



REVIVŌ  
WELLNESS RESORTS

## FACT SHEET AND FAQs



“EMBARK ON  
A TRANSFORMATIVE JOURNEY  
TO HEALTH AND HAPPINESS”



## GENERAL:

### **Q: WHAT IS REVIVO WELLNESS RESORT?**

REVIVO invites you to embark on a transformative journey to health and happiness in the serene hills of Nusa Dua, Bali. Set within a luxurious 3-hectare teak tree forest, our resort offers a magical setting for self-discovery and rejuvenation. Immerse yourself in personalized retreats that blend mindful practices, movement classes, meditation, hydrotherapy, and exceptional spa treatments. Nourish your body with our curated food menu, designed to cleanse and energize. At REVIVŌ, you'll leave feeling renewed, revitalized, and ready to embrace a life of vitality, balance, and happiness.

### **Q: WHAT IS THE CHECK-IN AND CHECK-OUT TIME?**

Check-in is at 2:00 PM, and check-out is at 12:00 PM. Early check-in or late check-out can be arranged based on availability.

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For a Retreat stay we have a minimum 3 nights stay however we suggest that 5- 7 nights would be best if time allows it. There is no minimum stay required for a room and breakfast stay.

### **Q: WHAT IS THE BEST TIME OF YEAR TO VISIT BALI FOR A WELLNESS RETREAT?**

Bali is a year-round destination, with the dry season (April to October) offering sunny days perfect for outdoor wellness activities and cooler evenings. The low season (November to March) has its advantages as well, with rain showers typically brief, leaving plenty of time for daytime activities. During this period, the island is less crowded, offering better rates and a more tranquil atmosphere. Our peak periods are through July and August and from 23rd December until 7th January year on year.

### **Q: DOES REVIVO OFFER AIRPORT TRANSFER?**

Yes, we provide airport transfers to and from Ngurah Rai International Airport (DPS) for our guests at an extra charge.

### **Q: IF I TRAVEL WITH MY SPOUSE/FRIEND, AND I'M FOCUSED ON WELLNESS WHILE THEY PREFER A MORE LEISURE VACATION, CAN WE BOTH FIND WHAT WE ARE LOOKING FOR AT REVIVO?**

Yes, REVIVO is designed to cater to a variety of needs. While you immerse yourself in our comprehensive wellness programs, your spouse/ friend can enjoy a more leisurely vacation. They can unwind with relaxing spa treatments, enjoy our serene surroundings, lounge by the pool, or participate in light wellness activities at their own pace. Additionally, there is a golf course nearby where they can enjoy a round of golf. We ensure that both wellness-focused and leisure-oriented experiences are available for all guests.

**Q: ARE CHILDREN ALLOWED AT REVIVO?**

We welcome guests aged 12 and older. Our primary focus is on providing a serene and rejuvenating environment that encourages guests to fully immerse themselves in their wellness journey. Since our resort does not have facilities or programs specifically designed for younger children, we believe that maintaining a peaceful atmosphere is essential to ensuring a deeply restorative experience for all guests. For families traveling with older children, we can offer tailored wellness programs suitable for teenagers.

**Q: CAN GUESTS USE GADGETS (MOBILE PHONES, LAPTOPS, ETC)?**

We encourage guests to connect with nature and minimize distractions for themselves and others by limiting gadget use in common areas, food & beverage outlets, consultation rooms, and transformational spaces. While guests are free to use their phones, we suggest limiting their use in these areas. Guests are welcome to use their electronic devices freely in the comfort of their villa.

**Q: IS REVIVO CONDUCIVE TO GUESTS TRAVELLING ALONE?**

REVIVO is a comfortable retreat for guests travelling in groups and/or solo if they so choose, with retreats and activities catered based on one's own personal development.

**Q: CAN GUESTS STAYING AT OTHER HOTELS VISIT REVIVO FOR A DAY ONLY?**

Yes, guests staying at other hotels may visit REVIVO for day use, subject to availability. These visits must be booked in advance.

