

AMY STEADMAN X
WILDSMITH SKIN



MANDARIN ORIENTAL
COSTA NAVARINO

AN IMMERSIVE WELLNESS RESIDENCY AT MANDARIN ORIENTAL, COSTA NAVARINO

3 – 8 September 2025

Join renowned wellbeing practitioner and eco-psychology specialist Amy Steadman for an exclusive six-day residency in partnership with Wildsmith Skin, at the serene Spa at Mandarin Oriental, Costa Navarino.

Rooted in nature-led healing and supported by science-backed skincare, this immersive journey is designed to restore emotional balance, ground the nervous system, and invite deep, lasting wellbeing.

Throughout the week, you are invited to experience a thoughtfully curated schedule of signature treatments, mindful practices, and nature-immersive therapies, all held with care and intention.

Daily Schedule

8:30–09h | Complimentary Morning Mindfulness

Ease into your day with a gentle practice of breathwork, meditation, and sensory awareness.

9:30–10:30h | Nature Therapy Group Class | EUR 90

A grounding journey into the healing power of the natural world. This gentle yet profound group session invites presence, clarity, and reconnection through mindful movement, breathwork, and observation.

11–12h | Group Sauna Therapy | EUR 120

A slow, sensory experience of aromatic steam, natural exfoliation, and traditional leaf whisking. Detoxify body and mind through this sacred ritual of release.

12:30–14h / 14:30–16h / 16:30–18h | One-on-One or Couple's Sessions to be chosen from any of the following 90-minute experiences:

- 1:1 Nature Therapy EUR 300
- Couple's Nature Therapy EUR 380
- Wildsmith Radical Botany Facial EUR 285

All treatments are deeply personalised, blending Wildsmith's high-performance botanicals with Amy's intuitive, holistic approach to healing.

18:30–19:30h | Group Sauna Therapy | EUR 120

Unwind at the close of the day with a deeply restorative evening sauna ritual.

MANDARIN ORIENTAL, COSTA NAVARINO

An idyllic beachfront retreat in Greece surrounded by the natural beauty of the Peloponnese, providing exceptional experiences combined with Mandarin Oriental's legendary service.



WILDSMITH SKIN

Wildsmith Skin is a nature-led, science-backed skincare and wellbeing brand. Combining high-performance botanical formulas with holistic rituals, it supports lasting transformation for skin, spirit, and nervous system.





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