



**THURSDAY, DECEMBER 18TH | 4:00 - 6:00 PM | \$175 PER PERSON
IN THE SELF CENTERED GARDEN**

A Sound Bath Experience for Quiet Renewal

Settle into the serenity of our spa garden as gentle sound frequencies wash over the body and quiet the mind. This immersive session uses crystal singing bowls, chimes, and grounding tones to guide you into a state of deep relaxation. As the sun sets, the vibrations help ease physical tension, slow the nervous system, and create space for calm reflection. Whether you're new to sound therapy or returning to a familiar practice, this twilight gathering offers a peaceful reset at the end of your day. Simply arrive, get comfortable, and let the sound carry you.

This event includes bubbly and light bites. Limited to eight (8) guests – reserve your space early!

Please note that there is no access to the spa during this event.



Please RSVP to concierge@eauspa.com

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