

Self Care Day



Price with tax: \$600

Available any day of the week, our One Day Self Care Program is an opportunity to get a taste of how mindfulness and conscious awareness can change your life.

Included is an Eye Reading and an MFR Massage Package.

There is a tea station in our main lodge accessible to you with unlimited water and hot tea for you to enjoy. Feel free to take a walk on our pond trail or in our labyrinth before, during, or after your experience with us!

During your stay enjoy a complementary healthy lunch lovingly catered.

*Check in is 10:00am on your day of arrival with same day departure at 6:30pm.

EM: myenlightenedlife.now@gmail.com.