

INDONESIA – FRANCE



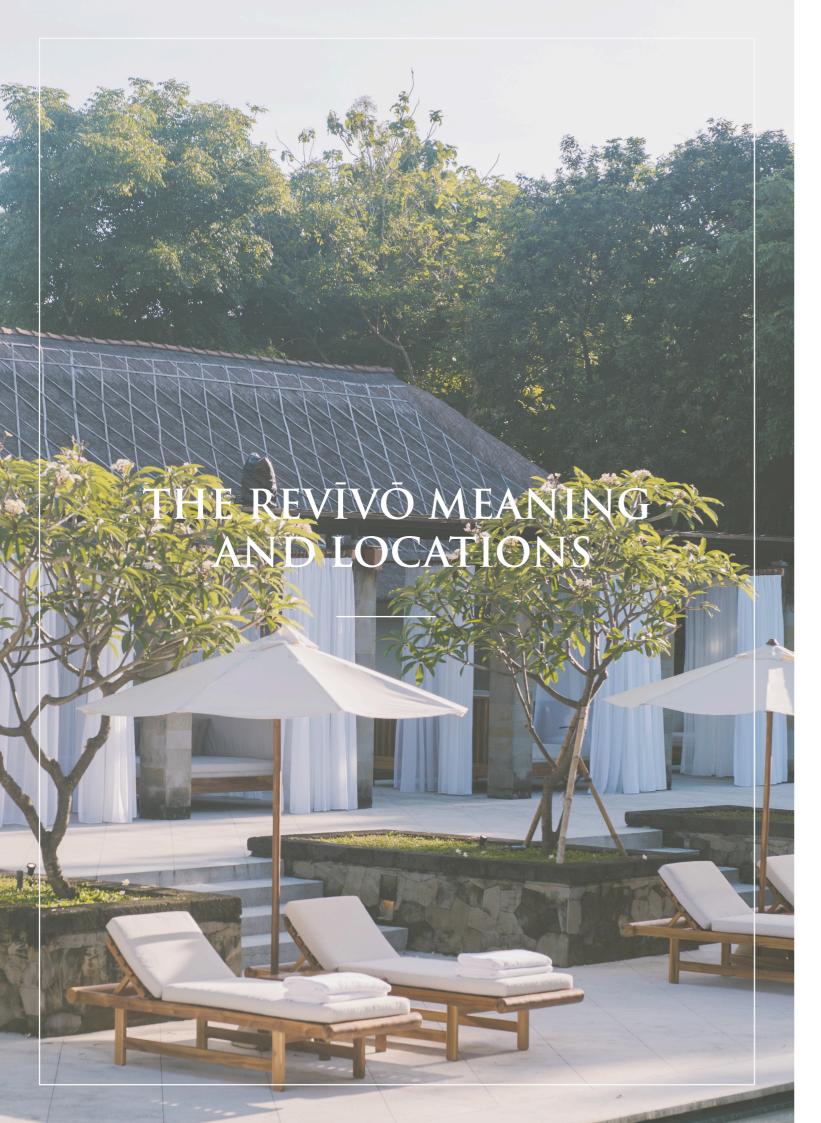
"Well-being is not just a pleasure sensation. It is a deep sense of serenity and fulfillment. A state that underlies all emotional states and all the joys of sorrows that can come ones way."

