

*Unwind and rediscover yourself on this
transformative wellness retreat in the paradise of
Bali, Indonesia*

blue **NOMAD** travel



in partnership with our Bali partner

REVIVŌ
WELLNESS RESORTS

Personalised, signature treatments

five nights

Immersive wellness retreat

seven nights

Ultimate wellness & longevity retreat

ten nights

Ultimate wellness & longevity retreat with
additional Bali adventure experience

blue **N O M  D** travel



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WELLNESS RESORTS

blue NOMAD travel

We offer a selection of 6 Signature Immersive Retreats to choose from depending on individual goals. Each retreat program is tailor-made to suit individual wellness needs in terms of nutrition, holistic treatments and workouts. Our packages are a minimum stay of 5 nights for our Sleep, Detox, Weight Loss and Longevity retreats.

	DESTRESS & RELAX	MINDFULNESS & EMOTIONAL BALANCE	*SLEEP WELL & RESET	*DETOX & CLEANSE	*ORGANIC WEIGHT LOSS & RESHAPING	*VITALITY & LONGEVITY
.VIP Airport Meet & greet service	Yes	Yes	Yes	Yes	Yes	Yes
Return Airport Transfers . Welcome drink on arrival	Yes	Yes	Yes	Yes	Yes	Yes
Daily in-room fruit basket	Yes	Yes	Yes	Yes	Yes	Yes
Daily breakfast set .	Yes	Yes	Yes	Yes	Yes	Yes
Access to facilities: 25m Lap Pool, Gym, Hot & Cold Plunge pools, Jacuzzis, Steam rooms and Infra Red detox sauna.	Yes	Yes	Yes	Yes	Yes	Yes
. Pre-Arrival questionnaire	Yes	Yes	Yes	Yes	Yes	Yes
Personalized retreat journal .	Yes	Yes	Yes	Yes	Yes	Yes
Daily Mindful rituals .	Yes	Yes	Yes	Yes	Yes	Yes
Daily curated Lunch and Dinner .	Yes	Yes	Yes	Yes	Yes	Yes
Complimentary Wi-Fi .	Yes	Yes	Yes	Yes	Yes	Yes
Arrival consultation with VISBODY analysis .	Yes	Yes	Yes	Yes	Yes	Yes
REVĪVŌ souvenir .	Yes	Yes	Yes	Yes	Yes	Yes
Exit consultation .	Yes	Yes	Yes	Yes	Yes	Yes
Access to Weekly Wellness workshops .	Yes	Yes	Yes	Yes	Yes	Yes
Daily Collective holistic MOVEO classes .	2 per day	2 per day	2 per day	3 per day	3 per day	3 per day
Daily Specific Spa treatment .	1 per day	1 per day	1 per day	1 per day	1 per day	1 per day
Vitality Clinic Treatment (IV Nutrient Therapy)			1 per stay	1 per stay	1 per stay	1 per stay
Nutrition Guidance consultation				Yes	Yes	Yes
Fitness evaluation					Yes	
Skin Analysis						Yes



REVĪVŌ'S RETREAT PROGRAM EXAMPLE

Once a booking is confirmed, our team will get in touch to share a pre-arrival questionnaire which will provide our team with a thorough idea of your current health and what exactly you want to achieve during your stay. There is also an option to have a pre-arrival wellness consultation call if needed. The next step is for the REVĪVŌ experts to design your inclusions and full schedule (treatments, meals, movement classes, and rituals).

During your arrival consultation, your schedule will be explained to you in detail and any additional changes can be reviewed and implemented as part of your wellness journey. There is no one-size-fits-all approach so we do provide flexibility should changes need to be made once in-house. Upon confirmation, your schedule will be inserted into your personal 'take-home' wellness journal and provided to you post consultation.

