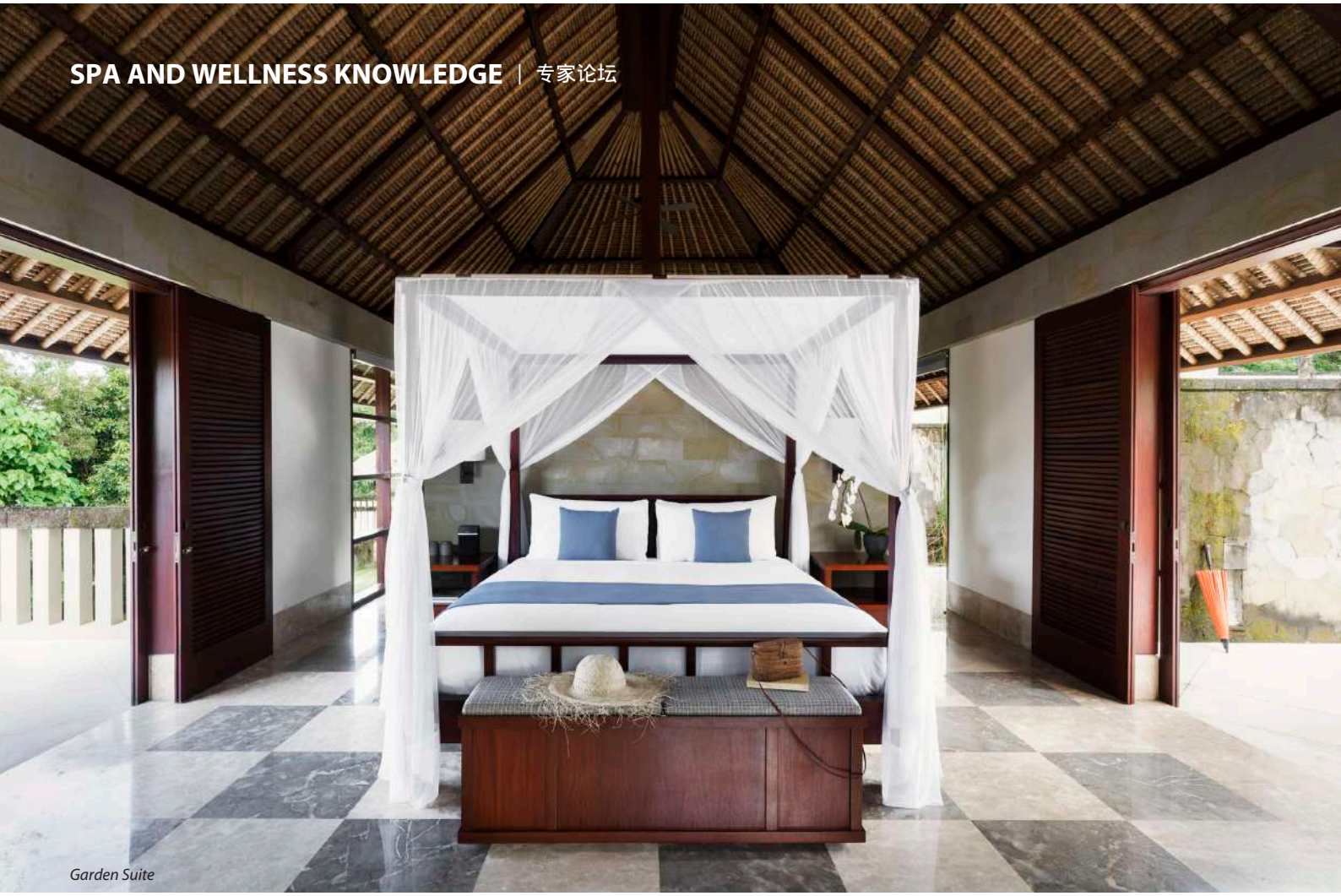


Garden Suite

遁入REVĪVŌ焕活新生

在这里，你将被温柔地引导，找回那个真实的自己。Richard Williams文

生命中很多时候，我们需要的不仅仅是一个可以帮助减肥的饮食计划，或是一项强效塑形的锻炼项目，我们渴求慰藉、舒适、安稳、关心和善意，我们在寻找一个避难所，一个疗愈圣地。过去三年里，我们经历了太多的忧伤、迷失、压力、失落。无论是身体还是心灵都承担了太多重担，我们需要将这些重担快速的移除！谁不想再次变得幸福而充盈？在这个时候，我们需要被正确的引导以及被治愈。

