



WELLBEING PROGRAMMES AT JOALI BEING

Embark on a transformative wellbeing journey, surrounded by the abundance and wisdom of nature. Curated around the Four Pillars of **JOALI BEING: Mind, Skin, Microbiome and Energy**, our Wellbeing Programmes are designed to meet a variety of objectives, including: deep relaxation, stress recovery, digestive reset, weight management, preventive skincare, anti-ageing, energy replenishment, and yoga enhancement.

Additionally, we offer specialised programmes for mothers to be, women, men, couples, and guests facing sleep issues. Experience the remarkable **Joy of Weightlessness** at JOALI BEING, and return home feeling renewed and inspired.

JOALI BEING

*there is joy in
weightlessness*



The Four Pillars

Whilst each recipe has been curated to nourish all of the four pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.



UNWIND & RELAX

Retreat Objectives

Reinvigorate yourself deeply through a synergistic blend of sound healing sessions, inner peace therapies, grounding and restorative practices, and balancing cuisine. Surrounded by serene lagoons and whispering palms, our island sanctuary is the ideal space to discover the Joy of Weightlessness – a feeling of lightness and freedom.

Designed to revive the healing energy within you, this Wellbeing Programme is recommended for guests who wish to ease mental and emotional stress. Emerge feeling rebalanced, renewed and ready to embark on new adventures out in the world. *Available for any adult over the age of 16 years old*



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	I	I	I
Integrative Lifestyle Assessment Consultation	60 mins	I	I	I
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	I	I	I
Follow Up Consultation	15 mins	I	I	2
Departure Consultation	30 mins	I	I	I
Culinary Workshop	90 mins	O	I	I
AKTAR Herbology Workshop	60 mins	O	I	I
Flora Hair Analysis and Sensorial Experience	20 mins	O	I	I
Treatments				
Four Pillar Signature Massage	90 mins	I	I	I
Wellness in Water i.e. Watsu Therapy or Hamman Experience	60 mins	I	I	2
AKTAR Mind Therapy or Sound Healing Remedies	60 mins	I	I	I
Hatha Yoga or Pilates or Meditation	60 mins	O	2	3
Abhyanga Shirodhara or Integrative Massage	90 mins	I	2	3
FLORA HAIR LAB Restorative Hair and Scalp	60 mins	O	I	I
Total		4	8	11

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	3,353	2,639	2,656
Sunset Ocean Pool Villa	2AD	4	3,553	2,807	2,811
Grand Ocean Pool Villa	2AD	10	3,705	2,890	2,967
Sunset Grand Ocean Pool Villa	2AD	8	3,915	3,135	3,114
Beach Pool Villa	2AD	10	4,300	2,970	3,299
Grand Beach Pool Villa	2AD	13	4,628	3,219	3,551
Two-Bedroom Ocean Pool Villa	4AD	1	8,929	5,525	6,855
Two-Bedroom Beach Pool Villa	4AD	7	9,341	5,774	7,103
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9,341	5,774	7,103
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	11,579	6,935	8,680
Two-Bedroom Wellbeing Beach Residence	4AD	1	11,747	7,183	9,009
Three-Bedroom Wellbeing Beach Residence	6AD	1	21,353	15,960	16,793
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	22,250	21,005	22,662

You may find detail information at the end of the wellbeing programmes.

- The above rates are quoted in US Dollars per villa per night inclusive of Half board basis for all Villa occupants.
- Rates are inclusive of 10% service charge & 16% TGST (Tourism Goods and Service Tax)
- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount



DE-STRESS

Retreat Objectives

Cultivate inner balance, vitality and strength through a sequence of grounding and restorative practices, transformative sound therapy sessions, and energy balancing treatments. Tailormade for guests seeking to manage stress and anxiety, this Wellbeing Programme focuses mindfulness practices that help cultivate a deeper awareness of feelings, thoughts, bodily sensations, and surroundings.

