

# WELLNESS RETREATS

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REVIVŌ  
WELLNESS RESORTS

## OUR WELLNESS RETREATS

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Surrounded by lush tropical teak forest, work your way through a rejuvenating menu of natural beauty and body spa treatments as you complement your wellness journey with invigorating fitness classes, nutritional advice, and restoring emotional therapies.

By focusing on holistic therapies for the mind, body and spirit, the REVĪVŌ resort aspires to achieve any notions of “healing”, mind training and self-awareness instead of treating guests for specific illnesses or injuries.





# OUR IMMERSIVE WELLNESS RETREATS

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## IMMERSION LEVEL 1

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- De-Stress & Relax
- Immune Reset

## IMMERSION LEVEL 2

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- Mindfulness & Emotional Balance
- Sleep Well

## IMMERSION LEVEL 3

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- Longevity & Anti-Ageing
- Detox, Weight Loss & Re-Shaping



## TAILOR-MADE PROGRAMS

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Each retreat program is tailor-made to suit your wellness needs in terms of length of stay, nutrition, holistic treatments, and workouts. Our staff will guide you every step of the way.

## CONSULTATIONS WITH OUR EXPERTS

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Every retreat includes a private consultation with one of our wellness experts. These consultations are a perfect opportunity to discuss your goals in more detail and fine-tune your retreat.







## IDEAL LOCATION

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Blending harmoniously with the centennial teak forest surroundings and Nusa Dua golf course, the REVIVÔ Wellness Resort offers the perfect base from which to relax, soothe the soul and relish the stunning setting.

## NŪTRIÔ MENU PROGRAM

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Our healthy, local, western and Ayurvedic kitchen, colourful, tasty and flavoursome, is one of our greatest assets and the dishes we prepare will surprise and delight your sense of taste every day of your stay.

With recipes based on ancient wisdom and experiences, the meals will be mainly made of organic, seasonal food from the region.

Our integrative philosophy means everything in moderation, as the body loves balance. Let us show you how to turn your everyday food and drinks into something that will nourish and support your body and mind.



## NOCTURNŌ

At REVĪVŌ, we take sleep very seriously and that's why it's one of the significant 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 find 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.







## STANDARD INCLUSIONS

INCLUSIONS	IMMERSION LEVEL 1	IMMERSION LEVEL 2	IMMERSION LEVEL 3
Pre-Arrival questionnaire	Included	Included	Included
VIP Airport Fast Track service	Included	Included	Included
Round-trip airport transfer	Included max 3 Pax / car	Included max 3 Pax / car	Included max 3 Pax / car
Welcome drink on arrival	Included	Included	Included
Personalised retreat journal	Included	Included	Included
Daily rituals	Included	Included	Included
Daily in-room fruit basket	Included	Included	Included
Daily Breakfast – Lunch – Dinner	Included	Included	Included
Arrival consultation	Included	Included	Included
REVIVŌ souvenir	À la carte	Included	Included
Fitness evaluation	IDR 650 K / person	IDR 650 K / person	Included
Nutrition guidance consultation	IDR 650 K / person	IDR 650 K / person	Included
Daily holistic fitness activity	2 / day	3 / day	3 / day
Daily specific Spa treatment	1 / day	1 / day	1 / day
Exit consultation	IDR 650 K / person	Included	Included

## HOW DO REVĪVŌ SIGNATURE RETREATS WORK?

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Our goal at REVĪVŌ is to support total body wellness. We incorporate aspects of Ayurveda and Chinese medicine and other holistic practices that focus on treating underlying patterns of imbalance found in the body and mind instead of focusing solely on symptoms of disease and illness. We work to address the root cause of your concerns and, in so doing, deliver lasting changes that can serve you a lifetime.

As we compassionately guide you along the way, you will be encouraged to take action in creating the changes you desire in your life. Quick-fix approaches are usually not lasting nor reliable. We believe in educating and facilitating transformational techniques that are authentic and guaranteed to fundamentally change you to the core when consistently practiced over time.







## WHAT HAPPENS PRIOR TO ARRIVAL?

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Once a booking (room category and Immersion level) is confirmed, our Reservations team will send you a detailed questionnaire where you'll be asked to share information about your lifestyle, health concerns, and current wellness practices.