ARRIVAL DAY

- Airport pick up
- Welcome drink upon arrival and Check In
- Arrival Consultation with your Wellness Coach
- REMISSIŌ Spa Treatment
- NŪTRIŌ Dinner

DAY 2 ONWARDS

- Morning Mindfulness practice (day one)
- NŪTRIŌ Healing Shots
- Morning Group Yoga Class
- NŪTRIŌ Breakfast
- MOVEŌ Class
- NŪTRIŌ Lunch
- Hydrotherapy
- REMISSIŌ Spa Treatment
- NŪTRIŌ Dinner
- Evening Mindful Ritual

DEPARTURE DAY

- NŪTRIŌ Healing Shots
- Morning Group Yoga Class
- NŪTRIŌ Breakfast
- Evaluation and Debrief of Future Goals
- Airport drop off

Arrival and departure days offer a half-day retreat program each as our check-in time is at 2pm and check-out time is at 12:00, however, this can be adjusted based on guest flight schedules. The full-day retreat program will begin on the day after arrival and will be accounted for from the total nights booked.

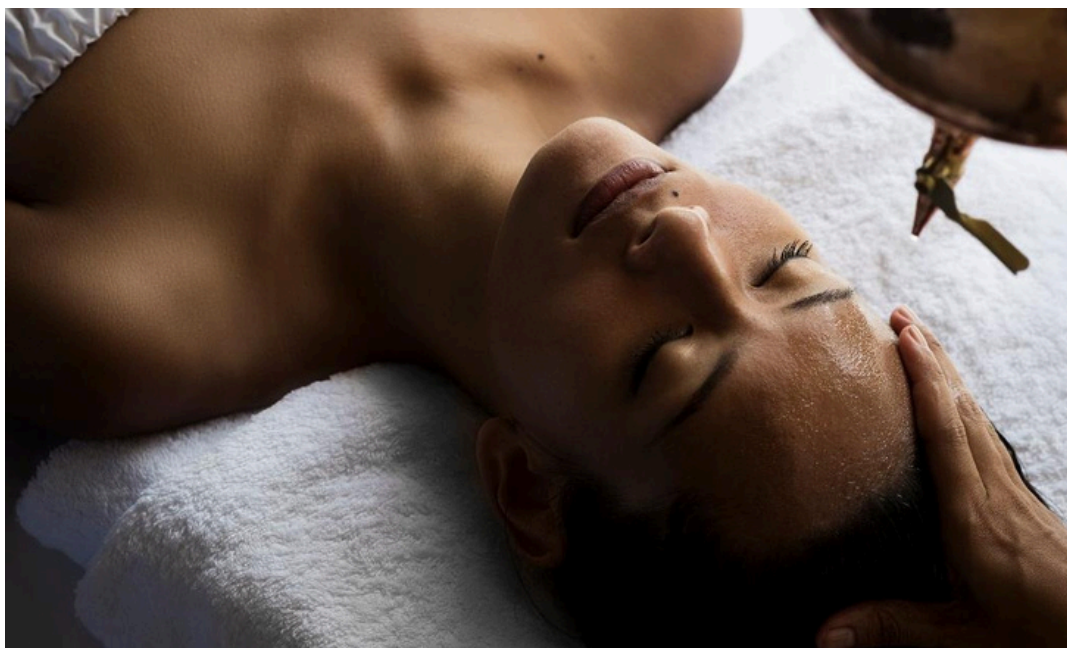
Please note IV" infusions will only be included for retreats with a minimum 5-night stay.

Guests will have the option to swap 3 group movement classes for 1 private class should they prefer to have a private training on any of the retreat days.

DE-STRESS & RELAX RETREAT

Poorly managed stress can have severe consequences on your health and may manifest physically, mentally, or emotionally. We will focus on your current lifestyle and main stressors and further discuss your goals including practical tools and techniques, which will be offered as productive ways to manage and negate the effects of stress in your life.

This retreat is designed to immerse you in a world of deep relaxation. Experience the transformative power of our soothing spa treatments, guided meditation sessions, and revitalizing yoga movements. These carefully curated experiences are crafted to leave you feeling profoundly rested, completely relaxed, and thoroughly rejuvenated.



