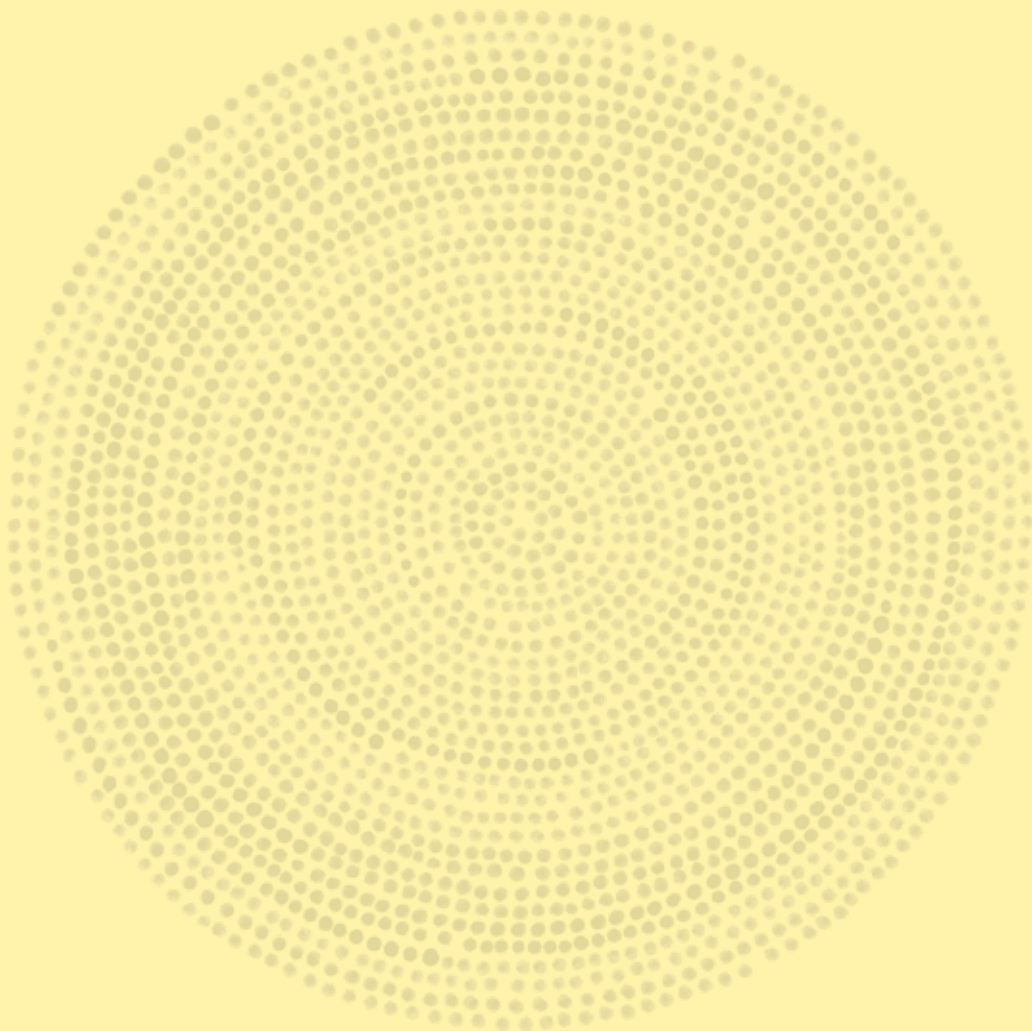




Retreat Inclusive Menu



Health Benefits



Suitable for Pregnant Ladies

touch the body, heal the mind, calm the spirit

CREATIVE POSSIBILITY

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

RETREAT THERAPIES

Choose 1 retreat therapy per night
(60 minutes)

SUBTLE FLOW THERAPY (60')

This deep reiki-based treatment with a combination of aromatherapy will restore inner balance and release energetic blocks for body-mind harmony. Recommended to book in the evening.

(light to medium pressure, stillness aroma oil)



Healthy sleep, attaining clarity, inner peace, deep relaxation

DYNAMIC FLOW THERAPY (60')

A powerful acupressure-based therapy to activate the body's self-healing ability and stimulate circulation through the meridians to realign your nervous system. Recommended to book in the morning or early afternoon for Energy flow activation.

(medium to strong pressure, splash aroma oil)



Vitality, healthy blood circulation, body & mind awareness

SOUND HEALING THERAPY (60')



Induce an immediate relaxed state thanks to gentle tones of therapeutic singing bowls combined with their strong vibrations. Focusing on the 7 chakras to create state of harmony and wellness of the body, mind, and spirit.



Emotional & physical balance, chakra cleansing, release of energetic blockages

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 with thermal contrast therapy. Rehydration with detox waters, stimulating aroma oils, hydrotherapy, and acupressure foot massage.



Detoxification, blood circulation, immune response, energizing body & mind, muscle recovery

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.



Mental & physical healing, releasing negative energy blockages, recovery from emotional stress

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.



Energy restoration, inner peace, skin rejuvenation, inner & outer glow

VIETNAMESE CUPPING THERAPY (60')

The age-old healing practice of cupping therapy, expertly administered by our therapists. This indigenous technique involves the application of suction cups following a gentle tissue warm-up, aiming to promote holistic wellbeing for various ailments.

