



QUINTA DA
COMPORTA

WELLNESS BOUTIQUE RESORT

HOLISTIC STRESS MANAGEMENT with CONCEIÇÃO ESPADA 13-20 September 2019



The experience is meant for all those who deal with stressful situations everyday, who are looking to relax and unwind, wanting to find their inner peace and tranquility once again, to listen to their own rhythm and to learn how to use certain stress management tools in their lives. The Stress Management pack exposes the participants both to the knowledge and experience of Conceição Espada, and to the unique natural backdrop of Comporta, providing participants with a once in a lifetime experience.

Pack of Holistic Stress Management – Mind & Body

380 €/ person

- 2 Individual sessions of Stress Management with CME
- 1 Body Essential Oil Massage – 60 min tailored according to the diagnosis results from the Stress Management sessions
- Morning sessions of Yoga, Chi-kung or Pilates.

First Stress Management sessions (60 minutes):

- *Diagnosis of physical, emotional and behavioural symptoms;*
- *Conscious Breathing exercises;*
- *Relaxation with Energy rebalancing;*
- *Definition of daily exercises includes guided relaxation audio and materials for Creative meditation.*

Second session (50 minutes):

- *Strengthening of Conscious Breathing exercises;*
- *Mindfulness and Meditation exercises;*
- *Reprogramming of daily habits.*

Individual sessions of Holistic Stress Management - 60 minutes

195 € /person

- *Diagnosis of physical, emotional and behavioural symptoms;*
- *Conscious Breathing exercises;*
- *Relaxation with Energy rebalancing;*
- *Definition of daily exercises includes guided relaxation audio and materials for Creative meditation.*

RESERVATIONS

For inquiries about these 2 Experiences practiced by CONCEIÇÃO ESPADA please contact directly ORYZA SPA reception, open from 9am to 8pm. Prior to your arrival, in order to check availability, we advise you to contact by e-mail our ORYZA SPA: oryza.spa@quintadacomporta.com and referring the INQUIRY CODE : HOLISTICSTRESS19.

BEFORE ARRIVAL

We recommend that you leave all your valuables and mobile phone in the room before your visit to the Spa.

ARRIVAL

Please go to the Spa 20 minutes before your treatments and massages to fill out your consultation form and so that you can relax in the tranquil environment of the Spa before starting.