



L I F E C H A N G I N G W E L L N E S S E S C A P E S

ALIVE LUXURY WELLNESS RETREAT



LUXURY

REFINED
LUXURY &
SERVICE



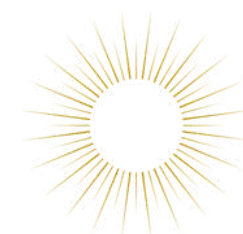
UNIQUE

PERSONALISED
EXPERIENCES
TO SUIT YOU



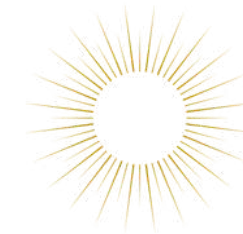
EXPERT

WELLNESS
EXCELLENCE
SINCE 2009



HOLISTIC

WORLDS MOST
HOLISTIC
RETREAT



WORLD CLASS

GENUINE LIFE
CHANGING
ESCAPES

ALIVE IN BALI AND MEXICO



Dear Alive Guest

Alive is an ultra high touch personalised wellness retreat where exceptional accommodation, world class hospitality and outstanding wellness programs exist together in one seamless experience.

You enjoy beautifully appointed beachfront villas and residences, enjoy refined cuisine and spa facilities, and have access to a comprehensive menu of professionally delivered wellness programs and daily experiences designed to support health, vitality and healing at the highest level. Every stay is curated with care, offering the freedom to enjoy wellness in a way that feels indulgent, personalised and deeply effective within an environment of privacy, space and natural beauty.

The Alive Team



ABOUT

Since 2009, we have been creating luxury wellness experiences where exceptional care, personal attention and meaningful change come together.

When you come to Alive, you are met with a level of support that is rare in the luxury wellness space. We take the time to understand you, your life, your goals and what you are seeking, and we curate your experience around that with precision, discretion and care. Every stay is thoughtfully personalised, allowing you to feel deeply supported while enjoying beautiful accommodation, outstanding service and complete ease.

We offer a breadth of tailored wellness programs that span health, fitness, weight management, longevity and bio optimisation, deep relaxation, nature and adventure, as well as emotional and mental wellbeing.

What makes Alive unique is the depth of personalisation. We are the only high end holistic wellness resort to design refined, individual programs aligned specifically to your needs, challenges and life direction.

Guests travel from all over the world to experience our signature blend of luxury living and genuine transformation. You may choose to enjoy the rhythm of the wellness resort and its daily experiences, or you may choose to go deeper with a highly customised program focused on what matters most to you right now. Either way, you are held, guided and supported in a way that allows real change to unfold naturally.



WHAT WE DO



LUXURY PRIVATE ACCOMMODATION

Private beachfront villas or exclusive, confidential residences



ALL-INCLUSIVE WELLNESS EXPERIENCES

Daily movement, yoga, meditation, healing, masterclasses, adventure and culture & optional deep dive wellness journeys customised to your needs



HIGH-TOUCH PERSONAL SUPPORT

Present, attentive wellness facilitators and guides throughout your stay



EXCEPTIONAL FIVE STAR HOSPITALITY

Intuitive service delivered with care, discretion and ease



WORLD-CLASS WELLNESS TEAM

Naturopaths, medical doctors, nutritionists, trainers, coaches, healers and spa specialists



CUSTOMISED WELLNESS PROGRAMS

Every guest is unique. You can enjoy the the Alive Wellness Resort offerings or deepen your experience for full health and life transformation



BESPOKE WELLNESS PROGRAMS

Looking for a deeper bespoke personalised wellness experience? For those wanting personalisation and transformation Alive also offers personally curated programs to suit you and only you.



PERSONALISED WELLNESS FOCUS

Your stay is shaped around your health, goals and lifestyle



PRIVATE ONE-ON-ONE SUPPORT

Work discreetly with your own dedicated wellness team



TAILORED PROGRAM DESIGN

Every element is curated specifically for you, from schedule to support



FLEXIBLE LEVEL OF DEPTH

Engage as lightly or deeply as you choose, at your own pace



INTEGRATED HOLISTIC APPROACH

Wellness, health, fitness, longevity and emotional wellbeing aligned

A tropical resort scene featuring a swimming pool in the foreground, a row of palm trees in the middle ground, and a white building with a thatched roof in the background. The sky is clear and blue.

ACCOMMODATION

BALI MEXICO

Health Resorts



LUXURY BEACHFRONT RESORTS
IN BALI & MEXICO. SECLUDED
BEACHES. PEACE AND SERENITY.
STUNNING VIEWS. IMMERSED IN
NATURE. DIVINE SERVICE.

BOOK YOUR STAY >>>

SPACE TO FIND YOURSELF AGAIN

Imagine arriving at a breathtaking beachfront sanctuary where luxury, nature and wellbeing exist in perfect balance. Alive retreats are hosted within stunning five star boutique wellness resorts set along beautiful coastlines, surrounded by lush gardens, swaying palms and expansive ocean views.

Winding pathways lead through peaceful grounds designed for rest, reflection and renewal, while elegant spa and wellness facilities offer everything you would expect from a world class luxury retreat environment. The atmosphere is quiet, spacious and deeply calming — allowing you to slow down, breathe and settle into the experience of being fully cared for.





LUXURY RESORT FACILITIES



BEACHFRONT LOCATION

Stunning beachfront views in Bali or Mexico



INFINITY POOLS

Dramatic ocean views stretching to the horizon



STUNNING RELAXATION SPACES

Unwind by the ocean or retreat to your own private pool villa



EXPANSIVE NATURAL SETTING

Long beaches, green rice fields, tropical jungle and sunrise to sunset views at either locations



SPA & WELLNESS CENTRE

Onsite spa, yoga and healing spaces, gym, sauna and ice bath recovery



BEACHFRONT DINING

Our premier ocean-view restaurants serving a wide range of cuisine to suit every taste and style of menu for carefully crafted detox options to gourmet healthy wholefoods to nourish from the inside out.

Bali



Bali



Mexico



Mexico



Wholefoods Dining



Resort Villas



YOUR PRIVATE LUXURY OASIS.
STUNNING SEA VIEWS. PRIVACY,
CONNECTION TO NATURE.
SPACE TO FIND YOURSELF
AGAIN.

BOOK YOUR STAY >>>

PRIVATE BEACHFRONT SUITES AND POOL VILLAS

Each guest enjoys their own luxury hideaway. Immerse yourself in peace, quite and be lulled to sleep by the sound of the ocean. Gaze at the clear blue waters and lush green tropical treetops. With expansive king sized suites, outdoor living areas, private infinity plunge pool and king size bathroom you will rejuvenate in luxury complete with 5 star attention and service. This is where you rest like never before and indulge in absolute peace and privacy.