Create a reservoir of inner resilience to help you better navigate the challenges and pressures of modern life. Being present and appreciating the wonder in each moment opens a path to the Joy of Weightlessness – a feeling of lightness and freedom. *Available for any adult over the age of 16 years old*



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment Consultation	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Culinary Workshop	60 mins	0	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Treatments				
Four Pillar Signature Massage	90 mins	1	1	1
Watsu Therapy	60 mins	1	1	1
Aktar Mind Therapy or Sound Healing Remedies	60 mins	1	1	2
Abhyanga Shirodhara or Mind Therapy	90 mins	1	2	3
Wellbeing Wisdom of Yoga	60 mins	0	2	3
FLORA HAIR LAB Anti-Ageing Hair and Scalp	60 mins	0	1	1
Total		4	8	11

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	3,353	2,639	2,656
Sunset Ocean Pool Villa	2AD	4	3,553	2,807	2,811
Grand Ocean Pool Villa	2AD	10	3,705	2,890	2,967
Sunset Grand Ocean Pool Villa	2AD	8	3,915	3,135	3,114
Beach Pool Villa	2AD	10	4,300	2,970	3,299
Grand Beach Pool Villa	2AD	13	4,628	3,219	3,551
Two-Bedroom Ocean Pool Villa	4AD	1	8,929	5,525	6,855
Two-Bedroom Beach Pool Villa	4AD	7	9,341	5,774	7,103
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9,341	5,774	7,103
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	11,579	6,935	8,680
Two-Bedroom Wellbeing Beach Residence	4AD	1	11,747	7,183	9,009
Three-Bedroom Wellbeing Beach Residence	6AD	1	21,353	15,960	16,792
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	22,250	21,005	22,662

You may find detail information at the end of the wellbeing programmes.

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- Rates are inclusive of 10% service charge & 16% TGST (Tourism Goods and Service Tax)
- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount

GUT RESET

Retreat Objectives

Nurture your body's micro-environments to unlock healing at multiple levels. Especially designed to address the root cause of digestive disorders, this Wellbeing Programme promotes cellular detoxication and restores the natural balance of your microbiome through a synergistic blend of gentle detoxifying treatments.

As toxins are cleared away and digestive health is optimised, feel your wellbeing improve across multiple dimensions. Discover the Joy of Weightlessness in nature's healing embrace, complemented by the pure nourishment of our Earth-to-Table cuisine. Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Nutrition Consultation + Quest4	60mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	60mins	1	1	1
Follow Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Culinary Workshop	90mins	0	1	2
AKTAR Herbology Workshop	60mins	0	1	1
Meal plan -Full board		optional	optional	optional
Treatments				
Four Pillar Signature Massage	90 mins	1	1	1
Aktar Microbiome Therapy	60 mins	1	1	2
Immunity Booster or Udvartana	60 mins	1	1	2
FIT 3D Analysis	30 mins	1	1	1
Body Wrap	60 mins	0	1	1
Reflexology or Chi Nei Tsang	60 mins	1	1	1
FLORA HAIR LAB Deep Scalp Detox	60mins	1	1	1
Specialist Consultation - TCM / Ayurveda / Naturopathy / Homeopathy	60 mins	0	1	2
Total		6	8	11

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units			
Ocean Pool Villa	2AD	10	3,590	2,876	2,893
Sunset Ocean Pool Villa	2AD	4	3,790	3,043	3,048
Grand Ocean Pool Villa	2AD	10	3,942	3,127	3,204
Sunset Grand Ocean Pool Villa	2AD	8	4,152	3,372	3,351
Beach Pool Villa	2AD	10	4,537	3,207	3,536
Grand Beach Pool Villa	2AD	13	4,865	3,455	3,788
Two-Bedroom Ocean Pool Villa	4AD	1	9,402	5,999	7,328
Two-Bedroom Beach Pool Villa	4AD	7	9,814	6,247	7,576
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9,814	6,247	7,576
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12,053	7,409	9,154
Two-Bedroom Wellbeing Beach Residence	4AD	1	12,221	7,656	9,482
Three-Bedroom Wellbeing Beach Residence	6AD	1	22,064	16,670	17,503
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	23,197	21,952	23,609

You may find detail information at the end of the wellbeing programmes.