Matthieu Ricard - The Habits of Happiness

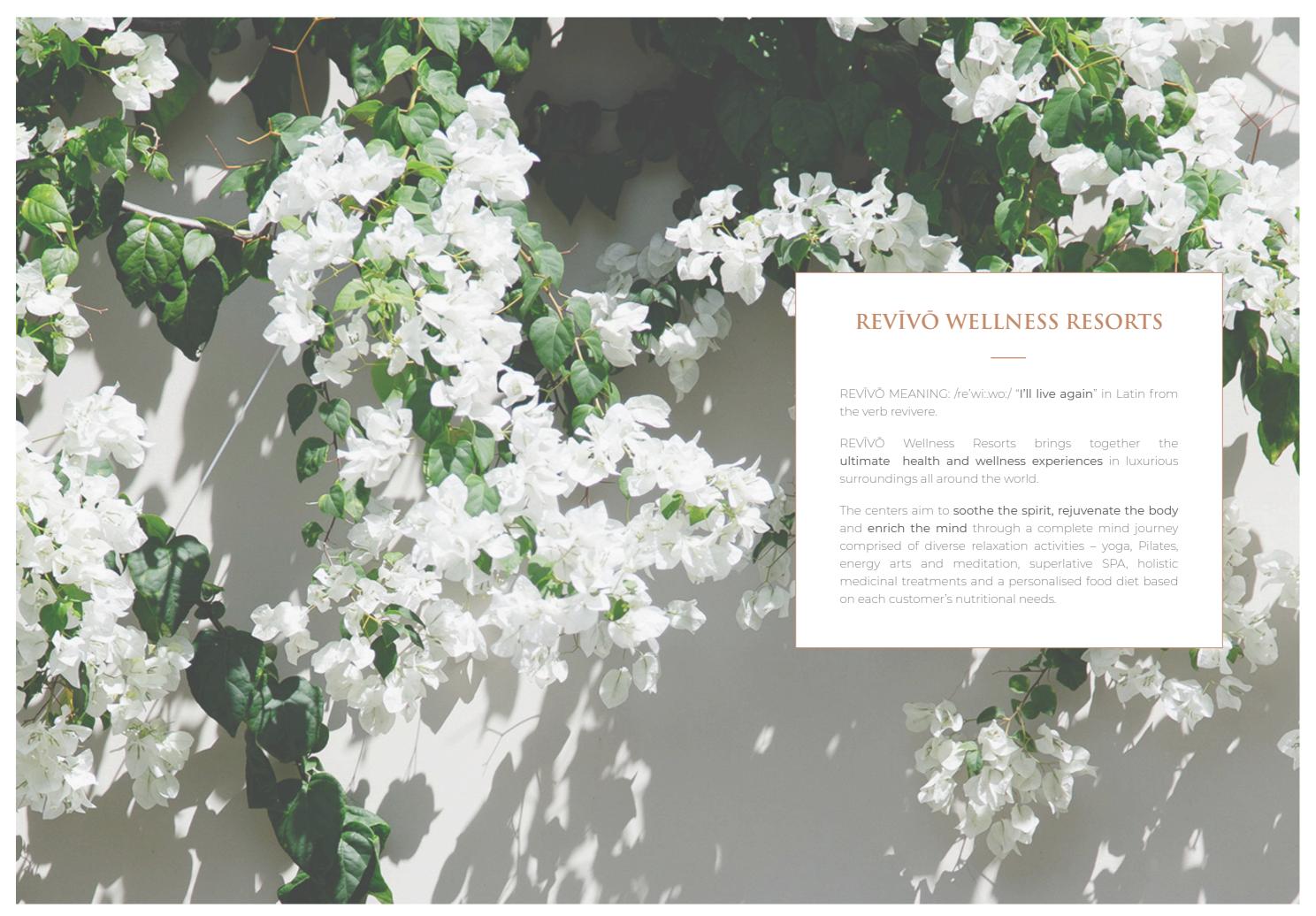


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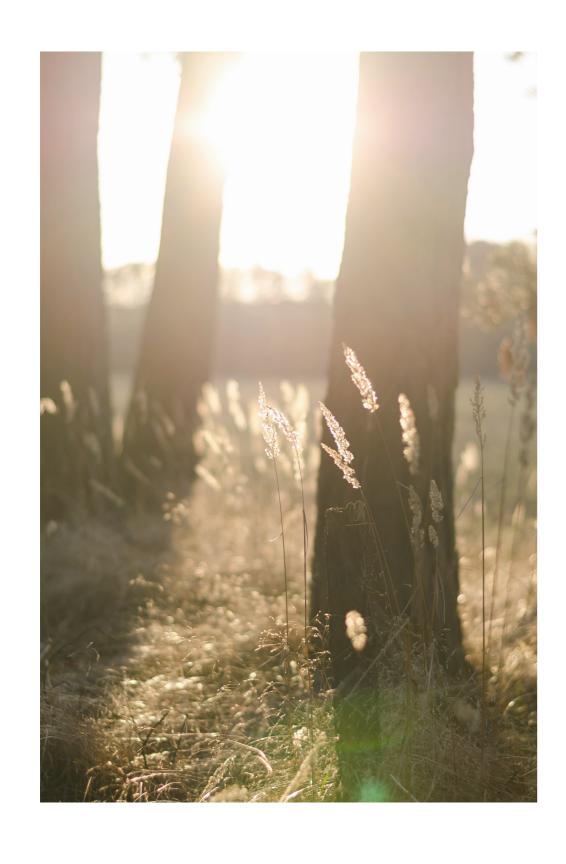






# REVĪVŌ WELLNESS RESORTS AROUND THE WORLD

- 📭 REVĪVŌ Wellness Resort Nusa Dua, Indonesia
- 2 REVĪVŌ Wellness Cruise, Indonesia
- REVĪVŌ Wellness Resort, Château de Fiac, France (Q4 2021) REVĪVŌ Wellness Club Niseko, Japan (Q4 2021)
- REVĪVŌ Wellness Club, Rome (Q1 2022)
- REVĪVŌ Wellness `Malaysia (Q1 2024)







# DEVELOP THE SKILLS NEEDED TO FIND BALANCE AND HAPPINESS, CHANGE YOUR OUTLOOK ON LIFE AND LEARN TO LIVE IN THE NOW

REVĪVŌ's eco-luxury, sustainable wellness retreats are genuinely life-changing. We have designed a powerful transformational method to teach us how to achieve awareness and compassion, and eventually, rewire our neural patterns for sustainable joy. This technique is for everybody and builds on itself. Our comprehensive programs are built around this method and tailored to the specific needs of each individual from menus to movement classes, spa therapies, treatments, and in-room sleep rituals. This is a truly bespoke, exclusive experience, and we guarantee every single one of our guests will leave feeling brighter, happier, and transformed.

# A MEANINGFUL BRAND PROPOSITION

Working around the idea of rebirth, as a **new way to look at the world**, our brand name REVIVŌ means "I'll live again" in Latin.

#### A LIFE CHANGING EXPERIENCE

Distinct from spas, we aim to take a more reflective, longerterm approach to your well-being, combining both the physical and mental aspects.

### A CONSISTENT OBJECTIVE

Our mission is to educate our guests to learn to embrace change and gain control of their emotions. Our programs are tailor-made and designed to guide you to develop Life's Most Important Skill: mi`ing and ultimately mind transformation.

WHY IS REVĪVŌ UNIQUE | 9

# A COMMITMENT TO SUSTAINABLE DEVELOPMENT

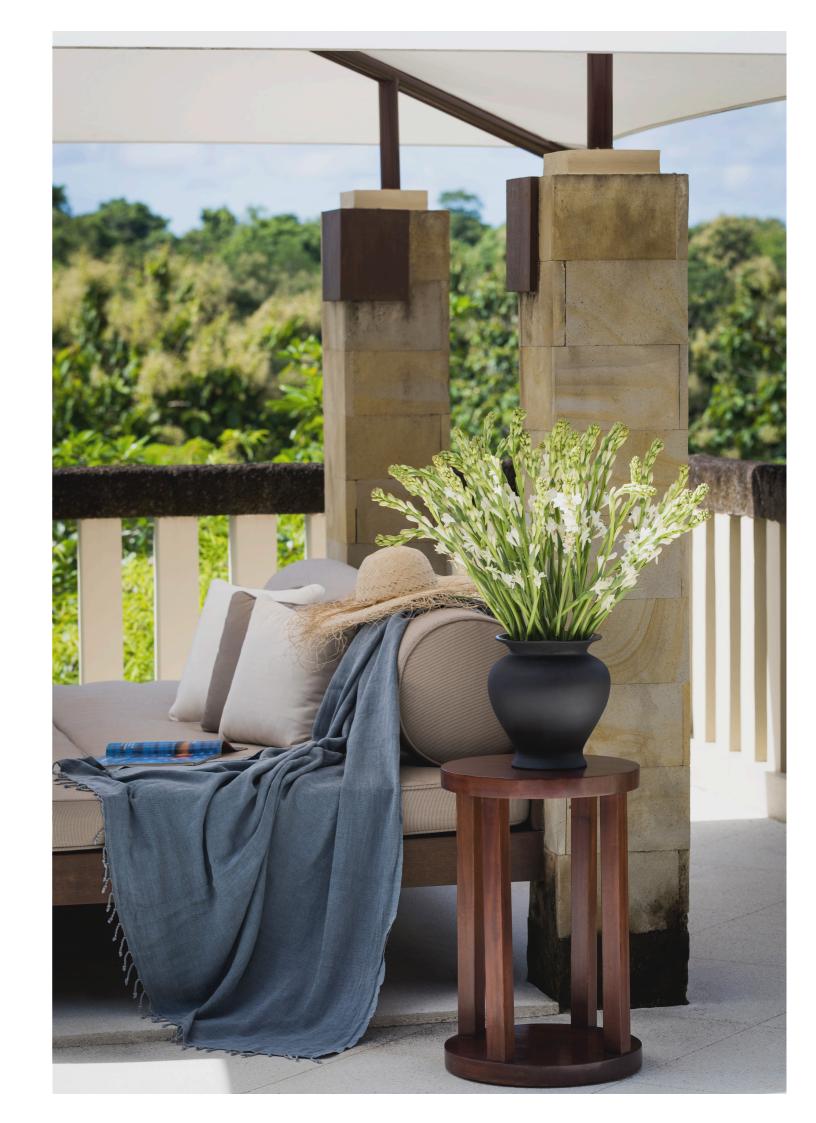
We are committed to make today's and tomorrow's world more sustainable by being 100% plastic-free and contributing to local development.