THIS RETREAT WILL HELP YOU TO

- Release Tension, Embrace Tranquility, Unwind Body and Mind
 - Renew and Rejuvenate for a Revitalized Beginning
- Attain Serenity, Let Go of Stress, Achieve Mind-Body Balance
 - Relax, Recharge, and Find Inner Harmony

NŪTRIŌ MEAL PLAN

This menu has been designed to guide you towards a healthier eating routine while at the same time helping you to relax. Stress-relieving foods are integrated into this nutritional plan, including foods packed with magnesium to help lower your cortisol level, folate that aids stress reduction, slightly sweet foods for decreasing your levels of anxiety-producing hormones, and other top ingredients that, once metabolized, are converted into mood-boosting serotonin.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Yin Yoga
- Water Healing Meditation
- Restorative Yoga
- Tibetan Singing Bowl Meditation

REMISSIŌ SPA TREATMENT EXAMPLES

- REVĪVŌ Signature Massage
- Javanese Lulur
- Head & Shoulder Massage
- Healing Reiki
- Herbal Pouch Massage
- Eye Smoother Treatment
- Petal Soft Pretty Feet Petal

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Chamomile tea
- Mandala Coloring Book Meditation
- Sleep Aroma Diffuser (Lavender and Sandalwood)

MINDFULNESS & EMOTIONAL BALANCE RETREAT

At REVĪVŌ, we believe that mental and emotional well-being are fundamental pillars of overall health. Our Mindfulness & Emotional Balance Retreat is thoughtfully designed to illuminate the intricacies of the mind, uncover tranquility amid turmoil, and equip you with techniques for balance. Our team of experienced wellness coaches and therapists will guide you in breaking free from old patterns, steering you towards a mindful presence in each moment.

Experience treatments rooted in holistic practices.

Therapies will be centered around holistic energetic practices such as chakra clearing as well as yoga, sound healing and other breathing techniques.



THIS RETREAT WILL HELP YOU TO

- Dissolve Emotional and Spiritual Barriers
- Harness Your Energy for Purposeful Endeavors
- Fortify Your Inner Resolve from Past Trauma

Attain a State of Tranquility and Learn Healthy Long-Term Habits to deal With Anxiety

NŪTRIŌ MEAL PLAN

This menu has been designed to guide you toward a healthier eating routine while teaching you how to build emotional balance with the way you eat. Integrated in this nutritional plan is our “Food for Mood” concept: foods high in iron, B vitamins and omega-3 fatty acids, such as avocados, whole grains and soy – that help stimulate anti-depressive brain chemicals; as well as liver-supportive foods such as onions, garlic and turmeric that will help keep your liver functioning well and fight against depression. Eating healthy comfort food and high-quality proteins will ensure a stable mood and overall physical health.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Tibetan Singing Bowl Meditation
- Painting Meditation
- Breathwork
- Yin Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Ayurvedic Massage
- Foot Reflexology
- Chanting Meditation Shirodhara
- Herbal Pouch Massage
- Balinese Coconut Wrap
- Eye Smoother Treatment
- Chakra Hot Stone Massage
- Healing Reiki

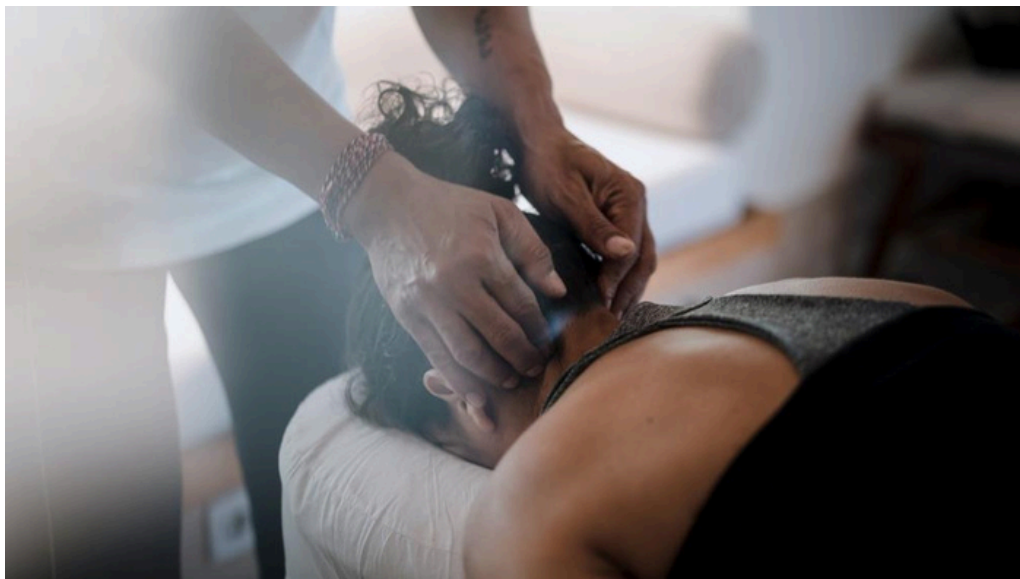
NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Rhythmic Breathing Meditation Lamp
- Relaxing Aromatherapy Candle
- Tibetan Singing Bowl Head Massage
- Mandala Coloring Book Meditation