**Q: WHAT IS THE WI-FI AND CONNECTIVITY LIKE?**

Wi-Fi is free and available throughout the resort and connectivity is good.

**Q: WHAT LANGUAGES ARE SPOKEN AT REVIVO?**

The primary language spoken at REVIVO is English. If you require translation services, a translator can be booked at an additional charge. For guests who do not speak English, we recommend booking a translator in advance for wellness consultations to ensure clear communication and a seamless experience during your stay.

**Q: ARE YOU CLOSE TO THE BEACH**

We are a short 5-minute drive or 15 minute walk to the beach. We offer complimentary transfers to and from the beach and Nusa Dua town for all of our guests. This can be booked with our front office staff and is subject to availability.

**Q: ARE YOU DISABILITY ACCESSIBLE?**

We strive to accommodate the needs of all our guests; however, we regret to inform you that our facilities are currently not fully accessible for individuals with disabilities. If you have any specific needs, please let us know, and we would be happy to discuss.

# ACCOMMODATION:

## Q: WHAT TYPES OF ACCOMMODATION ARE AVAILABLE AT REVIVO?

REVIVO offers luxurious accommodation in three types of suites and private villas, each designed to provide the utmost comfort and privacy. Options include:

**Garden Suites:** each Garden Suite is 126 square metres in size and has a private garden where guests can enjoy peaceful meals away from the main restaurant.

**Courtyard Suites:** the Courtyard Suites are identical in design to the Garden Suite with an additional private outdoor shower and their own courtyard with a canopied daybed for outdoor relaxing.

**Private Pool Villas:** offering both one and two bedroom Private Pool Villas and set at the main area of the resort, the villas offer exceptional garden views and some are designed with traditional Alang-Alang roofs. The spacious bedroom and living areas open onto an outdoor terrace and a private swimming pool.

**Private Four Bedroom Villa;** the two 4 Bedroom Villas feature walkways that connect pristine gardens to guest suites centered around an expansive private pool. With 4,000 square meters of private land, each villa features a central two-storey building with two ground-floor Garden Suites and an expansive upper level with a living room & lounge area.

## Q: WHAT IS INCLUDED IN THE ROOM RATE?

The room rate includes:

- Daily breakfast Set Menu
- Welcome drink on arrival & In-room Daily fruit basket
- Complimentary use of 25 m lap pool, hot & cold plunge pools, jacuzzi, steam room, infrared detox sauna and gymnasium.
- Complimentary Wi-Fi Internet access throughout the resort.

## Q: WHAT IS THE MAXIMUM CAPACITY PER ROOM?

The maximum capacity is 2 adults, except for 2-bedroom villas, which can accommodate up to 6 people, and 4-bedroom villas, which can accommodate up to 12 people. Only in the 2- and 4-bedroom villas can extra guests stay in an extra bed, and breakfast is included.

>>Garden suite, Courtyard suite and Private pool villa also able to set up a Day bed or extra bed for third person with additional charge

1-bedroom suites and villas include breakfast for 2 guests, 2-bedroom villas include breakfast for 4 guests, and 4-bedroom villas include breakfast for 8 guests.

**Q: ARE THERE TELEVISIONS WITHIN THE GUEST VILLAS?**

To optimize opportunity for rest and relaxation, in a tranquil and supportive environment with minimal external distraction, television units are not included within guest villas as standard.

**Q: ARE THERE GENDER-SPECIFIC AREAS AVAILABLE AT REVIVO?**

Gender-specific areas include a steam room and sauna.

**Q: PRIVACY IS EXTREMELY IMPORTANT TO US> CAN WE HAVE A PRIVATE RETREAT AT REVIVO WITHOUT A FULL RESORT BUYOUT?**

Yes, REVIVO is an ideal destination for those who prioritize privacy. Our 4-bedroom villas offer complete seclusion, allowing you to enjoy your retreat in peace. We can arrange for meals to be cooked and served directly in the villa, as well as private yoga, fitness sessions, and spa treatments within the villa itself. These villas are perfect for hosting small, private retreats or groups that require an extra level of privacy. Additionally, the villas feature large pools for your exclusive use.