(may cause a slight sensation of pressure or pinching and temporary bruising on your skin)



Detoxification, muscle pain management, immune response

WELLNESS TREATMENTS

Choose 2 wellness treatments per night
(80 minutes)

TIA SIGNATURE JOURNEYS

Recommended combinations thoughtfully
curated to nurture body and mind

TROPICAL BLISS (80')

Gentle Coconut Scrub with Warm Coconut Oil Massage

Indulgent journey begins with a gentle coconut body polish to soften and nourish the skin, followed by a warm coconut oil massage using flowing strokes to melt away tension and deeply relax body and mind.



Skin hydration, muscle relaxation, tropical calm

HIMALAYAN HARMONY (80')

Warm Salt Stone Massage & Himalayan Detox Wrap

A soothing warm Himalayan salt stone massage melts away tension and restores energy flow, followed by a purifying wrap with Himalayan salt, virgin coconut oil, rose petals to leave skin smooth and radiant.



Detoxification, muscle relaxation, inner balance, glowing skin

SUN SOOTHER (80')

Cooling Aloe Vera Wrap & Remedy Soothing Facial

Perfect after sun exposure or redness from heat and humidity, this cooling experience begins with a fresh aloe vera and cucumber wrap to calm and hydrate the skin, followed by Comfort Zone's Remedy Facial to reduce redness, strengthen the skin's barrier, and restore softness.



Skin recovery, deep hydration, soothing relief

TIA SIGNATURE

Full-body techniques to activate
creative energy

DEEP CONNECTION REMEDY (80')

Uplifting aromatherapy full-body treatment, expertly blending essential oils with long, soothing strokes and targeted pressure points. Experience the harmonizing effects as body, mind, and spirit unite in perfect balance.

(light to strong pressure, stillness or splash oil)



Muscles recovery, tension release, deep relaxation

BAMBOO ROLL-OUT (80')

Traditional treatment using the invigorating warmth of the bamboo Vietnamese rolling technique, expertly applied to enhance blood circulation and activate deep tissues, with a special focus on the back and legs.

(light to medium pressure, stillness or splash oil)



Blood circulation, tension release, deep relaxation

LYMPHATIC DETOX (80')

Gentle, rhythmic strokes with light pressure, specifically targeting the lymph nodes to promote lymph flow and facilitate detoxification throughout the body. This soothing treatment prioritizes the legs, stomach, and face, leaving you feeling refreshed and rejuvenated.

(light to medium pressure, stillness or splash oil)



Detoxification, digestive health, deep relaxation

BACK & SHOULDER TENSION RELEASE (30')

De-stressing back and shoulder treatment to provide lasting relief to an area we tend to hold tension.
(light to strong pressure, stillness or splash oil)



Tension relief, muscle recovery, relaxation

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)



Balance restoration, energy alignment, inner harmony

STRETCH & RELEASE (50')

Oil free, Thai-inspired massage, incorporating strong stretching techniques to unlock joints, release blocked energy, and enhance circulation. Not suitable for young teenagers.
(medium to strong pressure, no oil)



Joint flexibility, energy flow, tension relief

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. Not suitable for young teenagers.
(medium to strong pressure, stillness or splash oil)



Tension relief, muscle recovery

DEEP TISSUE LEG RECOVERY (50')



Focuses on alleviating tension and fatigue in the legs through a combination of deep tissue techniques and gentle stretches. Ideal for those who are on their feet all day or recovering from intense physical activity or a long flight.
(light to strong pressure, stillness or splash oil combined with citrus balm)



Blood circulation, muscle recovery, leg revitalization

ON THE PULSE

Remedies focusing on muscles and meridians that need the most attention

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)



Tension relief, skin nourishment, deep relaxation

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)



Tension relief, deep relaxation, heart opening

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.



Emotional well-being, restoring energy flow

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)



Balance, deep relaxation, foot revitalization

HOLISTIC HEAD & NECK HARMONY (30')



Relaxing meridian-point therapy focusing on the head and the neck to reset and balance mental well-being and health overall. Ideal for individuals with desk jobs and prolonged screen time, provides much-needed release. (light to strong pressure)



Tension relief, neck mobility, deep relaxation

CREATIVE FACE 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 Pureness is a deep cleansing facial characterized by a Garcinia Mangostana clay mask and a massage inspired by the ancient techniques of Ayurveda. 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 and teenagers, 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 neuro inflammation and reinforces the skin's defence. For skins which are sensitive, fragile, sensitized and prone to redness. Ideal after sun exposure.



BOLD NEW BEAUTY

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 GELCOLOUR (80')

Manicure or pedicure including cuticle cleaning, nail shaping and applying gel colour for up to two 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.



RADIANT BODY BEAUTY

Embracing the sacred
within for your path to
glowing wellbeing

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 is 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 9:00 to 22:00
- Guests can book 1 retreat therapy and 2 wellness treatments (140 minutes total) per night per guest 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 1 day in advance
- Any change must be done a minimum of 1 day 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 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