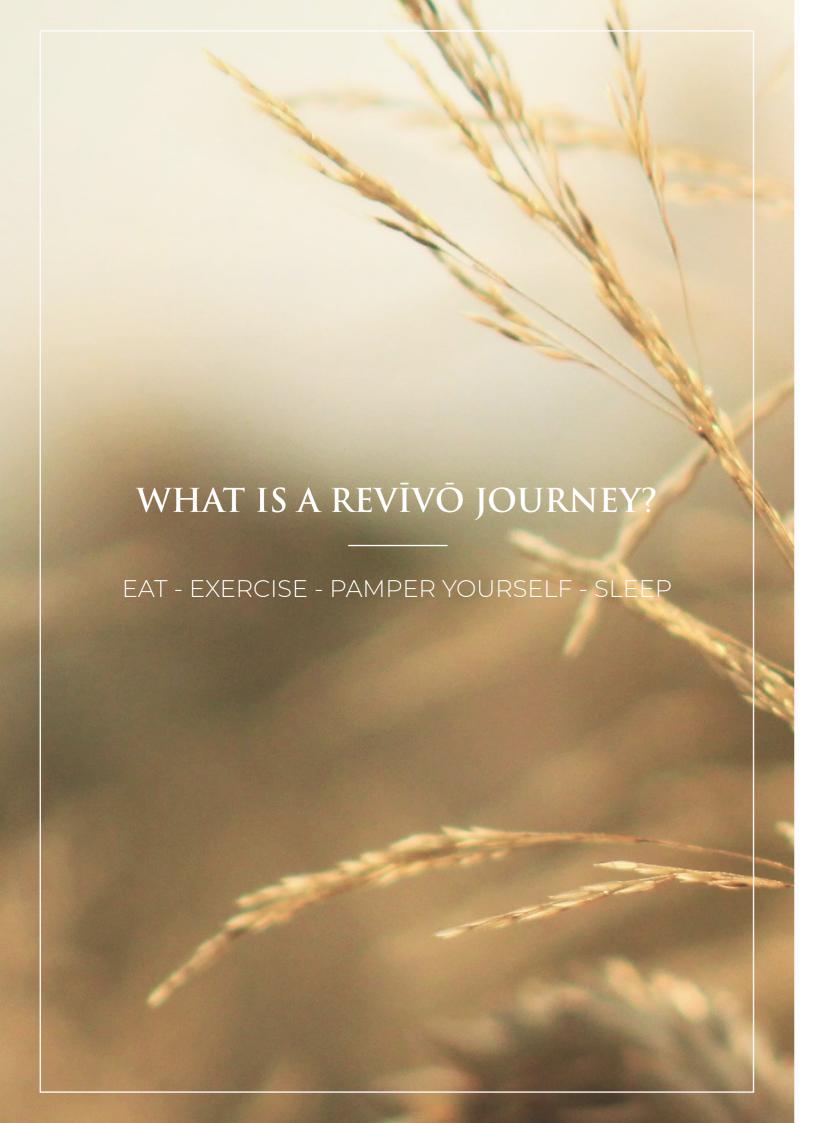
#### **OUR EXPERTS**

Our team aims to offer expertise guidance, exercises and retreats to help our guests **cultivate the components of well-being** – which include engagement, good relationships, accomplishment and purpose.

#### MINDFUL IMMERSIONS

REVĪVŌ always aims to bring mindfulness practices into each customer's lives. Each detail, activity and program have been thought through in order to illuminate how we see, hear, smell, touch, taste, maintain balance, feel, and `shape our perception of the world aesthetically, artistically, and musically.











### **REMISSIŌ**

REVĪVŌ's holistic SPA, REMISSIŌ brings together masterful techniques and highly advanced skin care treatments to nurture the body and achieve overall well-being and balance. Our SPA is a quiet haven

comprised of four treatment rooms, a hydro jet jacuzzi, hot and chill plunge pools, a sauna, a hamman, gorgeous changing rooms, a restorative salt cave, as well as a hairdresser salon.



