

# ALIVE LUXURY WELLNESS RETREATS



# ABOUT ALIVE



HOLISTIC  
HEALING THE  
WHOLE  
PERSON



LIFE  
CHANGING  
PERSONALISED  
CARE & 1:1  
SUPPORT



SKILL  
PROVEN RESULTS  
SINCE 2009



EXPERT  
DEDICATED  
INTEGRATED  
TEAM



LUXURY  
THE ULTIMATE IN  
LUXURY &  
SERVICE

Whether you are seeking the ultimate **spa & deep relaxation** experience, a **detox** retreat to rejuvenate every level of the physical body, a holistic program to **de-stress from burnout**, an unforgettable **mental health retreat** to fully restore emotionally or a complete **life rejuvenation program**... allow us to create the ultimate life-changing experience with skill, care and experience using the proven **Alive Process** we guarantee an unforgettable retreat with outstanding results.

We created our retreats not so you could escape life. But so life doesn't escape you. Our clients just like you they are seeking a deep reconnection with themselves, to go deeper and beyond just a luxury retreat.... to fall in love with life again and create the health, empowerment, inner calm and fulfilment they desire.

We don't just support you to escape & relax in absolute luxury - we focus on a full **life transformation** whatever that means for you including health, habits, becoming the greatest version of yourself, re-creation of your life, relationships, purpose, life direction, career and business and a whole lot more. Every guest leaves our retreat forever changed ready to step into a new way of being with our ongoing support using our tools and team for years to come to reach their human potential with our full support.

Your **bespoke program** is designed to ensure the **release of your struggles** and **unlock your human potential in record time**.

We offer a genuine life-changing experience that brings 'outside the box results' for those ready for real transformation.

Not only is our program empowering, it is genuinely fun and full of warmth, proven and life-changing.

*The Alive Team*

# MORE INCLUSIONS THAN ANY OTHER RETREAT



## NATURAL HEALTH

Combining powerful natural methods to help the body find its natural balance with the ultimate in integrative natural health care for rapid results.



## NUTRITIONAL CLEANSE

Regain true power from the inside out with a uniquely designed nutritional cleanse provided by your Executive Chef & Nutritionist.



## MOVEMENT & NATURE

Regain your strength and will in the outdoors to breathe life into every cell of the body whilst reconnecting with nature exploring our beautiful hideaway.



## MIND TRANSFORMATION

Transform your mind, stories and beliefs into presence, calm and clarity whilst creating a deep sense of respect and connection to self.



## HABIT HACKING

Rebuild your life as the greatest version of yourself integrating new tools into daily life with passion and accountability for long term change.



## DE STRESS & HEALING

We create long lasting calm & authentic happiness by healing issues at the core releasing stress mentally, physically, emotionally and energetically.



## EMPOWERING TRANSFORMATIONAL THERAPY

Working with top mental health therapists you uncover all that holds you back and step into your power. We work intensively for the best results.



## LIFE & EXECUTIVE COACHING

The unique Alive Process is designed to powerfully inspired and educate our clients on using a system built to live a life they love.



## RELATIONSHIP HEALING

Repair, reconnect and rebuild fractured relationships to create the connection, trust and acceptance you all seek.



## PURPOSE, CAREER & WEALTH

Live a life on purpose, scale your career or business with ease & live into a powerful vision for your life managing wealth without stress or sabotage.



## REFLECT, REST & RECONNECT

Master the art of reflection in order to become the most present calm and unstoppable version of yourself.



## LONG TERM AFTERCARE

Have the full support of your own private wellness and life transformation team for long term accountability in the real world to ensure changes stick.

# PERSONALISED GUEST CARE

*A Full Team Ready To Support You 1:1*

- Revamp Your Health - Physical Health Detox & Healing the Body
- Stress Reduction & Recreating Your Life On Your Terms
- Relationships & Connection To Yourself, The World Around You & Others
- Clarity, Presence and Focus To **Become Centred & Find Inner Peace**
- Mental & Emotional Wellbeing For Mind Transformation & True Personal Freedom
- Becoming The **Greatest Version Of Yourself & A Life You Love**
- Clarity On Life Direction - Lifestyle, Abundance, Career, Family & More
- Purpose & Life Passion + **Stepping Into Your Own Power**



## *Stunning Retreats*

OUR RETREATS ARE NON CLINICAL  
HELD IN LUXURY RESORTS.  
SPAIN - 4 STAR RESORT + PRIVATE  
RESIDENCES  
ENGLAND - COMING LATE 2026  
BALI - 5 STAR LUXURY RESORT +  
PRIVATE RESIDENCES



## *Personalised*

CUSTOM PROGRAMS WITH BESPOKE  
CARE CREATED FOR EACH GUEST -  
WHERE EVERY GUEST IS UNIQUE AND  
SO IS THEIR TEAM & CARE.



## *Holistic*

WITH A HUGE RANGE OF PROGRAM  
OPTIONS & WELLNESS THERAPIES  
YOU GET TO TAILOR YOUR PROGRAM  
TO SUIT YOUR NEEDS & EXPERIENCE  
TRUE HOLISTIC WELLNESS.

## *All Inclusive*

WE OFFER MORE INCLUSIONS THAN  
ANY OTHER LUXURY RETREAT WITH  
AN ALL INCLUSIVE PROGRAM SUITED  
TO THE INDIVIDUALS NEEDS.

**CONTACT**

# LUXURY RETREAT LOCATIONS

In the sun-kissed lands of Australia, 2009 witnessed the birth of Alive, a visionary creation by founder Heidi, who recognized a profound need for holistic mental health transformation, breaking free from the mundane confines of mental health treatment. As the first holistic retreat of its kind, Alive embarked on a magical journey to **Bali in 2013**, and now extends its embrace to **Spain** with an **England** centre arriving in late 2026. With an eye for the sublime, the founder has curated the most exquisite and life changing retreat programs, offering you a mosaic of luxury, exceptional service, and nature's splendour. Clients traverse the globe to partake in this transformative program, ensuring that every moment spent at either location becomes an indelible memory for a lifetime.

- Revel in the pinnacle of **Luxury & Service**.
- Retreat to your own **Private Suite or Villa**, a space to rediscover yourself.
- Immerse yourself in **Nature's embrace**, where **Peace & Tranquility** reign.
- Indulge in **5-Star Service** and **meticulous attention**.
- Discover the breathtaking beauty of our **Stunning Locations**, far from the ordinary.
- Enjoy steadfast support from your own **Wellness Team** at every turn.
- Savor **Cuisine** that nurtures the **Soul, Mind, and Body**.



*Bali*

Our Bali retreats are held at a peaceful 5-star sanctuary in Ubud, offering private luxury suites or spacious pool villas with breathtaking views of lush jungle, rice terraces, and mountains. Guests can enjoy multiple serene resort pools, tranquil tropical gardens, and easy access to Bali's wellness and spiritual healing hub, with hidden waterfalls, sacred temples, volcano viewpoints, and pristine beaches all within reach. This is a private, nurturing environment designed for deep restoration, complete privacy, and life-changing transformation.



*Spain*

Our Spain retreat is set in the heart of Marbella on the stunning Costa del Sol, offering a luxury wellness sanctuary with beautifully appointed suites, tranquil pools, Mediterranean gardens, and warm sunshine year-round. Just moments from golden beaches, vibrant culture, and breathtaking coastal scenery, this retreat blends European elegance with deeply restorative wellness experiences. It is the perfect destination for those seeking transformation, relaxation, and personalised health programs in a serene, inspiring setting.

*England Coming Soon*

[CHECK PRICING HERE](#)

CHECK LIVE  
PRICING,  
INCLUSIONS  
&  
AVAILABILITY  
HERE



# PROGRAM INCLUSIONS

*More inclusions than any  
other retreat...*



# ACCOMMODATION

## INCLUSIONS

*Your room and retreat inclusions*

Stunning luxury and private accommodation in beautiful surroundings for every guest. No room sharing or shared villas. Receive the benefit of a health spa resort with ample space to unwind combined with outstanding service and luxury.



