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WEIGHT MANAGEMENT & VITALITY 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.

## Weight Management & Vitality Programs

Irregular eating hours, unhealthy food and lack of exercise are making obesity a common problem, especially among the young. However, to lose weight, only exercise and diet may prove inadequate. A key problem with weight management is in the mind. Most people who are overweight have a poor self-image.

Spa Alila's Weight Management & Vitality Program provides a scientific methodology with guidelines for managing weight on a sustained basis. Hypnotherapy, pranic psychotherapy and emotional assessment help to balance the mental and physical aspects of weight management. The whole approach of Spa Alila's Weight Management & Vitality Program is through a supportive, non-aggressive process; one which yields the desired results. Based on a holistic approach, the program is a safe and effective way to lose those extra inches. Spa Alila provides the ideal atmosphere and complete privacy in which you can learn how to gain control and balance in your lives, which is a basic ingredient for healthy weight management.

Our philosophy is to empower you to take charge of your own life. We believe in balance and finding a way to manage your weight. Though weight loss is inevitable during the retreat, it isn't the main focus.

Spa Alila brings you a wealth of wellness knowledge and healing traditions infusing elements of ayurveda, homoeopathy, yoga, massage, fitness, hypnotherapy, modern medicine, pranic healing and nutrition. Our program is created keeping your personal weight loss 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.







## Managing Weight and Regaining Balance

It is rightly said in classical ayurveda text that our body comprises five elements. Our team of experts from different disciplines will guide you to achieve your weight loss goal and help you keep these five elements in balance.

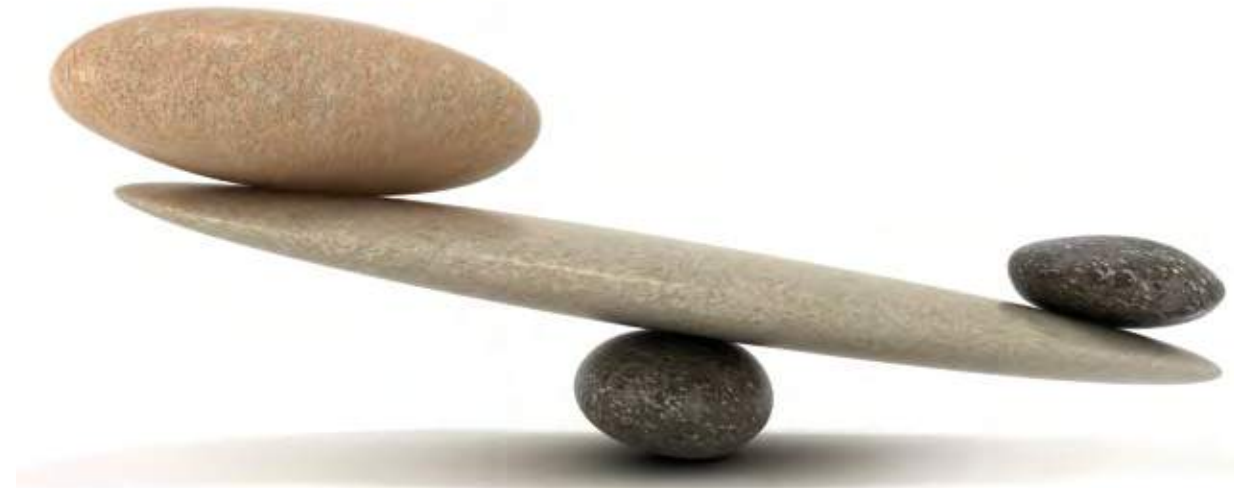
Our weight management program has been designed to cleanse, restore and nourish. The aim is to give the body and mind a complete overhaul, creating internal balance, while giving a boost of energy and vitality. The program is a holistic approach towards balancing the three wheels: physical, physiological and psychological. Over a course of a week, all aspects of health and wellbeing are covered, with each element of the retreat completely customized depending on the needs of the individual.

To begin, you will undergo an in-depth consultation, covering nutrition, health and stress. This will be followed by sessions of pranic healing, hypnotherapy, homoeopathic consultation, daily yoga, meditation and exercise. In turn, this will be combined with nutritionally balanced meals, juices and supplements, daily workshops, massages and cooking classes. All elements have been put in place to ensure that post-retreat, participants are equipped with the skills to create an ongoing, all-encompassing life change.

