

# The Wellness Retreat



THE SPA  
AT  
MANDARIN ORIENTAL

CANOUAN



Mandarin Oriental, Canouan has partnered with Oriental Medicine Specialist, Rui Loureiro, from Clinica Cura Pura in Aveiro, Portugal to create an integrative and personalised wellness retreat by ensuring each experience is unique with guaranteed results. We will combine the best tools in diagnostics offered in Chinese medicine, personalised quality nutrition will be included, and immediate results will be offered.

**Book your retreat with solutions for:**

**Sleep Improvement**

Restart your biological clock

**Stress & Anxiety**

Balance emotions, reduce muscle tension, and relax

**Detox Your Body**

Clean your body and blood

**Digestion & Metabolism Improvement**

Reduce bloating, increase metabolism, and improve your gut health

**Immune System Tonifying**

Preventative medicine to tonify your immune system

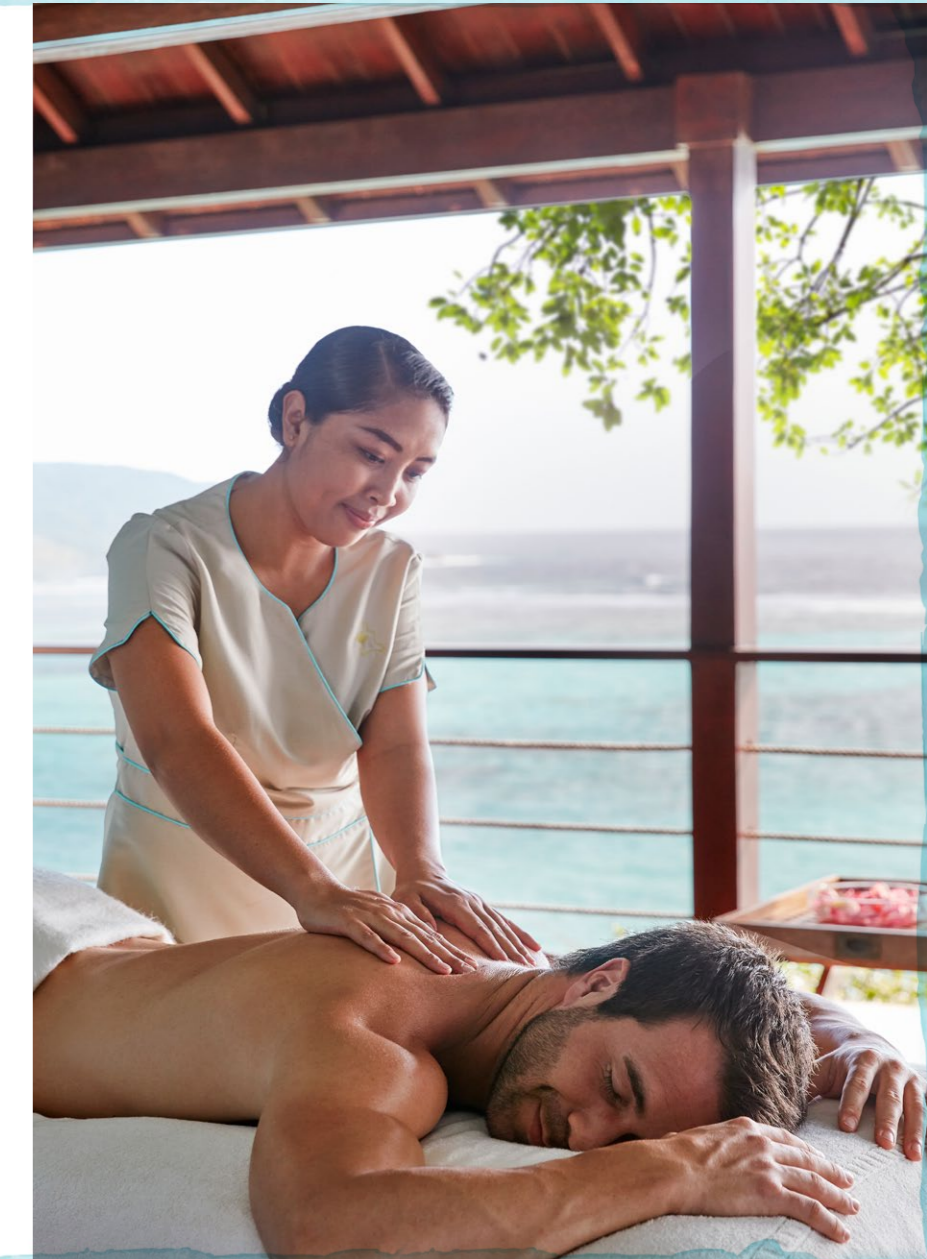
Full Package (food + medical + spa)	Total Per Person
Single	USD 5,300++
Double	USD 10,000++





## Start your retreat...

Upon arrival to the resort and after having checked-in, start by stopping by The Spa to meet Oriental Medicine Specialist, Rui Loureiro, and take an Epigenetic test. For the remainder of the day, you are encouraged to recover from travel by relaxing and reconnecting with your inner body.





## DAY 1 Epigenetic Day

Start your wellness day and get to know your body's needs with expert Rui Loureiro to determine your wellness goals.

- Breathing Yoga
- Breakfast
- Epigenetic Test Result Explanation
- Lunch
- 90-minute Oriental Essence Massage
- Sunset Yoga
- Dinner

## DAY 2 Kidney Regeneration

The kidney is the longevity organ and the most important organ in the body, which is responsible for regeneration.

- Kidney Toning Yoga or Hartha Yoga
- Breakfast
- Acupuncture Treatment
- Lunch
- 90-minute Oriental Body Scrub and Wrap
- Emotional Balance Yoga
- Dinner





## DAY 3 Detox Your Body

The major organ in your body is the liver. It is responsible for the nervous system, muscles, and is one of our main cleaning stations.

- Liver Toning Yoga
- Breakfast
- Acupuncture Treatment
- Lunch
- Customized 90-minute Massage or Healthy Cooking Workshop
- Emotional Balance Yoga
- Dinner

## DAY 4 Balance Your Emotions

Learn to balance your emotions as the heart plays a particularly important role in your emotional experience.

- Heart Toning Yoga
- Breakfast
- Acupuncture Treatment
- Lunch
- Before and after sun treatment massage or Mt. Royal Hike
- Tea Workshop with Rui Loureiro
- Emotional Balance Yoga
- Dinner





## DAY 5 Improve Your Stomach

Your stomach transforms food to energy. It's important to keep it strong and healthy.

- Stomach Toning Yoga
- Breakfast
- Acupuncture Treatment
- Lunch
- 90-minute Thai Massage
- Emotional Balance Yoga
- Dinner

## DAY 6 Strengthen Your Lungs

Your lungs collect energy and deliver it to the blood.

- Toning Yoga or Hartha Yoga
- Breakfast
- Acupuncture Treatment
- Individual Yoga Therapy
- Lunch
- 90-minute Balinese Massage
- Emotional Balance Yoga
- Gala Dinner & Closing Ceremony

## DAY 7 Strengthen Your Lungs

End your retreat by pampering yourself with a personalised facial.

- Yin Yoga
- Breakfast
- Personalized Facial



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