



REVIVŌ
WELLNESS RESORTS

REVIVŌ SIGNATURE
RETREATS

REVĪVŌ SIGNATURE RETREATS

We offer a selection of 6 Signature Immersive Retreats to choose from depending on individual goals and varying from a light to more intensive retreat experience.

Starting at a minimum 3 nights stay, each retreat program is tailor-made to suit individual wellness needs in terms of nutrition, holistic treatments and workouts.

IMMERSION LEVEL 1	IMMERSION LEVEL 2	IMMERSION LEVEL 3
- Sleep Well - Press Re-Set	- Mindfulness & Emotional Balance - Destress & Relax	- Longevity & Anti-Ageing - Detox, Weight Loss and Reshaping

INCLUSIONS	WELLNESS RETREAT IMMERSION LEVEL 1	WELLNESS RETREAT IMMERSION LEVEL 2	WELLNESS RETREAT IMMERSION LEVEL 3
Pre-Arrival questionnaire	Included	Included	Included
VIP Airport Meet and Greet service (when available)	Included	Included	Included
Round-trip airport transfers	Included	Included	Included
Welcome drink on arrival	Included	Included	Included
Personalised retreat journal	Included	Included	Included
Daily Wellness rituals	Included	Included	Included
Daily in-room fruit basket	Included	Included	Included
Daily Breakfast, Lunch & Dinner	Included	Included	Included
Arrival wellness consultation and BIA test	Included	Included	Included
REVĪVŌ souvenir	Included	Included	Included
Fitness evaluation OR Skin Analysis			Included
Nutritional guidance consultation			Included
Daily 60 min holistic MOVEO Class	1 / day	2 / day	3 / day
Daily 60 min Spa treatment	1 / day	1 / day	1 / day
Exit consultation		Included	Included

HOW DO REVĪVŌ SIGNATURE RETREATS WORK?

Once a booking is confirmed, our Wellness team will get in touch to share our wellness pre-arrival questionnaire which will provide our team with a thorough idea of your current health and what exactly you want to achieve during your stay. There is also an option to have a pre-arrival wellness consultation call if needed. The next step is for the REVĪVŌ experts to design your inclusions and full schedule (treatments, meals, movement classes and rituals).

Your schedule will be presented and explained in detail to you in your personal 'take-home' wellness journal and during your comprehensive arrival consultation, where any changes can be made if needed. There is no one size fits all approach so we do provide flexibility should changes need to be made once in-house.

Please note, Arrival and departure days offer a half-day retreat program each as our check-in time is at 2pm and check-out time is at 12:00, however this can be adjusted based on guest flight schedules with some flexibility. The full day retreat program will begin on the day after arrival and will be accounted from the total nights booked.

EXAMPLE OF A FULL DAY RETREAT SCHEDULE AS FOLLOWS (PERSONALISED FOR EACH RETREAT GUEST):

07:00 am	Morning Mindfulness (eg: Morning 1: Balinese Blessings at our temple)
07:30 am	NŪTRIŌ morning shots (eg: Turmeric, lemon, kombucha)
08:00 am	MOVEŌ Collective Morning Class (eg: Hatha Yoga)
09:00 am	NŪTRIŌ Breakfast
10:00 am	Time at leisure
11:00 am	MOVEŌ Class (eg: Pilates)
01:00 pm	NŪTRIŌ Lunch
03:00 pm	MOVEŌ Collective Class (eg: Meditation, Restorative Yoga, Pranayama)
05:30 pm	REMISSIŌ Spa Treatment (eg: Slimming massage)
07:30 pm	NŪTRIŌ Dinner
09:00 pm	Evening Mindfulness Practice and ritual (eg: Detox Bath time ritual)

PRESS RESET RETREAT

Discover how by kickstarting healthy habits, you can create beneficial changes in multiple aspects of your life. This retreat focuses on a light cleanse routine that will help you to drop your self-limiting habits by achieving significant and substantial physical and emotional changes in order to return you to an optimum state of health and general wellbeing.