PRIVATE SUITES & POOL VILLAS



EXPANSIVE KING SUITE

A generous open-plan suite designed for space, comfort and ease



PLUSH KING SIZE BEDS

Gorgeous linens, premium bedding and thoughtful details for exceptional sleep



PRIVATE INFINITY PLUNGE POOL (UPGRADED OPTION)

Your own infinity pool overlooking the ocean, designed for privacy and calm



LUXURY ENSUITE BATHROOM

Spacious ensuite with bath and shower, generous storage and thoughtful design



SPACE & SECLUSION

Ample space and complete privacy for short or extended stays



OUTDOOR LIVING & DINING

Private outdoor space with dining table and relaxation bales for effortless lounging

Bali Foot Villas



Bali Root Villas



Mexico Suites & Villas



Mexico Foot Villas



Residences

FOR THOSE WHO DESIRE THEIR
OWN PRIVATE RETREAT WE
OFFER A SELECTION OF LUXURY
BEACHFRONT RESIDENCES
WHERE THE RETREAT COMES TO
YOU



BOOK YOUR STAY >>>

PRIVATE WELLNESS RETREAT RESIDENCES

Prefer a VIP confidential retreat? Our exclusive 5 star beach front residences offer you your own private luxury retreat sanctuary hosted by a hand picked wellness and service team. Customise your program and stay from end to end and let us take care of every detail. These expansive luxury estates become the home of your own personal retreat experience. Enjoy a solo or group experience with the highest possible level of health care and luxury combined.





LUXURY PRIVATE RESIDENCES



THE RESIDENCE IS THE RETREAT

Your private beachfront residence becomes the entire retreat, with all wellness, service and experiences delivered exclusively within your villa sanctuary



EXPANSIVE BEACHFRONT ESTATES

Four to eight bedroom luxury residences set in secluded, authentic Bali locations directly on the ocean



COMPLETE PRIVACY & SECLUSION

No interaction with other guests or the outside world, ideal for high net worth individuals, couples or private groups



DEDICATED FIVE STAR SERVICE TEAM

Private butlers, drivers, security and a personal chef ensuring seamless service and absolute discretion



FULLY CUSTOMISED WELLNESS PROGRAMS

High end wellness experiences curated entirely around your needs, goals and lifestyle



PRIVATE WORLD CLASS WELLNESS TEAM

Your own dedicated team delivering all sessions privately within the residence throughout your stay

Residences



Residences



A man with a long white beard and a white shirt, holding a wooden staff and a woven basket of flowers, standing on a beach at sunset. The background is a warm, golden sunset over the ocean. The man is holding a wooden staff in his right hand and a woven basket filled with colorful flowers in his left hand. The basket is made of woven palm leaves and contains a variety of flowers, including white daisies, pink roses, and orange and yellow flowers. The man is looking directly at the camera with a calm expression. The overall mood is peaceful and serene.

WELLNESS & SPA

[VIEW ALL WELLNESS RETREATS >](#)

ALL INCLUSIVE WELLNESS RESORT ACTIVITIES & PROGRAMS

Here, you will find wellness on tap, delivered by world class wellness professionals within a truly five star setting. Alive is the only luxury all inclusive wellness retreat in the world offering this level of depth, care and refinement. Each day, a thoughtfully curated schedule of yoga, movement, beachfront meditation, fitness, recovery, healing sessions, spa experiences and inspiring masterclasses is available within beautiful oceanfront and quiet dedicated wellness spaces. You are free to follow the daily rhythm or simply choose what feels right for you, enjoying complete flexibility while everything is seamlessly included in your nightly rate.





DAILY WELLNESS ON TAP



DAILY MOVEMENT & INNER PEACE

Yoga, meditation, relaxation and breathwork classes available each day to choose from



GYM & FITNESS

Full gym access, daily functional training classes with optional one-on-one personal training sessions



DIVINE SPA EXPERIENCES & SPA RECOVERY ACCESS

Spa voucher included, with the option to enjoy additional signature treatments unique to Bali and Mexico. Rejuvenate with sauna, ice baths, hydrotherapy and more.



HEALING CLASSES

Deep relaxation, sound or energy healing classes found only at Alive



ALIVE MASTERCLASSES FOR HEALTHY HAPPY LIVING

Inspiring health and happiness masterclasses led by visiting world-class wellness professionals, exclusive to Alive



NATURE IMMERSION EXPERIENCES

Guided outings to rare and beautiful locations designed to reconnect, reset and disconnect, exclusive to Alive

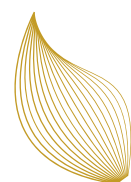
Health Club



THE HEALTH HUB AND
WELLNESS CENTRE PROVIDES
OUTSTANDING DAILY WELLNESS
CLASSES & SESSIONS TO
REINVIGORATE AND INSPIRE

BOOK YOUR STAY >>>

Gym & Functional Training



GYM ACCESS

FREEDOM TO
WORK OUT
WHEN YOU
WANT



FUNCTIONAL TRAINING

DAILY
CLASSES TO
IMPROVE
FITNESS



PERSONAL TRAINERS

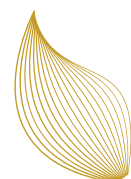
CUSTOMISE
YOUR
FITNESS
PLAN



ADVENTURE EXPERIENCES

EXPLORE
REAL NATURE
WITH
FITNESS
GUIDES

Yoga & Inner Peace



DAILY CLASS PASS

EXPERIENCE
A RANGE OF
CLASSES
DAILY FREE
TO ACCESS



YOGA CLASSES

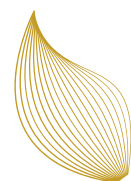
ALL STYLES
& ALL
LEVELS
CLASSES



PRIVATE SESSIONS

BOOK
PRIVATE
SESSIONS TO
DEEPEN
YOUR
PRACTICE

Meditation & healing



DAILY CLASSES

DAILY CLASSES TO RELEASE AND LET GO OF ALL YOU ARE HOLDING



ALIVE MEDITATION

DEEP RELAXATION, MINDFULNESS, VISUALISATION AND MEDITATION



BREATH WORK

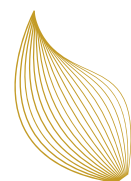
SOMATIC BREATHWORK AND HEALING CLASSES TO RECONNECT TO YOU



HEALING SESSIONS

A RANGE OF DEEP HEALING CLASSES ONLY FOUND IN BALI

Recovery & Nurturing



WATER THERAPY

IN ROOM
HEALING
BATH &
ELIXIR MENU



SAUNA AND STEAM

HOT
IMMERSION
THERAPIES
FOR DETOX



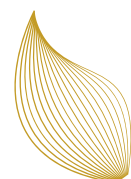
COLD IMMERSION

ICE BATH
SESSIONS TO
INVIGORATE
CELLULAR
HEALTH



PRIVATE SESSIONS

BOOK
PRIVATE
BREATH AND
ICE
SESSIONS



SPA VOUCHER

SPA IS
A PART OF
EVERY
PACKAGE ALL
INCLUSIVE



MASSAGE & BODYWORK

ALL
MASSAGE
STYLES
FOUND ONLY
IN BALI



BEAUTY TREATMENTS

FACIALS,
SCRUBS HEAD,
HAND & FOOT
TREATMENTS



TRADITIONAL HEALING

TRADITIONAL
BALINESE
SPA
TREATMENTS



DINING

WHERE FOOD FROM THE EARTH
NOURISHES YOUR BODY FROM
THE INSIDE OUT. ENJOY
GOURMET HEALTH FOODS OR
CUSTOMISED DETOX MENUS.



