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Alila DIWA GOA . INDIA

REVIVAL PROGRAMS

BY SPA ALILA



S P A ALILA

Naturally from The Heart

Welcome to Spa Alila!

At Spa Alila, we have created simple yet effective programs designed to help you rediscover your optimum level of wellness. Our treatments will not only cleanse your body, mind and soul but also bring about internal balance, giving a boost to your energy and vitality.

We bring you a wealth of wellness knowledge and healing traditions infusing elements of ayurveda, yoga, massage, fitness, hypnotherapy, pranic healing and nutrition. Our programs are created keeping your personal wellness goals and lifestyle interests in mind, as we plan to reclaim what you have lost to time and the unhealthy challenges of modern lifestyle.



The Remedy - Revival Program

To help you combat stress, Spa Alila brings a wealth of wellness knowledge and healing traditions infusing elements of Ayurveda, homeopathy, yoga, massage, hypnotherapy and nutrition. Our program is created keeping your personal goals and lifestyle interests in mind, as we plan to reclaim what you have lost to time and the unhealthy challenges of modern lifestyle. Discover a renewed energy in life within the luxurious surroundings of Spa Alila – a sanctuary for the mind, body and soul.

Stress - the menace

Stress has become all-pervasive in today's fast-paced life. If left unchecked, it can wreak havoc with our bodies. It can weaken the immune system and accelerate the aging process.

When stress compromises our immune function, it can result in colds, flu, fatigue, cardiovascular disorders and premature aging. Stress increases heart rate, blood pressure, glucose levels, adrenaline, cortisol, free radicals and oxidative damage. Stress compounds itself, leading to ill health, weight gain, anxiety, depression and extremely low energy levels.

To counter stress, the ability to relax and rejuvenate promotes wellness, vitality and longevity. Learning how to effectively manage stress can mean the difference between being robust and full of life, or being susceptible to illness and disease. A healthy immune system regulates our body's healing process and protects it against infections and diseases.



Spa Alila's Revival retreat is ideal for people who want to relax and unwind, who feel the need to take a break from unhealthy eating patterns and from routine life. It is perfect for the overworked and overstressed corporate executive. After completion of the retreat, one can experience a feeling of rejuvenation and relaxation, increased concentration, deeper sleep and a better sense of the self.

Three Nights Retreat Package

Our three nights retreat package includes:

- Welcome drink on arrival
- Luxurious accommodation
- Body composition analysis at the beginning and end of the retreat
- One Ayurveda doctor's consultation
- Six holistic and ayurveda treatments
- Two pieces of laundry per day, per person
- Guided meditation
- Three yoga and meditation sessions
- Nutritionally balanced meals (vegetarian)
- Healing bath setup
- A day of sightseeing

Optional sessions available on a chargeable basis





Five Nights Retreat Package

Our five nights retreat package includes:

- Welcome drink on arrival
- Luxurious accommodation
- Body composition analysis at the beginning and end of the retreat (optional)
- One Ayurveda doctor's consultation
- One diet and nutrition consultation
- Ten holistic and ayurveda treatments
- Two pieces of laundry per day, per person
- Guided meditation
- Five yoga and meditation sessions
- Nutritionally balanced meals (vegetarian)
- Relaxing and calming drinks
- Art therapy
- Healing bath setup
- A day of sightseeing
- A trip to the local market

Seven Nights Retreat Package

Our seven nights retreat package includes:

- Welcome drink on arrival
- Luxurious accommodation
- Full body medical investigation
- Body composition analysis at the beginning and end of the retreat (optional)
- Body measurements and vital signs at the beginning and end of the retreat (optional)
- One Ayurveda doctor's consultation
- One emotional assessment (optional)
- One diet and nutrition consultation
- One hypnotherapy session (optional)
- Two pieces of laundry per day, per person
- Guided meditation
- Fourteen holistic and ayurveda treatments
- Seven yoga and meditation sessions
- Nutritionally balanced meals (vegetarian)
- Relaxing and calming drinks
- Cooking workshop
- Art therapy
- Healing bath setup
- A day of sightseeing
- A trip to the local market





Ten Nights Retreat Package

Our ten nights retreat package includes:

- Welcome drink on arrival
- Luxurious accommodation
- Full body medical investigation
- Body composition analysis at the beginning and end of the retreat (optional)
- Body measurements and vital signs at the beginning and end of the retreat (optional)
- One Ayurveda doctor's consultation
- One emotional assessment (optional)
- One diet and nutrition consultation
- One hypnotherapy session (optional)
- Two pieces of laundry per day, per person
- Guided meditation
- Twenty holistic and ayurveda treatments
- Ten yoga and meditation sessions
- Nutritionally balanced meals (vegetarian)
- Relaxing and calming drinks
- Cooking workshop
- Art therapy
- Healing bath setup
- A day of sightseeing
- A trip to the local market

Fourteen Nights Retreat Package

Our fourteen nights retreat package includes:

- Welcome drink on arrival
- Luxurious accommodation
- Full body medical investigation
- Body composition analysis at the beginning and end of the retreat (optional)
- Body measurements and vital signs at the beginning and end of the retreat (optional)
- One Ayurveda doctor's consultation
- One emotional assessment (optional)
- One diet and nutrition consultation
- One hypnotherapy session (optional)
- Twenty eight holistic and ayurveda treatments
- Fourteen yoga and meditation sessions
- Nutritionally balanced meals (vegetarian)
- Relaxing and calming drinks
- Cooking workshop
- Art therapy
- Healing bath setup
- One inspirational movie
- Two days of sightseeing
- A trip to the local market





Additional Benefits for all guests

- Airport transfers
- Welcome drink on arrival
- Welcome meal
- Packed fruits and nuts for departure journey
- Expert support and counselling as and when required

In addition, guests can also connect with our wellness experts for a 21 week check up post retreat.





Important Notes

- Revival programs are available for 3, 5, 7, 10 and 14 nights.
- The revival retreat is supervised by licensed medical doctors and wellness consultants. All programs are considered supportive natural body healing, with final results dependent on individual body response and individual efforts.
- Guests who require special medical support for serious health challenges must have the consent of their medical doctor.
- It is not advisable to do weight management retreat if you are pregnant. Also anyone with chronic or heavily medicated conditions may be asked for a doctor's letter verifying that they are fit to attend.
- All retreat guests consent to treatment involving the application of all integrated therapies, assessments, consultations and treatments included on the retreat of their own free will and without any coercion or undue influence.
- All integrated therapies for any disease or chronic condition do not guarantee a cure or remission from any illness. Your doctor and any specialist consultants will remain responsible for your general medical care throughout the period of application of the integrated therapies. Spa Alila Wellness Team and its entire professional staff will act in an advisory capacity only.
- The revival retreat can change in accordance to and consultation with the guest's medical condition. Guest Health Questionnaire should be filled in and submitted at least one week prior to arrival.
- A Personalized Daily Schedule will be given to each guest on arrival and after consultation with an assigned medical staff. The schedule may change depending on our medical doctor's assessment.
- All supplements, services and treatments will be scheduled by our doctors once the medical consultation has been completed. Any supplements, services or treatments or other such related items outside the above stated Revival retreat inclusions will be discussed with the guest in advance and considered incidental charges. These will be charged to the guest account and must be settled upon check-out.