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- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount



WEIGHT REBALANCE

Retreat Objectives

The more we learn about the digestive system, the more we realise how vital a healthy gut microbiome is for overall wellbeing. Thoughtfully created to support your weight management goals, this Wellbeing Programme helps to enhance the metabolism and contour the body.

Arrive at your optimum weight through a synergistic blend of gentle detoxifying treatments that clear toxins as well as restore internal balance. As physical and mental wellbeing are elevated, let the Joy of Weightlessness become your natural state of being. *Available for any adult*



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Nutrition Consultation + Quest4	60mins	1	1	1
Specialist Consultation - TCM / Ayurveda / Naturopathy / Homeopathy	60mins	0	1	1
Aktar Signature Herbal Tea and Essential Oil Roller Blend	15mins	1	1	1
Follow Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Aktar Herbology Workshop	60 mins	0	1	1
Culinary Workshop	90mins	0	1	2
Meal Plan - Full Board		1	1	1
Treatments				
Four Pillar Signature Massage	90 mins	1	1	2
Udvertana or Chi Nei Tsang	60 mins	1	2	3
Legs, Hips and Gluteal Detox	90 mins	0	1	1
Aktar Skin Therapy or Aktar Microbiome Therapy	60 mins	1	2	2
Fit 3d Analysis	30 mins	1	1	1
Intelligent Movement Analysis (D-Wall)	60 mins	0	1	1
Functional Training or Pilates	60 mins	2	3	4
Cryotherapy	30 mins	1	2	3
Total		7	13	17

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	3,627	2,712	2,930
Sunset Ocean Pool Villa	2AD	4	3,827	2,880	3,244
Grand Ocean Pool Villa	2AD	10	3,979	2,964	3,413
Sunset Grand Ocean Pool Villa	2AD	8	4,189	3,209	3,573
Beach Pool Villa	2AD	10	4,574	3,044	3,573
Grand Beach Pool Villa	2AD	13	4,902	3,292	3,825
Two-Bedroom Ocean Pool Villa	4AD	1	9,476	5,672	7,402
Two-Bedroom Beach Pool Villa	4AD	7	9,888	5,921	7,650
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9,888	5,921	7,650
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12,127	7,082	9,228
Two-Bedroom Wellbeing Beach Residence	4AD	1	12,294	7,330	9,556
Three-Bedroom Wellbeing Beach Residence	6AD	1	22,174	16,180	17,613
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	23,344	21,299	23,757

You may find detail information at the end of the wellbeing programmes.

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- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount



REVERSE AGEING

Retreat Objectives

Experience a deep skin transformation, guided by a potent combination of advanced science and ancient wisdom. Ideal for guests who wish to restore the natural youth of their skin and hair, this Wellbeing Programme features a series of time-reset treatments that have been proven to effectively reverse the signs of ageing.

Carefully chosen therapies help to counter the damage done by stress and environmental factors. As skin cells are rejuvenated and renewed, your skin and scalp microbiome return to their optimal state. Discover a sense of profound wellbeing, infused with the Joy of Weightlessness that is at the heart of JOALI BEING. *Available for any adult 35 years old and older*