BOOK YOUR STAY >>>

ALL INCLUSIVE DINING IN YOUR STAY

Dining at Alive is designed to nourish, restore and delight. Our culinary philosophy centres around vibrant wholefoods prepared with care, using fresh, high quality ingredients that support energy, vitality and wellbeing. Guests enjoy a diverse selection of international cuisine that feels both generous and nourishing, with menus designed to heal from the inside out. From gourmet healthy meals to lighter detox and cleanse options, every dish is thoughtfully prepared to support your retreat goals while still feeling indulgent and satisfying.

Dining experiences can be tailored to your needs, with customised menus available for guests following detox programs, wellness protocols or specific dietary preferences.



DINING

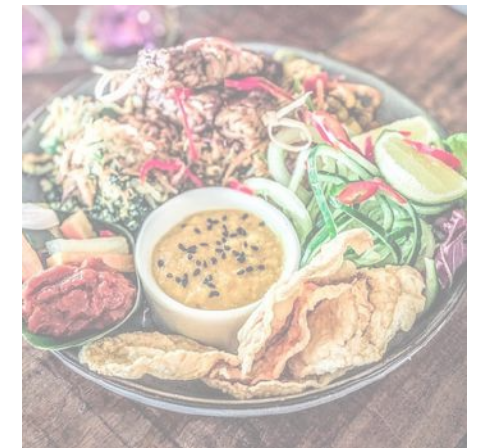
Cleanse & Detox

Enjoy a range of Alive Cleanse and Detox menus to suit your goals with dietary needs taken care of. Book a custom cleanse designed by your Naturopath and Nutritionist.



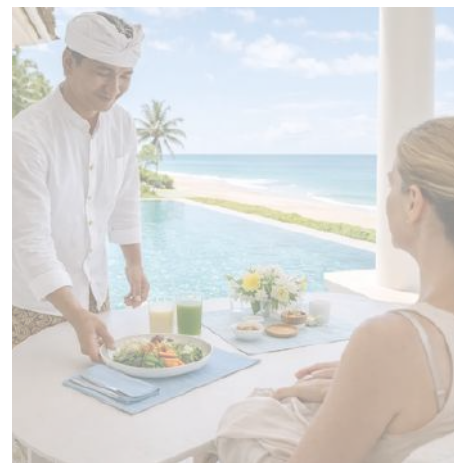
Gourmet Dining

Refill and rejuvenate with menu options to suit your needs and tastes. Choose from a diverse range of cuisine to suit your tastes and needs of your body.



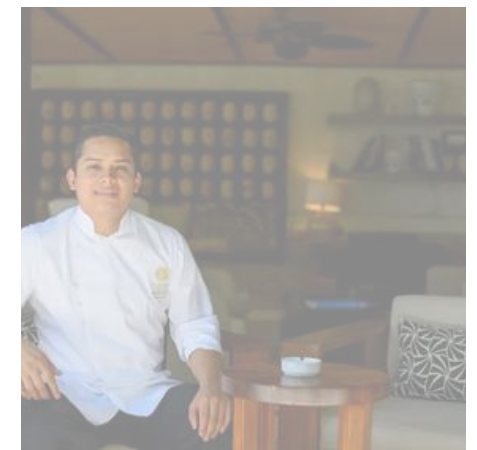
Custom Health Plan

Dive deeper with your health and customise a healthy wholefoods plan to suit your body and health goals. Custom plans are created for health issues, weight goals and needs.



Private Chef

Private residences include your own private chef with a menu based on your needs, health goals and tastes.



Dining



Dining



Dining



An aerial photograph of a tropical coastline. In the foreground, a white sandy beach curves along the shore, with several people visible. To the left of the beach is a dense forest of palm trees. The water is a vibrant turquoise color, transitioning to a deeper blue further out. In the background, a large, forested mountain rises from the water's edge under a blue sky with scattered white clouds.

SURROUNDINGS

explore



EXPLORE THE REAL BALI OR
MEXICO. HIDDEN BEACHES.
SECLUDED TEMPLES. LOCAL
CULTURE. AWAY FROM TOURIST
CENTRES.

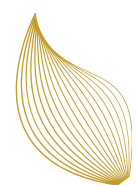
WWW.ALIVELUXURYRETREATS.COM

EXPLORE CULTURE, NATURE AND ADVENTURE

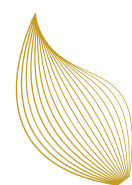
Beyond the retreat, explore the real beauty and culture of each destination through unforgettable experiences in nature and local life. Discover hidden beaches, breathtaking landscapes, cultural sites, waterfalls, jungles and sunrise adventures that few travellers ever see. With drivers and guides available to take you beyond the usual path, every outing offers a chance to connect, explore and experience something truly extraordinary.



Culture & Spirituality



HIDDEN
TEMPLES



BLESSINGS &
HEALINGS



MUSIC &
DANCE



ART &
DESIGN

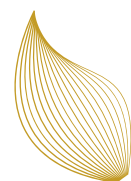






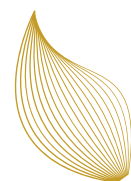


Adventure



ADVENTURE EXPERIENCE

EVERY
PACKAGE
INCLUDES
ADVENTURE



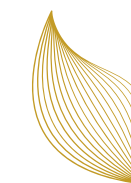
OCEAN ADVENTURE

SNORKEL,
DIVE,
PADDLE,
BOAT,
ISLAND HOP



MOUNTAIN ADVENTURE

HIKE
MOUNTAINS,
CLIMB
VOLCANOES,
RAFT RIVERS



OFF THE GRID

SEEK OUT
HIDDEN
WATERFALLS
& SECRET
LOCATIONS





A man and a woman are practicing yoga in a tropical resort setting. They are sitting on large, light-colored cushions on a wooden deck. The woman is on the left, wearing a white tank top and light-colored pants, with her hands in a prayer position. The man is on the right, wearing a light blue button-down shirt and light-colored pants, also with his hands in a prayer position. In the background, there is a large, multi-story resort building with a thatched roof, surrounded by lush greenery and palm trees. A small table with a lit candle and some items is between them. The scene is bright and sunny, with a clear blue sky.

THERAPIES & CLASSES

REAL WELLNESS PERSONALISED TO YOUR NEEDS

Every wellness program at Alive is all inclusive, combining daily wellness classes, nourishing health-focused dining and the support of a highly skilled, multidisciplinary wellness team throughout your stay.

Alive is the only luxury wellness resort in the world offering fully customised, holistic wellness programs designed around the individual. For guests seeking more than a traditional resort experience, we work privately and closely with you to create a deeply personalised wellness deep dive, tailored to your needs, challenges and life goals. Supported by world class practitioners and delivered with exceptional care and discretion, each program is crafted to create meaningful, lasting change within a five star environment of comfort, privacy and ease.



