



IN-ROOM  
WELLNESS

Personalised wellbeing in the privacy of your room or suite.

### **Signature Sleep Therapy | \$150**

A deeply restorative turn-down ritual designed to quiet the mind, regulate the nervous system, and support deep, uninterrupted sleep.

Includes:

- HigherDOSE Infrared PEMF Mat
- Therabody Smart Sleep Mask
- Weighted Blanket
- Bamford Night-Time Pillow Mist
- IMBIBE Calm Sleep Sachet

### **Reset & Recover | \$150**

Perfect post-travel or after a long day. This full-body ritual supports active recovery, restores circulation, eases muscular fatigue, and brings the body back into balance.

Includes:

- Normatec Compression Boots
- HigherDOSE Infrared PEMF Mat
- Hyperice Percussion Massage Device
- Therabody Smart Sleep Mask
- IMBIBE Miracle Collagen Sachet

### **Normatec Compression Boots | \$70**

A targeted lymphatic ritual that alleviates lower-body fatigue, enhances circulation, and promotes detoxification. Ideal for recovery after walking, training, or prolonged standing.

### **Equipment Available daily**

**Delivery: 3:00–6:00 PM | Collection: 9:00–10:00 AM  
(next day)**