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	1	1	1
Integrative Lifestyle Assessment	60 mins	1	1	1
AKTAR Signature Herbal Tea and Essential Oil Roller Blend	15 mins	1	1	1
Follow Up Consultation	15 mins	1	1	2
Departure Consultation	30 mins	1	1	1
Flora Hair Analysis and Sensorial Experience	20 mins	0	1	1
Culinary Workshop	90 mins	0	1	1
Comprehensive Skin Care Health Analysis	30 mins	1	1	1
AKTAR Herbology Workshop	60 mins	0	1	1
Treatments				
Four Pillar Signature Massage	90 mins	1	1	1
Charcoal Detox Facial	60 mins	0	1	1
The Medi-Luxe Facial or Age-Well Energy Lift Facial	90 mins	1	1	2
Udvertana or Chi Nei Tsang	60 mins	1	2	3
AKTAR Skin Therapy or Aktar Microbiome Therapy	60 mins	1	1	1
FLORA HAIR LAB Restorative Hair and Scalp	60 mins	0	0	1
Body Wrap	60 mins	0	1	1
Cryotherapy	30 mins	1	2	3
Total		5	9	13

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	3,395	2,680	2,698
Sunset Ocean Pool Villa	2AD	4	3,595	2,848	2,852
Grand Ocean Pool Villa	2AD	10	3,747	2,932	3,008
Sunset Grand Ocean Pool Villa	2AD	8	3,957	3,177	3,156
Beach Pool Villa	2AD	10	4,342	3,012	3,341
Grand Beach Pool Villa	2AD	13	4,670	3,260	3,593
Two-Bedroom Ocean Pool Villa	4AD	1	9,012	5,608	6,938
Two-Bedroom Beach Pool Villa	4AD	7	9,424	5,857	7,186
Grand Two-Bedroom Ocean Pool Villa	4AD	1	9,424	5,857	7,186
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	11,663	7,018	8,764
Two-Bedroom Wellbeing Beach Residence	4AD	1	11,830	7,266	9,092
Three-Bedroom Wellbeing Beach Residence	6AD	1	21,478	16,084	16,918
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	22,416	21,171	22,829

You may find detail information at the end of the wellbeing programmes.

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- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount



WELLBEING TOGETHER

Retreat Objectives

Embark on a joyful adventure together to nurture and deepen your precious bond. This Wellbeing Programme invites couples to explore each other's interests and share meaningful moments in our ultra-luxurious island paradise.

Rediscover the unparalleled pleasure of spending time together as you enjoy wellbeing treatments and indulgent experiences designed for two. Blissfully removed from the outside world, this unforgettable journey sparkles brightly with the Joy of Weightlessness – an exhilarating feeling of lightness and freedom. Available for any adult over the age of 16 years old



PACKAGE		5N	7N	10N
Inclusions	Duration			
Pre-Arrival Wellbeing Consultation	15 mins	I+I	I+I	I+I
Integrative Lifestyle Assessment Consultation	60 mins	I+I	I+I	I+I
Follow Up Consultation	15 mins	I+I	I+I	I+I
Departure Consultation	30 mins	I+I	I+I	I+I
Culinary Workshop	90 mins	I+I	I+I	I+I
Parfume Making - AKTAR Workshop	90 mins	I+I	I+I	I+I
Art House Workshop	60 mins	I+I	I+I	I+I
Tea Tasting	60 mins	I+I	I+I	I+I
Treatments				
Four Pillars Massage/Mind Therapy /Microbiome Therapy in Couples Suite (Choice of location - Ocean Sala with private sauna or immortal with private jacuzzi with 2 drinks and healthy cake)	150 mins	I+I	2+2	2+2
Couples Watsu	60 mins	I+I	I+I	I+I
Couples Hammam	90 mins	I+I	I+I	I+I
Functional Training, Pilates or Yoga	60 mins	I+I	I+I	2+2
Sound Bath Meditation	60 mins	I+I	I+I	2+2
Total		5	6	8

Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	3,748	3,034	3,051
Sunset Ocean Pool Villa	2AD	4	3,949	3,202	3,206
Grand Ocean Pool Villa	2AD	10	4,100	3,286	3,362
Sunset Grand Ocean Pool Villa	2AD	8	4,310	3,531	3,510
Beach Pool Villa	2AD	10	4,695	3,366	3,694
Grand Beach Pool Villa	2AD	13	5,024	3,614	3,947
Two-Bedroom Ocean Pool Villa	4AD	1	9,719	6,316	7,645
Two-Bedroom Beach Pool Villa	4AD	7	10,131	6,564	7,893
Grand Two-Bedroom Ocean Pool Villa	4AD	1	10,131	6,564	7,893
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12,370	7,726	9,471
Two-Bedroom Wellbeing Beach Residence	4AD	1	12,537	7,973	9,799
Three-Bedroom Wellbeing Beach Residence	6AD	1	22,539	17,145	17,978
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	23,831	22,585	24,243

You may find detail information at the end of the wellbeing programmes.

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- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount



WELLBEING COMBINATION

Retreat Objectives

Embark on a joyful adventure together to nurture and deepen your precious bond. This Wellbeing Combination Programme invites couples who travel together and are looking for discovering different experiences than each other.



Validity			11.01.2023 - 10.05.2023	11.05.2023 - 10.10.2023	11.10.2023 - 26.12.2023
Category	Rate Based	No of Units	Package Rate	Package Rate	Package Rate
Ocean Pool Villa	2AD	10	4,172	3,234	3,251
Sunset Ocean Pool Villa	2AD	4	4,390	3,402	3,406
Grand Ocean Pool Villa	2AD	10	4,276	3,486	3,562
Sunset Grand Ocean Pool Villa	2AD	8	4,785	3,731	3,710
Beach Pool Villa	2AD	10	4,895	3,566	3,894
Grand Beach Pool Villa	2AD	13	5,224	3,814	4,147
Two-Bedroom Ocean Pool Villa	4AD	1	10,119	6,716	8,045
Two-Bedroom Beach Pool Villa	4AD	7	10,531	6,964	8,293
Grand Two-Bedroom Ocean Pool Villa	4AD	1	10,531	6,964	8,293
Two-Bedroom Wellbeing Beach Pool Villa	4AD	1	12,770	8,126	9,871
Two-Bedroom Wellbeing Beach Residence	4AD	1	12,937	8,373	10,199
Three-Bedroom Wellbeing Beach Residence	6AD	1	23,139	17,745	18,578
Four-Bedroom Private Wellbeing Ocean Residence	8AD	1	24,631	23,385	25,043

You may find detail information at the end of the wellbeing programmes.

- The above rates are quoted in US Dollars per villa per night inclusive of Bed & Breakfast basis for all Villa occupants.
- Rates are inclusive of 10% service charge & 16% TGST (Tourism Goods and Service Tax)
- Rates are subject to Green Tax of USD 6 per person per night, regardless of age and will apply for all bookings.
- Government taxes are subject to change without prior notice. Should local authorities and government increase taxes, the Retreat shall be entitled to automatically apply and enforce the new taxes.
- Wellbeing combination package can be combined with any 02 Wellbeing treatments (Example: One Gut Reset and Weight Rebalance for two occupants in the Villa)
- The above rates and all terms & conditions are valid for up to a maximum of 9 villas.
- Minimum 5 nights stay or more.
- For single occupancy price please apply 5% discount

TREATMENTS

Four Pillars Signature Massage (90 mins)

Our signature full body treatment with the Four Pillars essential oil blends, designed to calm the mind and stimulate the flow of vital life force in the body.

Wellness in Water – Watsu / Hammam (60 mins)

A choice between Watsu, a healing hydro-treatment combining massage, acupressure, shiatsu and stretching, or Turkish Hammam, a timeless cleansing ritual for inner calm and strength.

AKTAR Mind Therapy / Sound Healing Remedies (60 mins)

A choice between our Mind Therapy massage to promote mental peace and clarity, or Sound Therapies that bring you in alignment with universal vibrations.