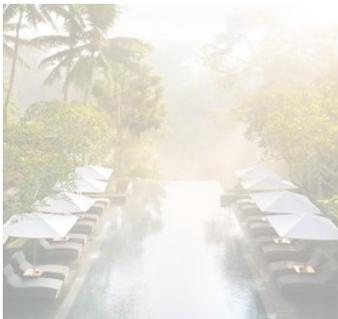
Luxury Private Room  
Ensuite  
Upgrade To Private  
Pool villas



Expansive Luxury  
Resort  
5 Star Service  
24 Hr Reception



Access To Onsite Spa  
& Massage Facilities



Luxurious Pools



Walking & Bike  
Riding Tracks



Yoga & Meditation  
Spaces



Gym Pass &  
Access



Daily Housekeeping  
& Room Service



Return Airport  
Transfers & Drivers  
Available

# MOVEMENT & FITNESS INCLUSIONS

*Move and Motivate*



Physical Fitness &  
Movement Inclusions  
In Every Package

- 2 x Weekly Functional Fitness Classes
- Guided Hikes & Waterfall Adventures
- 3 x Weekly Yoga Classes
- 1 x Adventure & Culture Outing Weekly
- Beach Trips and Swims

## 1:1 FITNESS BOOSTER

- Customise your package with extra fitness, personal training, private yoga and adventure outings

# INNER PEACE INCLUSIONS

*Find Yourself Again*



Inner Peace  
Inclusions In Every  
Package

- Daily Mindfulness Teachings & Guidance
- 3 x Weekly Guided Mindfulness Meditation
- 3 x Weekly Yoga Therapy Classes
- 1 x Mindful Adventure & Culture Outing Weekly
- Daily Inner Peace & Quiet Reflection Time To Read, Journal, Reflect, Lay In The Sun, Swim, Nap & Relax

## 1:1 INNER PEACE BOOSTER

- Customise your package with private meditation, healing, life coaching and more

[CHECK PRICING HERE](#)

# SELF EMPOWERMENT WORKSHOP ALIVE INCLUSIONS

*Transform Your Life*



**These Classes Will Change Your Life**



Empowering Alive  
Workshops Included  
In Every Package

- Learn The Full Alive Process For Health, Happiness & Life Transformation
- 3 x Weekly Deep Dive Powerful Master Classes

## Workshop Topics:

Nutrition, Gut Health

De Stress Your Life

Shaping The Greatest Self

Transform Your Mind

Craft Your Life Vision

Create Your New Direction and Purpose

## 1:1 LIFE & HEALTH COACHING or PRIVATE THERAPY BOOSTER

- Customise your package with deep dive private sessions with an Alive Life and Wellness Coach or Alive Psychotherapist and Holistic counsellor

# HEALTH & NUTRITION INCLUSIONS

*Energise Your Body*



Health & Nutrition  
Inclusions In Every  
Package

- The Full Alive Whole foods Cleanse and Detox
- Nutritious Meals and Drinks 3 x A Day
- Medicinal Elixirs To Boost Energy & Balance Sleep
- 1 x Holistic Health Workshop Per Week

## 1:1 NATURAL HEALTH BOOSTER

- Add on Live Blood Analysis and Full Health Report
- Add on Naturopathy & Nutrition + Treatment Plan
- Add On IV or Ozone Therapy
- Add on Natural Herbs and Supplements

[CHECK PRICING HERE](#)

# SPA & MASSAGE INCLUSIONS

*Relax & Surrender*



Spa & Massage  
Included In Every  
Package

- 1 x Relaxing Massage Per Week
- Add on any extra spa sessions you wish
- 5 star onsite resort spa

## SPA & MASSAGE BOOSTER

Customise your package with as much spa and massage as you like including:

- Acupuncture and Acupressure - highly recommended
- Foot treatments
- Body scrubs and wraps
- Manicure and pedicure
- Facials
- All massage styles

# HEALING INCLUSIONS

*Nurture Your Soul*



Healing Inclusions In  
Every Package

- 1 x Small Intimate Group Breathwork or Sound Healing extended masterclass each week
- 1 x Weekly intention setting and cleansing in nature

## 1:1 HEALING BOOSTER

- Kinesiology - highly recommended
- Breathwork Release
- Energy healing and cleansing
- Private sound healing

[CHECK PRICING HERE](#)

# ADVENTURE & CULTURE

*Explore & Experience*



Adventure & Culture  
Included In Every  
Package

- 1 x Adventure & Culture Outing Per Week
- Drivers available at anytime for you to book

## ADVENTURE BOOSTER

Customise your package with as much adventure as you like:

- Explore hidden villages & admire local culture
- Beaches, stand up paddle, snorkelling or diving
- Bike rides and hiking
- Volcanoes or waterfalls
- Spiritual blessings and cultural sites

# THERAPY & SUPPORT INCLUSIONS

*Be nurtured with care*



Support Inclusions In  
Every Package

- Daily Host Check Ins
- Skilled Facilitation & Program Management By Expert Therapists
- Roaming General Management

## 1:1 THERAPY BOOSTER

- Book Private Life Coaching or Psychotherapy Sessions

[CHECK PRICING HERE](#)

# READY TO CUSTOMISE YOUR RETREAT? SPEAK TO A COACH TODAY



- Speak to a skilled coach who can help you design your ultimate retreat program
- Get immediate availability and pricing
- This is not a sales call! This is a life re design call and to create a program that gets you results



A woman with her eyes closed and head tilted back is relaxing in a hot tub. The water is a clear, light blue-green color. The background is slightly blurred, showing a white hot tub rim and some greenery. The overall mood is peaceful and relaxing.

PERSONALISE

*Your once in a lifetime  
opportunity*

# WELLNESS PROGRAMS

## *Health & Relaxation*

### *360 Health*

Detoxify, cleanse & rejuvenate with a complete 360-degree total wellness program to re-energise, rapidly improve health, and heal from the inside out. With private fitness, weight loss experts, customized detox, a full health & wellness team & much more.



### *Yoga, Spa & Relaxation*

A luxury spa, beauty, and deep relaxation experience in paradise with the ultimate in spa treatments delivered to your door, luxury spa visits, yoga, meditation, divine cuisine healing & time to rest in the natural beauty of your luxury room, and more.



# WELLNESS PROGRAMS

## *Health & Weightloss*

### *Detox & Fitness*

Detoxify, cleanse & rejuvenate with a complete 360-degree total wellness program to re-energise, rapidly improve health, and heal from the inside out. With private fitness, weight loss experts, customized detox, a full health & wellness team & much more.



### *Weightloss*

A luxury spa, beauty, and deep relaxation experience in paradise with the ultimate in spa treatments delivered to your door, luxury spa visits, yoga, meditation, divine cuisine healing & time to rest in the natural beauty of your luxury villa, and more.



# INTENSIVE HEALING PROGRAMS

*Transform your self & life*

## *Stress & Burn Out*

De-stress your life, revive your passion & purpose, and recover your energy with a 360 bespoke program for your health, life, mind & business. Supported by a holistic team uniquely chosen for you to revive every aspect of yourself and life.



## *Mental Health*

Our world-renowned confidential 1 on 1 mental health transformation retreat with the full Alive Team offers you a life-changing (and saving) program for anxiety, depression, breakdown, trauma, and more. Heal fast using a proven empowered approach to mental health recovery that works with your own private team.



# CORPORATE OR GROUP PROGRAMS

## *Group Transformation*

### *Corporate Groups*

Customised corporate wellness and executive coaching packages designed to suit your groups needs. Combining luxury, adventure, wellness, relaxation, fun, inspiration and more work with our executive consultants to design the ultimate corporate or business retreat perfectly curated to blend with your focus.