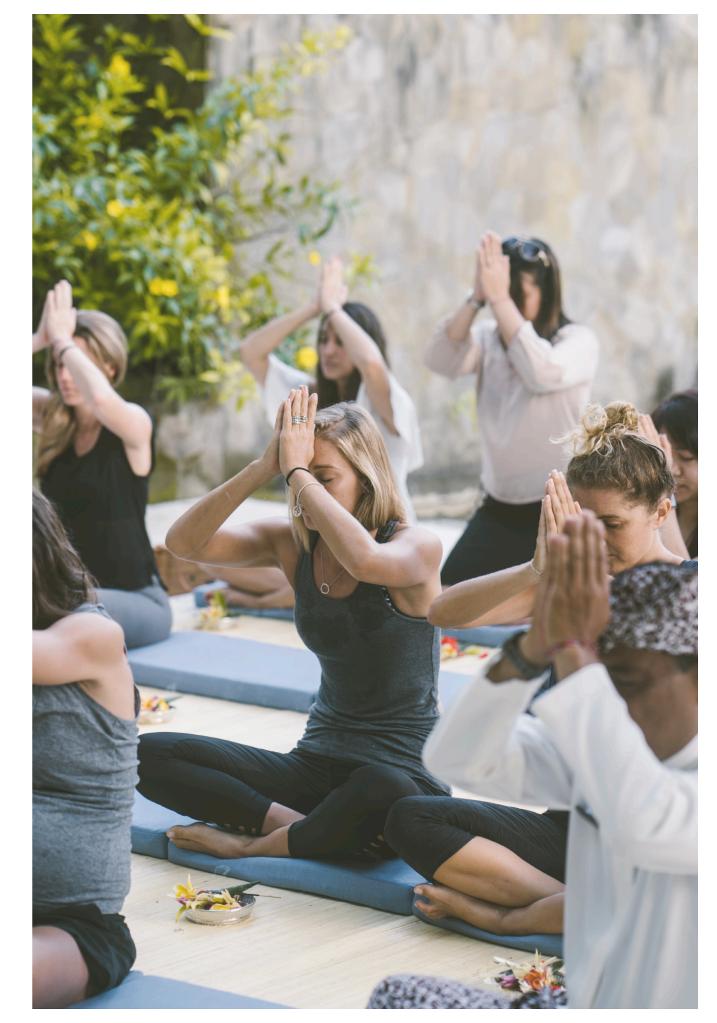




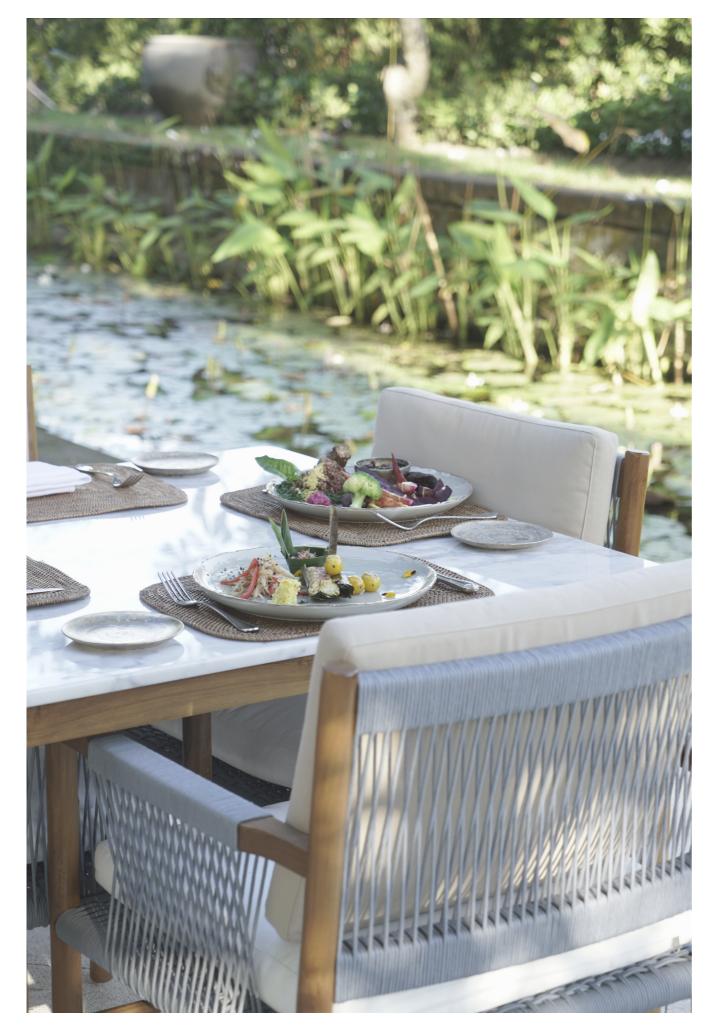
### MOVEŌ

Our MOVEŌ fitness center encompasses a large yoga room for up to 20 people, a well equipped gym, a lap pool for aqua workouts, a landscaped park for outdoor exercises and most importantly a wellness coach to assist you with any goals you may have your mind set on.

We believe lifestyle changes require support, perseverance and a balanced and receptive body. MOVEŌ's active programs blend numerous training techniques and therapeutic practices, with both private and small group classes, to cultivate physical, mental and emotional well-being.



REVĪVŌ JOURNEY | 15









### NŪTRIŌ

NŪTRIŌ is the food and beverage program at REVĪVŌ, which includes a restaurant: "Nū", a botanic Bar: "Tri", and a library lounge: "Ō". Each concept believes in a simple philosophy – fresh, wholesome,

organic and balanced. Our belief is to serve food as close to its natural state as possible with a mission to sharpen and delight taste, buds, while continuously supporting health.

