

# HEALING IN THE MOUNTAINS

ENTER  
TO WIN!



AmeeraHealth

www.ameerahealth.com

Buy a Healthy Gift\* for yourself or a friend and win a holistic holiday for two.



It can be Healthy Lotions (lavender, rosemary, Italian lemon and other sweet aromas), Healthy/Sporty, Healthy/Therapeutic, Homecare Products or Healthy/Essentials (yes, we all still need hand gel and sanitisers).

\* Minimum spend £25



Just spend £25 or more either at one of our Competition Shop outlets or at the K-Med stand of C53 at the Ideal Home Exhibition and send a copy of your receipt for the purchase to [AmeeraHcompetition@gmail.com](mailto:AmeeraHcompetition@gmail.com)



All entries to be received by noon 27<sup>th</sup> June 2022, with the winner being notified on the 4<sup>th</sup> July 2022.

See website for [Terms and Conditions](#).

## THE PRIZE

The prize will be a 5-day stay in a most beautiful Medieval village in central Italy.

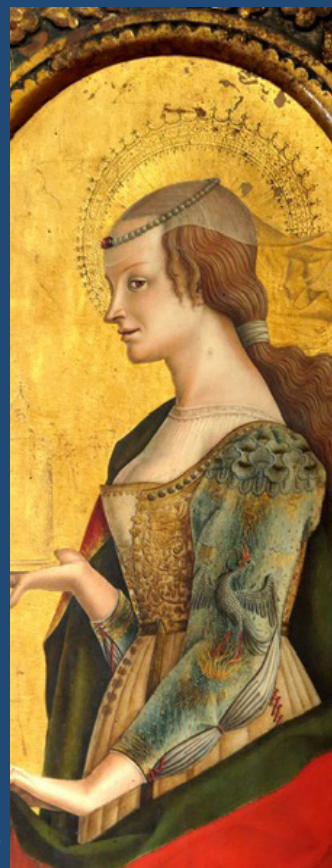
*There, in the rolling hills of the region of Le Marche, not far from the beaches of the Adriatic Coast and the Sibillini Mountains, we will organise a tailor-made break for two.*

“ As a necro-romantic, fully aware of the folklore surrounding the Sibillini Mountains, it was wonderful to inhale the fresh mountain air and experience the stillness of the morning. A very healing experience.

~ Mary H, Cambridge

“ Notwithstanding the regional legends, for me - as a classicist - the area is a mecca for cultural and artistic treasures, including the stunning collections of Carlo Crivelli.

~ John H, Cambridge



An extract of the works of Carlo Crivelli 1470-1473

Please e-mail [Mountainretreat39@gmail.com](mailto:Mountainretreat39@gmail.com) for information on our Le Marche Mountain Retreats, all staying in Medieval villages within the region.

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