



PROGRAM

Renew – The Detox and Cleanse Retreat (Package Duration – 5, 7, 10 or 14 nights)

Featuring a detoxifying diet, specially developed by our in-house nutritionist, the package includes daily group wellness activities, complemented by beneficial spa treatments to help restore your mental and physical wellbeing.

Relax – The Yoga and Mindfulness Retreat (Package Duration – 3, 5, 7, 10 or 14 nights)

Through personalised consultations by our in-house yogi, group meditation classes and a variety of revitalizing yoga sessions, the programme aims to restore your body's natural rhythm and help you achieve inner peace and balance.

Revive – The Emotional Wellbeing Retreat (Package Duration – 5, 7, 10 or 14 nights)

This programme aims to eliminate stress, balance energy levels and rejuvenate the mind and spirit using mind and body therapy, healthy eating and one-on-one sessions with experienced life coaches.

Revitalise – The Spa Wellbeing Retreat (Package Duration – 3, 5, 7, 10 or 14 nights)

Through a range of rejuvenating treatments that pamper all six senses, this blissful retreat is designed to give you an overall healthier and revitalised appearance and a more relaxed outlook on life.

Reshape – The Fitness Retreat (Package Duration – 3, 5, 7, 10 or 14 nights)

This programme aims to help you achieve your fitness goals through a range of fitness and wellness sessions, conducted by experienced trainers and therapists, complemented by a personalised nutrition plan.

Rebuild – The Weight Management Retreat (Package Duration – 5, 7, 10 or 14 nights)

Tailored to your specific needs, this retreat package balances physical activity, personal plan and a custom-made dietary regime to address both the mental and physical challenges of weight management.