## MEALS:

**Q: WHAT DINING OPTIONS ARE AVAILABLE?**

Our on-site restaurant, NŪTRIŌ, offers delicious, nutrient-rich meals. We believe in a simple philosophy – fresh, wholesome, organic and balanced - to serve food as close to its natural state as possible. The focus is on more plant-based (high protein) dishes, which have a balanced amount of healthy fats, are low in carbs and are free from gluten. Our storing and cooking methods are designed to retain most nutrients: we dehydrate, sprout, blanch, cold press and ferment. Our focus is to ensure that every recipe contains ingredients that help your gut to be invigorated, nourished and healed.

**Q: IS THERE ALCOHOL AND COFFEE AVAILABLE?**

Coffee is available as well as a limited selection of alcoholic beverages.

**Q: DOES REVIVO ACCOMMODATE SPECIAL DIETARY REQUIREMENTS?**

Our chefs can prepare for a multitude of dietary requirements and pay close attention to any stated food allergies. We can cater to Vegan, Vegetarian, Gluten-free, Keto and other dietary requirements.

### **Q: IS COMFORT FOOD AVAILABLE?**

REVIVO follows a food philosophy that embodies our core values of nutritional awareness, guest and team education, and responsibly sourced ingredients. In our search for the best ingredients, we consider seasonality, locality, and ethical practices. All guests will be able to naturally eat healthier just as a result of staying at REVIVO with a multitude of common dishes available prepared in a healthier and lighter version, without compromise on taste.

### **Q: DO I HAVE TO FOLLOW A MEAL PLAN?**

If you've booked a retreat program, you can follow a meal plan with delicious and nutritious options. A detox program is more restrictive due to the nature of the program and the results you're aiming to achieve. If you've booked a villa with breakfast included, you can choose your meals à la carte from the menu. Regardless, our wellness advisors are always available to guide you through the nutrition aspect and provide helpful recommendations.

## **WELLNESS:**

### **Q: HOW DO THE WELLNESS RETREATS WORK?**

Once the booking is confirmed our team will get in touch to share our wellness pre-arrival questionnaire which will give our wellness team a thorough idea of your current health and what exactly you want to achieve during your stay. We will then design your inclusions and full schedule including all meals, prior to arrival and any further discussions can be had on arrival during your personalized wellness consultation where any changes can be made if needed. Your schedule can be sent to you prior to arrival and will also be presented and explained in detail to you in your personal wellness journal during your consultation. We will also provide you with some pre-arrival tips to prepare for your stay.

### **Q: WHAT WELLNESS RETREATS ARE AVAILABLE?**

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.

- De-Stress & Relax
- Mindfulness & Emotional Balance
- Sleep Well & Reset
- Detox & Cleanse
- Immunity & Gut Balance
- Sustainable Weight Loss

### **Q: WHAT IS INCLUDED IN A WELLNESS RETREAT?**

Our wellness retreats include:

- Pre-arrival questionnaire
- Airport assistance and return transfers
- Wellness evaluation
- Personalized retreat journal
- Daily healthy set menus meals (Breakfast,lunch and dinner) with non-alcoholic drinks
- Daily in-room mindful rituals
- Complimentary healthy minibar for retreat guests
- REVĪVŌ gift
- 2 x Daily Moveo Collective class
- 1 x Daily 60-minute spa treatment
- 1 Or 2 x Advanced Vitality Therapy session per Stay
- 1 x Holistic Nutritional Guidance Consultation per Stay (For Detox & Cleanse,Immunity & Gut Balance & Sustainable Weight Loss )

### **Q: DO YOU OFFER PERSONALIZED WELLNESS PROGRAMS?**

Yes, all our wellness programs are fully customizable to meet your unique needs. Upon arrival, you will undergo a wellness consultation with our expert team, who will tailor your program based on your health goals, preferences, and current state of well-being.

