



RELAX & RENEW

The three-day Relax & Renew program makes for a short break from the stresses of everyday life. Stepping back from day-to-day life provides an opportunity to recover balance, replenish energy and revive the spirit. The Relax & Renew program invites you to unwind from physical and mental stress, restore equilibrium and feel deeply nurtured. Diverse healing traditions combine with holistic activities to de-stress and restore energy levels while boosting the immune system. Asian therapies include Traditional Asian Hand and Foot Massage, Indian Head Massage and Vital Essence Oil Massage to release accumulated emotional stress, reduce muscle tension and induce a state of relaxation and mental clarity.

Relax & Renew wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Exit & Review	1
Body Bio-Impedance Analysis	1
Lotus Scrub & Wrap (75 min)	1
Traditional Asian Hand Massage (30 min)	1
Traditional Asian Foot Massage (60 min)	1
Traditional Thai Massage (90 min)	1
Vital Essence Oil Massage (60 min)	1
Indian Head Massage (60 min)	1
Chi Nei Tsang (30 min)	1
Hyperbaric Oxygen Therapy (60 min)	1



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Stepping back from our day-to-day life can provide an opportunity to recover balance, replenish energy and revive the spirit. The Relax & Renew program invites you to unwind from physical and mental stress, restore equilibrium and feel deeply nurtured. Diverse healing traditions combine with holistic activities to de-stress and restore energy levels while boosting the immune system. Ayurveda, aromatherapy and Asian therapies include Traditional Asian Hand Massage, Indian Head Massage and Vital Essence Oil Massage to release accumulated emotional stress, reduce muscle tension and induce a state of relaxation and mental clarity. This program is ideal as a retreat from the stresses of everyday life.

Relax & Renew wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Exit & Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Lotus Scrub & Wrap (75 min)	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	2	2	3
Vital Essence Oil Massage (60 min)		2		
Vital Essence Oil Massage (90 min)	2		2	3
Far Infrared Sauna (30 min)	1	1	2	3
Traditional Thai Massage (60 min)		1		3
Traditional Thai Massage (90 min)	1		2	
Traditional Asian Hand Massage (30 min)	1	1	1	2
Traditional Asian Hand Massage (45 min)	1			
Indian Head Massage (60 min)	1	1	1	2
Chi Nei Tsang (30 min)	1			
Chi Nei Tsang (60 min)		2	2	2
Hyperbaric Oxygen Therapy (60 min)	1	1	1	2
Upper Body Tension Relief Massage (75 min)		1	1	1
Revive & Awakening Facial (75 min)		1	1	1
Holistic Fitness Session (60 min)			1	2
Mid-Wellness Program Follow-up			1	1
Bioresonance Therapy (20 min)				2
Myofascial Release Therapy (60 min)				1