Our wellness team will then look over your data and create a customised program tailored specifically to your needs. Upon your arrival, we will review your plan with you and compassionately guide you in taking action to make the changes you desire. We will educate you on techniques and tools that support your well-being and that can create fundamental changes in your life as you practice them over time.



## EXAMPLE OF A FULL DAY RETREAT SCHEDULE AS FOLLOWS

7:00 am	Morning Mindfulness practice (eg: Morning blessings with a local Balinese priest)
7:30 am	NŪTRIŌ morning shots
8:00 am	MOVEŌ Morning Class (eg: Hatha Yoga)
9:00 am	NŪTRIŌ Breakfast
10:00 am	Wellness Workshop / lecture (Topic related to your personalised retreat)
11:00 am	MOVEŌ Class (eg: TRX, Pilates, Boxing, HIIT)
1:00 pm	NŪTRIŌ Lunch
3:00 pm	MOVEŌ Collective Class (eg: Meditation, Restorative Yoga, Pranayama)
5:30 pm	REMISSIŌ Spa Treatment (eg: Rejuvenating Facial, Aromatherapy massage)
7:30 pm	NŪTRIŌ Dinner
9:00 pm	Evening Mindfulness Practice and ritual (eg: Bedtime reading and Bath time ritual)



## DE-STRESS & RELAX

Poorly managed stress can have severe consequences on your health and may manifest physically, mentally, or emotionally. During your private consultation, we will focus on your current lifestyle and main stressors. Our health coach will further discuss your goals and recommendations, including practical tools and techniques, which will be offered to you as productive ways to manage and negate the effects of stress in your life.

This retreat will focus on profoundly relaxing spa treatments, meditation and breathing techniques, and stress-relieving movements such as yoga, Tai qi, and qi gong. You will be sure to return home feeling intensely well-rested, relaxed, and renewed.

## CHINESE MEDICINE

From a Chinese medical point of view, stress most often affects the Liver and is associated with the Wood element. When the Liver becomes stagnant, which usually happens when we are under prolonged stress, feelings of frustration, irritability, and anger may become more prevalent. Headaches, waking between the hours of 1-3 am, eye and vision issues, amongst other symptoms, may also arise.





## THIS RETREAT WILL HELP YOU TO

- Release accumulated stress in the body
- Calm irritability and mood swings
- Combat sore, tired and tense muscles
- Gently detoxify the body and still the mind
- Better manage stressful situations in a more peaceful manner

## NŪTRIÕ FOOD MENU

This menu has been designed to guide you towards a healthier eating routine while at the same time helping you to relax.

Stress-relieving foods are integrated into this nutritional plan, including foods packed with magnesium to help lower your cortisol level, folate that aids stress reduction, slightly sweet foods for decreasing your levels of anxiety-producing hormones, and other top ingredients that, once metabolized, are converted into mood-boosting serotonin.





## SPECIFIC MOVEMENT SESSION EXAMPLES

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- Tai Chi, Qi Gong
- Yin Yoga, Hatha Yoga, Vinyasa Yoga
- Pranayama
- Functional Fitness, Cardio Classes

## SPECIFIC REMISSION SPA TREATMENT EXAMPLES

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- Traditional Herbal Pouch Massage
- Rejuvenating Facial
- Head, Neck & Shoulder Massage
- Javanese Lulur Indulgence
- Chanting Meditation Shirodhara
- Infra-Red Sauna

## SPECIFIC NOCTURNAL RITUALS EXAMPLES

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- Rhythmic breathing meditation Lamp
- Lavender Bath Ritual
- Tibetan Singing Bowl and 15-minutes' head massage
- Mandala Meditation (colouring book meditation)
- Chamomile tea with Relaxing Music by suite pad

## IMMUNE RESET

Perhaps more than ever before, people are beginning to understand the importance of a strong and healthy immune system. Although a complex system, the foundation of a healthy immune system springs from the gut's microbiome, which is made up of an extraordinary mix of bacteria, fungi, viruses, and parasites. These microbes are affected by the food we eat, chemicals we knowingly and unknowingly take into our bodies, the emotions we feel, and even by the thoughts we consistently think.

