

WELLNESS WEEKEND

SIMPLY PANACHE PLACE
a boutique hotel

A RESTORATION RETREAT WITH MANGO MEDICAL DPC

DISCONNECT FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE AND FOCUS ON YOU. IF YOU ARE LOOKING FOR SELF-CARE AND A HEALTHY WAY TO RECONNECT WITH YOURSELF, OUR WELLNESS RETREAT OFFERS A PURPOSEFUL GETAWAY THAT FOCUSES ON YOUR HEALTH & WELL-BEING. THE ULTIMATE OPPORTUNITY TO RELAX YOUR MIND, BODY, AND SPIRIT.

TWO NIGHTS' STAY AT SIMPLY PANACHE PLACE

- FRIDAY CONSULTATION WITH DR. T A BOARD-CERTIFIED FAMILY MEDICINE PHYSICIAN OF MANGO MEDICAL DPC
- CHEF PREPARED ANTI-INFLAMMATORY DINNER AND YOGA SESSION
- SATURDAY MORNING ROOM SERVICE DELIVERY OF FRESH PRESSED JUICE & FRUIT.
- BODY WRAP, SALT SCRUB AND STEAM SHOWER
- 60 MINUTE SIMPLY PANACHE MESSAGES
- SPA LUNCH
- SOUND BOWL SESSION AND CHEF, PREPARED, ANTI- INFLAMMATORY DINNER
- JOURNALS & COLORING BOOKS PROVIDED IN THE SUITE
- SUNDAY BRUNCH AT MANGO MANGEAUX



RETURN HOME WITH MORE ENERGY, OPTIMISM, AND THE TOOLS TO THRIVE AFTER A WEEKEND OF PROMOTING YOUR HEALTH AND WELL-BEING.

WWW.MANGOMEDICALDPC.COM | 757.210.5959