Retreat Inclusions

WORLD RENOWNED CUSTOMISED
WELLNESS PROGRAMS AND
THERAPIES DESIGNED UNIQUELY
FOR THE INDIVIDUAL WITH A
SKILLED TEAM READY TO
SUPPORT

BOOK YOUR STAY >>>



DAILY CLASSES INCLUDED IN YOUR STAY



YOGA



MEDITATION



HEALING



FITNESS

INSPIRING MASTERCLASSES

The Alive Process Journey



HEALTH &
LONGEVITY



HAPPINESS &
INNER CALM



EMOTIONAL
HEALING



LIFE PURPOSE
& VISION

The Alive Process Journey

360 HEALTH LIFE & SELF TRANSFORMATION

Our renowned Alive Process is a complete 360 transformation of your health, self and life. Designed for those ready to go deeper, our de stress programs **unlock access to our full team of expert coaches and health professionals**. Through guided workshops and masterclasses, we work through each key area of your life step by step, creating powerful, lasting change in a short period of time.

SPA INCLUDED IN YOUR STAY



SPA GIFT

SPA VOUCHER INCLUDED IN
EVERY STAY



MASSAGE

A FULL RANGE OF MASSAGE
STYLES



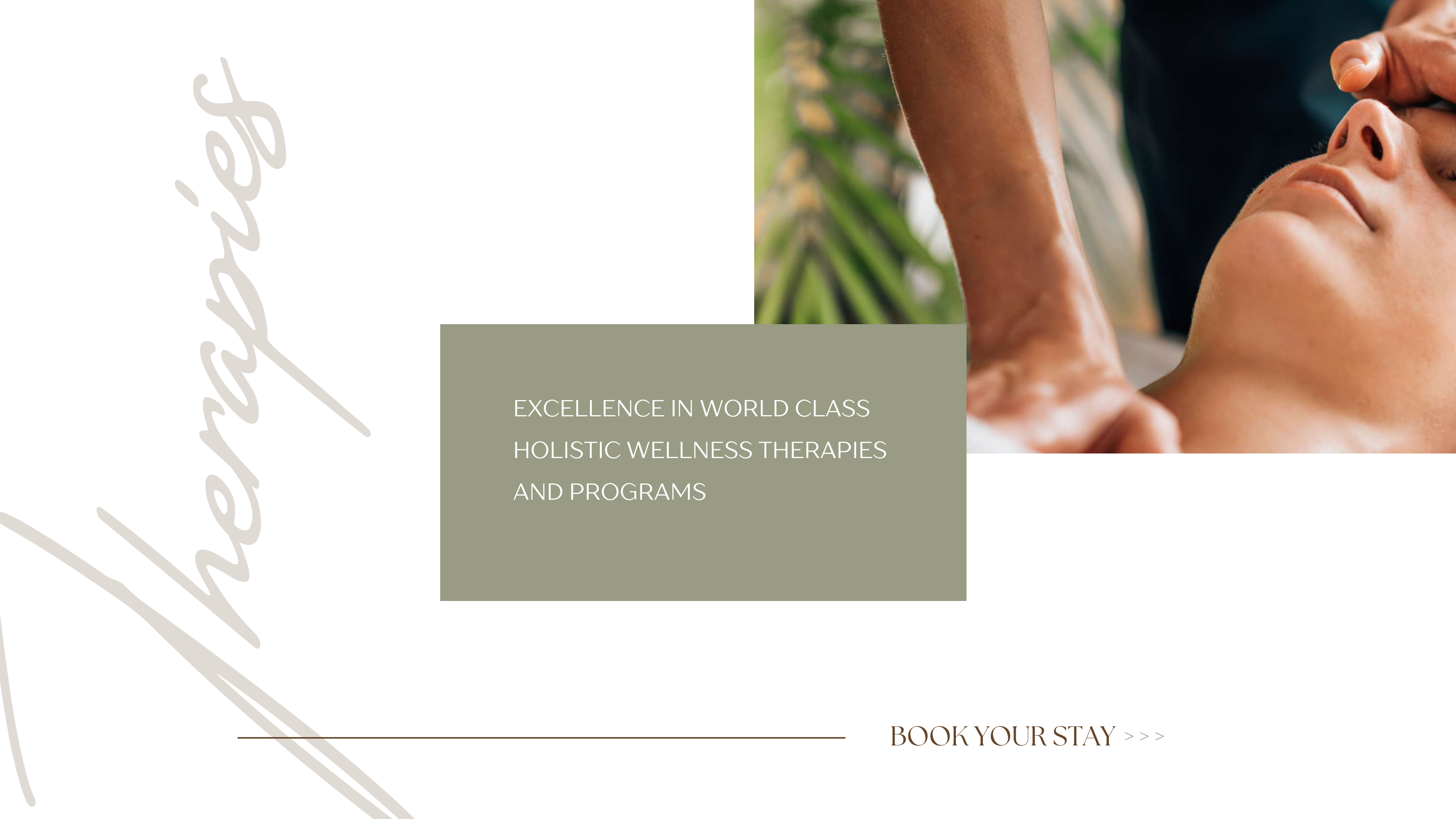
SPA

BODY SCRUBS, FACIALS



BEAUTY

NAILS, WAXING, ANTI AGEING
TREATMENTS



therapies

EXCELLENCE IN WORLD CLASS
HOLISTIC WELLNESS THERAPIES
AND PROGRAMS



BOOK YOUR STAY >>>

WELLNESS CLINIC

Health Rejuvenation

- Biomedical and Analysis Team
- Anti Ageing Treatments
- Nutritionist
- Naturopath and Herbalist
- Chinese Medicine Therapist
- Health Food Chef
- Wellness Coach
- IV Therapies
- Oxygen Therapies
- Custom Detox Plans



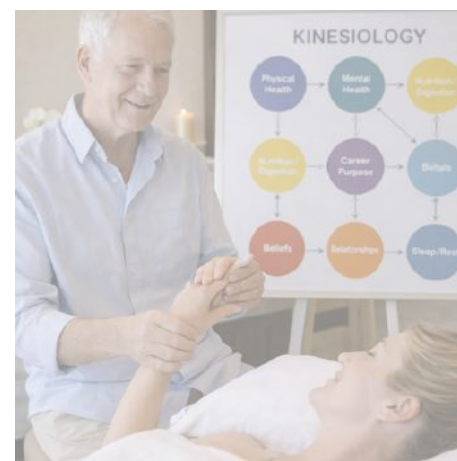
Inner Peace & Healing

- Senior Yoga Teachers
- Expert Meditation Teachers
- Mindfulness Teachers
- Breathwork Facilitators
- Energetic Healers
- Kinesiologists



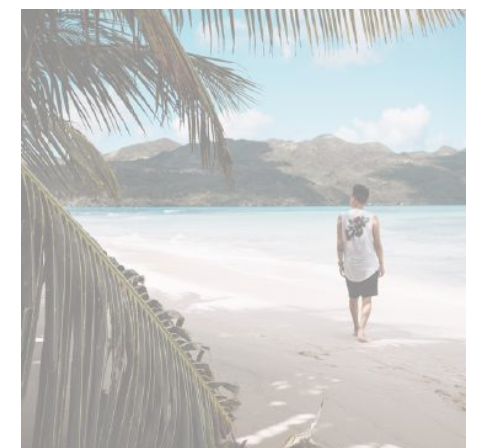
Life & Purpose

- Life Coaching
- Relationship Coaching

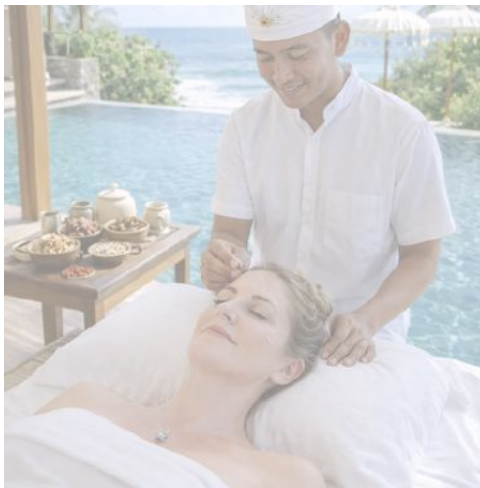


Culture & Adventure

- Nature Exploration Experiences
- Adventure Experiences on the Island of Bali to Waterfalls, Volcanoes & Lots More
- Balinese Healing Experiences
- Spiritual Tours

