



One Day Pamper Package Retreat

For 2 or more people

Take a break from the stresses and strains of everyday life with a relaxing Burren Life Balance Pamper Package retreat.

Included in the Day Long Retreat;

Arrive at Burren Life Balance in Corofin and enjoy a cup tea or coffee in "The Old Cowshed" while you familiarize yourself with your "home from home" for the day. For the full duration of your stay, you have access to this beautifully restored building where you can lounge in our comfy couches in front of a warm log fire.

Next you'll be introduced to our therapists who will tell you about what treatments are available. Each member of the group gets a one hour 1-to-1 treatment. Among the treatments available are Full Body Massage, Reiki, Reflexology, Aromatherapy & Craniasacral Therapy

Throughout the day you have complete access to our luxurious outdoor hot tub and Mountain View Sauna. Robes, Towels and Flip Flops are provided however feel free to bring your personal items – whatever makes you feel comfortable!

Feeling refreshed and revitalized you'll then be invited back to "The Old Cowshed" for your sumptuous 2-course meal with a complimentary glass of wine and tea or coffee. All the food is freshly prepared and cooked at Burren Life Balance and special diets are catered for so don't hesitate to ask when booking.

Finally spend some time relaxing with friends and allow your body and mind escape from life's stresses to leave you revitalized as your day long retreat draws to a close.

SPECIAL OFFER - Price per person (all inclusive) €85

For further details or bookings contact Burren Life Balance (065)6827749