



Island herbs "Nuchigusa" Wellness Stay

< Day 1 >

- 3:00 PM Check-in
- 6:00 PM Dinner "Island Terroir"
- 8:00 PM Spa "Bugari Nohsun"

< Day 2 >

- 7:00 AM Morning Deep Breathing
- 8:00 AM Harusa Farmer's Porridge Breakfast
- 9:30 AM Farm activities and memory journal creation
- 11:00 AM Exploring traditional village
- 3:00 PM Herb bath experience in room
- 5:00 PM Dinner "Steamed Seafood Infused with Island Herbs"
- 8:45 PM Starry Night Deep Breathing

< Day 3 >

- 8:00 AM Breakfast "Sea Breeze Breakfast"
- 12:00 PM Check-out