### *Groups of Friends*

With groups of friends or families travelling together seeking a unique wellness getaway experience allow our team to custom curate your own group program including any of the wellness, adventure, travel, spa or empowerment options on offer uniquely created to suit your group.



# PROGRAMS FOR COUPLES OR FAMILIES

*Reconnect & rediscover*

## *Relationships*

Our relationship reconnection retreats in privacy and luxury are for couples or families to escape into paradise whilst enjoying a full life and relationship transformation with the support of private therapists & our well-being team.



CHECK LIVE  
PRICING,  
INCLUSIONS  
&  
AVAILABILITY  
HERE



# A LIFE CHANGING EXPERIENCE



# BCU ICU MONITOR

HEALTH

BLOOD

100%

100%

EKG  
ST+ 3.58mV  
BPM 89

ST mmHg  
NIBP auto  
130/80  
kPa  
17.3/10.6

SpO<sub>2</sub>  
100/90  
100

RR  
CO<sub>2</sub> 3 19  
19

TEMP °C  
TD +0  
TEMP 1/2 °C  
36.6/28.9



# 360 HEALTH

*Regain Power Energy Focus & Vitality*

# UNSTOPPABLE HEALTH

## *Heal From The Inside Out*

The cornerstone of our program is the relationship you have with your body and building a physical powerhouse that you love to live in. Working with our health experts you will revamp your health in unimaginable ways feeling the best you have ever felt using profound nutritional and biochemical processes to defy age and give you boundless energy.



Food As Medicine.  
Customised Nutrition  
Plans



Herbal Medicine  
For Natural  
Treatment



Natural  
Supplementation



Full Dashboard  
Holistic Testing



Biochemistry &  
Body Hacking



Personalised Cleanse  
& Food As Medicine



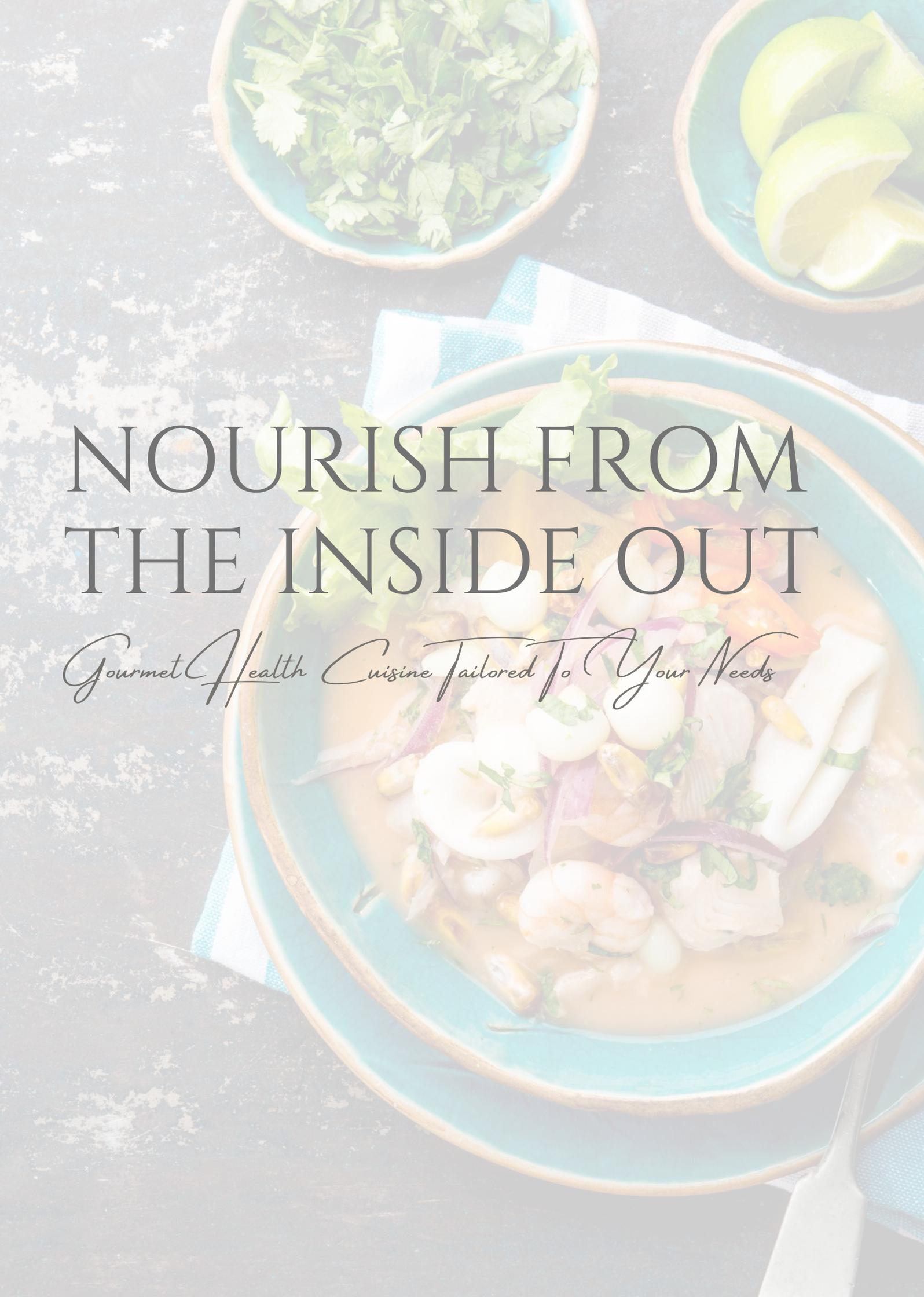
Vitamin Infusions,  
Infrared Spa, Ice  
Baths



Healthy Weight Mgt  
Plans



Natural Hormone &  
Neurotransmitter  
Balancing



# NOURISH FROM THE INSIDE OUT

*Gourmet Health Cuisine Tailored To Your Needs*

# HEALTH FOODS DINING

*Created By Nature Herself*

Cuisine at Alive is medicine. Our nutritionist, naturopath, and executive health foods chef create delicious wholefoods organic menus suited to your dietary needs, health goals & body. The Alive Cuisine focuses on sustainable, organic, fresh, cleansing, and packed with medicinal whole foods that cleanse and revitalize. Foods directly come from organic reliable sources perfectly created by nature herself.



Fresh, Wholefoods,  
Local Sourced Where  
Possible



Organic &  
Clean



Paleo or Keto Options



Vegan or Vegetarian  
Options



Gut Health Detox &  
Cleanse Menu



Set Daily Medicinal  
Menu



Healthy Snack  
Options



Juices, Teas &  
Health Elixers



Dine Wherever You  
Wish

# EXAMPLE DAILY MENU

## Healthy Wholefoods



### MORNING

#### *Wake Up Refreshment*

A soothing blend of restorative herbal tea and slow-simmered bone broth



#### *Green Breakfast Bowl*

Spinach, kale, asparagus, and sweet potato topped with avocado, poached eggs, and fresh dill - with grilled chicken or smoked salmon



### LUNCH

#### *Seared Tuna with Cauliflower & Carrot-Ginger Purée*

Perfectly seared tuna served over a silky cauliflower and carrot-ginger purée, with sesame green beans, wilted cabbage, and a drizzle of gluten-free soy



#### *Almond Cacao Energy Bites*

Wholesome paleo bites made with almonds, dates, cacao, and a hint of sea salt



### DINNER

#### *Miso Pumpkin Soup with Crispy Tempe Fingers*

Velvety pumpkin soup infused with miso, ginger, and a hint of sesame, topped with golden tempe fingers and roasted pumpkin seeds



#### *Restorative Sleep & Nervous System Team*

A soothing infusion of chamomile, lavender, and lemon balm

Please note: The above menu is an example only, our cuisine evolves daily in alignment with the Alive philosophy that food is medicine. Each menu is crafted by our nutritionist, naturopath, and executive health foods chef using seasonal, organic ingredients tailored to individual wellness goals. We cater to all dietary preferences and take great care to accommodate allergies and specific requirements.

