

ALIVE LUXURY WELLNESS RETREATS



ABOUT ALIVE



HOLISTIC

HEALING THE
WHOLE
PERSON



PRIVATE

1:1 PRIVATE
CONFIDENTIAL
CARE



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 and unforgettable retreat with 100% results.

We created our retreats not so you could escape life. But so life doesn't escape you. Our clients are some of the most extraordinary people on the planet & just like you they are seeking a deep reconnection with themselves, to go deeper and beyond just luxury.... to fall in love with life again and create the health, richness, meaning 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 genuinely life-changing experience that offers 'outside the box results' for those who live & think 'outside the box' in life.

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

The Alive Team

GET TO KNOW US



Watch Now

We Are Here To Support You

HOLISTIC PROGRAMS

A personalised program curated for ...



STRESS & BURN
OUT



ANXIETY



DEPRESSION



TRAUMA



HEALTH ISSUES



RELATIONSHIP
ISSUES



LIGHT
ADDICTION



CAREER, BUSINESS &
WORK ISSUES

*We intensively & holistically treat the real underlying
issues & cure them for good with the following presenting
concerns:*



ANXIETY, OCD
& PANIC



LOSS OF
DIRECTION &
PURPOSE



INTER
RELATIONSHIPS
ISSUES



GRIEF, LOSS &
SADNESS



DEPRESSION,
EXHAUSTION &
DISCONNECTI
ON



TRAUMA,
SHOCK AND
PTSD



HEALTH ISSUES,
EATING ISSUES,
UNHEALTHY HABITS



MEDICATION &
SUBSTANCE ISSUES

WHAT WE DO

We Cure The Issue For Good



BIO MEDICAL DETOX

Combining powerful natural methods to speed detox with the ultimate in integrative medical care for rapid results to ease discomfort and heal the body.



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 tropical 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 inspire 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.

YOU ARE OUR ONLY GUEST

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

DIVINE RETREAT LOCATIONS IN NATURE, LUXURY AT IT'S BEST, PRIVATE, SURROUNDED BY PEACE & THE ULTIMATE LEVEL OF SERVICE & SUPPORT.

Bespoke & Private

CUSTOM PROGRAMS WITH BESPOKE PROGRAMS CREATED FOR EACH GUEST - WHERE YOU ARE OUR ONLY GUEST.



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.

WHATSAPP

360 DEGREE PERSONALISED HOLISTIC PROGRAM

*More inclusions & personalisation
than any other retreat...*

You will not find any other retreat in Bali, Australia, NZ, USA, UAE, UK, EU or Asia that offers this level of personalized attention, holistic program, peace, privacy & service with this level of support and luxury!

Since 2009 we are the most sought-after retreat for good reason and it is why every guest sends many back to us.

We simply offer excellence in creating the ultimate retreat for you where you can revamp every aspect of yourself and your life, fully customized, in peace and luxury.

You will walk away with...

- **REVITALISED PHYSICAL HEALTH** feeling the benefits of the Alive Gut Health Cleanse & Medicinal Menu
- **BIOCHEMICAL REJUVENATION** transforming your physical health in record time with world class natural & medical care combined
- **MIND TRANSFORMATION** as you learn the mind tools that help you self calm, get present & focus on what truly matters
- **DE-STRESS YOUR LIFE** using our full system for living a life to thrive instead of survive whilst eradicating burnout and stress
- **TRUE INNER CALM & PRESENCE** from our daily yoga, meditation & healing classes combined with time in nature to connect and reflect
- **FIND YOUR PASSIONS & PURPOSE** and build a life that you love leaving the retreat with a whole new life direction & plan for your future
- **INNER CONFIDENCE & SELF WORTH** as you learn to become your own best friend and acknowledge your own greatness

Re-Treat Yourself

DESIGN YOUR PROGRAM HERE

LUXURY RETREAT LOCATIONS

In the sun-kissed lands of Australia, 2009 witnessed the birth of Alive, a visionary creation by founder Heidi Shannon, who recognized a profound need for holistic mental health treatment, breaking free from the mundane confines of mental health treatment instead of full life transformation. As the first holistic retreat of its kind, Alive embarked on a magical journey to Bali in 2013, and now extends its embrace to South Africa, where the founders now call home. With an eye for the sublime, the founders have curated the most exquisite sanctuaries, offering you a mosaic of luxury, exceptional service, and nature's splendor in both Bali and Cape Town. 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.