还有什么是比对自己投资更明智的选择呢？这是我们应得的，我们需要他人的帮助。无论读了多少本“自我帮助”的书籍，预定了多少在线冥想课程或养生讲座，我们不可能靠自己完成所有事情。所以我的建议是，去到一个美丽的养生目的地，将忙碌的日常生活抛在身后，关掉手机，放下电脑，停止工作，也暂别伴侣、孩子、亲友、宠物，真正开始一段呵护自我的旅程。这时，你将重新审视“我必须做”和“我想要做”的区别。

REVĪVŌ就是这样一处帮助你修复身心的所在，你将在这里找回真实的自己。也许长久以来因为各种原因，你一直将那个真实的自己藏了起来。我建议，在体验过程中，尝试着彻底的交托，让身心得到完全释放。别误会，这里可不是集训营，而是一个奢华的养生目的地，你将被温柔地引导，重拾那个完整的、最佳状态的自己。当然，没有人会强迫你关掉电子设备，但是相信我，这么做将对你会很有帮助。

REVĪVŌ是拉丁语，意思是“新生”，度假村专注于为客人打造真正能带来蜕变转型的健康养生体验，引导客人深入发掘自我，重拾幸福。同时，REVĪVŌ积极支持当地社区，参与环保实践，为共建健康未来做出自己的贡献。记得一定要在度假村的有机花园里逛逛，看看当季出产。

REVĪVŌ的每个字母都有自己含义。

R – REMISSIŌ / FORGIVENESS（原谅），接受与包容才能原谅。

E – ELAVO / CLEANSE（净化），净化身心灵，才能茁壮成长。

V – VERITAS / TRUTH（真理），寻找真理。

I – INTUS / WITHIN（内省），时常内省，才能走得更远。

V – VITA / WAY OF LIFE（生活之道），思考本身并不足以带来持久的变化。

O – OPULENTIA / ABUNDANCE（富足），富足不是我们获得的东西，而是真正适合我们的事物。

REVĪVŌ养生度假村坐落在巴厘岛南部努沙杜瓦的山丘中，沉浸于烂漫微风，置身占地3公顷的柚木森林，拥有精美的花园套房和别墅、纱幔床、极简主义装饰、下沉式浴缸、带有莲花水景的茂密热带花园、户外休息凉亭，以及数个游泳池。

办理入住手续时，迎接我的是我看到过

Aqua Yoga Portrait

的最灿烂的笑容(所有工作人员都非常热情真诚)。他们向我介绍了度假村和我将入住的套房。抵达前，我已在线填写了调查问卷，并得到了一份住宿期间的“静修计划”，包括每日安排、正念小贴士、饮食菜单等。

REVĪVŌ提供一系列丰富的健康项目，灵感来源于古老的养生传统，客人可根据自己的健康目标，从六大沉浸式疗养项目中进行选择——减压与放松、免疫优化、情绪平衡与思维训练、睡眠改善、抗衰老&长寿与排毒、减肥与塑身。参与项目前，每位客人都会与一位持证养生专家进行全面的健康问询，度假村里的专家团队拥有多学科背景，如营养学、传统中医学、阿育吠陀、草药学、健身生理学等。另外，在我造访度假村期间，还有一位藏医受邀作为驻地大师为客人提供服务。