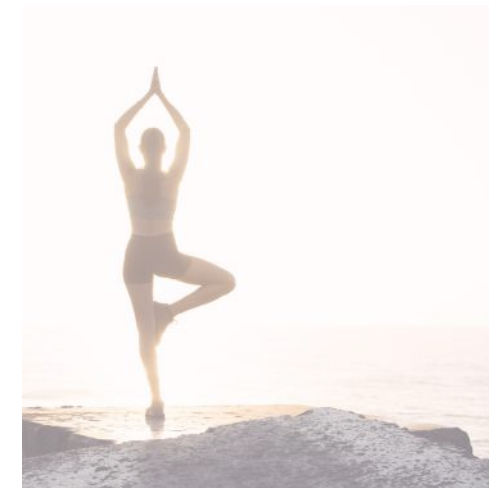


THERAPIES



Body Work & Spa

- Acupuncture
- Acupressure & Shiatsu
- Massage - All Techniques
- Spa & Beauty Team



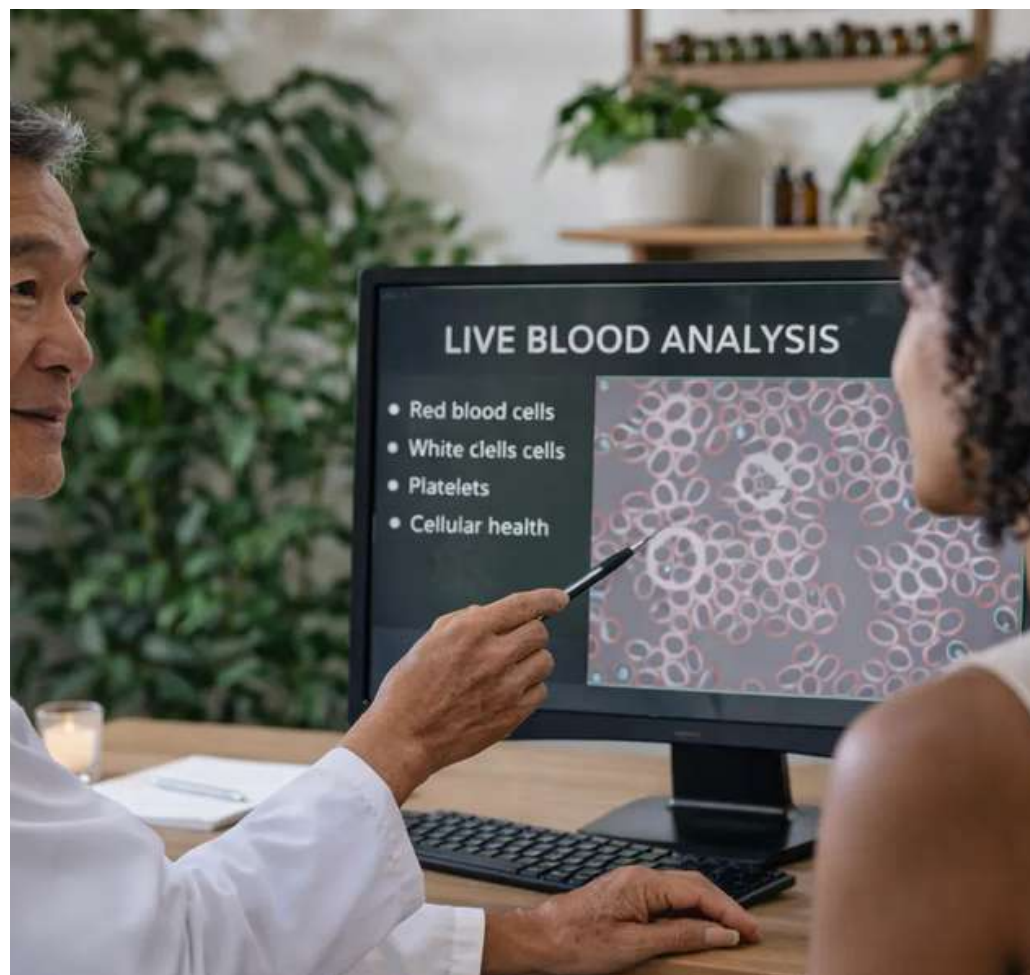
Physical Movement

- Personal Trainers (all types)
- Martial Arts
- Fun Fitness - Outdoor Sports & Adventure Guides
- Hiking Guides
- Pilates



Emotional Wellbeing

- Holistic Counselling
- Hypnotherapy
- Trauma Work
- Facilitators & Program Hosts
- Support Team





WELLNESS PROGRAMS

[VIEW ALL >](#)

Wellness Programs

CUSTOMISE YOUR WELLNESS
STAY WITH ONE ON ONE
WELLNESS PROGRAMS FOR 360
DEGREE TRANSFORMATION



[VIEW ALL HERE >](#)



PHILOSOPHY

At Alive, we believe *true wellness is deeply personal*.

We exist to support you in becoming the greatest version of yourself and living a life of connection, meaning and fulfilment.

It is not achieved through one-size-fits-all programs or surface-level experiences, but through understanding the whole person and creating the right conditions for real, lasting transformation to unfold. Body, mind, emotions, lifestyle and environment are all connected, and when they are supported together, change becomes natural, sustainable and deeply felt.

Our approach is guided by clarity and precision. The right support, at the right time, delivered by the right people, in a way that respects your individuality and your pace. We take the time to truly know you, your life, your needs and what matters most to you, so that every aspect of your experience is thoughtfully curated rather than prescribed.

We believe that wellness should feel expansive, empowering and life-enhancing. Not restrictive, clinical or focused on what is wrong. At Alive, transformation happens through care, presence and intelligent design, allowing you to restore energy, improve sleep, regain clarity and reconnect with a deeper sense of vitality and purpose.

Alive exists for those who want more than rest alone. It is a space to reset the body, revitalise the mind and realign with the life you want to live. Whether you are seeking greater health, inner healing, emotional balance, direction or renewal, we support you to move forward with ease, confidence and a renewed sense of possibility.

1. *Reset*

Restore energy and vibrant health in record time, improve sleep, calm the nervous system and create clarity and balance at every level.

2. *Revive*

Reconnect with presence, purpose and enjoyment, strengthening your relationship with yourself, others and the world around you.

3. *Recreate*

Design a way of living that feels aligned, sustainable and fulfilling, supporting growth, impact and longevity without losing yourself.