### **Q: I PRE-BOOKED A RETREAT, BUT AFTER MY WELLBEING CONSULTATION DECIDED TO CHANGE TO ANOTHER PROGRAMME. IS THIS POSSIBLE?**

Yes, a guest may change their Retreat prior to the first session. Any amount paid will be credited towards a programme of a higher price. No refunds are provided should the new programme be of a lower price point, and any variance applied as a wellbeing credit.

### **Q: CAN I REPLACE A TREATMENT/SESSION INCLUDED IN MY RETREAT WITH ANOTHER TREATMENT/SESSION?**

Retreats are designed to achieve specific goals, and we select treatments and sessions with that purpose in mind. However, after a consultation with your wellness advisor, adjustments may be possible. If you'd like to enjoy additional sessions, they can be booked separately in addition to your retreat program.



**Q: IF I TRAVEL WITH MY SPOUSE OR FRIEND, DO THEY ALSO HAVE TO PARTICIPATE IN A RETREAT?**

No. Couples are welcome to participate in Retreats or they can go separate ways. While one guest enjoys their curated Retreat, other travelers may spend their time how they choose.

**Q: CAN I BOOK ADDITIONAL WELLNESS SERVICES OR TREATMENTS DURING MY STAY?**

While Absolutely! Our resort offers a wide range of à la carte treatments and activities that can be booked in addition to your retreat package. This includes massages, facials, private fitness sessions, and more. We recommend booking in advance to ensure availability.

**Q: HOW LONG SHOULD I STAY TO EXPERIENCE THE FULL BENEFIT OF A RETREAT?**

While we offer programs ranging from 3 to 14 days, we recommend a minimum of 7 days to fully experience the transformative effects of our retreats. Longer stays allow for deeper immersion and greater results.

**Q: WHAT IF GUESTS HAVE SPECIAL HEALTH CONCERNS OR PARTICULAR GOALS? SHOULD THEY ADVISE IN ADVANCE?**

Guests will receive a Pre-Arrival Wellbeing Questionnaire from our Wellness Consultant after reservation is confirmed. The Pre-Arrival Questionnaire includes questions about guests' health concerns, medical history, lifestyle, and objectives for their stay at REVIVO. To be best prepared for a guest's stay, it is asked that a completed Pre-Arrival Questionnaire is provided prior to arrival.

**Q: DO I NEED TO BOOK WELLBEING TREATMENTS IN ADVANCE?**

To avoid any disappointment in obtaining preferred dates/time for wellbeing treatments, it is recommended for a guest to provide their preferences as part of the pre-arrival wellbeing questionnaire.

**Q: DO YOU OFFER WELLNESS SERVICES FOR COUPLES OR GROUPS?**

Yes, we can create special wellness programs for couples, friends, and small groups. Whether you're looking for a romantic wellness getaway or a shared experience with friends, our programs can be customized to fit your needs.

**Q: WILL THERE BE PSYCHOLOGICAL SUPPORT FOR STRESS RELIEF OR ONLY PHYSICAL TREATMENTS?**

At REVIVO we have a variety of Alternative Medicine Professionals and Master Visiting Practitioners with an array of tools to support our guests' journeys.

**Q: ARE THERE RETREATS FOR MUMS-TO-BE?**

Retreats for mums-to-be can be tailor-made on request.

**Q: WHAT IS THE DIFFERENCE BETWEEN THE DETOX AND WEIGHT-LOSS RETREATS?**

The Detox Retreat focuses on cleansing the body by eliminating toxins, improving digestion, and restoring balance through a combination of nutrition, spa treatments, and mindfulness practices. It is designed to refresh and rejuvenate your body and mind.

The Weight-Loss Retreat, on the other hand, is specifically designed to help you achieve sustainable weight loss through a structured program of nutrition, fitness, and wellness practices. This retreat emphasizes healthy eating habits, physical activity, and overall lifestyle changes to promote long-term weight management.

