



O'kana  
*a 'Jewel' of the Okanagan*

Guest Ranch • Wellness Centre

## Women's Wine & Wellness Daily Itinerary

**Glamping accommodation, Meals, Scans/Therapies/Workshops/Wine Tours**

### Friday Fun Night - depends on arrival time as wineries close at 6

**3pm** Check into your glamping accommodation

**4pm-6pm** Visit the wineries on Bottleneck Drive in Summerland

**7pm** Bubbles & Bites Charcuterie Platter back at the ranch

Evening of bonding, relaxing and star gazing in the hot tub and maybe some more bubbly!

### Saturday Scan Day with Wine Tour

**9:30am** - Detox Juice and Hot Breakfast in the Wellness Center/Oxygen Therapy

**10:00am** - Body Composition Analysis/Organ Vitality Scan/Chakra and Aura Scan

**11am** - Free time at the pod to get ready for Wine Touring

**11:30 - 5 pm** - Wine Tour with LeeAnna (lunch along the way)

**6pm** - Organic Dinner at the Ranch or Hands on Cooking Class (Keto Pizza Cook off)

**8-10pm** Pajama Party in the Wellness Center with Cheese & Chocolate Charcuterie  
Glacier Clay Facials, Essential Oil Workshop making a face serum for after our facials.

### Sunday Self Love Day

**9:30** - Detox Juice and Spa Breakfast in the Wellness Centre

**10am -11:30am** - Wellness Scan Overview, Roller Ball Workshop

**11:30am-12pm** Free time to pack, relax and soak in the serenity of nature before heading back to reality.

### **Wellness Scans and Therapies Included:**

BioPulsar BioFeedback Organ/Chakra/Aura Scan

Body Composition Analysis Scan

BioMat Far Infrared /PEMF (Pulsed Electromagnetic Field) Therapy

Oxygen Therapy

### **Meals Included:**

**Friday night** - Bubbles & Bites Charcuterie Board

(Bubbly and a selection of meats,cheeses, olives, dips and crackers)

**Saturday am - Detox Juice/Hot Breakfast (Frittata and Fruit)**

**Saturday lunch** - Dirty Laundry Pizza or similar Winery Lunch

**Saturday dinner** - Organic Dinner of hearty salad and protein choice of chicken, salmon or ahi tuna

**Saturday PJ Party** - Chocolate & Cheese Charcuterie Board

**Sunday am** - Detox Juice/Spa Breakfast of muffins and Greek Yogurt Parfaits