# INNER BLISS

*World class Experts To Create Inner Peace*



# INNER PEACE TEACHINGS

## *Reconnecting To Your Self*

If you are yearning to build an unbreakable relationship with yourself and reconnect to who you really are then our highly trained expert-level inner peace gurus are here to assist. Dive deeply into peace and presence with your own team supporting you to become mindful and connected through your daily peace practice.



Expert Senior Yoga  
Teachers for Any  
Level



Meditation For All  
Levels



Deep Relaxation To  
Surrender



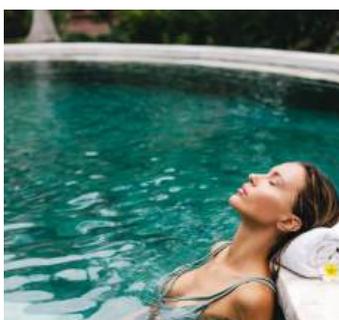
Visualisation To  
Manifest



Breathwork To  
Release



Mindfulness For  
Reconnection



Silent Time to Reflect  
& Find Yourself



Time To Absorb  
Natural Beauty



Self Reflection Time  
To Explore

A woman is shown from the chest up, relaxing in a hot tub. She is smiling and looking towards the right. Water is splashing around her, creating a sense of relaxation and enjoyment. The background is a soft, out-of-focus view of the hot tub's interior.

# PERSONAL EMPOWERMENT

*Build an Unbreakable Relationship With Yourself*

# PERSONAL THERAPY

*Become The Greatest Version Of Yourself*

Imagine living as the greatest version of yourself every day? Free from self-limitations, inner struggles, and habits that don't serve you and living a life full of purpose you will create a life that holds true meaning to you and receive full support to become the greatest version of yourself in record time without overthinking or boring therapy.



Powerful Alive Life  
Coaching



360 Alive Process  
For Living Your  
Best Life



Complete Wellness  
System



Inner Healing To  
Release What Holds  
You Back



Empowering  
Counselling &  
Therapy



Hypnotherapy, EMDR,  
TRE To Release The  
Past



Relationships  
Counselling



Purpose, Life  
Direction Coaching



Business Coaching &  
Consultancy

A woman is lying down, receiving a facial massage. Her eyes are closed, and her hands are resting on her face. The background is a soft, out-of-focus light color. The text is overlaid on the image.

# RELAX & RESTORE

*The Ultimate Spa Massage & Beauty Options*

# SPA & BEAUTY

## *Unforgettable Relaxation Treatments*

For all things nurturing and healing Alive has it covered including access to some of the world's best therapists for massage, hands on healing, 5-star spa treatments, cutting-edge beauty treatments, and deeply healing bodywork treatments. Imagine having your own designated world-class spa and beauty team on-site to care for your every need?

At Alive you will experience deep bliss and relaxation daily from your very own spa therapists.



A Full Range Of  
Massage Styles



Healing Bodywork  
Treatments



Beauty Treatments  
For The Face & Body



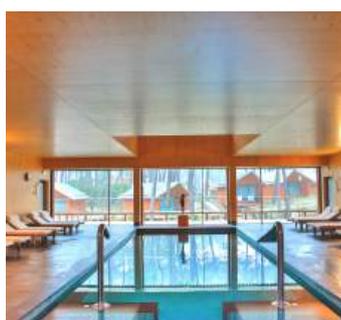
Hydrotherapy &  
Hot/Cold Therapy



Remedial  
Bodywork  
Acupuncture &  
Osteopathy



Energetic Healing &  
Sound Therapy  
Treatments



5 Star Spa Visits



In House Spa Team



As Much Spa As You  
Desire

# MOVEMENT

*Fitness & Adventure Experiences That Inspire*



# FITNESS & ADVENTURE

*Rejuvenate Your Vitality*

Fitness at Alive offers you a full range of movement options that you will love and become passionate about. Whether you are hiking in nature, learning to surf, enjoying long beach or mountain climbs, enjoying PT sessions or experiencing the full Alive Yoga Therapy System... you will build a strong body & a renewed sense of vitality, energy & focus.



Expert Personal Trainers



Martial Arts



Dance



Hiking In Nature



Surfing & Water Sports



Adventure Experiences



YogaTherapy



Fun Movement



Fun Movement You Will Enjoy



# HEALING

*Spiritually Reconnect, Release & Restore*

# HEAL & RECONNECT

## *Therapies to Energetically Cleanse & Lighten*

Alive offers a healing mecca and spiritual epicenter to explore a deep connection to yourself, release what you no longer wish to hold onto, and dive deep into a culture, faith, and way of life that is filled with peace. Work with our energetic team to release and let go of the past and refresh on every level.



Hypnotherapy



Reiki & Energetic  
Cleansing



Shamanic Breathwork



Sound Healing



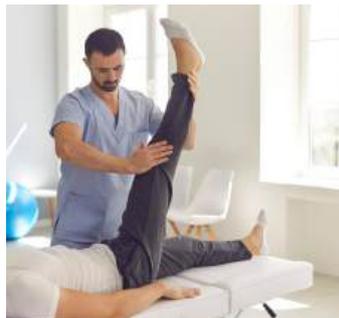
Balinese Healing



Trauma Healing  
Release



Water Purification



Kinesiology



TRE & EMDR

# READY TO CUSTOMISE YOUR RETREAT? SPEAK TO A COACH TODAY



- Speak to a skilled coach who can help you design your ultimate retreat program
- Get immediate availability and pricing
- This is not a sales call! This is a life re design call and to create a program that gets you results



# YOUR LUXURY RETREAT



# LUXURY ACCOMODATION

LUXURY RETREAT OR PRIVATE RESIDENCES



## *Our luxury hideaways*

Step into your beautiful paradise surrounded by nature & leave all of your worries behind as we take you on a journey of a lifetime whether coming to **Bali** or our **Spain** retreat.

At Alive you enjoy a choice of your own room or suite chosen to suit your uniqueness offering expansive spaces, surrounded by nature & privacy in absolute luxury.

Never lift a finger and allow our team to take care of your every need during your personalized & tailored wellness retreat experience with ample support.

With a multiple of spaces to unwind & relax and your own secluded space, you will feel at peace as you are lulled into relaxation at the spa, served delicious mouth-watering meals with our executive health foods chef, enjoy daily yoga & meditation classes overlooking the view & wander the local beaches, mountain ranges or quiet village to take in the breathtaking natural surrounds with our guides.

All of your private 1:1 therapies are delivered on-site as our team nurtures you in secrecy and seclusion giving you the space to feel free and present as you need it.

With your service staff and drivers on stand by you can enjoy absolute freedom with all your needs taken care of by our facilitators, hosts, wellness and private resort team.

**BOOK A CALL**

# THE ULTIMATE 5 STAR SERVICE

WE OFFER ATTENTIVE SERVICE SO YOU NEVER LIFT A FINGER



## *Never Lift A Finger*

Well before you arrive you are in good hands. We make booking your retreat a streamlined experience with personalised service from start to finish. You have your own designated booking manager, hosts & facilitators on retreat to ensure your needs are met, private drivers, daily service and house keeping, service & concierge team - all so that you are well taken care of because you deserve it!

