



Motivate and Activate Wellness Retreat Three Night Itinerary

Day 1

Arrival at 3pm

- Welcome wellness amenity
- Arrival consultation with Director of Spa & Wellness to review itinerary
- Body composition analyzer and fitness assessment
- Fitness class
- Dinner from Revolution Health Kitchen

Day 2

- Breakfast from Revolution Health Kitchen
- Pilates class
- Lunch from Revolution Health Kitchen
- Himalayan Salt Stone Massage Treatment
- Dinner from Revolution Health Kitchen

Day 3

- Breakfast from Revolution Health Kitchen
- Personal training session
- Lunch from Revolution Health Kitchen
- Definite Detox Body Wrap Treatment
- Dinner from Revolution Health Kitchen

Day 4

Departure at 12noon

- Breakfast from Revolution Health Kitchen
- Nutrition consultation and class
- Reflexology Treatment
- Farewell consultation with Director of Spa & Wellness

