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PAMPER ME pretty!

Luxury

HOLIDAY ITINERARY

Choose a date and a support ratio that suits you!





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
FRIDAY	
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!
SATURDAY	
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 or in front of the TV, 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 while you have your fingernails painted, and then make your own body scrub!
4.00pm-5.00pm	Get showered and dressed up for a night out!
5.00pm-8.00pm	Enjoy the fresh beach breeze with a beachside dinner at Henley Beach.
8.00pm-10.00pm	Let's pick a favourite movie amongst the ladies and enjoy a health detox tea!
SUNDAY	
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-2.30pm	Enjoy a leisurely stroll along the beach. How about a game of mini-golf at The Beachouse before stopping for a luxurious lunch on the Glenelg Marina.
2.30pm-5.00pm	Head back home and get into some arts and crafts to finish your day. Create your own custom canvas art! Pack Up, Ready to depart.

1 : 1 PARTICIPANT RATIO (Sunday to Monday) – Participant Contribution \$100.00

Time	Activity
SUNDAY	
5.00pm - 6.00pm	Meet and Greet, Induction and Settle In
6.30pm-8.00pm	Healthy and delicious home-made Burrito Bowls for tea!
8.00pm-10.00pm	Pick a face-mask and change into your bathrobe and slippers! Find a nice cup of tea, we'll light some candles and pick a movie before bed.
MONDAY	
8.00am-9.15am	Wake up, shower, and ready for the day!
9.15am-11.15am	Breakfast on the beach! Visit to Grange Café before a nice beach stroll.
11.15am-12.30pm	Make a stop at Zone Bowling at Woodville for a game of bowling!
12.30pm-2.30pm	Visit the local shops to buy ingredients for a wellbeing juice recipe! Fruit, vegetables and delicious things to detox our bodies. Get some lunch too!
2.30pm-4.00pm	Make your own body scrub, and package it up! Sugar, oils, and fragrance so you can take it home and feel fresh all year round!
4.00pm-5.00pm	Pack Up, Ready to depart