## *Let Us Nurture You*

- Personal Retreat Facilitator
- Housekeeping and service team
- Drivers and Transport
- Concierge
- Reception booking team
- Booking managers
- Retreat hosts and guides
- Spa team
- Complete 360 Wellness team

**BOOK A CALL WITH YOUR WELLNESS CONCIERGE**

# PERSONALISED SUPPORT



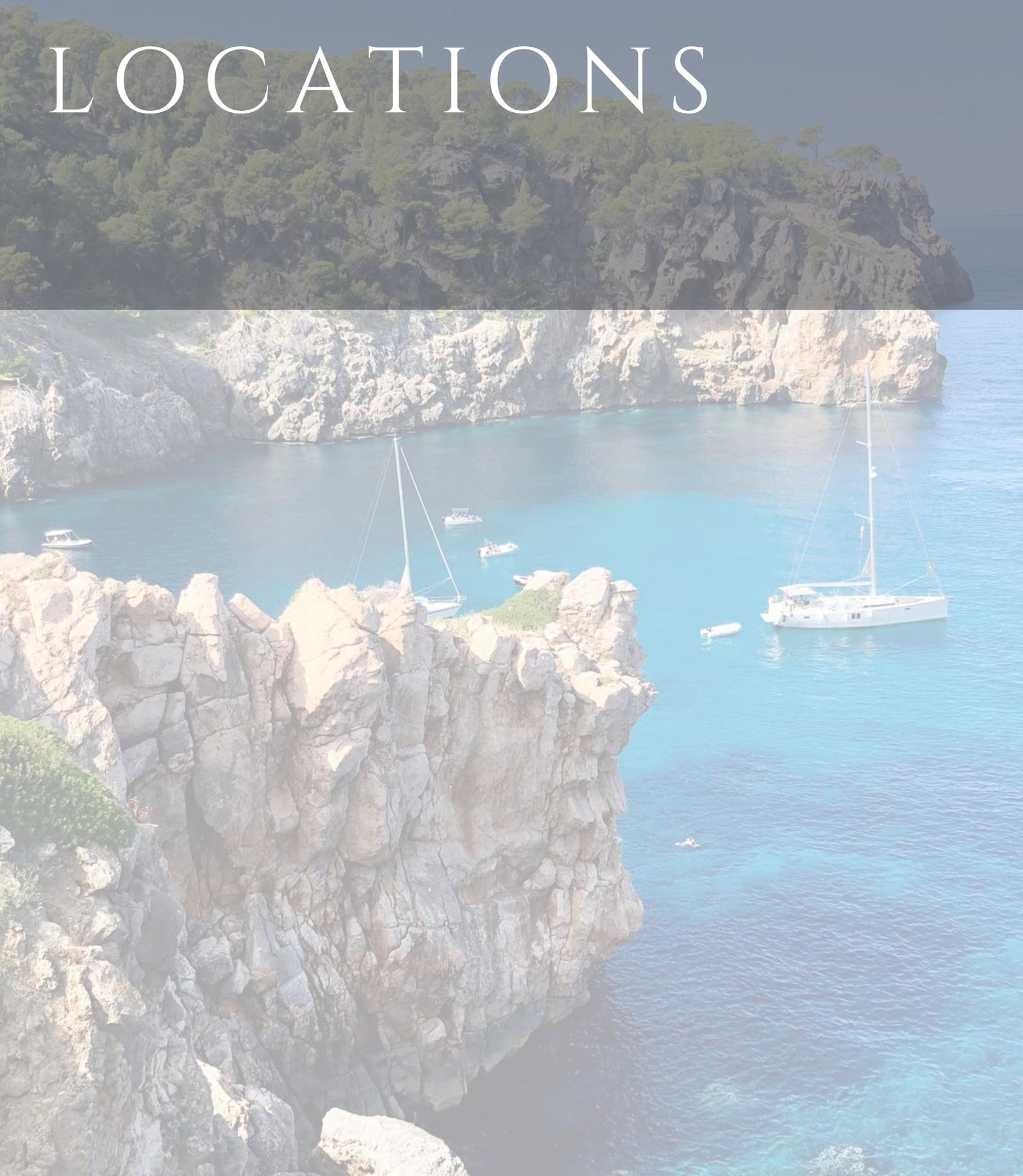
*Bespoke team and space uniquely created for your needs*

We've carefully created the ultimate retreat experience unlike any other retreat to ensure that you feel like royalty during your stay with us as we pamper you & support you on your life-changing journey now and always:

- Designated **retreat host** that offers you personal support & guidance during your stay
- **Program Director** and client manager driving and facilitating your retreat and team treatment experience at all times
- Travel with our **drivers and guides** ensuring you feel comfortable and safe at all times
- As much **support**, privacy, and space as you require with your team within program hours
- A complete **wellness & therapy team** with a carefully planned program that offers proven results in record time
- **No restriction** - you are treated as a fully willing adult and we don't restrict your contact with the outside world or freedom to move in and out of the space as long as you remain fully committed to the process and team
- **Zero judgment** and constant self-empowerment from a team who is there to fully support you in being uniquely you

[BOOK A CALL](#)

# RETREAT LOCATIONS



# CHOOSE YOUR LOCATION

Choose from our 2 stunning locations and understand the difference in service, pricing and delivery of program.

**SPAIN, EUROPE  
CENTRE**

VS

**BALI, INDONESIA  
CENTRE**

\$\$\$

\$\$

4 Star Spa Hotel

5 Star Spa Hotel

Marbella Close To The  
Beach

Ubud Wellness Centre  
Surrounded By Greenery

Small Group Programs

Small Group Programs +  
1:1 Private Programs

1:1 Therapies, Group  
Classes

1:1 Therapies, Group  
Classes

Private Suite or Room, No  
Sharing

Private Suite or Private  
Pool Villa

1:1 Program Optional ^\$

1:1 Program Optional ^\$



Perfect for UK, EU, US,  
UAE clients seeking the  
Alive Program in a centre  
with option to upgrade to  
private program.



Perfect for AU, SG, UK,  
EU, US, UAE clients  
seeking the Alive Program  
in a centre with option to  
upgrade to private  
program.

# THE SPAIN RETREAT



## **PRIVATE SUITES | 4 STAR HOTEL, SPA, RETREAT**

Alive Retreats Spain in Marbella offers a year-round luxury wellness escape on the sun-drenched Andalusian coast. Set within a four-star boutique hotel surrounded by gardens and Mediterranean calm, it blends refined comfort with restorative health programs. Guests enjoy elegant suites, tranquil outdoor spaces, and access to wellness facilities including a pool, spa, and fitness areas. Daily movement classes, personalized therapies, and professional support create a true sanctuary for renewal and balance.

## **EXECUTIVE INCLUSIONS**

- 1 Bedroom Private Luxury Room or Expansive Suite
- King bed
- Lush furnishings
- Open spaces with divine views of nature
- Lounge & desk areas
- Ensuite bathrooms
- Balcony and patio areas
- Absolute peace and privacy
- Complete Alive Wellness Program
- Resort Inclusions: Resort pool, Gym, Plunge Pools, Sauna, Restaurants, Wellness Clinic, Spa

**BOOK A CALL WITH YOUR WELLNESS CONCIERGE**

# THE SPAIN RETREAT

## SMALL GROUPS



[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

# THE SPAIN RETREAT ACCOMODATION



## CLASSIC SUITE



## DELUXE SUITE



## PREMIUM SUITE



[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

# PRIVATE SPAIN RETREAT

## 1:1 5 STAR PRIVATE RESIDENCE



### **PRIVATE VILLA | 5 STAR | PRIVATE TEAM**

Our PRIVATE SPAIN retreats offer you your own secluded private 5 star villa with absolute seclusion and your own private team. With impeccable service, facilities, and 5-star luxury hidden amongst nature private residence accommodation offers you the best of both worlds - stunning 5-star accommodation and treatment in privacy to enjoy the ultimate level of personalized service from your wellness & villa team offering complete confidentiality.