从早上7点送到房间里的健康套餐，直到黄昏，你的日程将会被安排得满满的。在这里你绝对不会感到无聊。你会很感谢度假村里无处不在的大玻璃窗，它们让你能够尽情放松、沉思。千万不要忍不住又拿起工作去做，给自己放个假，关掉电子设备，完全投入疗愈时光。

清晨跟着巴厘岛牧师祈祷，参与丰富的瑜伽课程(包括新颖的空中瑜伽、浆板瑜伽)、垫上普拉提、HIIT、TRX、拳击等等。我每天都

Coco Pesto Pasta

会上两节瑜伽课，对此我自己都感到很惊讶，但同时也很感恩，因为我的年龄和背部问题，瑜伽老师对我特别照顾。

REMISSIŌ Spa将传统的巴厘岛疗法、阿育吠陀和西方医学相融合。当然，作为水热疗法（特别是温差对比强烈的健康体验）的忠实粉丝，我尽情享受了Spa里的各项水热设施，如远红外桑拿、蒸汽浴、按摩浴缸、热水池和冷水池。REMISSIŌ Spa里的冷水池是我试过最好的，它真的非常冷。在热水池和冷水池的交替体验中，我不得不做好充分的呼吸练习，但是体验过后的感觉非常棒！顺便说一下，这里的设施都非常干净。

REVĪVŌ对睡眠非常重视，度假村开发出一套完整的睡眠优化理念和体系，叫做NOCTURNŌ，从睡眠管家、有利于睡眠的食物、沐浴仪式、灯光疗法和水疗护理，确保每位客人在入住期间都能得到优质的睡眠。我很少有睡眠问题，但还是很喜欢这个装有遮光百叶窗的房间。躺在舒适的大床上聆听大自然的声音，甚至是屋顶上滴落的绵绵细雨，感觉很美妙。

食物是度假村的重头戏。由Aliwala厨师精心烹饪的各样菜式非常美味，富含益生元、益生菌和酵素的健康素食菜谱令我印象深刻。其中我最喜欢的一道菜是可可酱意大利面——西葫芦、青豆、樱桃番茄融合牛油果酱、新鲜椰肉、螺旋藻和酵母调料，带给味蕾无限惊喜！

离开度假村时，我感到神清气爽，精神焕发。并且我开始学习践行相当严格的营养计划，在开始时，确实不容易，对于我这样一个美食爱好者来说，不能吃肉、乳制品、糖、麸质、酒精和鸡蛋真是太有挑战了。但不得不说，这是一段非常有趣又充满教育意义的旅程。现在距离我离开REVĪVŌ已经有两个月的时间了，我瘦掉了6公斤。2020、2021年，因为疫情，我长胖了很多，现在距离我的减重目标仍有距离，但我在情感上依然变得更强大、更积极。

来REVĪVŌ养生度假村，好好犒赏自己吧！

Richard Williams
出生于新西兰的Richard在酒店行业拥有39年的工作经验，他的专长是为客户开发水疗理念、提供水疗培训和运营咨询。他所参与的项目包括北京璞瑄酒店、吉隆坡如玛酒店、厦门七尚酒店、广州W酒店、印尼JHL Solitaire Serpong酒店、巴厘岛努沙杜瓦威斯汀天梦水疗、吉隆坡瑞吉酒店、马尔代夫瑞吉酒店。Richard也是澳大利亚水疗协会、新加坡水疗养生协会、亚太水疗养生联合会的创建人员之一，在亚洲生活工作已有20余年，最近九年常驻巴厘岛。

Richard is a New Zealander by nationality with over 39 years in the hospitality industry, working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. Richard develops spa concepts, conducts spa training and operational consulting. Projects have included The Puxuan, Beijing, The Ruma, KL, Lohkah, Xiamen, W Hotel, Guangzhou, JHL Solitaire Serpong, Java, Heavenly Spa at Westin, Nusa Dua, Bali, St. Regis, KL, St.Regis, Maldives. A founding member of ASPA, the Australasian Spa Association, SWAS Spa & Wellness Assoc. Singapore, and APSWC Asia Pacific Spa & Wellness Coalition. Richard has spent over 20 years in Asia, the last 9 in Bali, Indonesia. After the Covid pandemic, Richard has returned to Bali where he continues to offer consulting services.