## Understanding Your Body and Soul

Spa Alila's extensive treatment and wellness menu combines both Asian and Western therapy techniques offering a special selection of natural active ingredients. You are welcome to choose from a wide range of therapeutic massages, soothing facials, detoxifying body wraps and cleansing body scrubs, available for both ladies and gentlemen. Inspired by nature and age old therapies, we have customized a natural range of products and herbal supplements made from a creative blend of ingredients such as indigenous plants, fruits, organic herbs and spices.

Nutritional supplements are supplied to help ensure your detoxification and weight loss process works optimally. Yoga and fitness helps bring physical, mental and spiritual discipline into our lives. In the longer duration programs, more weight loss-enhancing therapies like pranayama breathing, power yoga, hypnotherapy, acupuncture, art therapy, self healing are included.



Spa Alila's Weight Management & Vitality retreat inspires you to not just lose weight but also fat and inches. After the retreat you would have improved digestion, less water retention, and increased immunity and body stamina. In addition, you will experience heightened mental clarity, focus, concentration and memory and improved self image and acceptance. It will also help in healing chronic elements manifesting due to obesity, like cholesterol, diabetes, heart diseases, lethargy, low energy levels and lifestyle related health issues.

### 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
- Body measurements and vital signs at the beginning and end of retreat
- Body pH test
- One ayurveda doctor's consultation
- One emotional assessment
- One hypnotherapy session
- One diet and nutrition consultation
- Five holistic treatments
- Full body medical investigation
- Two pieces of laundry per day, per person
- Five weight loss treatments
- Five fitness sessions
- Five yoga and meditation sessions
- Guided meditation
- Educational talks and workshops
- Nutritionally balanced meals choice of vegetarian and non-vegetarian meals
- Slimming and cleansing drinks
- Art therapy
- Healing bath setup





## Seven Nights Retreat Package

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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
- Body measurements and vital signs at the beginning and end of retreat
- One Ayurveda doctor's consultation
- One emotional assessment
- One diet and nutrition consultation
- One hypnotherapy session
- Seven holistic treatments
- Two pieces of laundry per day, per person
- Seven weight loss treatments
- Seven fitness sessions
- Seven yoga and meditation sessions
- Guided meditation
- Educational talks and workshops
- Nutritionally balanced meals choice of vegetarian and non-vegetarian meals
- Slimming and cleansing drinks
- Cooking workshop
- Art therapy
- Healing bath setup

## 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
- Body measurements and vital signs at the beginning and end of the retreat
- One Ayurveda doctor's consultation
- One emotional assessment
- One diet and nutrition consultation
- Two hypnotherapy session
- Ten holistic and ayurveda treatments
- Ten weight loss treatments
- Two pieces of laundry per day, per person
- Ten fitness sessions
- Ten yoga and meditation sessions
- Guided meditation
- Educational talks and workshops
- Nutritionally balanced meals choice of vegetarian and non-vegetarian meals
- Slimming and cleansing drinks
- Cooking workshop
- Art therapy
- Healing bath setup
- Spiritual development session
- One pranic healing session







### 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
- Body measurements and vital signs at the beginning and end of the retreat
- Two Ayurveda doctor's consultation
- Two emotional assessment
- One diet and nutrition consultation
- One ayurveda body constitution session
- Two hypnotherapy session
- Fourteen holistic treatments
- Fourteen weight loss treatments
- Two pieces of laundry per day, per person
- Fourteen fitness sessions
- Fourteen yoga and meditation sessions
- Guided meditation
- Educational talks and workshops
- Nutritionally balanced meals choice of vegetarian and non-vegetarian meals
- Slimming and cleansing drinks
- Cooking workshop
- Spiritual development session
- Art therapy
- Healing bath setup
- One day sightseeing





### Additional Benefits for all guests

- Airport pick-up and drop
- Welcome drink on arrival
- Welcome meal  
(breakfast / lunch or dinner depending on arrival time)
- 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

- Weight management programs are available for 5, 7, 10 and 14 nights.
- The weight management program is supervised by licensed medical doctors and wellness consultants. All programs are ~~comprehensive~~ supportive to 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 weight management programs 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 items outside the above stated weight management program 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.



