

Prior To Arrival:

- Personalized phone consultation to discuss your wellness goals and needs
- Creation of a tailored itinerary to meet your specific needs

Day 1

- **3:00 PM:** Check in, or an earlier check in is available upon request to your Laneway Apartment.
- Warm welcome and organic cold pressed juice to hydrate and nourish your body
- Tour of Urban Wellness Space & Spa™ to familiarize yourself with the available treatments and services
- Introduction to your first treatments, Pulsed Electromagnetic Therapy (PEMF) and Photobiomodulation (PBMT) to support your body's natural healing processes
- Far infra-red compression bed treatment to promote deep relaxation and lymph drainage
- **Evening:** Enjoy a healthy dinner at one of Napier's wonderful restaurants or have a pre-booked light, nutritious meal delivered to your apartment to ensure optimal nourishment for your body and mind

Day 2

- **Morning:** Start your day with a large glass of warm water infused with the ACP elixir, followed by a 10-15 minute meditation to connect with your inner self
- Organic cold pressed cleansing juice to fuel your body with essential nutrients
- Walk along the Napier esplanade to breathe in the fresh sea air, complete a few breathing exercises and absorb the sun's rays to help set your circadian rhythm
- Extended Superhuman Protocol™ at Urban Wellness Space & Spa™ (PEMF, EWOT, PBMT) to help boost your metabolism, increase energy levels, and improve overall well-being
- Contrast therapy session in a private sauna and ice bath space to enhance your body's natural healing response and stimulate circulation
- **Late Morning:** Transport to your choice of yoga or pilates studio to stretch your body and enhance your mind-body connection
- **Late afternoon:** PEMF treatment to help your body wind down for a good night's sleep
- **Evening:** Enjoy dinner at one of Napier's wonderful restaurants or have a pre-booked light, healthy meal delivered to your apartment to promote rest and rejuvenation.

Day 3

- **Morning:** Repeat the same early morning routine as on day 2 to promote consistency and continuity in your wellness journey
- Extended Superhuman Protocol™ at Urban Wellness Space & Spa™ (PEMF, EWOT, PBMT) to continue supporting your body's natural healing processes
- **11 am:** Check out, or a later check out is available upon request to allow for a leisurely departure

With a focus on holistic wellness, this itinerary provides a range of nourishing experiences for your body, mind, and soul. From personalized consultations and tailored treatments to nourishing meals and mind-body activities, this retreat is designed to support your overall well-being and leave you feeling rejuvenated, energized, and inspired.