

Retreat Inclusive Menu

touch the body, heal the mind, calm the spirit

RETREAT THERAPIES

Choose 1 retreat therapy per night
(60 minutes)

CREATIVE POSSIBILITY

Dive deeper into self-discovery and expression with our exclusive retreat therapies, designed to enhance inner stillness, balance and creative energy

SUBTLE FLOW ACTIVATION THERAPY (60')

This deep reiki-based treatment with a combination of aromatherapy will restore inner balance and release energetic blocks for body-mind harmony. This therapy promotes healthy sleep, attaining clarity and finding peace of body and mind. Recommended to book in the evening for best results
(light to medium pressure, stillness aroma oil)

DYNAMIC FLOW ACTIVATION THERAPY (60')

A powerful acupressure-based therapy to activate the body's self-healing systems and stimulate circulation through the body meridians to realign your system. This energetic therapy is recommended to book in the morning or early afternoon
(medium to strong pressure, splash aroma oil)

SOUND HEALING THERAPY (60')

Sound healing uses the gentle tones of therapeutic singing bowls combined with their strong vibrations to induce an immediate relaxed state. Healing with sound brings you emotional balance and pain relief, to guide you to a state of harmony, or peace-ensuring the wellness of the body, mind, and spirit

DETOX HYDRO CIRCUIT THERAPY (60')

Guided steam, sauna, ice bath and hydro shower circuit including full body scrub, to support the detoxification process of the body. This therapy aims to promote healthy blood circulation and overall cleansing. Rehydration with detox waters, stimulating aroma oils and acupressure foot massage, help to remove toxins from the body

MASTER REIKI HEALING THERAPY (60')

Reiki healing uses universal life energy to enhance the body's natural ability to heal. Energy can stagnate in the body where there has been physical injury or emotional pain, which can lead to illness over time. Reiki acts as a cellular reset for better health and vitality overall

CRYSTAL FACE THERAPY (60')

A neuro reiki therapy using circular movements to enhance the face skin's suppleness. Healing crystals are used to calm the mind, while amplifying inner energy

WELLNESS TREATMENTS

Choose 2 wellness treatments per night
(80 minutes)

TIA SIGNATURE

Full-body techniques to
activate creative energy

DEEP CONNECTION REMEDY (80')

Uplifting aromatherapy full-body treatment using essential oil to harmonise body, mind and spirit
(light to strong pressure, stillness or splash oil)

BAMBOO ROLL-OUT (80')

Warm bamboo vietnamese rolling technique to improve your blood circulation and activate deep tissues with a focus on the back and legs
(light to medium pressure, stillness or splash oil)

LYMPHATIC DETOX (80')

Gentle, rhythmic strokes with light pressure focusing on the lymph nodes to support the lymph flow and promote detoxification of the body. Legs, stomach and face are the focus of the treatment
(light to medium pressure, stillness or splash oil)



ON THE PULSE

Remedies focusing on muscles
and meridians that need the most attention

BACK, NECK AND SHOULDER RELEASE (30')

De-stressing back, neck and shoulder therapy to provide lasting relief to an area we tend to hold tension

(light to strong pressure, stillness or splash oil)

CRYSTAL WAND FOOT REFLEXOLOGY (30')

Stimulating foot reflexology to bring the body into balance. Acupressure combined with the powerful healing properties of crystal to instill a sense of inner balance

(light to strong pressure)

STRETCH & RELEASE (50')

Thai-inspired massage with stretching to open up joints, release blocked energy and increase circulation to leave you feeling revitalized

(medium to strong pressure, no oil)

WARM SPORTS COMPRESS (50')

Deep-tissue remedy, using an intense trigger-point technique on the back and shoulders to relieve the build-up of tension

(medium to strong pressure, stillness or splash oil)

TIME TO UNWIND

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

HIMALAYAN HEART STONE (50')

Gentle full-body therapy with warm salt stones, to relieve tension and welcome complete relaxation. Himalayan salt contains minerals which provide amazing therapeutic benefits for the skin, as well as overall well-being

(light to medium pressure, virgin coconut oil)

WARM BODY FLOW (50')

Warming full-body massage to ease muscle tension, expand breathing and heart-opening for a feeling of calm surrender

(light to medium pressure, virgin coconut oil)

MINDFUL REIKI TOUCH (50')

Japanese Reiki healing therapy to clear the mind and re-establish emotional well-being. Experience our therapist's gentle, warm touch to heal the heart and soul