We present two luxurious retreat havens: Bali, Indonesia, and Cape Town, South Africa.

- 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 private Wellness Team** at every turn.
- **Savor Cuisine** that nurtures the Soul, Mind, and Body.



Alive in Bali

Cocoon yourself within the embrace of a luxurious wellness retreat. Bali, with its year-round sun-kissed warmth, stands as a spiritual sanctuary, steeped in a culture that enriches your journey. Nature and adventures await, soothing the very essence of your being. Coupled with the boundless kindness of the Balinese, who deliver unparalleled five-star service with grace, Bali unveils an extraordinary retreat experience, bolstered by the expertise of renowned international therapists attending to your every need.



Alive in Cape Town

Prepare to be enchanted by the extraordinary opulence, delectable cuisine, impeccable service, and the embrace of nature. Nestled just beyond Cape Town, an exquisite retreat awaits, where serenity wraps around you and nature gracefully tends to 80% of the journey. Bask in the vibrant spirit of South Africa and let your soul rejuvenate amidst breathtaking views, graceful wildlife, and the fervent warmth of the people, transforming your stay into an experience truly woven from magic.

[ASK QUESTIONS HERE](#)

ABOUT YOU



ABOUT YOU

DO YOU DESIRE?

- Exceptional **mentors & therapists in holistic health** ready to transform your body, mind & self in record time?
- A **luxury space of peace & natural beauty** to reconnect let go and be where you can unwind and find yourself again?
- To **feel understood, accepted and fully supported** on your journey to balance, complete wellness and way beyond that?
- To be on a journey to **defuse stress and find deep inner calm?**
- To find your energy and clarity again and build **a relationship with your body and self that is built on care, love and kindness?**
- To have the **ultimate level of health & energy with tools and habits to maintain for the long term?**
- To **detoxify and cleanse** the body & mind simultaneously?
- To **release all stress** and have a succinct blue print to follow step by step on your path to life transformation?
- To **reset, unwind** and experience the ultimate wellness experience?
- To embark on a journey of **self discovery and total physical rejuvenation that takes weeks not years?**
- To learn **tools that will last you a lifetime** to balance and harmonise your life?
- To **befriend your mind and build a sense of self acceptance**, calm and compassion?
- To **craft and structure a whole new life and direction for yourself** complete with habits and action steps to bring it to life?
- To **re create a life vision** that is meaningful and 100% fulfilling?
- To **shine just as you are, happy in your own skin and loving the life YOU have created for yourself?**

Reconnect. Rediscover. Realign. Recreate.

