



## Wellness your way

An extraordinary wellness journey inspired by Ayurvedic principles and the five elements of nature—earth, water, wood, metal, and fire—exclusively hosted in the pristine Indian Ocean indulging in lush green gardens, tropical beaches, and overwater sanctuaries that embrace the five senses in a natural, holistic environment.

Along with our resident Ayurvedic Doctor, a team of Ayurvedic specialists, holistic therapists, energy healers, movement specialists, wellness experts, and nutritional professionals will guide you through a personalized wellness journey specific to your healing requirements and create a delicious meal plan with conscious nutrition mindfully curated. A committed homecare team will be ready to assist you in readjusting to life after the retreat, including wellness mindset mentoring, and your progress will be regularly tracked.

Wellness is the intentional pursuit of a healthy lifestyle, while health is an inherent quality of living. Wellness aims to improve one's mental, emotional, physical and social health, which are all indicators of one's overall health.

Get back in balance with your whole self by investing in a well-crafted wellness program. Everything you could want in an all-inclusive holiday, exclusively curated including holistic therapies, alternative medicine, and delicious plant-based food.

## **Wellness your way has been curated into three result-driven journeys**

- **Wellness Seeker**
- **Wellness Rendezvous**
- **Wellness Rejuvenation**

### **Wellness Seeker**

This Wellness journey allows you to get acquainted with wellness, where you will simply experience the wellness treatments from our bespoke wellness a la carte therapy menu.

### **Wellness Rendezvous**

With a holistic approach to wellness therapies, our resident Ayurvedic Doctor will curate the most appropriate program to start you on your wellness journey. In this program you enjoy two or three hours a day benefiting from your wellness journey while still being able to indulge on your luxury vacation

#### Journey Options

Chronic Pain Management | Anti-Anxiety / Stress Program | Gut Health (inc. detox) | Sleep Therapy | Ageing Defying | Wellness for Cancer | Weight Loss

### **Wellness Rejuvenation**

(Pre Arrival Booking Required)

The Wellness Rejuvenation journey is a fully immersive wellness retreat. Each journey is designed by our resident Ayurvedic Doctor with a fully prescribed healing program, including a delicious, personalised wellness food plan, wellness therapies, and wellness activities.



Your villa will be transformed into a wellness villa as a part of this program, complete with organic, sustainable wellness amenities, a wellness mini-bar with conscious nutritional options of delicious handcrafted healthy snacks and drinks, comfortable wellness attire, handheld fitness equipment for self-practice, nightly turn-down shots, luxurious bath rituals, and ambience to boost the perfect night's sleep.

## Journey Options

Chronic Pain Management | Anti-Anxiety / Stress Program | Gut Health (inc. detox) | Sleep Therapy | Ageing Defying | Wellness for Cancer | Weight Loss

## Select your wellness journey

Each journey includes a private consultation with one of Ele|na's wellness team, who will curate a journey based on your wellness goals. Each program consists of private treatments combined with a variety of retreat activities. A la carte treatments can be added to supplement the included offerings. Group and private sessions include yoga, meditation, sound healing, floating meditation, breathing, beach walks, wellness cuisine and fitness.

### Step 1

Select your journey,

### Step 2

Select the number of days,

### Step 3

Sit back and relax, we are curating a bespoke wellness journey for you.



## Journey Inclusions

Program Inclusions	Wellness Seeker Charged Per Session Pre Booked Via Wellness Leader	Wellness Rendezvous 2 – 3 Hours A Day Minimum 4-Day's Journey Pre Booked Via Wellness Leader	Wellness Rejuvenation All-Inclusive Pre Booked Journey To Be Booked Via Ozen Booking Portal
	Email wellness@ozenreserve-bolifushi.com	Email wellness@ozenreserve-bolifushi.com	Link <a href="https://theozencollection.com/ozenreserve-bolifushi/#check_availability">https://theozencollection.com/ozenreserve-bolifushi/#check_availability</a>
Pre Arrival Consultation			√
Prescribed Wellness Program By Ayurvedic Doctor		√	√
Wellness Leader			√
Conscious Nutrition Food Plan			√
Wellness Villa			√
Non-Prescribed Wellness And Specialist Therapies	√	Optional	Optional
1-2-1 Fitness Sessions	√	√	√
1-2-1 Wellness Activities	√	√	√
Virtual Wellness Mindset Mentoring	Optional	√	√
Group Workshops	Optional	Optional	Optional
Group Wellness Activities	Optional	Optional	Optional
Group Fitness Sessions	Optional	Optional	Optional
Homecare Program	√	√	√
Follow Up Consultation With Ayurvedic Doctor/Wellness Leader	Optional	X 1	X 2

## Wellness Rendezvous & Wellness Rejuvenation

	4 Nights	7 Nights	14 Nights	21 Nights
Consultation with Ayurvedic Dr. and Nutrition Advise	1	2	3	4
Specialist Treatments	3	5	10	15
Wellness Therapies	1	2	4	6
Online NLP Sessions	1	1	2	3
1-2-1 Fitness sessions	2	3	6	9
1-2-1 Wellness Activities	2	3	6	9