Hatha Yoga / Pilates / Meditation (60 mins)

A movement or breathwork session of your choice, to bring mind and body into harmony.

Massage – Abhyanga / Shirodhara / Integrative (90 mins)

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to awaken awareness and mental peace, or Integrative Massage to melt away tension.

Flora Restorative Hair and Scalp (60 mins)

A tailored treatment to rejuvenate scalp health and restructure hair fibres for fuller, shinier hair.

Watsu Therapy (60 mins)

A healing hydro-treatment combining massage, acupressure, shiatsu and stretching, designed to create a state of profound serenity.

Massage – Abhyanga / Shirodhara / Mind Therapy (90 mins)

A choice between relaxing Abhyanga with medicated herbal oils, therapeutic Shirodhara to treat anxiety and awaken awareness, or relaxing Mind Therapy to promote mental peace.

Wellbeing Wisdom of Yoga (60 mins)

An interactive session with our experienced Yogacharya to broaden your perspective on all aspects of life – physical, energetical, emotional and spiritual.

Flora Anti-Ageing Hair and Scalp (60 mins)

A specially formulated treatment to soothe the scalp and promote hair growth, density and elasticity.

AKTAR Microbiome Therapy (60 mins)

A serene massage that uses gentle movements and curated essential oils to strengthen microbiome health, aid digestion and support the immune system.

Massage – Immunity Booster / Udvartana (30 mins)

A choice between our Immunity Booster treatment that combines dry brushing and lymphatic drainage movements to awaken circulation and remove toxins, or a strong Udvartana massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins.

Fit 3D Analysis (30 mins)

A comprehensive scan of various metrics, represented in a digital avatar and analysed to prepare an intelligent nutritional and fitness programme that addresses your body's specific needs and ignites metabolism.

Body Wrap (60 mins)

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants.

TREATMENTS

Reflexology / Chi Nei Tsang (60 mins)

A choice between lower-leg Reflexology that activates energy points to revitalise the body's energy flow, or abdominal Chi Nei Tsang that clears blockages and rebalances your entire energy system.

Flora Deep Scalp Detox (60 mins)

A tailored treatment that unclogs the scalp, improves oxygenation and promotes a healthy microbiome to support the vigorous growth of shiny hair.

Specialist Consultation – TCM / Ayurveda / Naturopathy / Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments.

Massage – Udvartana / Chi Nei Tsang (60 mins)

A choice between a strong Udvartana full-body massage that employs powders and pastes to stimulate lymph nodes and eliminate toxins, or a gentle Chi Nei Tsang abdominal massage that clears blockages and rebalances your entire energy system.

Legs, Hips and Gluteal Detox (90 mins)

A detoxifying and toning treatment that combines a scrub and wrap with myofascial massage, cupping and cryotherapy. Focused on the upper legs, glutes, hips and lower back.

AKTAR Skin Therapy / AKTAR Microbiome Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a serene Mind Therapy to strengthen microbiome health and aid digestion.

Intelligent Movement Analysis (D-Wall) (60 mins)

An in-depth and real-time analysis of movement patterns and performance, used to create a bespoke training programme that helps you meet your fitness goals.

Functional Training / Pilates (60 mins)

Your choice of invigorating workout, guided by one of our expert fitness specialists.

Cryotherapy (30 mins)

An innovative extreme-cold therapy that boosts cellular activity to support weight management, with up to 800 calories burned in a single session. Performed in our cryo:one chamber.

Charcoal Detox Facial (60 mins)

A deeply cleansing and detoxifying facial that includes a signature triple peel and charcoal rice therapy mask to remove impurities and blackheads.

Facial – Medi-Luxe / Age-Well Energy Lift (90 mins)

A choice between a Medi-Luxe Facial that combines stem cell technology, hyaluronic acid, lifting massages and LED therapy for visibly firmer and more radiant skin, or an age-defying Energy Lift Facial that uses rare Swiss apple stem cells and breakthrough ingredient Teprenone to promote skin cell rejuvenation.

