

BE STILL

Your Personalized Mindfulness Meditation & Relaxation Program



RENEW. RESPITE. RESTORE.

Turks and Caicos Wellness is proud to partner with Coral Pavilion to offer guests an exclusive relaxation program designed to enrich their stay by calming the nervous system, nourishing the adrenal glands and bringing the body back into alignment.

Facilitated by our diverse team of doctors and health practitioners from Grace Bay Medical, your relaxation program Includes:

- an initial health consultation with introduction to our highly effective and proven 5 Element Wellness Program
- a calming and relaxing acupuncture treatment
- visceral massage and osteopathic treatment
- combination water massage (30min) followed by beach-side therapeutic relaxation massage (60min)
- calming tea, nerve tonic and directed supplementation
- soothing mindfulness meditation and stress reduction techniques
- nourishing plant-based menu
- a nutrition plan with recipes to take home
- Plus so much more!

For more details about this and our other Wellness Programs and Retreats visit www.turksandcaicoswellness.com

*Additional health and wellness services are available upon request. Contact info@turksandcaicoswellness.com for more information.

