

THE SLEEP CARE CO.

FACE YOGA BY AGNES

BEAUTY +
SLEEP RETREAT

POWERSCOURT SPRINGS, WICKLOW
6 - 7 NOVEMBER 2021

BEAUTY SLEEP RETREAT



Take some time out for yourself, on a two day break away from life's distractions at this restorative and relaxing Beauty Sleep Retreat. You will learn the art of an evening ritual, how to get better quality sleep and improve your daily wellbeing and how to transform your beauty regime through quality skincare.

The Retreat takes place in the wellness-focused Powerscourt Springs, Ireland's first health farm and luxurious retreat destination tucked away in the lush Wicklow Hills and located twenty minutes drive from Dublin. As well as the immersive Sleep & Beauty workshops, guests can kick back and enjoy a restful getaway with all that the destination offers including home-grown healthy food, a swimming pool, spa and a 38-acre estate.

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ITINERARY



SATURDAY

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| 10.00 | Arrival and bag storage |
| 10.30 | Meet + Greet with Retreat Host and Fellow Guests |
| 10.45-12.15 | Sleep workshop |
| 12.30 | Lunch served at Graze Restaurant |
| 15.00 | Check-in |
| 15.00-18.30 | Enjoy your time away and recharge your batteries by exploring the surrounding estate (meet the Alpacas), relaxing by the swimming pool, taking a nap or booking in for a spa treatment. |
| 16.30 | Yoga |
| 18.30-20.00 | Dinner served at Graze Restaurant |
| 20.00-21.00 | Sleep workshop and evening wind-down meditation in The Studio |
| 21.00-23.00 | Cocktail Lounge Open |

SUNDAY

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| 07.00 | Sleep-In/ Early Morning Swim/Walk on the Grounds |
| 08.00-10.00 | Breakfast served at Graze Restaurant |
| 10.00-11.45 | Beauty Workshop |
| 11.45 | Retreat Close |
| 12.00 | Checkout |
| 12.30-15.00 | Departure Lunch |

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WHAT'S INCLUDED

- 2 days, 1 night's accommodation in a single or twin room with an ensuite bathroom
- Beauty Sleep gift bag valued at over 150E
- Sleep wellness session with The Sleep Care Co. founder, Anne Marie Boyhan
- Beauty and self care session with skincare expert, Agnes Gajewska, FACEYOGAbyAGNES
- Evening meditation for sleep session with Mindfulness MBSR teacher, Dr. Angela Boyhan
- Beauty Sleep workbook
- Delicious and home-grown meals (Lunch and dinner on Saturday and breakfast and lunch on Sunday)
- Bespoke, Irish and locally made furniture in your bedroom
- 38 acres of estate to explore
- Alpacas to visit
- Swimming pool
- Communal fire pit
- Yoga Class
- Space and time for you to relax, breathe and take in the gorgeous surroundings
- Mindfulness meditation recording
- Spa treatments are not included. These can be booked directly with Powerscourt Springs

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YOUR HOSTS



Agnes Gajewska

Join in a beauty and self-care workshop with Agnes Gajewska, creator of FACEYOGAbyAGNES, one of Ireland's award winning and much sought-after skincare and face modeling experts.

Agnes' expert tips have seen her appear on TV, in Magazines (Image, The Gloss, Irish Tatler) and she has given skincare workshops online to many media outlets and talks at Wellfest and to Corporate groups. For twenty years Agnes has honed her expertise as a facialist in leading salons and has a devoted celebrity following, leaving her clients glowing from the inside out.

Instagram: @agnesgajewska



Anne Marie Boyhan

As the Founder of The Sleep Care Co. Anne Marie is on a mission: to deliver a good night's sleep for everyone. The brand provides evidence-based techniques to get quality sleep and a Sleep Journal; a wellness guide which is helping many people prioritise their sleep and wellbeing. "I believe that great days are built on the night before. Sleep and wellness is where I know I can help so many people. Create some self-care time for you during this retreat that focuses on how you can elevate your routines to help you sleep and leave your skin glowing. Learn and enjoy ritual practice and meditation to build a beauty and sleep routine so that you can enjoy a restorative weekend and come away with the tools to do this at home, to be the best version of yourself every day."

Instagram: @thesleepcarecompany



Dr. Angela Boyhan

Angela is a qualified Mindfulness Based Stress Reduction (MBSR) teacher and has delivered Mindfulness courses including eight-week MBSR courses. Working in high powered corporate environments, Angela turned to Mindfulness to help her own insomnia and having quickly reaped the benefits, she embarked on becoming a Mindfulness teacher so that she could help others do the same. Angela will host the evening meditation wind down workshop at the retreat and share the benefits of finding a wind-down, stress reducing practice that works for you. All guests will take home a guided meditation recording so that they can practice from home.

Instagram: @coolecalm



BOOK YOUR
PLACE

HERE

For more information, contact us
on hello@thesleepcarecompany.com
or Instagram @thesleepcarecompany