



REENERGE ONE DAY RETREAT

10 - MINUTE CONSULTATION

Take our Five Element Questionnaire along with a nutrition specialist so we may tailor the programme to your individual needs.

80 - MINUTE DIGITAL WELLNESS ESCAPE

To ease stresses and strains resulting from the frequent use of digital devices, experience the Digital Wellness Escape treatment, concentrating on the head, eyes, neck, shoulders, hands, and feet.

45 - MINUTE PERSONAL TRAINING

Our personal trainer will guide you with a tailor made workout session to reach your goals.

PLANT-BASED LUNCH AT BLUE BEACH

A cleansing plant-based lunch, specially designed by our chefs for your retreat, will provide delicious nutrition.

THE POOL & BLUE BEACH ACCESS

Relax at the Pool and Blue Beach at your own leisure.