Retreat Focus
& Packages

360 Holistic Wellness Retreats

PERFECT FOR : WEIGHT MGT | FITNESS | CLEANSE | YOGA |
MEDITATION | MINDFULNESS | ADVENTURE | CULTURE |
SPA | LUXURY | RELAXATION

ALIVE SIGNATURE WELLNESS ESCAPE

360 Wellness Retreat

STUNNING PRIVATE BEACHFRONT RESORT ACCOMMODATION

Beautifully appointed private villas or deluxe suites designed for space, privacy and deep rest

DAILY WELLNESS CLASSES

Yoga, meditation, healing and fitness classes at the wellness hub, choose what suits you each day

ALL INCLUSIVE HEALTH FOCUSED DINING

Gourmet full board dining or optional cleanse and detox menus, including all meals and health drinks

IN ROOM WELLNESS AMENITIES

Curated medicinal teas to support energy, emotional balance, cleansing and restorative sleep

DIVINE SPA EXPERIENCES

Luxury spa voucher included & recovery centre access pass for sauna, steam, hot and cold pools, hydrotherapy, gym

RESORT ACTIVITIES

Inspiring and fun daily resort activities including acoustic music, various fitness, culture, cooking classes and more

CURATED ADVENTURE OR CULTURE EXPERIENCE

A full mindful nature, adventure or cultural experience

WELLNESS HOST & GUIDE

Dedicated support throughout your stay to ensure ease, flow and personalisation

ALIVE TOTE & GIFT BAG

A beautifully curated welcome gift to support your stay and take home

PRIVATE AIRPORT TRANSFERS

Return airport transfers with your own private driver

ALL INCLUSIVE BOOK
HERE

WELLNESS RETREAT PACKAGES



Renew Me

HEALTH REJUVENATION BOOSTER

Signature wellness inclusions + focus on **health invigoration, fitness, weightloss, detox, anti ageing, sleep and energy.**

Customise When You Book With Health Add Ons

- Detox Plan
- Natural Health Checks
- Weight loss Plan
- Personal Training
- Acupuncture & Bodywork
- Biohacking and Anti ageing.

Min 4 Nights

View More >



Relax Me

SPA & HEALING BOOSTER

Signature wellness inclusions + focus on **deep relaxation, nurturing and healing.** For nervous system regulation and inner peace this stunning program ensures ddeep rest.

Customise When You Book With Healing Add Ons

- Daily Spa Treatments
- Private Energy Healing
- Private Breathwork Session
- Bali Spiritual Cleansing

Min 4 Nights

View More >

360 Re Stress Retreats

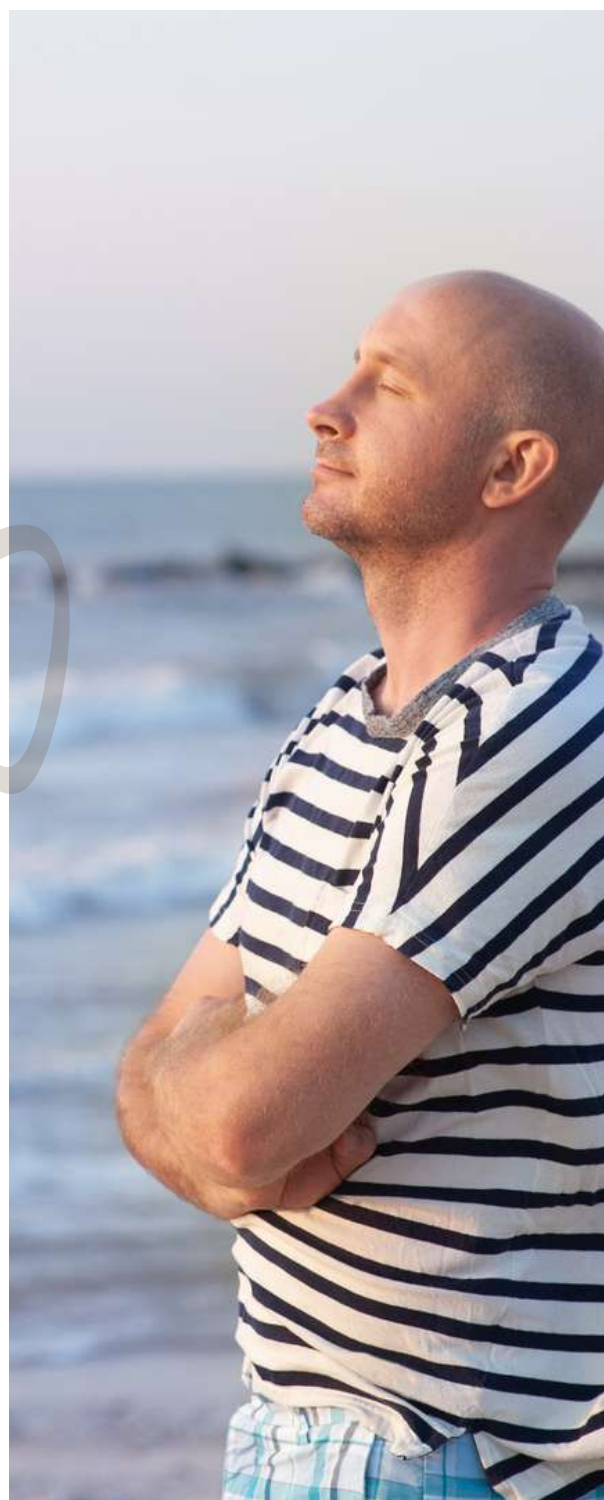
PERFECT FOR : THE FULL 360 WELLNESS INCLUSIONS +++

CUSTOMISED DETOX & STRESS RELEASE PLAN

ALIVE LIFE CHANGING MASTERCLASSES

FULL ACCESS TO THE HOLISTIC TEAM

BOOSTED SUPPORT TO DE STRESS YOUR LIFE



ALIVE DE STRESS + WELLNESS ESCAPE

360 De Stress & Emotional Wellbeing Retreat

STUNNING PRIVATE BEACHFRONT RESORT ACCOMMODATION

Beautifully appointed private villas or deluxe suites designed for space, privacy and deep rest

DAILY WELLNESS CLASSES

Yoga, meditation, healing and fitness classes at the wellness hub, choose what suits you each day

ALL INCLUSIVE HEALTH FOCUSED DINING

Gourmet full board dining or optional cleanse and detox menus, including all meals and health drinks

IN ROOM WELLNESS AMENITIES

Curated medicinal teas to support energy, emotional balance, cleansing and restorative sleep

DIVINE SPA EXPERIENCES

Luxury spa voucher included & recovery centre access pass for sauna, steam, hot and cold pools, hydrotherapy, gym

RESORT ACTIVITIES

Inspiring and fun daily resort activities including acoustic music, various fitness, culture, cooking classes and more

