



DIVAS WELLNESS RETREAT

Indulge in self care

SAT, 26 TO SUN, 27 MARCH 2022

RADISSON BLU RESORT, FUJAIRAH

LADIES ONLY!

LIMITED TO 20 PARTICIPANTS

EMAIL divasretreat1@gmail.com to book.

PANACEA MEDICAL & WELLNESS CENTRE AND LUXURA SPA
ARE COLLABORATING TO BRING YOU THIS UNIQUE RETREAT

- *Participants will be booked on a first come first served basis.*
- *Please scroll down to read about the agenda, price and organisers of this retreat. Kindly register at your earliest by e-mailing divasretreat1@gmail.com with your name and phone number.*
- *Your seat will be confirmed upon payment.*

DEADLINE TO REGISTER: 14 MARCH 2022



AGENDA

Check in: 2 PM on Sat, 26 Mar 2022 & Check out: 12 Noon on 27 Mar 2022

INDIVIDUAL SESSIONS

- AROMATHERAPY MASSAGE
- WELLNESS COACHING SESSION
- PREVENTIVE HEALTH CHECK UP
- DOCTOR CONSULTATION
- SELF-CARE GOAL SETTING

GROUP SESSIONS

- HIKING
- BEACH DE-STRESS
- BEST DRESSED LADY CONTEST
- AL FRESCO DINNER
- GRAND PRIZE DRAW TO WIN A COUPLE VACAY!

PRICE

Individual – Single Room - AED 1899/=

If you love privacy and are coming by yourself this is the best option

Double – Two participants sharing a room - AED 1299/= each

If you are coming with your bestie or sister this is a great option

Note: Price is inclusive of Lunch-Dinner-Breakfast, resort stay, taxes and all sessions and activities. *Confirmed participants will be sent a detailed agenda.*



ORGANISERS:

DEEPA BELLANI, SPA CONSULTANT

Deepa Bellini is a spa and wellness industry expert. Her company Eighth element spa is a homegrown brand of premium spas located in Dubai.

Her experience in other industry sectors and her degree in marketing makes her a sharp businesswoman but her passion lies in all things spa.

She has conducted tutorials for her clients on how to reduce stress and increase serenity using a combination of Thai and Chinese techniques that utilize acupressure points. She has recently launched a new brand, **Luxura Spa**.

SONIA SATHAM, WELLNESS COACH

Sonia Satham is the co-founder of Panacea Medical and Wellness Centre in Dubai and a US Certified wellness coach.

Sonia is passionate about wellness and preventive health and has more than a decade of experience in running preventive health campaigns for which her company won the *Health Award for Distinguished CSR*.

She has a master's degree in corporate communications from Manchester Business School, UK and has recently launched her blog **Your Wellness Dimensions** that aims to create awareness about healthy lifestyle habits.