



Sleep well: Ushvani Spa to host monthly sleep well-being workshop - ideal for stressed out brides-to-be

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Not getting enough beauty sleep? Chelsea's Ushvani Spa has the answer.

After the successful launch of the first Sleep Well-Being class earlier this year Ushvani is now introducing a monthly workshop in its Sentosa Studio at Ushvani Spa, 1 Cadogan Square, Chelsea.

Each workshop starts at 7pm and will last for 75 minutes on the following dates:

Thursday 20th September 2018

Thursday 18th October 2018

Thursday 15th November 2018

Ushvani's Sleep Well-being workshops focus on stress reduction and sleep improvement, providing those taking part with detailed knowledge and practical skills to enhance their sleep-wellness.

Ushvani Sleep Well-being Workshop: £35 per guest, per class including after class refreshments

To book contact Ushvani on Reservations@Ushvani.com, 020 7730 2888, www.ushvani.com.

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