### **EXECUTIVE INCLUSIONS**

- 3+ Bedroom Private Luxury Villa
- 24/7 Butler, Drivers on Stand By, Private Concierge
- King bed
- Lush furnishings
- Open spaces with divine views of nature, beachfront
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- Daily housekeeping
- Room Service - your own customized wellness menu & private chef
- Complete Alive Wellness Program & Own Private Wellness Team

**BOOK A CALL WITH YOUR WELLNESS CONCIERGE**

# THE BALI RETREAT



## **PRIVATE SUITES | 5 STAR HOTEL, SPA, RETREAT**

Alive Retreats in Bali offers a year-round luxury wellness escape set within the spiritual, wellness and healing hub of Ubud. Combining the best of a 5 star luxury resort surrounded by green jungle, breathtaking views, rivers, waterfalls and a short drive to spectacular hidden beaches, It blends outstanding luxury and service only found in Bali with the Alive programs. Guests enjoy elegant suites including with a private pool, stunning outdoor spaces, and access to wellness facilities including infinity pools, spa, and fitness areas. Daily movement classes, personalized therapies, and professional support create a true sanctuary for renewal and balance.

## **EXECUTIVE INCLUSIONS**

- 1 Bedroom Private Luxury Suite or Private Pool Villa with Whatsapp Butler Service
- King bed
- Lush furnishings
- Open spaces with divine views of nature
- Lounge & desk areas
- Ensuite bathrooms
- Balcony and patio areas
- Absolute peace and privacy
- Complete Alive Wellness Program
- Resort Inclusions: Resort pools, Gym, Plunge Pools, Walking Trails, Restaurants, Wellness Clinic, Spa

**BOOK A CALL WITH YOUR WELLNESS CONCIERGE**

# THE BALI RETREAT

## SMALL GROUPS



[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

# THE BALI RETREAT ACCOMODATION



## FOREST VIEW



## JACUZZI SUITE



## POOL SUITE



[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

# VIP BALI RETREAT

## 1:1 5 STAR PRIVATE RESIDENCE



### **PRIVATE VILLA | 5 STAR RESORT | PRIVATE TEAM**

Our VIP BALI retreats offer you your own secluded private villa nestled within a boutique luxury 5 star hotel. With impeccable service, facilities, and 5-star luxury hidden amongst nature VIP level accommodation offers you the best of both worlds - stunning 5-star accommodation and treatment in privacy to enjoy the ultimate level of personalized service from your wellness & villa team offering complete confidentiality.

### **EXECUTIVE INCLUSIONS**

- 3+ Bedroom Private Luxury Villa
- 24/7 Butler, Drivers on Stand By, Private Concierge
- King bed
- Lush furnishings
- Open spaces with divine views of nature, beachfront
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- Daily housekeeping
- Room Service - your own customized wellness menu & private chef
- Complete Alive Wellness Program & Own Private Wellness Team
- Resort Inclusions: Infinity pools, Gym, Private Pool, Restaurant

**BOOK A CALL WITH YOUR WELLNESS CONCIERGE**

CHECK LIVE  
PRICING,  
INCLUSIONS  
&  
AVAILABILITY  
HERE



A woman with curly hair, wearing a light blue one-piece swimsuit, is walking away from the camera on a wooden boardwalk. The boardwalk is made of light-colored wooden planks and has a railing of vertical wooden posts. In the background, there is a sandy beach, the ocean, and a building with a blue roof. The scene is bright and sunny, with a soft, warm light.

# THE ALIVE PROCESS

*Use a proven process built  
over 16 years of proof*

# RELEASE

12 Powerful Areas Covering Our Proven System For Health, Happiness & Purpose.

- Full Access To Hand Picked Therapists & World class Wellness Professionals
- 1:1 Sessions With The Coaches & Therapists On Each Key Learning
- Tool Kit - Accountability System Ensures You Manage Every Aspect Of Yourself, Life, People & Business Well After Leaving Retreat



## GET TO THE CORE OF THE ISSUES

Self Awareness | Start With The End In Mind | What's the Problem? | Close The Gaps | Define Your Greatness | Attitude

We explore the art of self awareness & how to pinpoint your own gaps in life, self, relationships & business. You learn how to explore from the outside looking in where you are, where you want to be and how to close the gaps.



## STRESS ELIMINATION

Everything Is Touching Everything | Stages Of Stress | Defusing & Removing Stress Holistically

You will nail your key stresses and remove them - hint - they are never what you think. Our fast tools for stress reduction involve cleaning up what's in the way of greatness & stepping into clarity and calm.



## HEALTH TRANSFORMATION

Unlimited Health Holistically | Energy & Focus | Daily Habits For Greatness | Sleep & Rest Hacks | Biohacking

You will revamp your health on every level. At Alive our health model transforms the health of the whole person naturally, effectively & fast. You will then in still the habits to power up your energy to fulfil your potential.

# RESET



## REGAIN ENERGY, HEALTH & VITALITY

Detoxification | Cleansing | Health Plan | Unlimited Power & Energy  
| Physical Movement | Exercise

You remove toxicity in your life on every level including physically. Our purification process mastered over 15 years of research includes protocols using food for mood & energising your body on every level with exercise for life force.



## CREATING PERMANENT PEACE

Presence | Connection | Inner Calm | Creating Peace

You dive deeply into connection with who you are at your core and the world around you. With the Alive system for inner peace you bridge the gap between your identity and your true self and build permanent internal peace & belonging unshakable by your external world.



## MASTER YOUR MIND

ACT | CBT | Psychotherapy | Master Your Mindset | Transform Your Relationship To Your Internal World | Release Internal Struggle

You transform your relationship to the thoughts, stories & beliefs that are holding you back. The Alive mind system leverages your potential by increasing your EQ. Armed with emotional intelligence you become unstoppable.



## FROM FEAR TO FLOW

Overcoming Fears | Transforming Limiting Beliefs | Self Worth |  
Cleaning Up

You unveil the deepest invisible aspects of you that are holding you back in every area of life. We clean up what's in the way of reaching your absolute potential.

# REJUVENATE



## CLEAN HOUSE

Emotional Baggage Release | Emotional Transformation | Pain Drains | Living & Creating From Present Not Past  
You clean house internally releasing your emotional baggage weight and step into full expression of yourself without resentment or regret. Unleash the past, release what holds you back and move forward with full force into the present where creation lives.



## CREATING TRUE FULFILMENT

Your Value System | Crafting Fulfilment | Live With Meaning  
You get clear on what matters most to you from the inside out. You design a life of true meaning & absolute fulfilment and live from an inner compass directed by values in both life, relationships and business. Your boundaries & direction take a powerful shift through this process.



## DRIVE YOUR LIFE WITH PURPOSE

What's Your Genius | Stay In Your Own Lane | Serving Vs Doing | Live On Purpose | Be Yourself  
You clarify how you serve in the world. Our purpose changes over time so now is the time to show up as your unique self & serve the world in a powerful way in your own lane operating only from your genius.



## THE ULTIMATE LIFE VISION

Vision | Creation | Life Mapping | Laws of Abundance | Trust  
You become the wizard of your world crafting your own unique vision for every aspect of your life and business bringing it to life in record time. Operating from fearless faith we set your vision on fire.

# A TYPICAL DAY AT ALIVE LUXURY RETREATS



## *Morning...*

Wake-Up & Personal Time - Walk, Journal,  
Read, Swim, Gym or PT

Alive Yoga Therapy

Cleanse Breakfast

Powerful Alive Coaching Workshop



## *Afternoon*

Alive 1-on-1 Session or Spa

Lunch

Breathwork / Fitness Session / Sunset  
Meditation / Adventure or Cultural Outing



## *Evening*

Alive Cleanse Dinner

Self Reflection / Personal Time

Spa



**Please note:** This schedule provides an example flow of a day on retreat. Each guest's experience is thoughtfully tailored, and timings or sessions may vary to honour individual needs and the natural rhythm of the program. Personalised sessions are thoughtfully scheduled and spread throughout the week to ensure a balanced and restorative experience.

# MEET YOUR TEAM



## FACILITATORS & PROGRAM DIRECTORS

Our facilitators and hosts are the heart of your experience, guiding every detail of your journey with care and expertise. From your first consultation to your time on retreat and beyond, they ensure every need is thoughtfully met and your transformation fully supported.