Both retreats offer a holistic approach to well-being, but the Detox Retreat centers on cleansing and rejuvenation, while the Weight-Loss Retreat is focused on achieving and maintaining a healthy weight.

**Q: WHAT TYPE OF FITNESS/MOVEMENT CLASSES ARE OFFERED AND HOW CHALLENGING ARE THEY?**

REVIVO guests will have the opportunity to participate in a wide variety of MOVEO classes and daily activities for each level of fitness ability. Our movement professionals are well trained in modifying fitness classes and exercise moves, making sure each guest engages in safe, level-specific fitness.

**Q: IS IT POSSIBLE TO STAY IN TOUCH WITH WELLNESS EXPERTS AFTER MY RETREAT AT REVIVO?**

Yes, you can stay in touch with our wellness experts even after your retreat ends. We understand that maintaining your wellness journey is important, so we offer follow-up consultations and support remotely. Whether you need guidance on nutrition, fitness, or mindfulness practices, our team is available to assist you via email, phone, or virtual sessions. This ensures that the benefits of your retreat continue to support your well-being long after you've left REVIVO.

**Q: I AM A YOGA INSTRUCTOR/FITNESS COACH/WELLNESS COACH PLANNING TO TAKE MY STUDENTS TO REVIVO, WHAT CAN YOU OFFER FOR ME AND MY GROUP?**

REVIVO is an ideal location for a wellbeing retreat. We tailor activities according to group objectives and goals. Please get in touch with our sales and reservation team to draft your itinerary.

# WEDDINGS:

## **Q: CAN REVIVO BE BOOKED AS A WEDDING DESTINATION?**

Yes, REVIVO offers a unique and serene setting for intimate weddings. Nestled in the tranquil hills of Nusa Dua, Bali, our luxury resort provides the perfect backdrop for a romantic and memorable celebration. We offer personalized wedding packages that include everything from exquisite catering to wellness experiences, ensuring that your special day is both beautiful and stress-free. Whether you're planning a small, intimate ceremony or a slightly larger gathering, our team will work with you to create a bespoke wedding experience that reflects your vision.

## **Q: WHAT IS THE MAXIMUM SIZE OF A WEDDING THAT CAN BE HOSTED AT REVIVO?**

REVIVO is best suited for intimate weddings, with a maximum capacity of around 50 - 100 guests. Our serene and private setting allows for a more personalized experience, making it ideal for those seeking a smaller, more exclusive celebration.

## **Q: WHAT IS INCLUDED IN REVIVO'S WEDDING PACKAGE?**

The wedding package includes accommodation and wedding reception dinner as ordered, please request our wedding packages brochure for further information.

## **Q: IS IT POSSIBLE TO BOOK A FULL RESORT BUYOUT FOR A WEDDING AT REVIVO?**

Yes, a full resort buyout is available for those who want complete privacy and exclusivity for their wedding. With a buyout, you and your guests will have exclusive access to all of REVIVO's facilities, including our luxury accommodation, spa, and wellness areas. This option ensures a fully personalized experience and allows you to celebrate your special day in total seclusion.

## **Q: CAN WE INCORPORATE WELLNESS EXPERIENCES INTO OUR WEDDING AT REVIVO?**

Absolutely! REVIVO is known for its wellness-focused approach, and we can incorporate wellness experiences into your wedding celebration. This can include pre-wedding spa treatments, meditation or yoga sessions, and post-wedding wellness programs to help you and your guests relax and rejuvenate. We tailor our wellness offerings to complement your wedding, ensuring that the celebration is not only memorable but also restorative.

## **Q: HOW FAR IN ADVANCE SHOULD WE BOOK REVIVO AS OUR WEDDING DESTINATION?**

We recommend booking as early as possible to ensure availability, especially if you are interested in a full resort buyout. We suggest booking at least 6 to 12 months in advance, depending on the season and your specific needs. This allows ample time to plan and customize your wedding experience. For smaller weddings, we can accommodate with shorter notice.