A LIFE CHANGING EXPERIENCE



BCU ICU MONITOR

HEALTH



BLOOD



EKG
ST+ 3.58mV
BPM 89

ST mmHg
NIBP auto
130/80
kPa
17.3/10.6

SpO₂
100/90
100

RR
CO₂ 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 Detox
Protocols



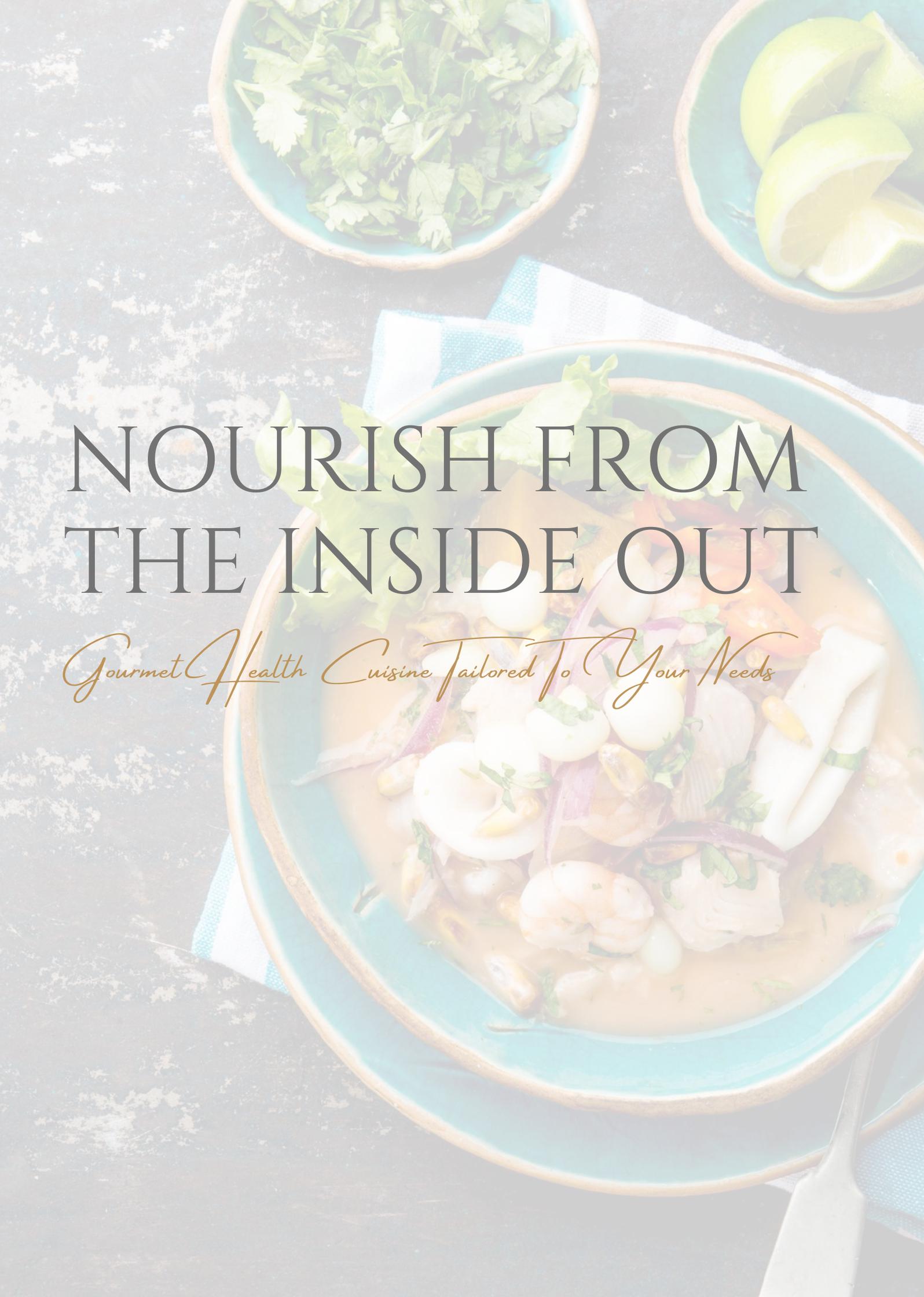
IV Vitamin Infusions,
Infrared Spa, Ice Baths



Healthy Weight
Mgt Plans



Natural Hormone &
Neurotransmitter
Balancing



NOURISH FROM THE INSIDE OUT

Gourmet Health Cuisine Tailored To Your Needs

FINE DINING

Created Only For Your Body

Cuisine at Alive is medicine. Your own private nutritionist, naturopath, and executive health foods chef will custom create a menu suited only to your 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 the edible garden surrounding the property.