## SKILLED LIFE CHANGE COACHES

Our team of world-class psychotherapists, holistic counsellors, and Alive Health & Life Coaches are hand-selected for their expertise and compassion, guiding profound mental and emotional transformation with care and precision.



## PHYSICAL HEALTH TEAM

Our wellness team brings together naturopaths, nutritionists, fitness instructors, osteopaths, acupuncturists, and more — combining modern and holistic techniques to rejuvenate the body, restore balance, and awaken lasting vitality.



## YOGA & MEDITATION TEAM

Our yoga, meditation, mindfulness, and breathwork teachers guide guests through the Alive Yoga System — a holistic practice designed to cultivate self-calm, deepen presence, and awaken lasting inner peace.

# MEET YOUR TEAM



## RESORT & SERVICE TEAM

Our service team, from reception and guest relations to our chefs, drivers, and hospitality staff, ensure every detail is seamlessly taken care of. From arrival to departure, you'll never lift a finger and will feel genuinely cared for and beautifully indulged throughout your stay.



## FITNESS & ADVENTURE GUIDES

Our adventure guides invite you to explore the wild beauty of nature and the rich culture that surrounds each retreat. Through carefully curated outdoor, adventure & mindfulness experiences, they help you reconnect with the world around you, and the vibrant life within.



## SPA & MASSAGE TEAM

Our massage and spa team melt away tension and invite you into a state of pure bliss. With deeply restorative treatments and intuitive touch, they create a sanctuary of calm where body, mind, and spirit can completely unwind.

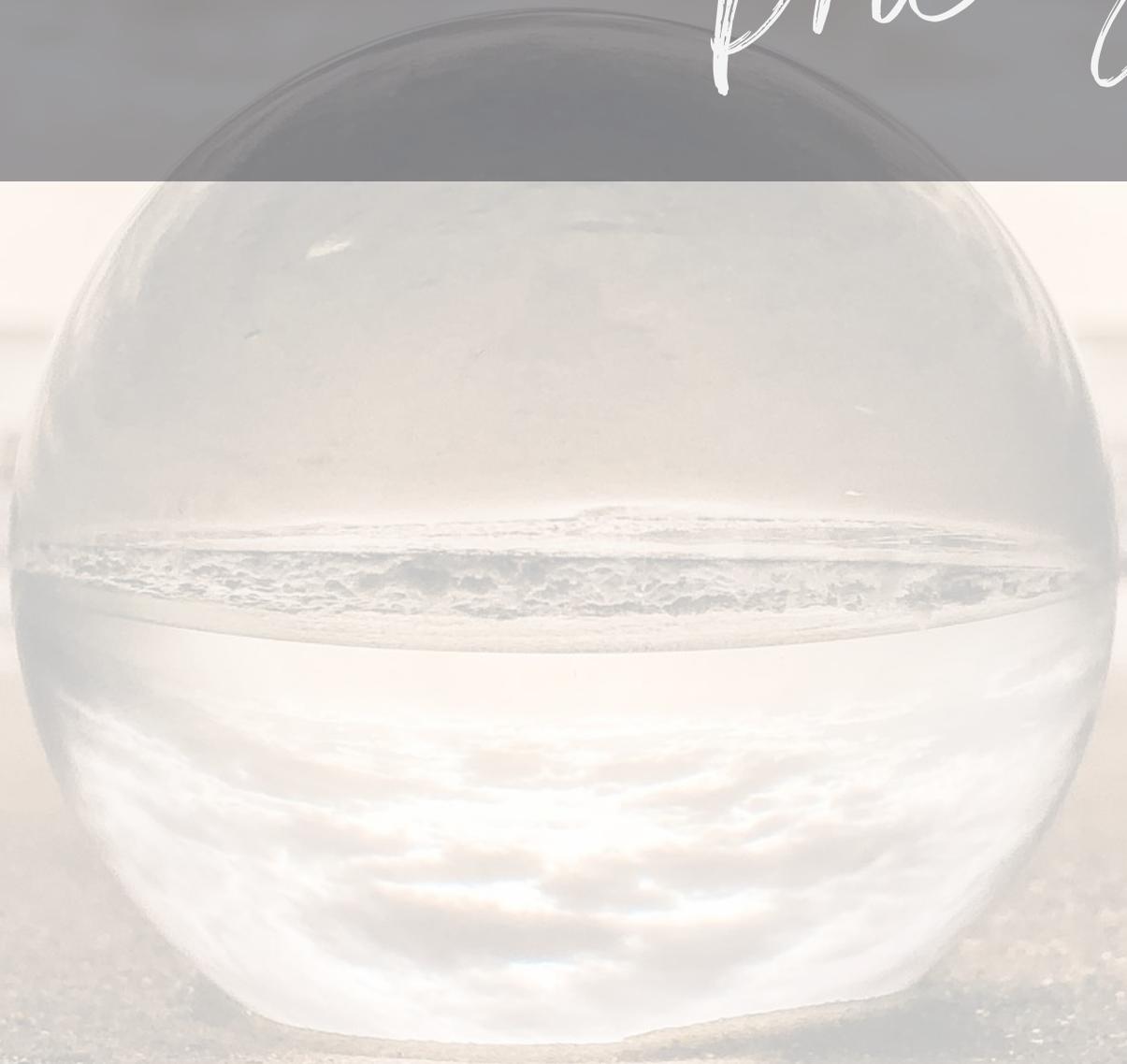


## HEALERS & ENERGY WORKERS

Our energy healers help release what no longer serves you — clearing the mind, body, and soul of old patterns and restoring balance, clarity, and flow from within.

# RE-TREAT YOURSELF

*Pricing*



CHECK LIVE  
PRICING,  
INCLUSIONS  
&  
AVAILABILITY  
HERE



TAKE \$700

USD OFF

BALI EARLY

2026!

# WHAT OTHERS SAY



# RECENT TESTIMONIALS

## RECONNECTION TO FAMILY, FAITH & LIFE

I was never equipped with the tools to deal with being a billionaire. I was also never taught to deal with my own mind and all the needs of others constantly around me. I found Alive after searching for months. I arrived within 2 days completely exhausted after losing control over my life.

Alive helped me reconnect to the faith I had lost in myself. Over a month I was able to rebuild my health and see clearly how I was running from the needs of others. I think the most important thing I walked away with was the ability to speak up, set boundaries and say no which I previously could not do.

The team are very straight forward and direct and each person gets into to a different part of your life and takes action with you to create the changes whilst there. My therapist fwas direct and fun and I couldn't wait for every session - I just wanted more and more.

I am now back to focusing on what matters most - faith and family and my own purpose instead of getting lost in helping others out of guilt. Thank you to the whole team.



D.K. 42, Malaysia, Anxiety Program



## AMAZING EXPERIENCE

Thank you for an amazing experience that is beyond words.

Inspired  
Re centred  
Energised  
Hopeful

What a gift to be able to deal with years of hustling, burn out, parenting and business issues all at once with remarkable results. I'm excited for the changes in health, business, life & relationships & will refer all that I know back to you.



Emma, 50's, Doctor, Burn Out Retreat



## WORDS CAN'T EXPLAIN

I wanted to send you this message to THANK YOU from the bottom of my (healing) heart for all you helped me learn and experience on your retreat. What a relief to finally release all that pain.

As I told you I have spent the past 20+ years seeing all kind of psychologists/therapists and not ever felt I got to the root of my troubles or knew what to do to heal - until now.

Your guidance, support, experience and thoughtful words have had a huge and very positive impact on me.

I am feeling very positive about going forward something I have not felt for a long time.

Words are not enough but I am sending you a very grateful and heartfelt Thankyou



Liz, 60's, Retired, Depression Retreat



## UTTERLY INSPIRING

'My retreat was:  
Powerful  
Motivating  
Instructive  
Honest  
Utterly Inspiring

Thank you for a genuinely life changing experience.'



