

# Creative Possibility

RETREAT INCLUSIVE

Dive deeper into self-discovery and expression with the Creative Possibilities Retreat, designed to enhance inner stillness and creative energy

The therapies include a targeted combination of acupressure with aromatherapy, reiki energy healing and massage

Each therapy uses a bespoke Stillness or Splash aromatherapy blend chosen according to your creative pathway



*from*

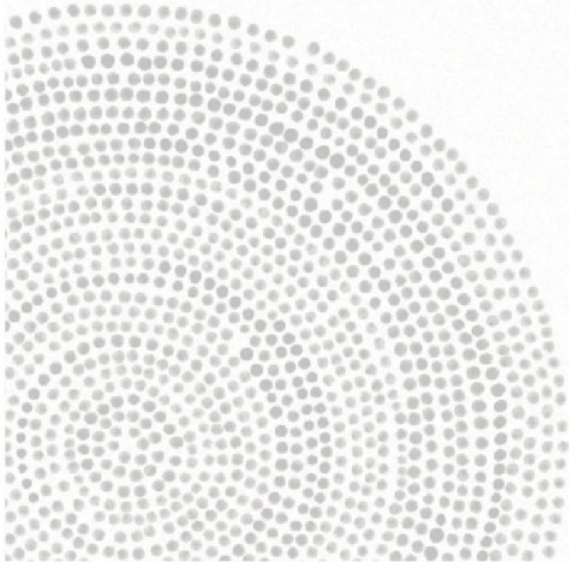
# Stillness

For those who would like to focus on mindfulness and relaxation.  
Explore topics such as healthy sleep, attaining clarity and finding peace of mind

## SUBTLE FLOW ACTIVATION

*60' prescribed daily, recommended from 13:00 to 20:00*

Deep reiki-based therapy to restore inner balance and release energetic blocks in the subtle layers for body-mind harmony



*to*

# Splash

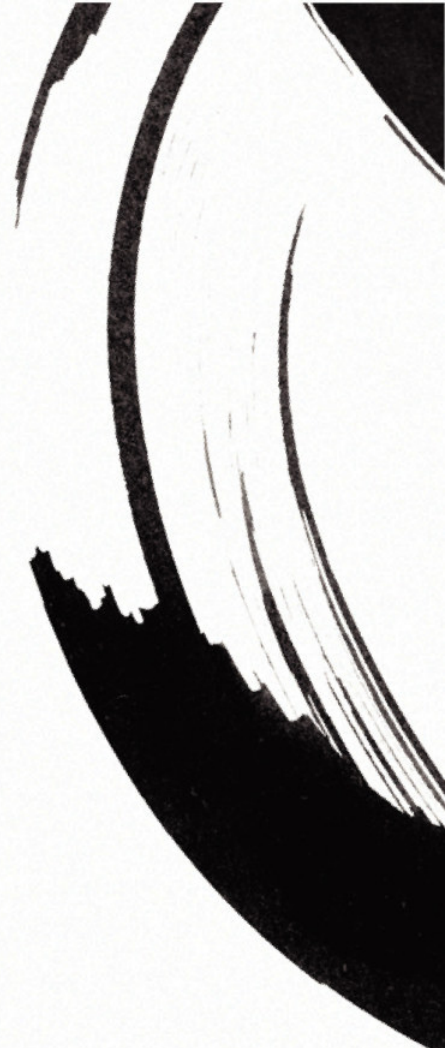
For guests who seek inspiration and confident self-expression.  
Find your true purpose and learn how to better express yourself

## DYNAMIC FLOW ACTIVATION

*60' prescribed daily, recommended from 09:00 to 13:00*

A powerful acupressure-based therapy to activate  
the body's self-healing systems and stimulate circulation  
through the body meridians to realign your system

*\*Dynamic Flow & Subtle Flow are prescribed  
to complement and optimize results*





## Retreat Reservation Advisory

- The Wellness Centre opens daily from 10:00 to 22:00
- Guests can book 2 retreat treatments per night (120 minutes total) for their entire stay
- Retreat treatments must be chosen a minimum of 3 hours in advance in order to guarantee the desired treatment
- Changes to pre-booked retreat therapies must be done a minimum of 3 hours in advance in order to guarantee it
- Retreat therapies are accepted after check-in time (from 14:00) and must be completed by 12:00 on the day of departure
- For late arrivals, therapy time will be reduced. For arrivals more than 15 minutes late without notice, therapies will be automatically cancelled
- For no show on appointment, there will be no entitlement to additional treatments booked on the same day
- Unfortunately no exchange, refund or transfer to other person for unused spa services

## General Wellness Centre Advisory

- All treatments count as one of your daily treatments, unless otherwise indicated
- Please arrive 10 minutes before your treatment formalities in your bathrobe  
(disposable underwear that are available in your villa)
- The Wellness Centre is a smoke, alcohol and phone free area encouraging a healthy and peaceful Lifestyle
- Children under 12 years old are not permitted in The Wellness Centre
- Pre-arrival wellness bookings can be e-mailed to: [wellness@tiawellnessresort.com](mailto:wellness@tiawellnessresort.com)