SLEEP WELL & RESET RETREAT

Prioritizing restorative, high-quality sleep is paramount for a vibrant long life. Our tailored program is designed to address underlying health imbalances that may be affecting your sleep. This retreat not only enhances and stabilizes your sleep patterns during your stay, but also tackles the root causes of any disruptions.

Our team will help you to improve and regulate your sleeping patterns whilst addressing the issues that might cause the disruption, so you can sleep easily not only on your holiday but once you return home too.



THIS RETREAT WILL HELP YOU TO

- Experience Stress Relief Amplified by Quality Sleep
 - Relax Muscles and Reduce Cramps
- Elevate Overall Wellbeing through Restorative Sleep
- Optimize Sleep Quality and Duration for Enhanced Vitality

NŪTRIŌ MEAL PLAN

This menu has been designed to guide you towards a healthier routine and integrates several foods that will improve your sleeping routine. This menu contains a high number of sleep-regulating hormones and brain chemicals, including melatonin and serotonin.

Additionally, some of these delicious meals contain high amounts of specific antioxidants and nutrients, such as magnesium, that are known to enhance sleep by helping you fall asleep faster or stay asleep longer.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Tibetan Singing Bowl Meditation
- Yin Yoga
- Hatha Yoga
- Restorative Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Abyangam Massage
- Chanting Meditation Shirodhara
- Chakra Hot Stone Massage
- Eye Smoother treatment
- Back & Legs Relief
- Balinese Coconut Wrap
- THE ALL IN IV Infusion (Min 5-night stay)

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Rhythmic Breathing Meditation Lamp
- Lavender Eye Pillow
- Relaxing Bath Ritual
- Mandala Coloring Book Meditation

ORGANIC WEIGHT LOSS & RE-SHAPING RETREAT

Experience a fusion of spa treatments, nourishing cuisine, and comprehensive fitness classes at the REVĪVŌ Organic Weight Loss & Re-Shaping Retreat. This all-encompassing approach is designed for those seeking not only weight loss, but also to cultivate and sustain a vibrant lifestyle.

Whether you're aiming to shed pounds, sculpt specific areas, or simply embrace vitality, this retreat promises to invigorate you, leaving you feeling lighter, more confident, and brimming with energy.



THIS RETREAT WILL HELP YOU TO

- Initiate Long-Term, Sustainable Weight Loss
- Promote Body Sculpting and Contouring
- Boost Mobility and Increase Flexibility
- Revitalize and Reinforce Healthy Lifestyle Habits

NŪTRIŌ MEAL PLAN

Experience our thoughtfully designed Organic Weight Loss and Reshaping menu, created to kickstart a journey towards sustainable weight loss. Focusing on high good quality proteins and tailored to your specific requirements and intensity preferences, this menu is a powerful tool to help you achieve your individual goals, be it shedding excess weight or toning your body with the right foods.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Core Training Exercise
- Circuit Training
- HIIT
- Yin Myofascia

REMISSIŌ SPA TREATMENT EXAMPLES

- Slimming & Cellulite Massage
- Coffee Bean Scrub with Vichy Shower
- Boreh Body Wrap with Detox Herbal Bath Ritual
- Lymph Massage
- Foot Reflexology
- Oxygen Facial
- The NAD IV Infusion (Min 5-night stay)
- Herbal Pouch Massage

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Herbal Detoxifying Bath Ritual
- Detox Foot Ritual
- Detox Tea
- Sleep Aroma Diffuser (Lavender & Sandalwood)

DETOX & CLEANSE RETREAT

While 'toxins' can manifest physically, they can also be found in certain mental and emotional states that impact the body and mind negatively.

