

EDEN  
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GROUND  
wellbeing

## THE SLEEP RITUAL

REST IS CENTRAL TO WELLBEING:  
Developed to Soothe Physical Fatigue & Exhaustion

90 MINUTES

### TREATMENT DESCRIPTION

The Sleep Ritual serves one purpose; to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in. Feel your whole body soften as deep rest descends while enveloped in the aromas of organic geranium and jasmine absolute. This is a gentle, medium pressure full body massage designed to lull mind & body into a state of deep sleep.

### WHAT ARE THE BENEFITS?

- Help establish circadian rhythm for people who feel out of sync
- Encourages the body into a calm and relaxed state through meditative massage
- Promote a deep sense of restful relaxation.

