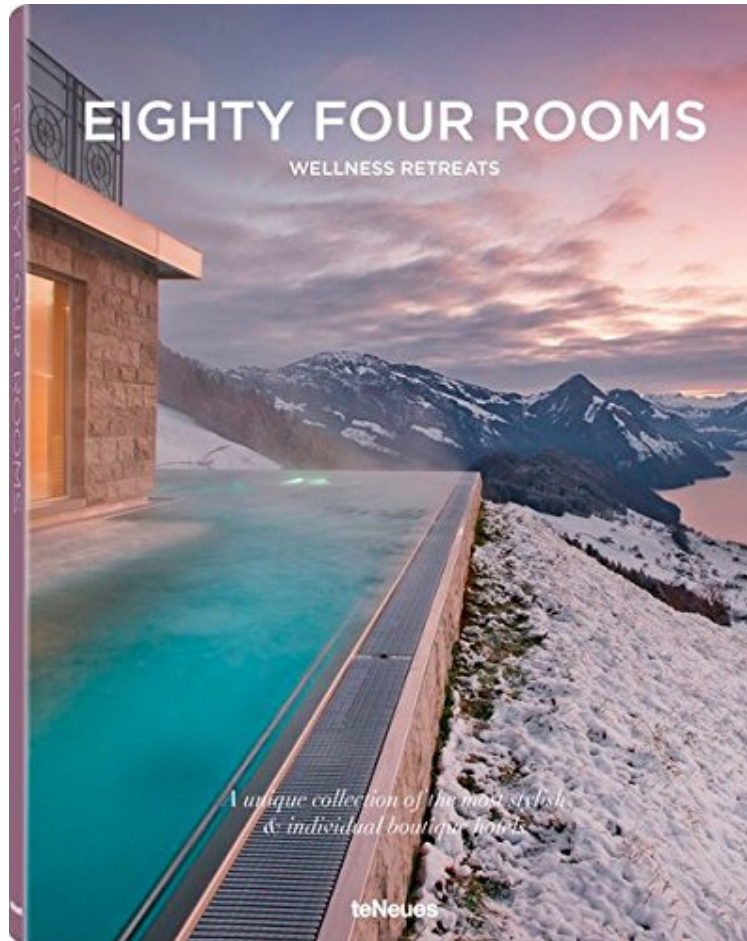


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Eighty Four Rooms Wellness Retreats

Sebastian Schllgen

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The 2017 edition of Wellness Retreats from Eighty Four Rooms presents the most beautiful and exquisitely unique wellness and spa retreats. If you're looking for a refreshing massage, a mentally and physically relaxing yoga class, or custom Ayurvedic treatments, this book is a must-read and your go-to source for planning the perfect spa vacation. Who hasn't wanted to get away from it all and spend some quality time devoted to relaxation. This book offers a fantastic selection of places where you can recharge your batteries, truly tune out the distractions, take time for yourself, and return home re-energized. Get ready to pamper yourself-we'll show you the best and most stylish places to go.

About the Author The manager of Eighty Four Rooms, Sebastian Schllgen, studied Hospitality Management in Switzerland and Spain. After stints at the Ritz Carlton, the Villa Padierna in Marbella, the Swiss hotel Victoria-Jungfrau, and the Rocco Forte Hotel de Rome in Berlin, he realized his dream of starting his own agency, located in Dsseldorf-Oberkassel. The unusual name stands both for the year he was born and the number of hotels that his company has long since surpassed.