Fresh, Wholefoods,
Local Sourced Where
Possible



Organic &
Clean



Paleo or Keto Options



Vegan or Vegetarian
Options



Customised Gut
Health Detox &
Cleanse Menu



Set Daily Medicinal
Menu



Healthy Snack
Options



Juices, Teas &
Health Elixers



Dine Wherever You
Wish

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



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 To
Release The Past



Relationships
Counselling



Purpose, Life
Direction Coaching



Business Coaching &
Consultancy

A close-up, soft-focus photograph of a person's face lying down, receiving a facial massage. Two hands are gently holding the person's face, with fingers resting on the forehead and cheeks. The person's eyes are closed, and their expression is relaxed. The lighting is warm and diffused, creating a serene and calming atmosphere. The background is a light, neutral color, possibly a spa treatment room.

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



Anti Ageing & Medical
Spa Treatments



Remedial
Treatments



Energetic
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 climbing volcanoes, learning to surf, enjoying long beach or jungle hikes, or loving a personally created fitness program with our trainers... 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



Yoga & Pilates



Fun Movement



Completely Customised To You



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



Ayurvedic Healing



Trauma Healing
Release



Water Purification



Kinesiology



Spiritual Readings &
Tarot

YOUR LUXURY RETREAT



LUXURY ACCOMODATION

LUXURY SERVICE AT ITS BEST IN PRIVACY



Your Own Private Discreet Hideaway

Every space for each guest is uniquely chosen for your tastes & level of privacy and confidentiality.

Step into your beautiful paradise surrounded by nature & leave all of your worries behind as we take you on a journey of a lifetime.

At Alive you enjoy a choice of your own private 5-star luxury accommodation with each villa, 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 private executive detox 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 butler 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
- Daily housekeeping
- Private drivers
- 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:

- Your own designated retreat host & executive assistant 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
- Live in team or therapist if required 24/7 (vip packages only)
- Travel with our private executive drivers ensuring you feel comfortable and safe at all times
- As much support, privacy, and space as you require with your team
- 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](#)

THE BALI RETREAT



EXECUTIVE BALI RETREAT



PRIVATE SUITES | WELLNESS RESORT

Our executive BALI retreats offer you your own secluded suite nestled within a boutique luxury wellness hotel. With impeccable service, facilities, and 5-star luxury hidden amongst nature executive 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.

EXECUTIVE INCLUSIONS

- 1 - 2 Bedroom Private Luxury Suite
- King bed
- Lush furnishings
- Open spaces with divine views of nature
- 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
- Complete Alive Wellness Program
- Resort Inclusions: Infinity pools, Gym, Plunge Pools, Sauna, Restaurant, Wellness Clinic

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

EXECUTIVE BALI RETREAT



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

VIP BALI RETREAT



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

VIP BALI RETREAT



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

EXECUTIVE CAPE TOWN RETREAT



PRIVATE SUITES | WELLNESS RESORT

Our executive CAPE TOWN retreats offer you your own secluded suite nestled within a boutique luxury wellness hotel. With impeccable service, facilities, and 5-star luxury hidden amongst nature executive 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.

EXECUTIVE INCLUSIONS

- 1 - 2 Bedroom Private Luxury Suite
- King bed
- Lush furnishings
- Open spaces with divine views of nature
- 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
- Complete Alive Wellness Program
- Resort Inclusions: Infinity pools, Gym, Plunge Pools, Sauna, Restaurant, Wellness Clinic

BOOK A CALL WITH YOUR WELLNESS CONCIERGE

EXECUTIVE CAPE TOWN RETREAT



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

VIP CAPE TOWN RETREAT



PRIVATE VILLA | 5 STAR | PRIVATE TEAM

Our VIP CAPE TOWN 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 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

BOOK A CALL WITH YOUR WELLNESS CONCIERGE

VIP CAPE TOWN RETREAT



BOOK A CALL WITH YOUR WELLNESS CONCIERGE



PERSONALISE

*Your once in a lifetime
opportunity*

CUSTOMISE YOUR PROGRAM

Bespoke programs created just for you

Detox

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.



Relaxation

A 5-star 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.



CUSTOMISE YOUR PROGRAM

Bespoke programs created just for you

Healing

Enjoy your own eat, pray, love experience with a deeply healing escape to nurture the soul and reconnect to what truly matters in paradise.



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.