Our Immune Reset retreat focuses on creating and maintaining eco-diversity and balance within the gut through intermittent fasting, other cleansing techniques, and nutritional support, while at the same time integrating mindfulness practices and breathwork, both shown to have a positive effect on the delicate balance of the microbiome.

## CHINESE MEDICINE

From a Chinese medical point of view, the microbiome is greatly affected by digestion and thus most closely related to the Spleen/Pancreas and is associated with the Earth element.

When our digestive functions are weakened, which can happen due to stress, overthinking, improper eating habits, pesticides, herbicides, and ingesting many other toxins, the Spleen/Pancreas is unable to transform and transport nutrients throughout the body. Symptoms such as easily catching colds/flu, fatigue, heavy and achy muscles, and a propensity to worrying, among others, may manifest.







## THIS RETREAT WILL HELP YOU TO

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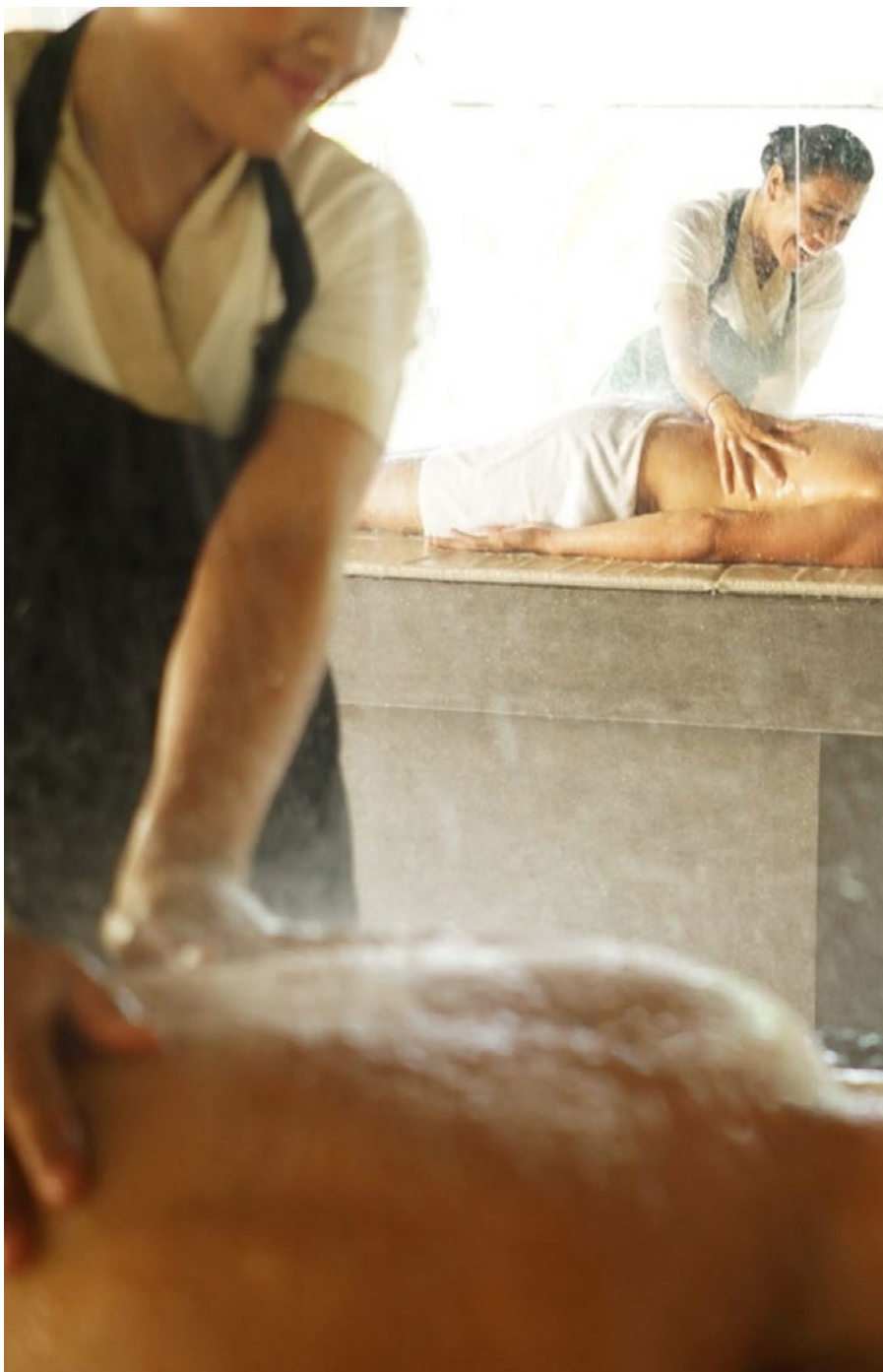
- Boost your immune system
- Increase energy levels
- Re-establish eco-diversity in the gut
- Gain greater clarity of thought (less worry and anxiety)
- Rest the organs through fasting
- Improve blood circulation
- Re-fuel the body with healthy nutrients

