



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



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



RETREAT INCLUSIVE

For guests who wish to dive deeper into self-discovery and expression, Retreat Inclusive stays can be booked from 3 minimum nights. This program 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 1 retreat therapy and 2 wellness treatments per night (total 140 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

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 two 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.



PRIVATE RETREATS

Offering 4- and 7-nights prescribed programs for recovery, healing and ongoing personal growth with daily private coaching and a range of therapies according to your retreats. The programs draw main elements that are recognized for their ability to help people self-heal: Reiki – Breath – Creativity – Detoxification, complemented by aromatherapy massages and sound healing sessions to induce a deep feeling of calm. Guests will have access to private breathwork or yoga masterclasses and creative workshop, while a plant-based meal plan ensures balanced nutrition. The TIA app also has practices and reminders for guests after their stay.

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 1 therapy per night that have been specifically designed and are exclusive only for retreat guests; as well as 2 wellness treatments of choice per night from our vast menu



SUBTLE FLOW ACTIVATION

Reiki-based treatment to restore inner balance and release energetic blocks

DYNAMIC FLOW ACTIVATION

Acupressure-based therapy to activate the body's self-healing systems and stimulate circulation

SOUND HEALING

Therapeutic tones combined with strong vibrations to induce an immediate relaxed state



DETOX HYDRO CIRCUIT

Guided steam, sauna, ice bath and hydro shower circuit to support body detoxification

MASTER REIKI HEALING

Reiki healing uses universal life energy to enhance the body's natural ability to heal

CRYSTAL FACE

A neuro reiki therapy to enhance the face skin's suppleness and calm the mind

WELLNESS ACTIVITIES

Wellness and Retreat Inclusive guests have access to complimentary classes that align with well-being and connect 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 saunas
- 2 hydrotherapy rooms
- 2 relaxation rooms
- Waterfall & pool
- Yoga studio
- Wellness Lounge
- Boutique



WELLNESS RESERVATION ADVISORY

- The Wellness Centre opens daily from 10:00 to 22:00
- Guests can book 2 Wellness Treatments (80 min total) per night for their entire stay
- Wellness Treatments must be chosen a minimum of 3 hours in advance in order to guarantee the desired treatment
- Changes to pre-booked Wellness Treatments must be done a minimum of 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 12:00 on the day of departure
- For late arrivals, therapy time will be reduced. For arrivals more than 15 min 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 ADVISORY

- All treatments count as one of your daily treatments, unless otherwise indicated
- Please arrive 15 minutes before your treatment formalities in your bathrobe (disposable underwear 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