THIS RETREAT WILL HELP YOU TO

- Reveal Vibrant skin
- Improve the circulation of your blood
- Re-Fuel the body with healthy nutrients
- Stimulating the liver to drive toxins from the body
 - Enjoy higher energy levels
 - Enjoy greater clarity of thought
- Boost your immune system & rest the organs

NŪTRIŌ MEAL PLAN

Depending on the duration of stay, this retreat offers various levels of optional fasting and juice cleansing. This allows the body to rest from any digestive processes and allow the cells to be deeply cleansed. Throughout the retreat, you will enjoy very light meals alongside plenty of water, juices and teas. There are different levels of fasting and our wellness team will recommend the best option for you.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Modified Ashtanga
- Tibetan Singing Bowl Meditation
- Pilates
- Restorative Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

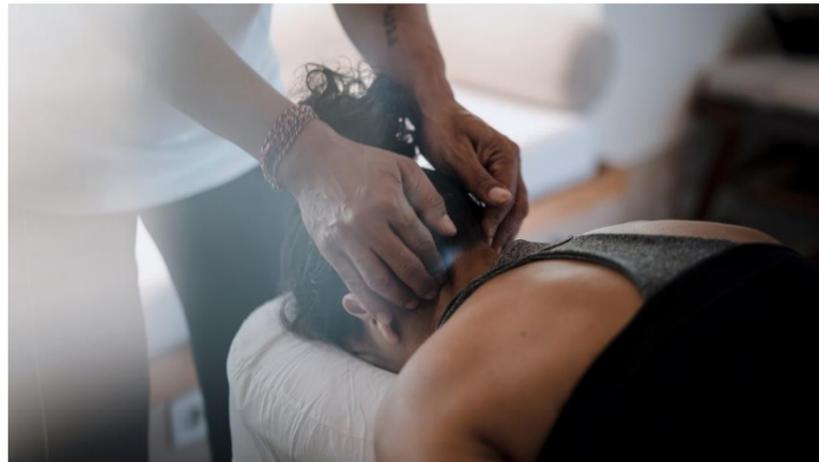
- Sense Aromatherapy Massage
- Soft Pretty Feet
- Herbal Pouch Massage
- Rejuvenate Facial
- Lymphatic Massage
- Javanese Lulur
- Chakra Hot Stone Massage

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Chamomile Tea
- Lavender Eye Pillow
- Sleep Aroma Diffuser (Lavender and Sandalwood)

SLEEP WELL RETREAT

Healthy and quality sleep is one of the most important aspects for achieving a healthier life, especially for preventing premature ageing. Our program will help combat health imbalances that may be causing your sleeping issues. This retreat will 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.



THIS RETREAT WILL HELP YOU TO

- Eliminate body toxins
 - Relieve stress
- Improve health and circulation
- Ease muscle pain and cramps
- Improve sleep patterns and reduce insomnia
 - Reduce the severity of diabetes
- Improve immune function and restore gastrointestinal health

NŪTRIŌ MEAL PLAN

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 contain high amounts of specific antioxidants and nutrients, such as magnesium, that are known to enhance sleep by helping you fall asleep faster or stay asleep longer.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Tibetan Singing Bowl Meditation
- Yin Yoga
- Hatha Yoga
- Restorative Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Abyangam Massage
- Chanting Meditation Shirodhara
- Sense Aromatherapy Massage
- Eye Smoother treatment
- Foot Reflexology
- Sea Salt Scrub
- Herbal Pouch Massage

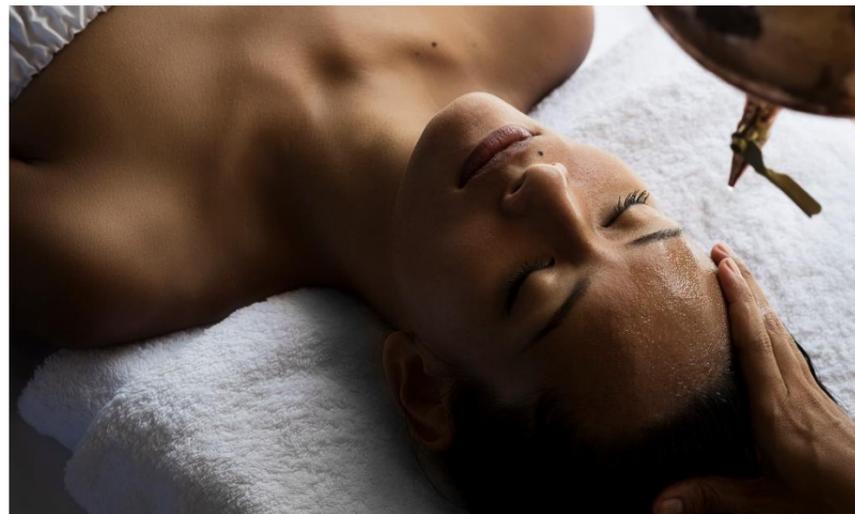
NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Rhythmic Breathing Meditation Lamp
- Lavender Eye Pillow
- Relaxing Bath Ritual
- Mandala Coloring Book Meditation

DE-STRESS & RELAX RETREAT

Poorly managed stress can have severe consequences on your health and may manifest physically, mentally, or emotionally. We will focus on your current lifestyle and main stressors and further discuss your goals including practical tools and techniques, which will be offered 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 to leave you feeling intensely well-rested, relaxed, and renewed. You will return home feeling well-rested, relaxed and ready for anything.



