Sweet DreamZzzz

THE SHAWNEE INN AND GOLF RESORT

SLEEP MENU

To request items from the Sleep Menu, dial x1289.
Available until 11pm weekends and 10pm weekdays.

HOMEDICS SPA SOUND SYSTEM **Complimentary**
To help you relax with nature's most soothing sounds. Choose from ocean, summer night, rain, rain forest, waterfall, or simulated heartbeat to compliment our perfect sleep environment.

SHAWNEE SLEEP ASSISTANCE PACK **$4./pack**
· Ear Plugs and Eye Mask

BEDTIME SNACK (choose one only) **$4./snack**
· Lipton Tea—regular or decaffeinated
· Vanilla Yogurt with Granola
· Two Delicious Cookies with a Glass of Warm Milk
(Trail Mix, Oatmeal Raisin, or Chocolate Chip Cookies)

BEDTIME STORY **Complimentary**
· A selection of bedtime stories to delight the young and old, may be delivered and read by someone in your party, or two of our sleep specialists will read you a bedtime story (sleep specialist must be requested at least 3 hrs in advance and is not available after 10pm).

EMMA'S FRIENDS AROMATHERAPY

SPECIALLY BLENDED ROOM & LINEN SPRAYS **$4./bottle**

SWEET SLEEP—a complex blend of romantic aromatic essential oils of Rose, Sandalwood, Jasmine, Chamomile, Ylang-Ylang, Neroli, and Orange.

WHOLE BODY RELEASE—a body tension releasing blend of aromatic essential oils of peppermint, eucalyptus, rosemary, and citrus.

REFRESH & RENEW—a wonderfully fresh and revitalizing blend of essential oils of grapefruit and bergamot.

LAVENDER WOODS—a blend of Lavender and Ylang-Ylang essential oils bringing together two wonderfully woody florals which instill a sense of calm and quietness.

SPECIALLY BLENDED LOTION—Whole Body Release, a wonderful blend of essential oils of peppermint, rosemary, eucalyptus, and citrus.