REENERGISE
PROGRAMME
DAY 1

45-MINUTE NUTRITION CONSULTATION
A consultation with our nutrition specialist will provide guidance and a plan tailored to your individual goals.

60-MINUTE PERSONAL TRAINING
An instructor will work with you to identify your fitness needs and formulate the appropriate routine to gain optimal results.

90-MINUTE DEEP RELIEF MASSAGE
This deep tissue massage will ease muscle discomfort and strengthen joints.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
REENERGISE

PROGRAMME

DAY 2

HATHA YOGA
Bespoke exercises designed to align and calm your body, mind, and spirit.

90-MINUTE DEEP RELIEF MASSAGE
This deep tissue massage will ease muscle discomfort and strengthen joints.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
ASTANGA YOGA
A dynamic style of yoga great for building core strength and toning the body.

PADHABYANG
Bring harmony to the entire body with this energising Ayurveda Aromatherapy foot and leg treatment.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
45-MINUTE NUTRITION CONSULTATION
A consultation with our nutrition specialist will provide guidance and a plan tailored to your individual goals.

60-MINUTE PRANAYAMA BREATHING SESSION
Simple breathing practices to reduce stress, quiet your mind, and connect to your inner self.

105-MINUTE SLEEP SUPPORT TREATMENT
A tailored signature program to assist sleep concerns and insomnia.

PLANT-BASED LUNCH IN THE BAY
Nourish your body with a healthy plant-based lunch menu at The Bay, our beachside brasserie.
60-MINUTE PERSONAL TRAINING | MOBILITY
Align and invigorate your body through functional based exercise, in all planes of motion.

BLISSFUL MARMA MASSAGE 90MINS OR 24K FACIAL
Experience effective and immediate relaxation, relieving all stress related tension.

PLANT-BASED LUNCH IN THE BAY
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