CUSTOMISE YOUR PROGRAM

Bespoke programs created just for you

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.



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.



CUSTOMISE YOUR PROGRAM

Bespoke programs created just for you

Nature & Adventure

Combining true mindfulness, inner peace and self exploration our adventure retreats in nature guide clients to tap out in order to tap back in. Explore the natural world, build a deep sense of connection and shift your perspective. Through connecting deeply with nature you release the past and step into the present.



Life Direction

Many of our clients are at a cross roads in life. Working intensively with a range of modalities, life and business coaches you recreate life on your terms healing what holds you back and creating the ultimate life vision and plan for the future.



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 brightly lit, suggesting a sunny day.

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 for VIP's.

- Full Access To Hand Picked Therapists & World class Wellness Professionals
- 1:1 Sessions With The Coaches & Therapists On Each Key Learning AT MASTERY LEVEL
- 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.

RETREAT INCLUSIONS & PRICING



PROGRAMS OVERVIEW 7 NIGHTS

PROGRAM INCLUSIONS	HEALTH & DETOX	STRESS & BURNOUT	MENTAL HEALTH	LIGHT ADDICTION
Customized 1:1 Program You Are The Only Guest	Yes 7 Day Minimum	Yes 10 Day Min Stay	Yes 14-21 Day Min	Yes 21-60 Day Min
Private Movement Sessions	3 x Yoga, PT, Outdoor Fitness	4 x Yoga, PT, Outdoor Fitness	5 x Yoga, PT, Outdoor Fitness	6 x Yoga, PT, Outdoor Fitness
Private Inner Calm Sessions	2 x Meditation, Mindfulness, Breathwork	3 x Meditation, Mindfulness, Breathwork	4 x Meditation, Mindfulness, Breathwork	5 x Meditation, Mindfulness, Breathwork
Private Health & Wellness Sessions	GP, Naturopath, Wellness Coach, Biomedical Testing, IV	GP, Naturopath, Wellness Coach, Biomedical Testing, IV	Extensive GP, Naturopath, Wellness Coach, Biomedical Testing, Natural Balancing, IV & Ozone Therapy	GP, Psychiatrist, Naturopath, Wellness Coach, Biomedical Testing, Natural Balancing, Medical Detox, Intensive IV & Ozone Therapy
Private Therapy, Executive Coaching & Counseling	Wellness Coaching	Life, Wellness & Executive Coaching, Holistic Counseling	Life, Wellness & Executive Coaching, Holistic Counseling, Psychotherapy, Alive Mental Health Process	Life, Wellness & Executive Coaching, Holistic Counseling, Psychotherapy, Alive Mental Health Process, Psychiatrist
Customised Cleanse, Chef & Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu
Facilitation, Support, Mentoring	Therapies Only, Booking Concierge, Daily Facilitator Check In	Booking Concierge, Daily Facilitator Check In, Support Coach	Booking Concierge, Daily Facilitator, Full Time Support Coach	Booking Concierge, Daily Facilitator, Full Time Support Coach, Live in 24/7 Support if Required
Holistic Therapies	Acupuncture, Kinesiology	Acupuncture, Kinesiology, Regression Breathwork	Acupuncture, Kinesiology, Regression Breathwork, EMDR, Hypnotherapy, Alive Trauma Release	Acupuncture, Kinesiology, Regression Breathwork, EMDR, Hypnotherapy, Alive Trauma Release
Massage Bodywork & Spa	Daily Massage & Spa In House or 2 5 Star Spa Visits	Daily Massage & Spa In House or 3 5 Star Spa Visits	Daily Massage & Spa In House or 4 5 Star Spa Visits	Daily Massage & Spa In House or 4 5 Star Spa Visits
Adventure, Cultural & Spiritual Experiences	Full Day 5 Star Nature Adventure & Cultural Experience	Full Day 5 Star Nature Adventure & Cultural Experience	Full Day 5 Star Nature Adventure & Cultural Experience, Weekly Mini Experiences	Full Day 5 Star Nature Adventure & Cultural Experience, Weekly Mini Experiences

The above programs are a guide only. All programs are bespoke and created to suit your unique needs.