BALANCING FOOT MASSAGE (30')

A massage paying special attention to the pressure points of the feet to bring about whole-body balance. Offers relief from jet lag and travel-induced stress

(light to strong pressure, citrus balm)

HOLISTIC HEAD TREATMENT (30')

Relaxing meridian-point therapy focusing on the head to reset and balance mental well-being and health overall

(light to strong pressure)

CREATIVE CANVAS

Nourishing facials
to make you glow
inside and out

By
[comfort zone]
conscious skin science

RECOVER TOUCH (50')

Nurture your skin and recover from the damage caused by sun, pollution and aging. Recover Touch is a nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté. The antioxidant, nourishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished. Ideal in case of stressed, dehydrated and dull skin.

ACTIVE PURENESS (50')

Active Purenness is a deep cleansing facial characterized by a Garcinia Mangostana clay mask and a massage inspired by the ancient techniques of Ayurvedic medicine. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned. For all skin conditions, particularly effective on impure, oily, scarred and acne-prone skins.

HYDRA GLOW (50')

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look. Not recommended for sensitive skin, avoid sun exposure after treatment.

REMEDY SOOTHING (50')

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense. For skins which are sensitive, fragile, sensitized and prone to redness. Ideal after sun exposure.

BOLD NEW YOU

Look and feel
your best with an
essential pamper

By
O·P·I

LADIES MANICURE or PEDICURE (50')

Gentle manicure or pedicure including scrub, cuticle cleaning, nail shaping and applying polish of your choice

LADIES MANICURE or PEDICURE OPI GELCOLOR (80')

Manicure or pedicure including cuticle cleaning, nail shaping and applying gel color for up to three weeks of chip-resistant shine. This gel-polish cures in an LED light for durability and a glossier finish

GENTLEMAN MANICURE or PEDICURE (50')

Designed specifically for men, this manicure or pedicure includes scrub, cuticle cleaning, nail care and a hand or foot massage

EXPRESS MANICURE or PEDICURE (30')

Gentle hand or foot bath, cuticle cleaning and nail shaping

DELUXE PEDICURE (80')

Gentle pedicure including scrub polish, cuticle cleaning, nail shaping with a callus removal and foot mask. Option to apply the polish of your choice

RADIANTLY ALIVE

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

ROSE BUD BEAUTY SCRUB (30')

Relaxing scrub packed with anti-aging ingredients of rose buds, chia seeds and Himalayan salt. A homemade superfood recipe that detoxes, tones and promotes circulation

LOTUS ROOT LUXURY SCRUB (30')

Cleansing homemade body scrub with lotus root, raw oats and rice bran oil, carefully crafted to exfoliate and renew your skin

GENTLE COCONUT SCRUB (30')

Designed to reduce the appearance of wrinkles, dull skin and hyperpigmentation. Gently exfoliates and hydrates for soft, nourished skin

ALOE VERA BODY WRAP (30')

A cooling wrap using fresh aloe gel and cucumber, natural antiseptics which calm and soothe irritation from sunburn, skin allergies and insect bites

WARM COCONUT BODY WRAP (30')

Wrap lovingly made with a coconut-clove blend to replenish moisture and nourish the skin. Relax in a cocoon of beautiful aroma



TIA SIGNATURE AROMA OILS


Depending on the therapy or treatment, a choice of exclusive
TIA Wellness Resort organic massage oils are available

STILLNESS

Pine needles, wild mugwort, small orange grain, verbena pepper, flowers & perou balsam. Releases muscle pain and body tension, reduces inflammation and activates digestion, mentally calming, reducing stress & anxiety.

SPLASH

Grapefruit, lime, lemon, sweet orange, Indian carnation absolute, verbena pepper & angelica. Brightening, promoting inner and outer glow, balancing emotions, uplifting spirit & bringing new awareness of self.



Retreat Reservation Advisory

- The Wellness Centre opens daily from 10:00 to 22:00
- Guests can book 1 retreat therapy and 2 wellness treatments (140 minutes total) per night for their entire stay. TIA Wellness Guides will support to recommend the daily therapies during the consultation
- Therapies and treatments must be chosen a minimum of 3 hours in advance
- Any change must be done a minimum of 3 hours in advance in order to guarantee it
- Therapies and 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, time will be reduced. For arrivals more than 15 min late without notice, appointment 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

- 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**

TIA