

DETOX-CHECKLIST OF:

MY NEW YEAR RESOLUTIONS FOR 2017:

- Unwind fully
- Care more for each other
- Take long beach walks
- Cycle through nature: woods, dunes and countryside
- Enjoy 'Wadden wellness' with a visit to one of the many beauty or massage salons
- Vitamin D boost: Texel actually enjoys the most hours of sunshine in the Netherlands
- Eat healthy fresh local products
- Slow down together in an island sauna
- Have a unique wellness experience with a 'Woolness treatment'
- Strengthen my 'inner self' during a yoga session, ayurveda or meditation
- Mark off on my bucket list: parachute jumping
- Warm up romantically together in a beach pavilion

Date by which I want to have fulfilled my new year resolutions:

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