## NŪTRIÕ FOOD MENU

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This retreat offers various levels of intermittent fasting and juice cleansing. Intermittent fasting involves restricting food intake to a window of 6, 8, or 10 hours and refraining from any caloric intake outside of this window (water and herbal tea are acceptable).

Fasting is a great technique that gives the body a rest from any digestive process for an extended period that, in turn, allows the cells to be deeply cleansed regularly while still enjoying delicious meals. You may be encouraged to skip some meals throughout the retreat and enjoy water, fresh cold-pressed juices, or teas for more of a fasting experience.



## SPECIFIC MOVEÕ MOVEMENT SESSION EXAMPLES

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- Modified Ashtanga
- AESD (Aerobic Energy System Development)
- Tibetan Meditation
- Cyclic Meditation
- Pranayama Yoga

## SPECIFIC REMISSIÕ SPA TREATMENT EXAMPLES

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- Sense Aromatherapy Massage
- Papaya Enzyme Wrap
- Lymphatic drainage massage with Vichy shower
- Healing Chakra Hot Stone Massage
- Infra-Red Sauna
- IV Injection (Ultimate)

## SPECIFIC NOCTURNÕ RITUALS EXAMPLES

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- Rhythmic breathing meditation lamp
- Foot ritual
- Detox herbal tea
- Tibetan singing bowl
- Head massage



## MINDFULNESS & EMOTIONAL BALANCE

Mental and emotional stability are essential cornerstones when it comes to health and wellness. REVIVO's Mindfulness & Emotional Balance Retreat is geared towards bringing awareness to the inner workings of the mind, finding stillness in chaos, and learning techniques to help you get off the rollercoaster of emotional turmoil.

Our wellness coaches and therapists will work with you to transform limiting beliefs, break old habits and encourage you towards mindful living in the present moment- the only actual moment that exists! Therapies will be centered around holistic energetic practices such as chakra clearing and reiki sessions as well as yoga, pranayama, and other breathing techniques.

## CHINESE MEDICINE

Although there are many factors to consider when treating emotional imbalances, from a Chinese medical point of view, the Heart, associated with the Fire element, is most often involved in some way. The Heart is said to house the Shen, or spirit in Chinese medicine. If, due to imbalances, the Shen isn't being "housed" then one may experience absentmindedness, feelings of sadness with an urge to cry, restless sleep, depression, and so on.







## THIS RETREAT WILL HELP YOU TO

- Find work-life balance
- Bring awareness to unproductive mind constructs.
- Clear emotional and spiritual blockages
- Strengthen your discipline
- Channel your energy productively
- Unlock the gateway to peace and tranquillity

## NŪTRIÕ FOOD MENU

This menu has been designed to guide you toward a healthier eating routine while teaching you how to build emotional balance with the way you eat. Integrated into this nutritional plan is our “Food for Mood” concept: foods high in iron, B vitamins, and omega-3 fatty acids, such as avocados, whole grains, and soy – that help stimulate anti-depressive brain chemicals; as well as liver-supportive foods such as onions, garlic, and turmeric that will help keep your liver functioning well and fight against depression. Eating healthy comfort food and high-quality proteins will ensure a stable mood and overall physical health.