PRICING IN USD PER WEEK

PROGRAM INCLUSIONS	HEALTH & DETOX	STRESS & BURNOUT	MENTAL HEALTH	LIGHT ADDICTION
Customised 1:1 Program	✓	✓	✓	✓
Minimum Length of Stay	7 Days	14 Days	21 Days	28 Days
Luxury VIP Service, Support & Treatment Excellence	✓	✓	✓	✓
EXECUTIVE Level Suite, Service & Support *	From 14k	From 15k	From 16k	From 18k
VIP Level Villa, Service & Support *	From 26k	From 29k	From 35k	From 55k

EXECUTIVE - Private Villa/Suite, Full Bespoke Therapy Program, Support
VIP - Private 5 Star Estate, Full Bespoke Therapy Program, Ultimate Level of Support & Service

VILLA/SUITES & PROGRAM PRICING



EXECUTIVE
4 Private Suite



VIP
5 Private Villa

INCLUSIONS

- 5 Star Private Suite Wellness Resort | Private Team | 1 Bedroom**
- 1 Bedroom Ultra Private Villa/Suite
 - 5 Star Wellness Resort
 - Private Driver
 - Customised Menu
 - Booking Concierge
 - Daily Housekeeping
 - Private Team and Facilitator
 - Fully Customised Program - The Team Only Works With You

FROM PRICING USD

Wellness	\$14 000
Detox	\$15 000
Stress	\$15 000
Mental Health	\$16 000
Light Addiction	\$178000
Medical Detox	\$Not Offered

Prices are for 1 person private retreat. Couples and groups POA

INCLUSIONS

- 5 Star Private Villa | Stunning Views | 3+ Bedroom**
- 3+ Bedrooms Ultra Private Villa
 - Top 5 Star Villas
 - Private Driver & Luxury Car
 - Private Executive Chef
 - 24/7 Butler Service
 - Daily Housekeeping
 - Beachfront, Hidden Beach
 - You Are The Only Guest
 - Complete Privacy and Seclusion

FROM PRICING USD

Wellness	\$26 000
Detox	\$26 000
Stress	\$29 000
Mental Health	\$35 000
Addiction	\$40 000
Medical Detox	\$Not Offered

Prices are for 1 person private retreat. Couples and groups POA

WHAT OTHERS SAY



RECENT TESTIMONIALS

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, De Stress 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 my self again.
The second you help me set my life, wealth and business on fire.
Who would've thought I would be free of such severe 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



Thank you for the new lease on life

Minutes into our conversation I knew you were the right team for me.
Addicted, 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 works fast & 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



RECENT TESTIMONIALS

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 & Addiction Retreat



Life Saving

When I made the decision to finally get clean (again) I was dreading rehab. 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 no urges or desires & 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, Addiction 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

Utterly Inspiring

'My retreat was:

Powerful

Motivating

Instructive

Honest

Utterly Inspiring

Thank you for a genuinely life changing experience.'

Shane, 50's, Architect, Depression 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



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



LET'S BEGIN YOUR JOURNEY



CREATE A BESPOKE PROGRAM

Speak To Us

We offer a 100% life changing experience. Our track record is 100% results for every client - we reach their goals no matter what it takes. It is for this reason that we choose our clients carefully to ensure we can in fact meet your needs now and well into your future. Our client spaces are limited and we support those ready and willing only. To apply you or your team follow these simple steps:

1. Book Your First Call With The Program Director

Go here, select a time that suits you or those closest to you to complete a full overview of what is required to transform your life.

BOOK A CALL OR CALL US TO BOOK OVER THE PHONE OR WHATSAPP:
+27665721978

2. Complete Our 3 Min Assessment & Confidential Call

3. Complete NDA & Therapeutic Agreements & You Are Booked In

4. Your Entire Program & Team Is Ready In Under 48 Hrs

BOOK CALL

THE TEAM

ALIVE WELLNESS RETREATS

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