THIS RETREAT WILL HELP YOU TO

- Release accumulated stress in the body
 - Fight sore or tired muscles
- Detoxify the body, release tensed muscles and calm the mind
 - Better manage stressful situations in a calm manner

NŪTRIŌ MEAL PLAN

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.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Yin Yoga
- Water Healing Meditation
- Restorative Yoga
- Tibetan Singing Bowl Meditation

REMISSIŌ SPA TREATMENT EXAMPLES

- REVĪVŌ Signature Massage
- Javanese Lulur
- Sense Aromatherapy Massage
- Healing Reiki
- Chanting Meditation Shirodara
- Oxygen Facial
- Abyangam Massage

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Chamomile tea
- Mandala Coloring Book Meditation
- Sleep Aroma Diffuser (Lavender and Sandalwood)

MINDFULNESS & EMOTIONAL BALANCE RETREAT

Mental and emotional stability are essential cornerstones when it comes to health and wellness. REVĪVŌ'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 find balance. Our wellness coaches and therapists will work with you to break old habits and encourage you towards mindful living in the present moment. Therapies will be centered around holistic energetic practices such as chakra clearing as well as yoga, pranayama, and other breathing techniques



THIS RETREAT WILL HELP YOU TO

- Find Work-Life Balance
- Clear Emotional and Spiritual Blockages
 - Strengthen your Discipline
 - Channel your Energy productively
- Unlock the Gateway to Peace and Tranquility
- Bring awareness to unproductive mind constructs

NŪTRIŌ MEAL PLAN

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 in 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

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Tibetan Singing Bowl Meditation
- Vinyasa Yoga
- Hatha Yoga
- Yin Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Sense Aromatherapy Massage
- Chanting Meditation Shirodhara
- Rejuvenating Facial
- Javanese Lulur
- REVĪVŌ Signature Massage
- Chakra Hot Stone Massage
- Healing Reiki
- Soft Pretty Feet

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Rhythmic Breathing Meditation Lamp
- Relaxing Aromatherapy Candle
- Tibetan Singing Bowl Head Massage
- Mandala Coloring Book Meditation

DETOX, WEIGHT LOSS & RE-SHAPING RETREAT

“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.

The REVIVŌ 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 lifestyle, 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.



THIS RETREAT WILL HELP YOU TO

- Detoxify the Body and boost the immune system
 - Promote Healthy Skin and Hair
- Boost Energy Levels and enhance mental clarity
- Support the Digestive System improving digestion and gut health and better absorption of vitamins and minerals
 - Improve weight management

NŪTRIŌ MEAL PLAN

Our Detox and Weight Loss menu has been designed to help you to detoxify your body and assist in ridding the body of harmful toxins and chemicals that we accumulate on a daily basis. Depending on your requirements and level of Detox intensity, this specific menu can be tailored to your needs to achieve your individual goals. Eg: Liver Detox, Post Pregnancy weight loss or body toning.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Modified Ashtanga
- Circuit Training
- HIIT
- Restorative Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Traditional Herbal Pouch Massage
- REVIVŌ Signature Massage
- IV Infusion (Rejuvenate)
- Slimming Massage
- Spice Blend Body Scrub
- Boreh Body Wrap
- Lymphatic Massage

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Herbal Detoxifying Bath Ritual
- Detox Foot Ritual
- Detox Tea
- Sleep Aroma Diffuser (Lavender & Sandalwood)

LONGEVITY & ANTI-AGEING RETREAT

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 daily classes including yoga and meditation, circuit training, and ritualistic spa therapies all designed to improve your inner and outer landscapes.

Active skincare treatments will further reveal greater texture and tone to your complexion. 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 marvelously rejuvenated.



THIS RETREAT WILL HELP YOU TO

- Remove excess fluid and toxins from the body
 - Boost the lymphatic system
 - Repair the skin on a cellular level
- Reinforce the production of collagen
 - Reduce the signs of cellulite
 - Invigorate your muscles
- Revitalise and hydrate the skin

NŪTRIŌ MEAL PLAN

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 special formula to erase wrinkles away, 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.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Hatha Yoga
- Water Healing Meditation
- Modified Ashtanga
- TRX
- Aerial Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Microdermabrasion/ Galvanic Facial
- Sense Aromatherapy Massage
- IV Infusion (Rise and Shine)
- Slimming Massage
- Oxygen Facial
- REVĪVŌ Signature Massage
- Balinese Hair Coconut Treatment

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Lavender Eye Pillow
- Herbal Detoxifying Bath Ritual
- Chamomile Tea
- Rhythmic Breathing Meditation Lamp