CURATED ADVENTURE OR CULTURE EXPERIENCE

A full mindful nature, adventure or cultural experience

WELLNESS HOST & GUIDE

Dedicated support throughout your stay to ensure ease, flow and personalisation

ALIVE TOTE & GIFT BAG

A beautifully curated welcome gift to support your stay and take home

PRIVATE AIRPORT TRANSFERS

Return airport transfers with your own private driver

+++

ALIVE DE STRESS YOUR LIFE MASTERCLASSES

DO THE ALIVE GUT HEALTH DETOX & DE STRESS TREATMENT PLAN

BOOSTED SUPPORT & TEAM GUIDANCE

**ACCESS TO THE FULL ALIVE TEAM OF HEALTH PROFESSIONALS, COACHES
& FACILIATORS**

ALL INCLUSIVE BOOK
HERE

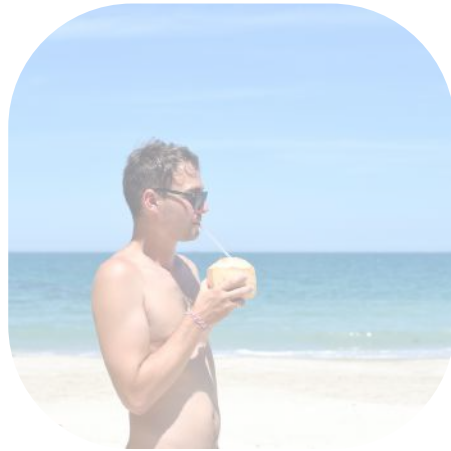
De Stress Intensives

PERFECT FOR : THOSE WHO WANT THE FULL WELLNESS + DE STRESS
PROGRAM

+++++

PRIVATE ONE ON ONE THERAPIES & SUPPORT WITH A HOLISTIC
INTENSIVE PROGRAM

DE STRESS INTENSIVES



Revitalise Me

BYE BYE BURN OUT & DE STRESS BOOSTER

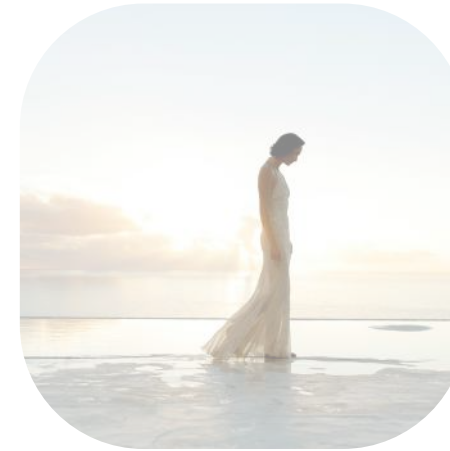
Our executive level holistic burn out recovery program is for those who are ready to transform their health, mind and life with full support. Signature wellness inclusions +++

Customise With These Add Ons

- Full Health Analysis & Recovery Plan
- Biohacking (IV, Ozone)
- Personal Coaching & Therapy
- Healing & Kinesiology
- New Life Direction Plan
- Upgraded Support & Hosting

Min 7 Nights

View More >



Restore Me

EMOTIONAL WELLBEING PRIVATE INTENSIVE

The restore me program is what Alive is known for. The ultimate mental and emotional wellbeing and healing program that is ultra holistic and life transforming. For those dealing with deeper life issues ready to revamp their life, health, mental health, relationships using the Alive Healing Process.

We Design This Program Specifically With

- Your Alive Coach will fully customise this program to suit your needs
- Therapies for health, healing, mental health and life transformation
- All sessions 1:1 and private

Min 10 Nights

View More >

Private Retreats

PERFECT FOR : VIPS WHO WANT THEIR OWN PRIVATE ONE ON
ONE RETREAT EXPERIENCE CUSTOMISED TO THEIR NEEDS

LEVELS OF LUXURY PERSONALISATION & SERVICE



Wellness Resort Experience

Enjoy an all inclusive stay at the wellness resort, with the freedom to customise your retreat and engage in daily classes, wellness experiences and the full resort and health club facilities at your own pace.



Vip Private One on One Retreat

A fully personalised private wellness retreat delivered within the wellness resort. Every element is curated around you, with all sessions delivered one on one and complete privacy throughout your stay.



Elite Private Residence Retreats

An ultra private retreat experience set within exclusive luxury residences. Your residence becomes the retreat, supported by a dedicated team and designed for individuals or groups seeking the highest level of discretion, personalisation and privacy.

Not sure?

Speak To An Alive Coach

WA: +62 813-5925-588

A woman in a white lab coat is performing a massage on a client lying down. The client is a woman with blonde hair, eyes closed, and a serene expression. The therapist's hands are gently resting on the client's chest. The background is softly blurred, showing a spa environment with warm lighting, including candles and a statue.

WORLD CLASS TEAM

earn

BE SUPPORTED WITH HIGH END
INTIMATE HOSPITALITY SERVICE,
WELLNESS GUIDES & WORLD CLASS
PRACTITIONERS

BOOK YOUR STAY >>>





ALIVE FIRST CLASS SERVICE

The ultimate in luxury personalised service

Throughout your stay, you are supported by a highly attentive team dedicated to personalised care, discretion and ease, ensuring every detail is thoughtfully handled.

RESORT SERVICE TEAM

Attentive daily support focused on comfort, flow and exceptional service

BOOKING CONCIERGE

Personalised assistance before arrival to tailor your stay and preferences

PROGRAM & WELLNESS DIRECTOR

Overseeing your wellness experience with care, precision and expertise

ROAMING SUPPORT HOSTS

Present throughout the day to assist, guide and support as needed

PRIVATE CHEFS

Nourishing, beautifully prepared meals aligned with your preferences

DRIVERS & TRANSFERS

Private drivers ensuring seamless, comfortable and discreet transport



YOUR WORLD CLASS EXPERT TEAM

Your experience is guided by a carefully selected team of professionals delivering daily wellness experiences with skill, warmth and care. Private one on one support is available for VIP and Elite guests.

HEALTH TEAM

Naturopaths, nutrition, biomedical and health specialists supporting energy, vitality, sleep and overall wellbeing

MOVEMENT TEAM

Fitness, pilates and yoga professionals guiding daily movement experiences designed to strengthen and restore

INNER PEACE TEAM

Meditation, mindfulness, breathwork and healing facilitators supporting calm, emotional balance and presence

MASTER FACILITATORS

Visiting world class experts delivering inspiring workshops and transformational group experiences

PRACTITIONER TEAM

A trusted network of skilled wellness practitioners offering depth, variety and holistic care across the retreat

SPA TEAM

Highly trained therapists delivering restorative treatments with care, precision and presence

ADVENTURE GUIDES

Experienced local guides leading nature and cultural experiences that inspire connection and perspective

WELLNES TEAM



FACILITATORS & PROGRAM DIRECTORS

Our facilitators and hosts ensure your needs are taken care of and manage your entire retreat experience before, during and after retreat.



SKILLED LIFE CHANGE COACHES

We hand pick the most skilled psychotherapists, holistic counsellors and Alive Health and Life coaches to mentally & emotionally transform on every level.



PHYSICAL HEALTH TEAM

Our wellness team consists of Naturopaths, Nutritionists, Fitness Instructors, Osteopaths, Acupuncturists & more to rejuvenate your physical body with a range of techniques & physical healing therapies.



YOGA & MEDITATION TEAM

Our Yoga, Meditation, Mindfulness & Breathwork teachers teach the full Alive Yoga system built for self clam, presence, mindfulness & creating long lasting inner peace.