REVĪVŌ JOURNEY | 17



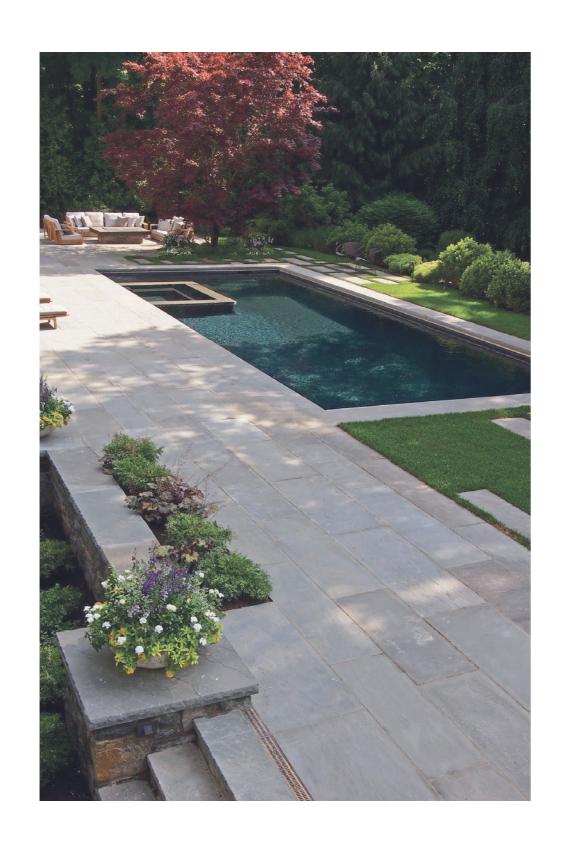
### **NOCTURNŌ**

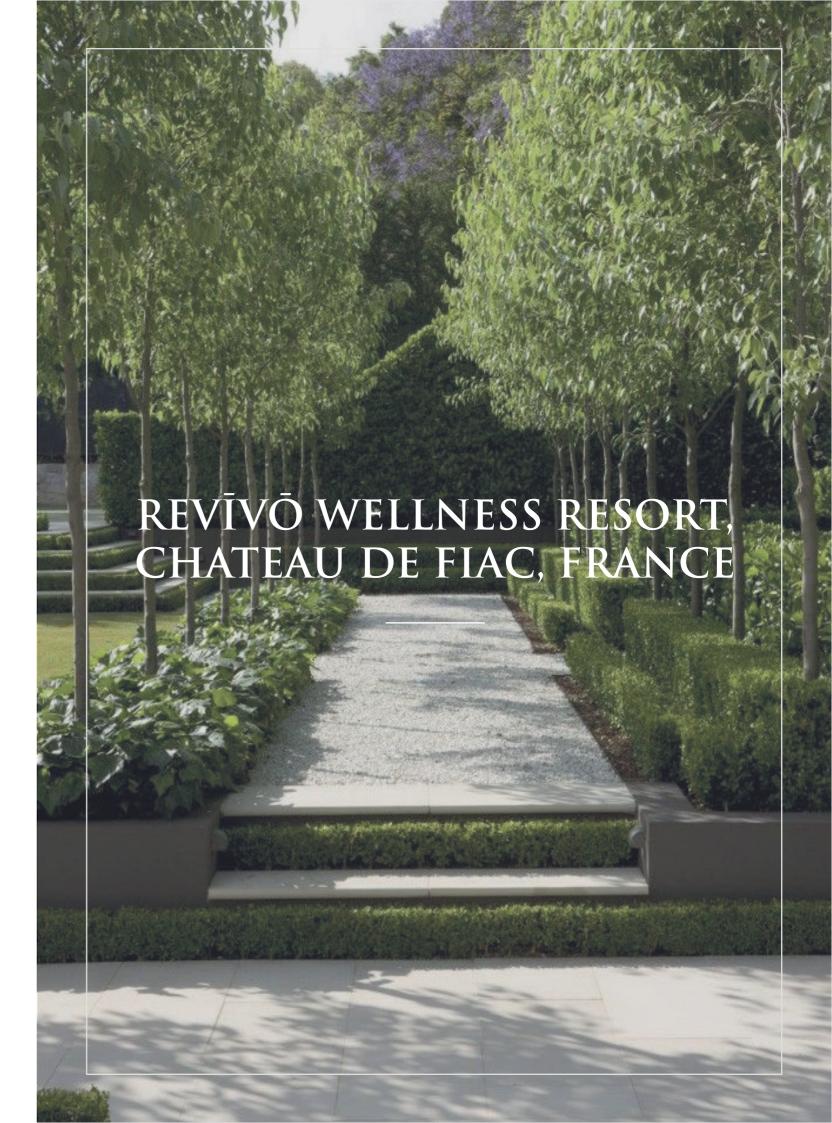
At REVĪVŌ, we take sleep very seriously and that's why it's one of the key foundations of your stay. From sleep butlers and foods conducive to sleep to in-room sleep amenities and spa treatments, we leave no stone unturned when it comes to ensuring our guests f ind the best night's sleep possible – after all, sleep is the gateway to wellness.

In-room options include carefully selected music, books and podcasts chosen to help guests feel more relaxed and drift naturally off to sleep. Each room has a Breath Lux Light, designed by Lena Saleh. The lamp has different modes of lighting – soft amber light at night and stimulating blue light in the morning – to encourage a better sleep routine and guide guests through relaxing breathing exercises.



REVĪVÕ JOURNEY | 19







### REVĪVŌ CHÂTEAU DE FIAC, FRANCE

The Château de Fiac Wellness Resort is a 16 Bedroomed, 5-star luxury sanctuary where the charm of historic Tarn blends seamlessly with elegant contemporary lifestyle. Set amid a picturesque village and a bi-centennial 3-hectare park, this inspirational REVĪVŌ Wellness Resort is distinguished by spectacular panoramic views, superlative fitness and spa facilities and an original 60sq meter cellar carved out directly from the rock more than 180 years ago that has been turned into a restorative salt cave. Recharge your energy and indulge your senses with a focus on slow ageing. Innovative and restorative activities include massages and hydro-therapies, full salon services, dance, Yoga, meditation and Art & Eco-therapies such as music, painting, singing, pottery and gardening. Improve your fitness at our HIIT equipped park or state of the art gym or find your creativity at our Phyto Bar where guests can create DIY salt baths, scrubs, teas, tinctures and essential oil blends. Discover yourself in a French castle of excellence and well-being to restore and revive your physical, mental and emotional health.

### **INSIDE OUR PHYTO BAR**

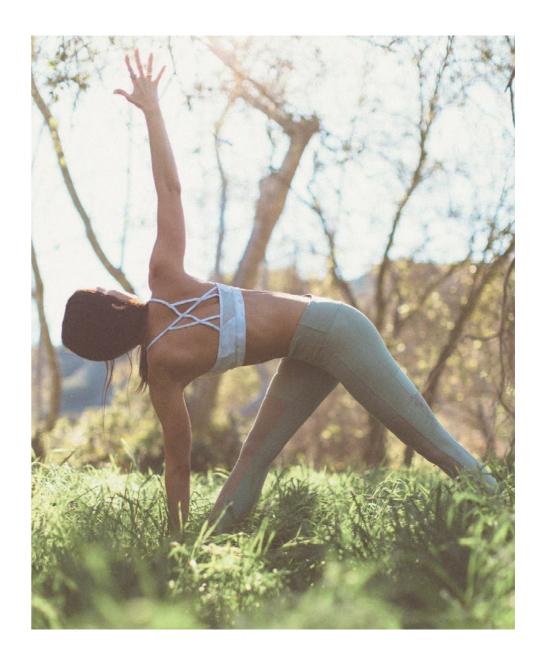
PHYTO MEANING: / fai-tow:/: of a plant; relating to plants.

Château de Fiac will be the first resort to pioneer a Phyto Bar. Plants have been used for physical and psychological well-being thanks to their healing, rejuvenating, and other therapeutic properties. At REVĪVŌ, we offer healing treatments involving the use of herbs, aromatic essential oils and herbal and floral extracts applied through massages, packs or wraps, water and steam therapies, inhalation treatments and the drinking of herbal teas.



### **OUR WELLNESS RETREATS**

Embark on a transformational wellness journey to nourish yourself and treat every aspect of your physical, mental and emotional health. Whilst each program can be tailor made to suit each customers individual goals and needs, there are 5 regular Signature immersive retreats to choose from.







# RE-SET WELLNESS WEEKEND (2 NIGHTS)

#### Relax and enjoy a mini retreat.

Re-set, rejuvenate and find clarity during a 2 night wellness weekend and experience a taste of a fully immersive retreat. Immerse yourself in a short pampering wellness escape to re-set and revive mind, body and soul.

# RESTORATIVE RETREAT (3 OR 5 NIGHTS)

#### Let go, Relax and Revive.

This program is designed for people in need of the time and place to step back from their life and recover balance, relax, renew their energy and replenish their spirit. Revive with holistic spa therapies, from massage treatments to body wraps, before re-connecting with your inner calm during a private meditation or Breathwork session. Continue to release tension and calm your mind with a private drawing or pottery class, or chose from a plethora of cultural excursion options. You will also learn how to better manage stressful situations once you return home and fully embrace change through transformation.

# SLOW AGING RETREAT (5 OR 7 NIGHTS)

#### Mental and Physical Self-optimization.

Improve and boost your vitality and reveal your skin's inner glow at our Longevity & Beautifying retreat. Benefit from our all natural advanced skin treatments such as vitamin infused facials, Microderm, lipomassages as well as discovering the ideal diet for your telomeres health. Enjoy a range of holistic activities, IV Therapies, lifestyle workshops and healthy cuisine.