## SPECIFIC MOVEÕ MOVEMENT SESSION EXAMPLES

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- Reiki Workshop
- Floating Yoga
- Qi Gong
- Pranayama
- Tai Chi

## SPECIFIC REMISSIÕ SPA TREATMENT EXAMPLES

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- Sense Aromatherapy Massage
- Chanting Meditation Shirodhara
- Rejuvenating Facial
- Bali Coconut Scrub
- REVIVÕ Signature Massage
- Infra-Red Sauna

## SPECIFIC NOCTURNÕ RITUALS EXAMPLES

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- Rhythmic breathing meditation Lamp
- Lavender Bath Ritual
- Foot Ritual
- Tibetan Singing Bowl and 15' Head Massage
- Mandala Meditation (colouring book meditation)

## SLEEP WELL

Healthy quality sleep is one of the most important aspects required for maintaining and achieving a healthier body, mind, and soul, and especially for helping to prevent premature ageing. We understand how frustrating it can be when you find yourself exhausted at the end of a long day, only to be unable to drift off to sleep when the time comes to go to bed.

This program will help address underlying health imbalances that may be contributing to your sleeping concerns. Our Sleep Well retreat aims to improve and regulate your sleeping patterns, so you not only sleep better whilst on your holiday but also once you return home as well.

## CHINESE MEDICINE

From a Chinese medical point of view, many issues surrounding sleep are associated with the Heart (Fire element) but can also be due to Liver (Wood) and Spleen (Earth) imbalances, or of course, a combination of one or more of these. Depending on the individual's presenting symptoms, for example, the time of night they tend to wake up, having a hard time falling asleep vs. staying asleep, or specific triggers that result in lost sleep, we will determine the best treatments and protocols to incorporate in order to facilitate a peaceful and rejuvenating nights rest.







## THIS RETREAT WILL HELP YOU TO

- Improve sleep patterns and reduce insomnia
- Increase overall energy levels
- Improve health and circulation
- Understand the importance of an evening routine
- Relieve stress

## NŪTRIÕ FOOD MENU

This menu has been designed to guide you towards a healthier routine and integrates several foods that will improve your sleeping routine. This menu contains a high number of sleep-regulating hormones and brain chemicals, including melatonin and serotonin. Additionally, some of these delicious meals have high amounts of specific antioxidants and nutrients, such as magnesium, that are known to enhance sleep by helping you fall asleep faster and stay asleep longer.



## SPECIFIC MOVEŌ MOVEMENT SESSION EXAMPLES

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- Tai Chi
- Yin Yoga
- Meditation
- AESD (Aerobic Energy System Development)
- Restorative Yoga

## SPECIFIC REMISSIŌ SPA TREATMENT EXAMPLES

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- Foot Reflexology
- REVĪVŌ Signature massage
- Ayurvedic Shirodhara massage
- Rejuvenate facial
- Boreh Spice Blends wrap
- Infra-Red Sauna

## SPECIFIC NOCTURNŌ RITUALS EXAMPLES

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- Rhythmic breathing meditation Lamp
- Lavender Bath Ritual
- Foot Ritual
- Tibetan Singing Bowl
- Lavender Face Cleansing
- Mandala Meditation (colouring book meditation)



## LONGEVITY & ANTI-AGEING

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As much as we may like to avoid the subject, none of us will live forever. Having said that, all of us would like to avoid suffering and age as gracefully as possible. Working to improve your health internally is a sure-fire way to stay looking your best and slowing down the signs of ageing.

This retreat offers a wide range of holistic daily activities including yoga and meditation, circuit training, and ritualistic spa therapies all designed to improve your inner and outer landscapes. Active skincare treatments will further strengthen and reveal greater texture and tone to your complexion. Of course, guests will also enjoy a range of delicious and healthy cuisine, the foundation to true health, that helps to slow down the signs of ageing and leave you feeling and looking marvellously rejuvenated.

## CHINESE MEDICINE

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Longevity and anti-ageing are at the heart of Chinese medicine. The Kidneys, associated with the Water element, are often considered "the Root of Life." The Kidneys are said to store our Essence and represent our basic constitution we inherit from our parents. The Kidneys determine our level of health throughout all stages of our life, not just in old age, however, if we are to age gracefully it is crucial to nourish and do what we can for this organ system in Chinese medicine. Common symptoms associated with Kidney deficiency are low back and knee pain, hearing loss, short-term memory, brittle bones, etc.





