY
28th

Intro to wellness screening

Homemade coconut oil