Retreat and Revive Yourself at Revīvō Wellness Resort Bali

This is a luxury destination where you are gently guided in the direction of the optimal you, the whole you. By Richard Williams

There are times in all our lives where we are seeking more than a diet plan to lose weight or a magical exercise to tone and trim. We seek solace, we seek comfort, reassurance, care, kindness. We want sanctuary, we want refuge. The last few years have left most of us fractured, adrift, hurt, grieving, lost, stressed, unmotivated. We are heavier physically and emotionally, and we need to lighten this load quick-smart! Who doesn't want to be lighter and happier again, and seek guidance, counsel, validation, and nurturing.

What better choice and investment than in yourself. We deserve it, and some of us need help. We cannot always do everything ourselves, regardless of how many self-help books we read, online meditation classes or wellness Zoom courses we sign up for. To be transported physically to some beautiful destination where we leave our busy lifestyles behind, our partners, our kids, our family's, our pets. Where we can literally switch off the phone, decompress, and focus on "me."

Stretch

"How fabulous," you say to yourself, "how amazing," "what a dream," as you flick through another page of SpaChina Magazine searching for something you're still a little unsure of what exactly.

Let me tell you right now, it's not easy to give your SELF permission to focus on you. To invest in your health and wellbeing, and to, as I mentioned, "switch off." The "digital detox…" switch off your phone, put aside your laptop, and your work, no TV screen time. Because that's what I am recommending that you do. Because that would truly facilitate your very best experience, challenging your concepts of 'wants' and 'needs,' disrupting your comfort zone.

REVĪVŌ Wellness Resort is just the place to retreat to because this is where you may actually discover your authentic self, maybe you've been hiding who you really are for whatever reason. I suggest that you surrender to the process and allow yourself to release on a physical and soulful level. Don't get me wrong, this ain't bootcamp! This is a luxury destination where you are gently guided in the direction of optimal you, the whole you. You are not forced to switch off, but trust me, do yourself a favour and take my advice.

Meaning, "I live again" in Latin, REVĪVŌ, working on the concept of rebirth, specialize in transformational health and wellness experiences offering guests a unique journey to self-discovery and happiness. Meanwhile positively supporting the local community and partaking in regenerative practices, with the hope to create a healthier future. Don't miss a stroll around the organic garden and see what is seasonally available.

Allow me to share with you the REVĪVŌ METHODOLOGY –

R – REMISSIŌ / FORGIVENESS Acceptance is the road to forgiveness

E – ELAVO / CLEANSE It's important to cleanse the body mind and spirit, to truly thrive

V – VERITAS / TRUTH Finding one's truth

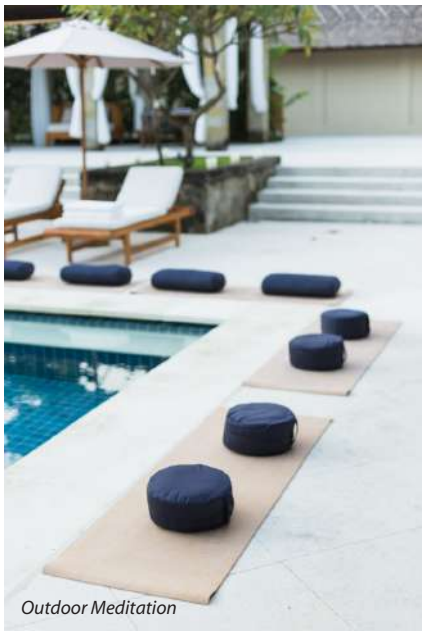
I – INTUS / WITHIN If you do not go within, you go without

V – VITA / WAY OF LIFE Thinking on its own is not sufficient to create lasting change

O - OPULENTIA / ABUNDANCE Abundance is not something we acquire, it is something we tune into

Set amidst the breezy hills of Nusa Dua, South Bali, REVĪVŌ is spread across 3 hectares of teak forests with beautifully appointed garden suites and villas, voile swathed beds, chic minimalist décor, sunken bathtubs, lush tropical gardens with lotus flower water features, outdoor resting bales, and access to a multitude of swimming pools.