## THIS RETREAT WILL HELP YOU TO

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- Feel confident in the way you look and feel
- Experience new levels of energy and vitality
- Repair the skin on a cellular level
- Reinforce the production of collagen
- Reduce the signs of cellulite
- Remove excess fluid and toxins from the body

## NŪTRIŌ FOOD MENU

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This menu has been designed to guide you towards a healthier eating routine and naturally slow the signs of ageing. While there isn't a unique formula to erase wrinkles, incorporating certain anti-ageing foods into your diet is the best way to help bring you closer to that goal. These delicious and nutritious meals will help slow the effects of ageing in every part of your body – from your skin to your brain, heart, and joints. Integrated into this nutritional plan are some of the most prominent high-antioxidant and anti-inflammatory foods available.





## SPECIFIC MOVEÕ MOVEMENT SESSION EXAMPLES

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- Qi Gong
- AESD (Aerobic Energy System Development)
- Pilates
- Restorative Yoga
- Pranayama

## SPECIFIC REMISSÕ SPA TREATMENT EXAMPLES

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- Microdermabrasion Facial
- Slimming and Anti-Cellulite Massage
- Coffee Bean Firming Body Wrap
- Ayurvedic Shirodara Massage
- Lymphatic Massage
- Steam and Infra-Red Sauna
- IV Injection (Rejuvenate)

## SPECIFIC NOCTURNÕ RITUALS EXAMPLES

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- Lavender Bath Ritual
- Foot Ritual
- Tibetan Singing Bowl and Head Massage
- Lavender Face Cleansing
- Mandala Meditation

## DETOX, WEIGHT LOSS & RE-SHAPING

No matter how well we may eat, the truth is we're all bombarded with different chemicals and toxins on a regular basis. "Toxins" can come in physical form, of course, but we can also consider certain mental and emotional states as "toxic" to the body and mind as well. For this reason, almost everyone can benefit from a good detox now and again!

The REVĪVŌ Detox, Weight Loss & Re-Shaping Retreat combines various spa therapies, meditations, healthy cuisine, and optimal holistic fitness classes for an integrated approach to detoxing the mind, body, and soul. Whether you're looking to lose weight, establish or maintain a healthy posture, or simply target and tone specific areas of your body, this retreat is sure to leave you feeling energised, lighter, and full of confidence and vitality.

## CHINESE MEDICINE

From a Chinese medicine perspective, "letting-go" is associated with the Lungs and Large Intestine and the Metal element. In this sense, detoxification can be seen as more than simply letting go of physical toxins and unwanted weight. It can be equally important to let go of specific thought patterns and emotions that no longer serve you. Common symptoms that may indicate you require a detox include skin conditions such as eczema and rashes, constipation, fatigue, headaches or foggy-headedness, achy joints, etc.







## THIS RETREAT WILL HELP YOU TO

- Improve weight management
- Target and tone specific areas of concern
- Clear problematic skin conditions
- Detoxify the body, release tense muscles and calm the mind
- Better manage stressful situations
- Release accumulated toxins in the body

## NŪTRIŌ FOOD MENU

Our Detox, Weight Loss & Re-Shaping menu has been designed to help to eliminate harmful toxins and chemicals from the body that have accumulated over time, while at the same time providing deep nourishment. Depending on your objectives and the level of detox intensity required, a specific menu will be tailored to your needs to assist you in reaching your individual goals.



## SPECIFIC MOVÊO MOVEMENT SESSION EXAMPLES

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- Modified Ashtanga
- Pilates
- Kick Boxing
- HIIT
- AESD
- Restorative Yoga

## SPECIFIC REMISSIÔ SPA TREATMENT EXAMPLES

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- Traditional Herbal Pouch Massage
- Papaya Enzyme Wrap
- Javanese Lulur Indulgence
- Slimming & Cellulite Massage
- Boreh Spice Blend Body Wrap
- Lymphatic Massage
- Infra-Red Sauna

## SPECIFIC NOCTURNÔ RITUALS EXAMPLES

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- Tibetan Singing Bowl and 15' Head Massage
- Herbal Detoxifying Bath Ritual
- Foot Ritual
- Raspberry Face Cleansing
- Detox tea with Relaxing Music





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