

Golden Gurlz: TICKING-OFF YOUR BUCKET LIST ON YOUR GOLDEN YEAR

Highlights

Participate in an intimate talk about self-love and relationships with a lifestyle expert.

Learn image enhancement tips for ageless women from a beauty expert.

Relive your younger self after a make-up session and capture it on photo, shot by a professional photographer.

Terms & Conditions:

- Minimum number of person is required to run the program
- Detailed tour itinerary is available upon request
- Rajah Travel Corporation reserves the right to make adjustments on the tour schedule due to any fortuitous events
- Other services, items, and meals not stated in the inclusions will be charged and settled by the guests on personal account



Embrace new beginnings and experience a healthier lifestyle in your 50's. After all, age is just a number!

ITINERARY:

Day 1

Manila-Batangas: Meet with our local representative at the meeting point. Travel to Lipa, Batangas and be well welcomed at one of the top health and wellness resort destinations in the world – The Farm at San Benito.

Start your holistic wellness with an intimate session about self-love and relationships, with Individual consultation.

In the afternoon, discover how you can transform your life through an image enhancement session. Take a load of stress off, and treat yourself to a real beauty session with a beauty expert. Capture the new you, in a glam photo shoot taken by a seasoned photographer

Enjoy a guilt-free dinner of organic, homegrown food, straight from the farm's garden. The resort believes that being human means being truly alive. the whole-food and plant-based way of eating, not a diet, is the way to truly live. Our bodies are designed to experience daily nourishment with nature's purest. Overnight at the hotel. **(L/D)**

Day 2

Batangas: Listen to the bits and pieces of balanced lifestyle from the in-house nutritionist, and be inspired to cook your own lunch applying the healthy advice. During dinner, enjoy the premium flavors of the freshest ingredients prepared by in-house chef. Overnight at the hotel. **(B/L/D)**

Day 3

Batangas-Manila: Continue your wellness journey with a yoga session at sunrise . Enjoy the perfect green view of the farm while you are having breakfast. After your , breakfast you may want to try the famous spa treatment at the resort (prior reservations is required) before heading back to Manila