This one-week program is designed for health-conscious individuals who want to maintain a healthy and physically active lifestyle at any given age. Slow down the signs of aging and leave feeling and looking rejuvenated, because it's never to late to wow yourself, and others with your transformation both within and without.

# THE BODY RETREAT (5 OR 7 NIGHTS)

#### Re-shape your Body

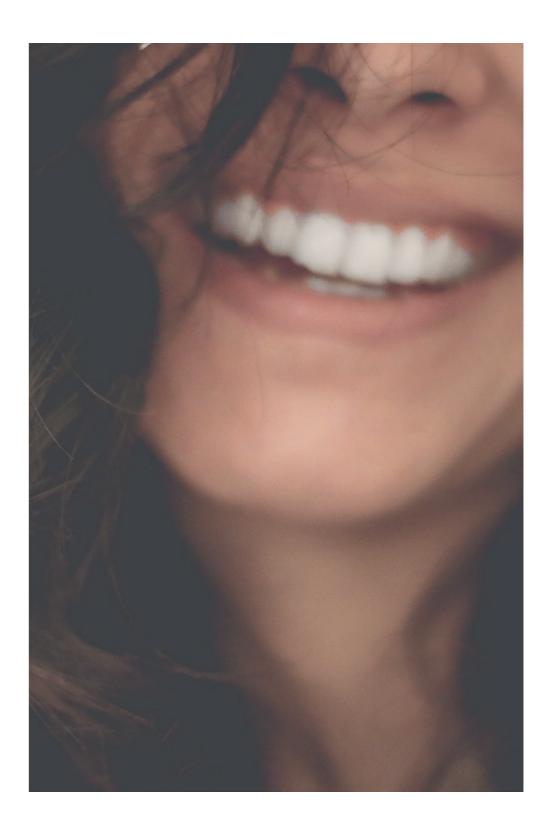
This fitness bootcamp is a truly transformational experience. Challenge yourself with a HIIT circuit in the park, countryside hikes, sweaty fitness classes, delicious wholesome local foods, breathworks and after-effort pampering time in the superlative spa to unlock your full potential while focusing on your cardiovascular health. Learn to become more active as you let go of toxicity and reach clarity all while losing weight in a healthy manner! It promises to leave you feeling re-energised, fitter, and slimmed down.

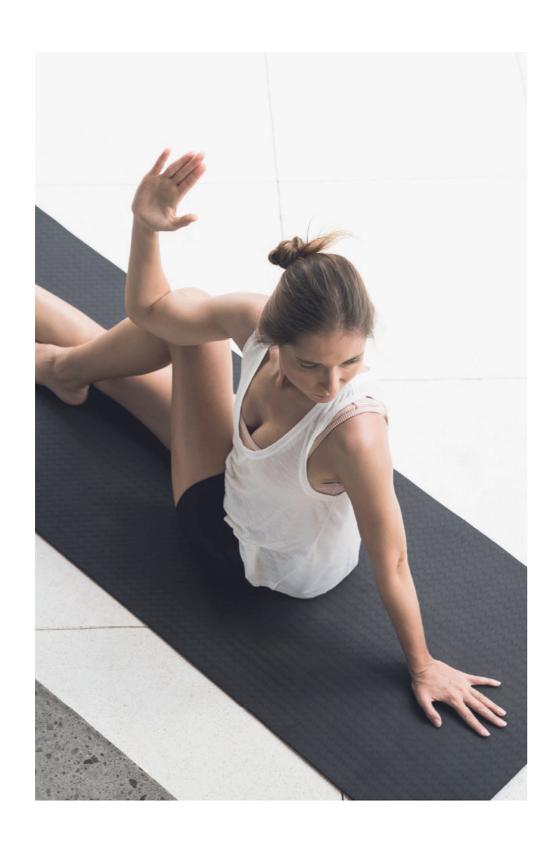
# INNER BALANCE RETREAT (7 NIGHTS)

#### Embrace Change and Transformation

During this retreat you will learn to recognize and release self-limiting stories and how to live a more joyful life. You will dive deeper into the ancient science of yoga and enhance your existing knowledge. You will also attend group workshops, where you will learn strategies to enhance your psychological wellbeing and attain a deeper understanding of yourself. This retreat has been specifically designed to guide you to develop life's most important skill: mind training to ultimately reach mind transformation and happiness.

Experience this positive transformation surrounded by nature at the peaceful and serene location of The Chateau de Fiac, located next to a world famous Buddhist center. This is the retreat for you if you want to change something in your life and if you are committed to show up (for yourself) and practice the tools you'll learn.





