

HOLIDAY EXTRAS

Other services that can also be arranged by Manx Experience Holidays:

- * Car Hire
- * Taxi Transfers
- * Holiday Insurance
- * Coach Tours
- * Heritage Site Passes
- * Island Explorer Tickets
- * Wildlife Tours
- * Cycle Hire



Manx Experience Holidays
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Isle of Man

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Isle of Man Event Services Limited ~ incorporated in the Isle of Man.

Registered Office Address: ~ 26A, Duke Street, Douglas, Isle of Man, IM1 2AY.
Company Registration 123096C
Directors: S Helwich, J Arnold

MANX EXPERIENCE HOLIDAYS



INTRODUCTION TO
AYURVEDA
ISLE OF MAN WEEKEND
BREAK

30TH OCT—01ST NOV

Isle of Man Holiday Specialists

Introduction

The Isle of Man is a beautiful Island with breathtaking scenery, unspoilt beaches and a relaxed pace of life, An ideal location for anyone looking for rest and to escape from the stresses of everyday life.

This unique Isle of Man Ayurveda spa retreat is an opportunity to enjoy the calming and rejuvenating qualities of Ayurvedic treatments leaving you feeling pampered and nourished and embracing the tranquillity that is Island life.

Sample Itinerary;

30th October - 01st November

Friday 16.00pm - Welcome meet & greet
17.30pm - Introduction workshop

Saturday Treatments - Full Ayurveda body massage
Lunch & free time
Choice of foot or facial treatment

Sunday Full day cookery experience, learn, understand and sample nutritional recipes, complementing the Ayurvedic experience.



Our holidays are fully bonded and guaranteed through the Travel Trust Association.

Package Prices

Your retreat will include:

- 2 nights bed & breakfast at the 4 Star Sefton Hotel, with superb sea views across Douglas bay.
- Return flights (price may vary according to airport departure point).
- Welcome meeting followed by a workshop on introduction to Ayurveda and discover your Ayurvedic constitution.
- Treatments will include ,1 full body massage, 1 massage of choice (face, or feet) and consultation with nurture nature skin care specialist.
- A trip to the north of the Island for a days cookery experience at Relish Cookery School with nutritionist and teacher Kathryn.
- On Island transport, taxi from / to airport and to / from Relish in Ramsey

**3 day retreat package ~ from £325.00 pp Sharing
from £361.00 pp Single**

Enquiry Form

Dates of Holiday

Outbound _____ Return _____

Number of Passengers

Adults _____ Children _____

Travel Choice

Seaport _____ No. of cars _____

Accommodation

Double / Twin _____ Single _____

Contact Address:

Post Code: _____

Phone Number: _____

Email Address: _____

Please complete and return to :

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