AKTAR Skin Therapy / AKTAR Mind Therapy (60 mins)

A choice between a gentle Skin Therapy to contour and shape the form of the body, especially thighs and arms, or a relaxing Mind Therapy with traditional oils to promote mental peace and clarity.

Body Wrap (60 mins)

An ultra-exfoliating body scrub, followed by a nourishing wrap of rich minerals, trace elements and potent antioxidants.

Couple's Massage – Four Pillars Signature / Mind Therapy / Microbiome Therapy (150 mins)

A choice between our signature Four Pillars Massage to stimulate the flow of vital life force, Mind Therapy to promote mental peace, or Microbiome Therapy to strengthen gut health and immunity. Performed in the privacy of your chosen Couple's Suite – Ocean Sala with private sauna, or Immortal with private Jacuzzi.

INCLUSIONS

Couple's Watsu (60 mins)

A gentle hydro-treatment for couples to relax deeply together through a blend of massage, acupressure, shiatsu and stretching.

Couple's Hammam (90 mins)

A timeless water ritual for inner calm and strength, including a purifying full-body scrub, cleansing soap bag massage, replenishing body mask, and relaxing scalp and foot treatments.

Sound Bath Meditation (60 mins)

A meditative ritual for couples to relax and expand awareness as they "bathe" in the resonant sound waves created by singing bowls and other musical instruments.

Pre-Arrival Wellbeing Consultation (15 mins)

A preliminary consultation prior to arrival, to help us craft your personalised wellbeing journey.

Integrative Lifestyle Assessment Consultation (60 mins)

A body analysis using advanced bioenergetic technology, and a comprehensive lifestyle analysis of dietary habits, movement routines, sleeping patterns and other aspects of daily life.

AKTAR Signature Herbal Tea and Essential Oil Roller Blend (15 mins)

Customised herbal tea and essential oil blend to support your wellbeing. Especially crafted by our herbologist at the AKTAR.

AKTAR Herbology Workshop (60 mins)

An interactive session with our herbologist, where you will discover the secrets of plant energetics and herbal remedies

AKTAR Perfume Making Workshop (90 mins)

An interactive session with our herbologist, where you will create unique fragrances for one another.

Follow Up Consultation (15 mins)

A second consultation, midway through your stay, to ensure that the journey so far is satisfactory and to make any adjustments, if required.

Culinary Workshop (90 mins)

A learning session for couples, focused on creating good eating habits, making healthy food choices, and living in a way that nourishes body, mind and spirit.

Tea Tasting (60 mins)

A reflective journey for couples to share exquisite teas from around the world, each one famed for its distinctive aroma, taste and health benefits.

Art House Workshop (60 mins)

A joyful session that invites couples to explore each other's creative side, guided by our resident Art Therapist.

Flora Hair Analysis and Sensorial Experience (20 mins)

A diagnosis of your scalp and hair wellbeing using science-backed Flora methods, followed by a blissful sensorial experience.

Nutrition Consultation + Q&A (60 mins)

A comprehensive analysis of dietary habits and routines, including levels of stress and satisfaction, medications and supplements and micro-macro intake, along with a bio-energetic evaluation based on physiological signals.

Specialist Consultation – TCM, Ayurveda, Naturopathy | Homeopathy (60 mins)

A personal wellbeing consultation with one of our expert practitioners to identify imbalances and suggest appropriate treatments or lifestyle adjustments.

Comprehensive Skin Health Analysis (30 mins)

A facial evaluation that uses advanced algorithms to determine the current and future condition of your skin, including pore structure, dehydration, collagen loss and thinning. The foundation for your personalised reverse-ageing skincare routine.

Departure Consultation (30 mins)

A special consultation at the time of departure, with recommendations to carry and maintain your newfound sense of wellbeing back home.