### RETREAT PROGRAM EXAMPLE

#### ARRIVAL DAY

#### add vite bitt

#### DAY 2 ONWARDS

#### DEPARTURE DAY

Airport pick up

Welcome drink upon arrival and check-in at REVĪVŌ Wellness Resort

Arrival Consultation with your Wellness Coach and skin analysis at our Phyto Bar

REMISSIŌ Spa Treatment

NŪTRIŌ Dinner

Rise and Shine Morning Mindfulness practice

NŪTRIŌ Healing Shots

Morning Walk

NŪTRIŌ Breakfast

MOVEŌ Class

Daily creative group workshop

NŪTRIŌ Lunch

Hydrotherapy

REMISSIŌ Spa Treatment

NŪTRIŌ Dinner

Evening Ritual

Rise and Shine Morning Mindfulness practice

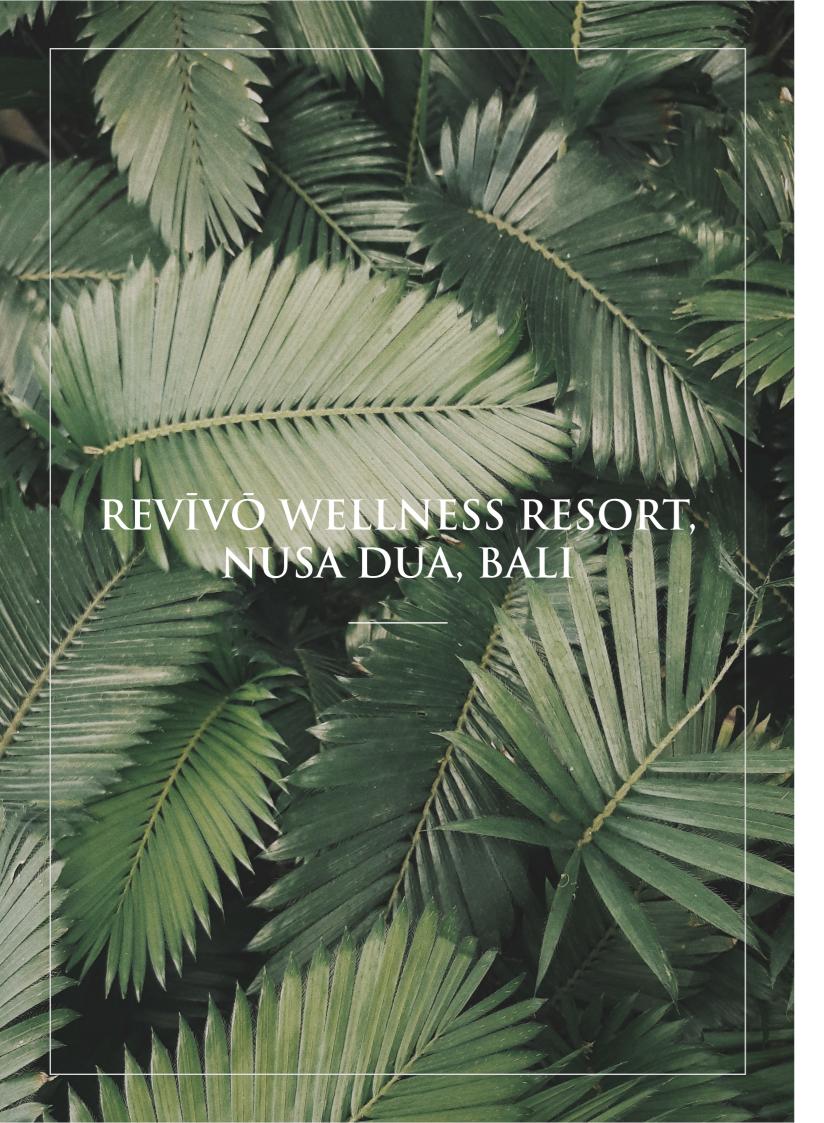
NŪTRIŌ Healing Shots

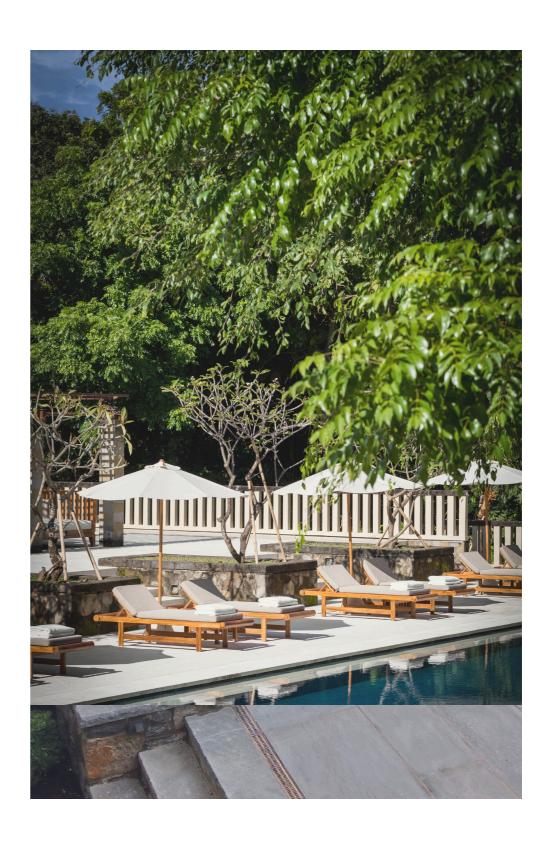
MOVEŌ Morning Class

NŪTRIŌ Breakfast

Evaluation and Debrief of Future Goals

Airport drop off





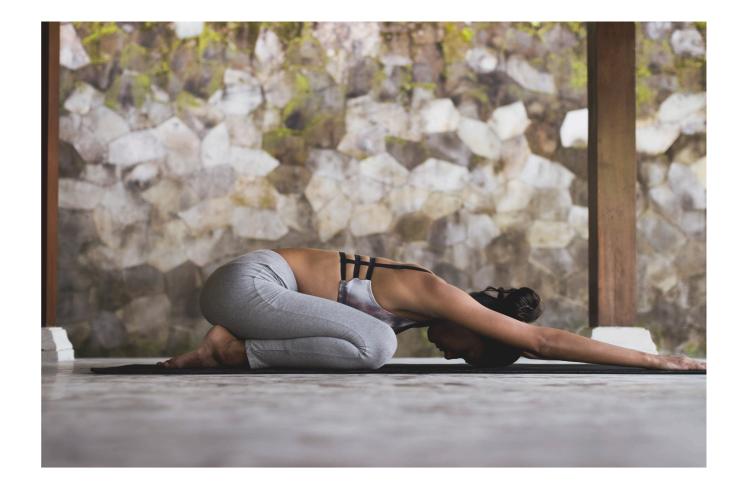


# REVĪVŌ WELLNESS RESORT, NUSA DUA, BALI

Nestled amidst the breezy hills of Nusa Dua in south Bali, REVĪVŌ Wellness Resort is spread across 3 hectares of teak tree forest, surrounded by dense tropical rainforest and the Indian ocean. REVĪVŌ's lush enclave opened in April 2018 and is comprised of 16 Balinese-style luxury suites and villas, a nutritious gourmet restaurant, a bar, pool cabanas, as well as best-in-class fitness and spa facilities.

### **OUR WELLNESS RETREATS**

Work your way through a rejuvenating menu of yoga and fitness classes, body spa treatments and restoring emotional therapies as you check-in and enjoy our wellness retreats. By focusing on holistic treatments for the mind, body and spirit, REVĪVŌ Wellness Resort aspires to achieve any notions of "healing", mind training and self-awareness, rather than treating guests for specific illnesses or injuries.









# EMOTIONAL BALANCE AND MIND TRAINING RETREAT

This retreat will help you discover how mental and emotional healing can help to create beneficial life changes in many areas.

# DETOX & ORGANIC WEIGHT LOSS RETREAT

Combining various therapies, nutritional supplements and healthy cuisine with optional holistic fitness classes, this program is an integrated approach to experiencing 'lightness of being'.

#### SLEEP WELL RETREAT

Improve and regulate your sleeping patterns whilst addressing the issues that might cause the disruption, so you can sleep easily not only on your holiday but once you return home too.

# ANTI-AGEING & LONGEVITY RETREAT

Enjoy a range of holistic activities, lifestyle workshops and healthy cuisine whilst you slow down the signs of ageing. Leave feeling and looking rejuvenated thanks to active skincare treatments.

