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# PAMPER ME *pretty!*

*Luxury*

HOLIDAY ITINERARY

25/02/2022-27/02/2022 at 1:3



*Support Squad*  
EST. 2018



Note: Some of the activities within the Itinerary are weather-dependent. The itineraries are based on the participant interests and **can be modified** by staff or participants when deemed necessary.

***The timeframes listed on the itineraries are a guide only.***

**1 : 3 PARTICIPANT RATIO (Friday to Sunday) – Participant Contribution \$230.00**

Time	Activity
<b>FRIDAY</b>	
5.00pm - 6.00pm	Meet and Greet, Induction and Settle In
6.00pm-9.30pm	Dinner followed by your favourite new movie at the Cinema. Be sure to grab some popcorn and an ice cream!
9.30pm-10.00pm	Enjoy a bedtime health detox tea before bed to kick-off our beauty weekend!
<b>SATURDAY</b>	
8.00am-9.15am	Breakfast Cook-up (Bacon, Eggs, French Toast)
9.15am-11.00am	Shower, and get ready for the day!
11.00am-2.00pm	Make me pretty! Let's start by putting on our dedicated slippers, and our beautiful bathrobe - day spa style! In the shade of the patio, we put on face masks, cucumbers on our eyes, drink lemon water and soak our feet!
2.00pm-2.45pm	Break for lunch! Fresh sandwiches and freshly squeezed juices full of antioxidants and good for our complexion!
2.45pm-4.00pm	More relaxation! Enjoy virgin pina coladas under the patio while you have your fingernails painted in a colour of your choice, and make your own body scrub using sugar, oils and fragrance!
4.00pm-5.00pm	Get showered and dressed up for a night out!
5.00pm-8.00pm	Enjoy the last few days of Summer with a beachside dinner at Henley Beach.
8.00pm-10.00pm	After a good feed, let's pick a favourite movie amongst the ladies and enjoy a bedtime health detox tea!
<b>SUNDAY</b>	
8.00am-9.15am	Wake up and ready for breakfast!
9.15am-11.00am	Enjoy an easy and luxurious start to the morning with Breakfast at Glenelg!
11.00am-1.30pm	Enjoy a leisurely stroll along the beach, and even have a dip if it's warm enough! How about a game of mini-golf at The Beachouse?
1.30pm-2.30pm	Stop for a luxurious lunch on the Glenelg Marina.
2.30pm-4.00pm	Head back home and get into some arts and crafts to finish your day. Create your own custom canvas art!
4.00pm-5.00pm	Pack Up, Ready to depart