Shane, 40's, Architect, Health Retreat



## BEYOND EXPECTATIONS

I came to Alive to support my wife with long term anxiety and to deal with some troubling family issues.

I didn't expect to also heal old wounds, learn to meditate and really connect with myself, my life, my wife & create a whole new plan for retirement. Keep doing what you're doing, and as I said to Jim, the world is a lot better place with people like you all in it.

Thanks for you input and help, it is truly invaluable.



Patrick, 60's, Project Mgr, Family Retreat



## WOOOOWWWW

Also wowwww I am a different person. Thank you so much. I cried today of happiness for no reason - how amazing is that? Waves of peace still keep washing over me. Love you all so much and can't wait to work with the team on the business. I think the world of you all.

To think so many years in therapy, so many rehabs and mental health clinics, so many tests, so much time wasted. So many issues and what was needed was the love of your team and TOOLS to take action on today - not tomorrow.

Thank you for what you have created. Thank you for the direct tough love I sometimes needed. Thank you for the wake up call to get back to living and use my 'genius'.

I'm looking forward to the weeks of putting it all into action in the real world with your support.



Rochell, 30's, Fashion Designer, Anxiety Retreat



## AMAZING SUPPORT!

I can't thank you all enough for the amazing support, wealth of knowledge and genuine care that I received at the retreat. I have learnt so much and am inspired to continue learning and putting this all into practice for the long term and for me!!



Meg, Mining Executive, 40's, Burn Out Retreat



## 5 STARS - LIBERATING!

Liberating, educational, empowering. My heart brought me here and now I trust it again. I am incredibly grateful and have had the most transformative weeks of my life.

I'm leaving with a new approach to life. I will refer to everyone I know.



Maya, 20's, Anxiety Retreat



# RECENT TESTIMONIALS

## I HAVE A NEW OUTLOOK ON LIFE

*I have a whole new outlook on life and a new bag of tools and knowledge to start living life instead of just going through the motions. Thank you all for enabling me to get my life back.'*



Sam, 30's, Creative Artist, Anxiety Retreat ★★★★★

## I HAVE MY LIFE BACK

*My manager found you. I was skeptical to say the least. I was a shadow of myself and unable to produce or create at that point. My career was near over.*

*Years of tours, creation, so many people and moving parts. I was just done.*

*Heidi you carefully pulled my life & business apart and put it back together seamlessly taking years of stress off my shoulders. The team worked their magic and mentally all the strain lifted and the focus returned like a river of creativity.*

*Having you all by my side for the last year since has made my job easier, my team happier and my brand profitable. I have my life & sanity back.*

*I'm not sure what we would do without you. Gratitude for all that you do.*



Carlo, 30's, Musician, Burn Out Private 1:1 Retreat ★★★★★

## THANK YOU FOR THE NEW LEASE ON LIFE

*Minutes into our conversation I knew you were the right team for me. Lost, exhausted, broken, marriage falling apart, losing my business and life. It seemed insurmountable and I didn't where to start.*

*Luckily you weren't scared at all and quickly got to work.*

*Within one week my energy was back and we cleaned up the mess. Heidi's team works fast & she directs her team with grace to do what needs to be done in every area of your life.*

*The most crucial thing you helped me see was that all I was trying to fix was not at all aligned with what mattered to me. 3 months since retreat I am physically a different person with a totally new lease on life. It would take pages to describe all the changes. It's pure magic. A heartfelt thank you doesn't cut it. How could I every express how grateful I am?*



Michael, 40's, Creative Director, Burn Out Retreat ★★★★★

## ANXIETY GONE. RELATIONSHIP SAVED. BUSINESS SAILING.

*Having made a lot of money young I had no idea how to handle life, relationships or what I had created. I was so anxious I couldn't attend my own wedding.*

*From the first conversation you just got me. I couldn't get on the plane fast enough.*

*The tools you have given me for every area of life are like a gift that just keeps on giving.*

*I've been free of anxiety for months now, you've helped me heal my relationship and restructure my whole life and business now centred around my health, purpose and love of life.*

*Thank you team. Couldn't keep doing it all without you.*



Jamie, 30's, Crypto Investor & Entrepreneur, Anxiety & Relationship Retreat ★★★★★

## LIFE SAVING

*My sister found you and thank god she did. Everything from day 1 just made sense. It's hard to describe in words how everything you do works together - it just does. I've never met such inspiring people so deeply committed to what they do and received this level of unconditional love and care - not even from my own family. Months later I have stuck to the routine & my sense of self is strong. I'm proud of my journey and I'm running with the lessons I've learnt free from the guilt. The physical fitness and transformation so fast has been a huge motivator for me to maintain. I've let go of all the toxic people and the career is finally sailing.*

*How do you say thank you in words for all of that? But thank you a million times over.*



Hans, 20's, Photographer, Depression Retreat ★★★★★

## I'M JUST RINGING TO SAY THANK YOU...

*I rang today...not because I am depressed or medicated again. But to tell you all the exciting things that have happened in my life since my first retreat. As you know I've done 2 retreats with you.*

*The first you picked me up off the floor and I left an abusive marriage. I found myself again.*

*The second you help me set my life, wealth and business on fire.*

*Who would've thought I would be free of depression, trauma and being trapped?*

*Who knew I would go on to create all the businesses, wealth, passion and plans we set out to?*

*You believed it, I wasn't sure. But look at it now all in play. I'm living proof of what you do.*

*Being an empowered Arabic women is rare. I am now a role model for others to believe in themselves and live a life of passion and freedom.*

*I love the Alive team who I consider family. I can never express my gratitude in words but I just rang today to say*

*Thank you from the bottom of my heart for the life I get to live.*



Fatma, 30's, Entrepreneur, Depression Retreat ★★★★★

## I'VE NEVER EXPERIENCED THIS LEVEL OF SUPPORT

*After 20 years of parenting and business and putting myself last - it all caught up.*

*If I didn't find you I would've fallen over.*

*I was really starting to drop the ball in areas of life.*

*Within just a week I simply couldn't believe the change in my thoughts, stress, body, energy and a sense of pure happiness coming back.*

*I connected to each and every one of you and I have never met such a caring, knowledgeable, skilled group of professionals that can literally turn someone's life around with so much ease.*

*I've never received this level of support before and didn't even know it existed.*

*I am so passionate about what you do I'm quickly spreading the word in the middle east.*

*What you do is needed everywhere.*

*Thank you team. I have the greatest respect for your work.*



Ayman, 50's, Investment Banker, Stress Retreat ★★★★★

## RECONNECTION TO FAMILY, FAITH & LIFE

*I was never equipped with the tools to deal with being a billionaire. I was also never taught to deal with my own mind and all the needs of others constantly around me. I found Alive after searching for months. I arrived within 2 days completely exhausted after losing control over my life.*

*Alive helped me reconnect to the faith I had lost in myself. Over a month I was able to rebuild my health and see clearly how I was running from the needs of others. I think the most important thing I walked away with was the ability to speak up, set boundaries and say no which I previously could not do.*

*The team are very straight forward and direct and each person gets into to a different part of your life and takes action with you to create the changes whilst there. My therapist was direct and fun and I couldn't wait for every session - I just wanted more and more.*

*I am now back to focusing on what matters most - faith and family and my own purpose instead of getting lost in helping others out of guilt. Thank you to the whole team.*



D.K. 42, Malaysia, Anxiety Program ★★★★★

# BOOK YOUR RETREAT TODAY



# HOW TO BOOK YOUR PROGRAM?



[BOOK A CALL HERE WITH A COACH](#)

[BOOK HERE NOW LIVE ONLINE](#)

## **THE TEAM**

### **ALIVE LUXURY RETREATS**

+44 745 030 7150 - CALL OR SMS

+62 813 592 5588 - WHATSAPP

bookings@aliveluxuryretreats.com

aliveluxuryretreats.com