#### **DESTRESS & RELAX RETREAT**

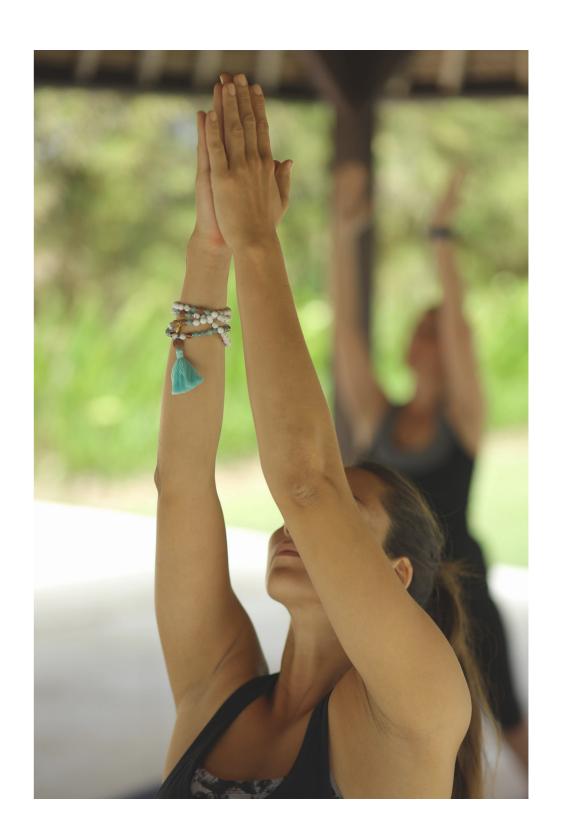
Revive and re-connect with your inner calm with yoga, meditation and holistic spa therapies. Return home feeling well-rested, relaxed and ready for anything!

#### PRESS RESET RETREAT

Discover how the power of your mind can create beneficial changes in multiple aspects of your life, drop your selflimiting habits by achieving signif icant and substantial physical, emotional, spiritual, mental and nutritional changes.

#### COUPLE YOGA RETREAT

Indulge with your partner in an amazing luxury retreat experience that will help you to reconnect and unwind whilst discovering a selection of curated wellness treatments, specifically designed to nurture your bond whilst learning valuable relationship skillsnutritional changes.





#### **VEGAN YOGA RETREAT**

Improve mental, emotional and physical balance and dedicate this time to a purely vegan diet and daily purif ication through asana practices, meditation and holistic treatments as part of the 'Ahimsa' approach.

#### **BODY RE-SHAPING RETREAT**

This retreat is a high-intensity, dynamic movement and f itness-based program which aims to reshape your body in specific targeted areas. This retreat is great for anyone wanting to accelerate weight loss and achieve physical change.

#### YOGA & KETOGENIC RETREAT

Our Keto Retreat introduces you to a diet comprised of 70% healthy fat, 20% protein and 10% carbohydrates to encourage the body's natural ketosis process. This program is complemented by a range of yoga, fitness, meditation, massage and spa treatments to fully ben ef it the body.

#### **FAMILY YOGA RETREAT**

This retreat introduces children to a healthier lifestyle by cultivating their interest in yoga, healthy food and sustainable practices. They will be encouraged to use their imagination, exercise their mind and strengthen their breath.



### ANALYSING YOUR DNA

When you check into one of our wellness retreats, you will have the option to do a DNA Test. By understanding your unique genetics, we are able to understand how your body functions and how you react to certain types of food and exercise. By using this information, our expert team will offer you an effective personalised plan to help you achieve your nutrition and f itness goals.





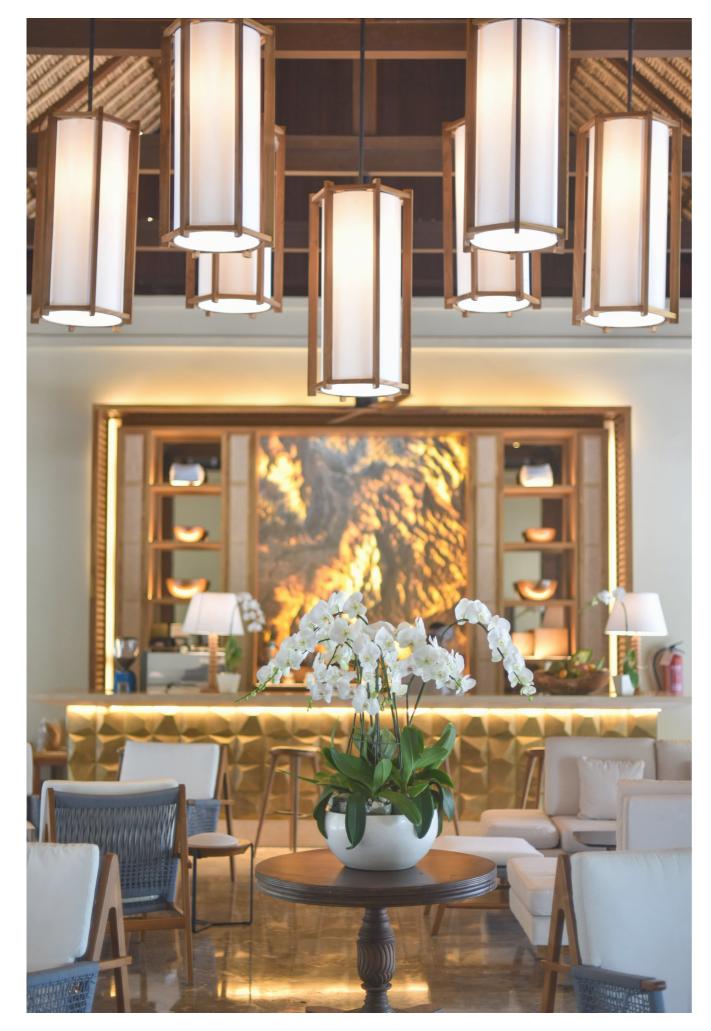


### YOUR WEDDING VENUE

as you imagined and stress-free. Focusing our attention on the smallest details, we will translate your vision of the perfect wedding into a spectacular event. With the

REVĪVŌ's team will ensure your wedding is option to reserve from one 4-suite villa to the entire resort to share this experience with your guests, get pampered with all of our attention on this special day and create an unforgettable wedding.











# PRIVATE AND CORPORATE EVENTS

For romantic wedding celebrations, group retreats or corporate team bonding, the 70 square meter yoga studio and 48 square meter meditation room can be converted into meeting rooms that can comfortably

seat up to 40 people, and our media rooms can host private meetings. Our team of dedicated event specialists can ensure you have a bespoke event like no other.

