



## TIA WELLNESS PURPOSE

TIA Wellness Resort provides guests with a unique opportunity to focus on wellness, and serves them by offering new value from the travel experience. TIA guests work hard to achieve professional success and support their family, often neglecting their own self-care. This can lead to feeling stuck and confused in life, calling for more than the traditional holiday to feel inspired and creative. A stay at TIA Wellness Resort provides the education and tools to activate life going forward and helps guests maintain focus and resilience during challenging times. The experience helps them find their centre and use creativity as a tool to reinvent themselves to feel empowered while navigating change.



## INTRODUCTION TO TIA WELLNESS CENTRE

TIA Wellness Centre is the perfect place to honour inner stillness and bold creativity on your transformative wellness journey. Renowned for its wellness inclusive treatments and progressive energy work, this sanctuary is the heart of the wellness resort, uplifting guests by helping them break free from routine and explore their creative potential. They will learn to upgrade their diets, breathe to regulate their system and move to better manage stress, returning home refreshed and renewed.





## TIA WELLNESS VALUES

Each program at TIA Wellness has been designed to support relaxation, creative expression and living a meaningful life through the following core values:

### NOURISH

Eat light to enhance vibrancy. Customised, detox and plant-based meal plans are available

### FLOW

Yin and yang mindful movement classes and therapies

### BREATHE

Our Signature Master Class, breathwork combines breathing techniques with a heart-focus

### CREATE

Open up endless possibilities for creative self-development

## WELLNESS INCLUSIVE

TIA redefines the wellness experience by integrating holistic well-being into each stay through treatments, education and wellness activities designed to elevate creativity and a sense of life purpose. Wellness Inclusive guests are guaranteed 2 wellness treatments per night from our extensive wellness menu, in addition to daily wellness practices including Signature Master Class - Breathwork, Lifestyle Tai Chi, Active Yoga Flow and Creative Workshop.



## RETREAT INCLUSIVE

For guests who wish to dive deeper into self-discovery and expression, we developed the Retreat Inclusive Stay — a 3-night, 4-day program. This retreat has been thoughtfully crafted for guests to enhance inner stillness and brave creative expression based on the key TIA pillars of truth, inspiration and conscious action. Guests will enjoy 2 wellness therapies per night (total 120 min per person) and access to their own personal TIA wellness guide who will tailor the entire journey, including plant-based full-board meals.

## WELLNESS INCLUSIVE TREATMENTS

Our wellness philosophy focuses on supporting relaxation and creative self-expression while helping you unwind with pampering treatments. Traditional holistic wellness and beauty treatments are available, alongside wellness therapies that fuse Reiki energy healing with aromatherapy and acupressure



## FREE FLOW

Full-body techniques to activate creative energy

## BOLD NEW YOU

Look and feel your best with an essential pamper

## TIME TO UNWIND

Healing energy work to relax and empower, realigning you with your authentic self



## RADIANTLY ALIVE

Your body is a temple and at TIA Wellness, we treat it like one...

## CREATIVE CANVAS

Nourishing facials to make you glow inside and out

## ON THE PULSE

Remedies focusing on muscles and meridians that need the most attention

## RETREAT INCLUSIVE THERAPIES

During their retreat, each guest will receive 2 wellness therapies per night that have been specifically designed for the program. The therapies include a targeted combination of acupressure with aromatherapy, reiki energy and massage



## DYNAMIC FLOW ACTIVATION

Morning 60-minute treatment:  
(recommended between 10:00 - 13:00)

Powerful acupressure-based therapy to activate the body's natural self-healing systems and stimulate circulation through meridians for realignment.



## SUBTLE FLOW ACTIVATION

Afternoon 60-minute treatment:  
(recommended between 13:00 - 20:00)

A reiki-based therapy that restores inner balance and works on releasing energetic blocks for body-mind harmony.

## WELLNESS ACTIVITIES

All inclusive wellness and retreats include access to daily wellness activities & sessions that align you with well-being and connect you to creativity



## ACTIVE YOGA FLOW

TIA flow combines hatha/vinyasa yoga styles to boost and align energy, the perfect way to spark creativity, while moving mindfully and building strength and flexibility.



## MASTER CLASS - BREATHWORK

Powerful heart-focused breathing empowering you to slow it down and bring yourself back into balance. This core practice helps to quiet mental chatter so that you can be led by the heart instead.



## CREATIVE WORKSHOP

An opportunity to engage in guided creative activities such as collage, drawing and painting aimed to explore and connect with your inner landscape, to open up authentic expression.



## LIFESTYLE TAI CHI

This gentle method is easy to learn so you can continue to practice at home. Based on Shibashi Tai Chi & Qigong, 18 simple movements are repeated with continuous fluidity, combined with breath work for relaxation.

## WELLNESS FACILITIES

Set in lush tropical gardens, leave urban stresses behind and connect with calm and stillness in this verdant oasis designed for restoration.

- 22 treatment rooms
- 2 beauty salons
- 2 steam and saunas
- 2 hydrotherapy rooms
- 2 relaxation rooms
- Waterfall and pool areas
- Indoor wellness studio
- Outdoor yoga deck
- Lifestyle boutique
- Wellness Lounge (for retreat guests)



## WELLNESS BOOKING ADVISORY

- The Wellness Centre opens from 10:00 to 22:00 daily
- Guests can book 2 wellness treatments per night per person for the entire stay
- Wellness treatments must be chosen minimum 3 hours in advance in order to guarantee the desired treatment
- Changes to booked wellness treatments must be done minimum 3 hours in advance in order to guarantee it
- Wellness treatments are accepted after check-in time (from 14:00) and must be completed by 12 noon on departure
- For late arrival, treatment time will be reduced. More than 15 minutes late without notice and the treatment will be automatically cancelled
- For no-show on an appointment, there will be no entitlement to additional treatments booked on the same day
- Unfortunately no exchange, refund or transfer to another person for unused wellness service



## GENERAL WELLNESS ADVISORY

- All treatments count as one of your daily treatments, unless otherwise indicated
- Please arrive 10 min before your treatment for formalities in your bathrobe (disposable underwear is 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 wellness area
- Pre-arrival wellness bookings can be e-mailed to: [wellness@tiawellnessresort.com](mailto:wellness@tiawellnessresort.com)