Greeted by the biggest smile upon check-in, (ALL the staff are incredibly warm and authentic). I'm given an orientation of the property and my suite. I have filled in my Pre-arrival


Outdoor Meditation

Suite Bathroom

Questionnaire online and I am passed a Retreat Journal for my stay which includes my daily schedule, mindfulness tips, subsequent menu offerings and recipes too.

REVĪVŌ offers a range of wellness programs inspired by ancient healing traditions with six Signature immersive retreats to choose from depending on your individual goals. These are De-stress & Relax, Immune Reset, Emotional Balance & Mind Training, Sleep Well, Anti-Ageing & Longevity and Detox, Weight Loss & Reshaping. Every guest begins with a thorough Arrival Consultation with a qualified wellness practitioner, and you will find each with a different skills-set from Nutrition, Traditional Chinese Medicine, Ayurveda, Herbal medicine, and Fitness Physiology. Currently in residence is a Doctor of Tibetan Medicine.

From the 7am trio of healthful shots delivered to your room, until dusk, your schedule is full. Boredom simply isn't an option, and you will treasure those windows of time where you can recover, relax, swim, and reflect on how you are doing. Don't be tempted to catch up on work, give yourself permission to truly switch off and commit to this 110%.

Activities range from morning blessings with a local Balinese priest, multiple yoga options that includes Aerial Yoga, SUP in the main pool, Mat Pilates, and Reformer one on ones, HIIT classes, TRX, Boxing to name a few. I surprised myself with 2 yoga classes a day and was very thankful, for my age and my back issues to be recognized and responded to with

Breakfast Fruit

such attention and consideration by the Yoga teacher, really…I was quite taken with the care.

REMISSIŌ Spa merges traditional Balinese healing traditions with Ayurveda, and western modalities. You'll find a Vichy shower suite and their own private pool. A big fan of hydro-thermal and contrast therapies I enjoyed full use of the far infra-red sauna, the steam, jacuzzi, hot and cold plunge. That cold pool was quite honestly the best I've tried, it was so damn cold, and I made sure I put in the requisite breathwork and time going between the two plunge pools. How did I feel afterwards? Amazing! And by the way, the facility was pristine clean including the thermal.

REVĪVŌ takes sleep seriously, there is a whole concept called NOCTURNŌ, a significant foundation to your stay and guarantees you the best night's sleep. From sleep butlers, foods conducive to sleep, bath rituals, a light therapy and spa treatments…slumber is assured. I seldom have issues with sleep, but I appreciate a room that has black-out-blinds, and listening to nature, even gentle rain on the ylangylang roof, in a big cozy, comfy bed is just lovely.

Saving the best until last, the food, which is curated by consulting chef Aliwala, is fantastic. At no time did I feel hungry or needy and enjoyed a mainly vegetarian/raw menu of pro & prebiotics, enzymatic, healthy, and wholesome recipes. One of my favorite dishes was the Coco Pesto Pasta; raw zucchini, green beans, and cherry tomatoes with an avocado pesto, fresh coconut, spirulina, and nutritional yeast seasoning…delicious!

I have come away feeling refreshed, revived, and inspired. I have been following a nutritional plan that has been quite stringent and to start, quite a challenge for a foodie like me. With no meat, dairy foods, sugar, gluten, alcohol, and eggs, it has been a very interesting journey, and I have enjoyed educating myself further with food options. I am writing this two months after the visit, and wanted to share with you that I have lost 6 kilos. I put on a lot of weight during the 2020/2021 COVID pandemic, and I still have a way to go, but I feel emotionally stronger and more positive.

Do your SELF a favor and book in to REVĪVŌ Wellness Resort, Bali!