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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 |