Embark on the REVĪVŌ Detox & Cleanse Retreat, an immersive experience that encompasses cleansing spa treatments, detoxifying cuisine, and invigorating movement classes. This comprehensive approach targets the detoxification of your mind, body, and soul, leaving you revitalized, lighter, and brimming with confidence and vitality.



THIS RETREAT WILL HELP YOU TO

- Naturally Purify the Body while Restoring the Immune System
- Promote Peak Digestive Wellness and Improve Nutrient Uptake and Integration
- Diminish Inflammation
- Elevate Cellular Vitality and Energy Levels

NŪTRIŌ MEAL PLAN

Our plant-based detox menu has been designed to simply but effectively provide the digestive system with a temporary break whilst facilitating cellular renewal, healing and regeneration. pH balancing, live, vibrant foods are intricately woven into our menu with the aim of restoring innate vitalism. Depending on your requirements and level of detox intensity, this specific menu can be tailored to your needs to achieve your individual goals.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Hatha Yoga
- Core Training
- Cross fit
- Breathwork

REMISSIŌ SPA TREATMENT EXAMPLES

- Abyangam Massage
- Spice Blend Borah Wrap
- The GSH IV Infusion (Min 5 nights stay)
- Lymph Massage
- Foot Reflexology
- Coffee Bean Scrub
- Collagen & Oxygen Facial

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Herbal Detoxifying Bath Ritual
- Detox Foot Ritual
- Detox Tea
- Sleep Aroma Diffuser (Lavender & Sandalwood)

VITALITY & LONGEVITY RETREAT

Investing in your internal well-being is the key to maintaining a youthful appearance and delaying the aging process. Our retreat offers a diverse array of daily classes, encompassing yoga, resistance training, and spa therapies steeped in ritualistic traditions. These practices work in tandem to enhance both your inner vitality and outward radiance.

Indulge in rejuvenating skincare treatments that enhance texture and tone, revealing a more luminous complexion. Alongside, relish a selection of delectable and healthful cuisine, the cornerstone of genuine well-being. This nourishment not only slows the aging process, but also leaves you feeling wonderfully revitalized and looking marvelously youthful.



THIS RETREAT WILL HELP YOU TO

- Nourish and Renew Skin at a Cellular Level
- Revive and Moisturize Skin Vitality
- Energize Your Inner Glow
- Amplify Natural Radiance and Vitality

NŪTRIŌ MEAL PLAN

This menu has been designed to guide you towards a healthier eating routine and naturally slow the signs of ageing. While there isn't a special formula to erase wrinkles away, incorporating certain anti-ageing foods into your diet is the best way to help bring you closer to that goal. These delicious and nutritious meals will help slow the effects of ageing in every part of your body, from your skin to your brain, heart and joints. Integrated into this nutritional plan are some of the most prominent high-antioxidant and anti-inflammatory foods available.

MOVEŌ MOVEMENT AND MINDFULNESS CLASS EXAMPLES

- Vinyasa Yoga
- Mat Pilates
- TRX
- Aerial Yoga

REMISSIŌ SPA TREATMENT EXAMPLES

- Microdermabrasion/ Galvanic Facial
- Sense Aromatherapy Massage
- The Anti-Ager IV (Min 5-night stay)
- Slimming Massage
- Oxygen Facial
- REVĪVŌ Signature Massage
- Balinese Hair Coconut Treatment

NOCTURNŌ MINDFUL RITUAL EXAMPLES

- Lavender Eye Pillow
- Herbal Detoxifying Bath Ritual
- Chamomile Tea
- Rhythmic Breathing Meditation Lamp

Spoil yourself and book your retreat with us

blue **NOMAD** travel

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