RESORT & SERVICE TEAM

Our service team from reception, bookings, chefs, drivers and service staff ensure you never lift a finger during your stay and are truly spoilt during your time with us.



FITNESS & ADVENTURE GUIDES

Our adventure guides help you explore the wild outdoors, rich cultural experiences, nature and adventure experiences on our menu to reconnect to the world around you.



SPA & MASSAGE TEAM

Our massage and spa team help to melt away your worries and lull you into a space of bliss and peace with their deeply healing spa and massage therapies.



HEALERS & ENERGY WORKERS

Our energy healers unlock old habits and patterns and help to clear the mind, body & soul of what is holding you back.



ALL INCLUSIVE LUXURY
WELLNESS STAYS.

RETREAT YOURSELF TO A LIFE
CHANGING EXPERIENCE.

BOOK YOUR STAY >>>

PROGRAM INCLUSIONS	360 WELLNESS	DE STRESS	BURN OUT OR MENTAL HEALTH INTENSIVES	VIP PRIVATE
	ACCOMMODATION & DINING			
Gourmet Wholefood Menu or Alive Detox - All Meals Included	✓	✓	✓	Customised Menu With Private chef
Luxury Private Suite or Pool Villa	✓	✓	✓	Private Villa or 5 Star Residence
Resort Facilities Access	Pool Lounge Areas Gym Spa Wellness Hub	Pool Lounge Areas Gym Spa Wellness Hub	Pool Lounge Areas Gym Spa Wellness Hub	Private Pool Private Residence Gym Spa Comes To You Surrounded By Nature
	BOOKING & SUPPORT			
Designated Booking Manager & Pre Arrival Support	✓	✓	✓	VIP Travel & Booking Concierge
Airport Transfers & Travel On Retreat With Driver	✓	✓	✓	Private Luxury Car and Driver
5 Star Service	✓	✓	✓	Private Butler, Chef, Driver, Manager
Wellness Support & Guides	Program Director General Manager Resort Team Roaming Support Coaches	Program Director General Manager Resort Team Roaming Support Coaches PREMIUM SUPPORT	Program Director General Manager Resort Team Roaming Support Coaches PRIVATE 1:1 SUPPORT	Customised 1;1 Support Hosts, Directors and Guides

PROGRAM INCLUSIONS	360 WELLNESS	DE STRESS	BURN OUT OR MENTAL HEALTH INTENSIVES	1:1 PRIVATES
	HEALTH & WELLNESS			
Spa & Massage \$100 SPA VOUCHER + Book As Many Extras As You Like	✓	✓	✓	\$200 SPA VOUCHER
Fitness & Nature Daily Group Classes + Walking Tracks & Beach Visits	✓	✓	✓	Personal Trainer Customised Sessions
Biohacking IV Therapy, Ozone, Anti-ageing	Optional Extra	Optional Extra	✓	Weekly Treatments Included
Health Analysis & Treatment Live Blood Analysis, Naturopathic Treatment Plan, Integrated Medicine, Customised Detox	Optional Extra	Optional Extra	✓	Advanced Sessions Included All Tests & Supplements Included
Custom Cleanse or Detox Broth, Juice, Herbs, Teas, Fasting, Specific Menu	Optional Extra	✓ GUT HEALTH CLEANSE + DE STRESS PLAN	✓ GUT HEALTH CLEANSE + DE STRESS PLAN	Customised A La Carte Cleanse Menu With Private Chef
	SELF EMPOWERMENT			
Alive Masterclasses The Famous Alive Masterclasses For Health, Healing & Happiness	✗	✓ 4 x Per Week	✓ 4 x Per Week	Executive Level Alive Coaching 1:1
Healing Classes Small Group Sessions or Book Private Sessions; Breath, Sound, Energy	✓ 1 x Per Week	✓ 1 x Per Week	✓ 1 x Per Week	Private Sound or Breathwork Sessions Included

PROGRAM INCLUSIONS	360 WELLNESS	DE STRESS	BURN OUT OR MENTAL HEALTH INTENSIVES	1:1 PRIVATES
	INNER PEACE			
Alive Yoga Daily Classes	✓	✓	✓	Private Sessions
Meditation Or Yin Classes 5 x Per Week	✓	✓	✓	Private Sessions
Mindfulness Nature , Culture & Adventure Outing	✓	✓	✓	1 x Full Day Guided Adventure Day
	PRIVATE THERAPY			
Alive Life Coaching	----	----	✓	Included
Holistic Counselling	----	----	✓	Included
Deep Healing Therapies Kinesiology, Hypnotherapy, Energy Healing, Shamanic Breathwork	----	Optional Extra	✓	Included
Bodywork (Acupuncture & Acupressure)	Optional Extra	Optional Extra	✓	Included

RETREAT PRICING



LUXURY SUITE OR POOL VILLA
Retreat Centre

BALI

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM	USD \$
Signature All Inclusive	695
De Stress	875
Burn Out or Mental Health	1295

Prices vary depending on your final wellness extras choice and room availability during the season
Couples, friends sharing and groups POA

INCLUSIONS

Retreat At The Wellness Resort

A luxury wellness escape with wellness on tap and an all inclusive stay.

- Private luxury suite or pool villa
- Full board 3 meals per day
- Full access to resort and wellness hub facilities
- Daily group classes
- Individual one-on-one therapies (customise your extras at check out)
- Spa Voucher
- Airport Transfers

MEXICO

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM	USD \$
Signature All Inclusive	695
De Stress	875
Burn Out or Mental Health	1295

BOOK HERE >

VIP PRIVATE RETREAT PRICING



VIP PRIVATE 1:1 EXCLUSIVE WELLNESS
RETREAT
Retreat Centre

INCLUSIONS

Individual Focus

Ideal for those seeking complete privacy, still within the comfort and surroundings of the retreat.

Private luxury pool villa or suite

Full access to resort and wellness facilities

All ***sessions conducted privately (no group classes)***

Complete retreat experience without interaction with other guests

Personalised daily schedule and program tailored only to you

BALI MEXICO

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM

USD \$

All Inclusive 360 Program + All
Private Therapies

2195

*Prices vary depending on your final wellness extras choice and room availability during the season
Couples, friends sharing and groups POA*

BOOK HERE >

ELITE PRIVATE RESIDENCE & RETREAT PRICING



ELITE PRIVATE 1:1 EXCLUSIVE
WELLNESS RETREAT | RESIDENCE
Private Retreat

INCLUSIONS

Ultra High End 1:1 Exclusive Private Retreats

Our most exclusive retreat, designed for high net worth individuals who want the very best in luxury, privacy, and transformation with complete confidentiality.

- Private luxury residence, oceanfront villa
- Private Alive team focused solely on you
- Fully personalised program designed around your goals
- Total discretion, privacy, and 1:1 support
- Concierge-level service for every aspect of your stay

MEXICO

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM	USD \$
360 Wellness	POA
De Stress	
Emotional Healing	

Prices vary depending on your final wellness extras choice and room availability during the season
Couples, friends sharing and groups POA

BOOK HERE >

HOW TO BOOK

Booking at Alive is easy.

Simply [click here to book now.](#)

If you would like to [speak to an Alive Wellness Concierge to custom your program click here.](#)

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