

WELLNESS PACKAGES

Our Practitioner can recommend and customize a program that can include a relaxation, rejuvenation, detoxification, health and wellness program. The yoga and meditation are scheduled based on your constitution.

Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

2 Nights: Pampering

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return Airport Transfer
- Morning yoga & meditation
- One (1) Wellness consultation
- Six (6) Ayurvedic and spa treatments*
- Two (2) Yoga class

Itinerary details :

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath) + Snana bath

Day 2: Yoga + Meditation + Abhyanga oil massage and Herbal Scrub + Shirodhara + Meditation

Day 3: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

3 Nights: Relaxation

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness consultation
- Eight (8) Ayurvedic and spa treatments*
- Three (3) Yoga classes

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Abhyanga oil massage and Avagaha sweda bath + Shirodhara

Day 3: Yoga + Meditation + Njavarakhizi and Bashpasweda bath + Open Chakra

Day 4: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

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- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

5 Nights: Rejuvenation

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness consultation
- Ten (10) Ayurvedic treatments*
- Five (5) Yoga classes
- One (1) Excursion

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Sarvangadhara

Day 3: Yoga + Meditation + Abhyanga oil massage and Snana bath + Shirodhara

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Podikizhi massage and Bashpasweda bath

Day 6: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

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- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

7 Nights: Detoxification

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness consultation
- Fifteen (15) Ayurvedic treatments*
- Seven (7) Yoga classes
- Two (2) Excursions

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Sarvangadhara

Day 3: Yoga + Meditation + Podikizhi massage and Bashpasweda bath + Open Chakra

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Abhyanga oil massage and Snana bath + Shirodhara

Day 4: Yoga + Meditation + Excursion

Day 7: Yoga + Meditation + Marma energy massage and Bashpasweda bath + Netradhara and Nasyam

Day 8: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

7 Nights: Slimming

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness Consultation
- Sixteen (16) Ayurvedic treatments*
- Six (7) Yoga Classes
- Two (2) Excursions

Itinerary details :

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Udwartana massage and Bashpasweda bath + Padabhyangam

Day 3: Yoga + Meditation + Open Chakra massage + Elakizhi + Padaghata

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Udwartana maasage + Padaghata

Day 6: Yoga + Meditation + Udwartana massage and Avgaha sweda bath + Shirodhara

Day 7: Yoga + Meditation + Excursion + Udwartana massage and Bashpasweda bath + Abhyanga oil

Day 8: Yoga + Meditation + Ayurvedic Facial

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Our Practitioner can recommend and customize a program that can include a relaxation, rejuvenation, detoxification, health and wellness program. The yoga and meditation are scheduled based on your constitution.

Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

7 Nights: Stress Relief

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness Consultation
- Seventeen (17) Ayurvedic treatments*
- Six (7) Yoga Classes
- Two (2) Excursion

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Abhyanga oil massage and Bashpasweda bath + Shirodhara

Day 3: Yoga + Meditation + Open Chakra massage and Bashpasweda bath + Padabhyangam

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Shiro abhyangam massage and Snana bath + Sarvangadhara

Day 6: Yoga + Meditation + Abhyanga oil massage and bashpasweda bath + Shirodhara

Day 7: Yoga + Meditation + Excursion + Abhyanga fruit massage and Bashpasweda bath + Talapotichil

Day 8: Yoga + Meditation + Ayurvedic Facial

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Our Practitioner can recommend and customize a program that can include a relaxation, rejuvenation, detoxification, health and wellness program. The yoga and meditation are scheduled based on your constitution.

Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

13 Nights: Health

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness consultation
- Thirty one (31) Ayurvedic treatments*
- Thirteen (13) Yoga Classes
- Three (3) Excursions

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Abhyanga oil massage and Snana bath + Shirodhara

Day 3: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Sarvangadhara

Day 3: Yoga + Meditation + Podikizhi massage and Bashpasweda bath

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Marma energy massage and Bashpasweda bath + Shiroabhyanga

Day 6: Yoga + Meditation + Abhyanga fruit massage and Snana bath + Hair cream bath

Day 7: Yoga + Meditation + Pichilil and Avagaha sweda bath

Day 8: Yoga + Meditation + Excursion

Day 7: Yoga + Meditation + Podikizhi massage and Bashpasweda bath + Shirodhara

Day 8: Yoga + Meditation + Elakizhi massage and Snana bath + Talapotichil

Day 9: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Netratarpana

Day 12: Yoga + Meditation + Excursion + Open Chakra massage

Day 13: Yoga + Meditation + Abhyanga ghee massage and Baspasweda bath + Netradhara

Day 14: Yoga + Meditation + Ayurvedic Facial

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Our Practitioner can recommend and customize a program that can include a relaxation, rejuvenation, detoxification, health and wellness program. The yoga and meditation are scheduled based on your constitution.

Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

13 Nights: Slimming

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Return airport transfer
- Morning yoga & meditation
- One (1) Wellness Consultation
- Thirty Four (34) Ayurvedic treatments*
- Thirteen (13) Yoga Classes
- Three (3) Excursions

Itinerary details :

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Udwartana massage and Bashpasweda bath + Padabhyangam

Day 3: Yoga + Meditation + Open Chakra massage + Elakizhi + Padaghata

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Udwartana maasage + Padaghata

Day 6: Yoga + Meditation + Udwartana massage and Avgaha sweda bath + Shirodhara

Day 7: Yoga + Meditation + Excursion + Udwartana massage and Bashpasweda bath + Abhyanga oil massage

Day 8: Yoga + Meditation + Open Chakra massage + Padabhyangam + Avgaha sweda bath

Day 9: Yoga + Meditation + Padabhyangam + Elakizhi + Sarvangadhara + Snana Bath

Day10: Yoga + Meditation + Open Chakra massage + Padabhyangam + Elakizhi + Avgaha sweda bath

Day 11: Yoga + Meditation + Marma Energy massage + Shiroabhyangam + Avagaha sweda bath

Day12: Yoga + Meditation + Excursion + Elakizhi

Day 13: Yoga + Meditation + Abhyanga oil massage + Talapotichil + Avagaha sweda bath

Day 14: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

13 Nights: Stress Relief

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Morning yoga & meditation
- One (1) Wellness Consultation
- Thirty Six (36) Ayurvedic treatments*
- Thirteen (13) Yoga Classes
- Three (3) Excursion

Itinerary details:

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Abhyanga oil massage and Snana bath + Shirodhara + Sarvangadhara

Day 3: Yoga + Meditation + Padaabhyangam + Bashpasweda Bath + and Avagaha sweda bath + Sarvangadhara

Day 3: Yoga + Meditation + Open Chakra massage and Bashpasweda bath + Shirodhara

Day 4: Yoga + Meditation + Excursion + Njavarakizhi

Day 5: Yoga + Meditation + Abhyangam oil massage and Bashpasweda bath + Shiroabhyangam

Day 6: Yoga + Meditation + Abhyanga fruit massage + Snana bath

Day 7: Yoga + Meditation + Marma Energy massage and Avagaha sweda bath + Shiroabhyangam

Day 8: Yoga + Meditation + Excursion + Padaabhyangam

Day 7: Yoga + Meditation + Talapotchil + and Bashpasweda bath + Shirodhara

Day 8: Yoga + Meditation + Elakizhi massage and Snana bath + Talapotchil

Day 9: Yoga + Meditation + Open Chakra massage and Bhaspasweda sweda bath + Netratarpana

Day 12: Yoga+ Meditation + Excursion + Open Chakra massage

Day 13: Yoga + Meditation + Shirodhara massage and Bhaspasweda bath + Nasyam

Day 14: Yoga + Meditation + Ayurvedic Facial

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Program Inclusions

- Accommodation
- Welcome drink and chilled towel upon arrival
- Daily flowers and fruit basket
- Participation in the resort's daily activities
- Daily afternoon tea
- Daily 2 bottles of mineral water
- Free WI-FI in all areas

21 Nights: Wellness

- Daily breakfast, lunch and dinner (includes standard beverages**)
- Morning yoga & meditation
- One (1) Wellness Consultation
- Forty-Eight (48) Ayurvedic treatments*
- Twenty (21) Yoga Classes
- Four (4) Excursions

Itinerary Details :

Day 1: Arrival + Wellness Consultation+ 2 hours Balinese Boreh Ritual (Balinese Massage, Boreh, flower bath)

Day 2: Yoga + Meditation + Abhyanga oil massage and Snana bath + Shirodhara

Day 3: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Sarvangadhara

Day 3: Yoga + Meditation + Podikizhi massage and Bashpasweda bath

Day 4: Yoga + Meditation + Excursion

Day 5: Yoga + Meditation + Marma energy massage and Bashpasweda bath + Shiroabhyanga

Day 6: Yoga + Meditation + Abhyanga fruit massage and Snana bath + Hair cream bath

Day 7: Yoga + Meditation + Pichilil and Avagaha sweda bath

Day 8: Yoga + Meditation + Excursion

Day 7: Yoga + Meditation + Podikizhi massage and Bashpasweda bath + Shirodhara

Day 8: Yoga + Meditation + Elakizhi massage and Snana bath + Talapotichil

Day 9: Yoga + Meditation + Udwartana massage and Avagaha sweda bath + Netratarpana

Day 12: Yoga + Meditation + Excursion + Open Chakra massage

Day 13: Yoga + Meditation + Abhyanga ghee massage and Baspasweda bath + Netradhara

Day 14: Yoga + Meditation + Udwartana massage + Sarvangadhara +Bashpaweda Bath

Day 15: Yoga + Meditation + Abhyangam Oil massage + Snana Bath + Shirodara

Day 16: Yoga + Meditation + Excursion + Open Chakra

Day 17: Yoga + Meditation + Pada Abhyangam + Nasyam + Avagaha Sveda Bath

Day 18: Yoga + Meditation + Marma Energy + Shiroabhyangam

Day 19: Yoga + Meditation + Talapotichil + Snana Bath + Open Chakra

Day 20: Yoga + Meditation + Njavarakizhi + Bashpaweda Bath

Day 21: Yoga + Meditation + Ayurvedic Facial