

## FALL IN LOVE WITH WELLNESS AT DELAIRE GRAFF ESTATE

### REST - RESET - RESTORE

#### DAY 1 | REST

This day draws your attention to a 60-minute ritual focusing on the Manipura chakra located within the abdomen and the Ajna chakra on the brow. An abdominal massage will be combined with organic essential oils to activate the lymphatic and circulatory systems, eliminate toxins, and restore the microbiome environment. A Shirodhara third eye oil pouring and Indian head massage reframe the mind, encouraging the nervous system to rest and allowing healing to happen. Come the evening, a reservation will be made for a set menu dinner at Hōseki, our contemporary Japanese restaurant. On your return to your Luxury Lodge, create a bath experience with products from ila, crafted to encourage restful sleep.

#### DAY 3 | RESTORE

After breakfast, embark upon a healing 45-minute Smiling Heart, Dancing Water ritual. Your therapist will guide you to consciously connect to your inner peace through breath and visualisation while your feet are bathed, and throughout, a connection is created between body and mind through chakra cupping with hot stones while a warm towel is wrapped around your crown.

#### DAY 2 | RESET

Your day will begin with a nutritious breakfast, followed by a 90-minute Prayer of the Earth ritual, focusing on Muladhara, the root chakra. This commences with an inner peace foot bath, sound healing and a Kundalini warm oil poultice massage. The ritual concludes with an Augustinus Bader Myofascial release facial to further enhance a deep sense of stillness. You are then invited to visit the Estate's gardens for earthing, an ancient practice that balances energy and enhances alkalinity within the body. For lunch, a bento box from Hōseki is served. You can then visit our art-filled Wine Lounge for a wine tasting surrounded by dramatic mountain views. In the evening, apply a Knesko mask in the comfort of your Lodge, sit back, relax, and enjoy the views as the sun sets over the mountains – a perfect end to the day.

#### YOUR LUXURY LODGE

Follow a winding pathway lined with fragrant honeysuckle and hibiscus to your Luxury Lodge, your home away from home for two nights. A serene haven with elegant interiors, it is set amongst indigenous gardens and offers sweeping panoramic views, a private terrace, and a heated swimming pool.