

VITA-LIFE® HEALTH RETREAT

TABANAN HILLS BALI

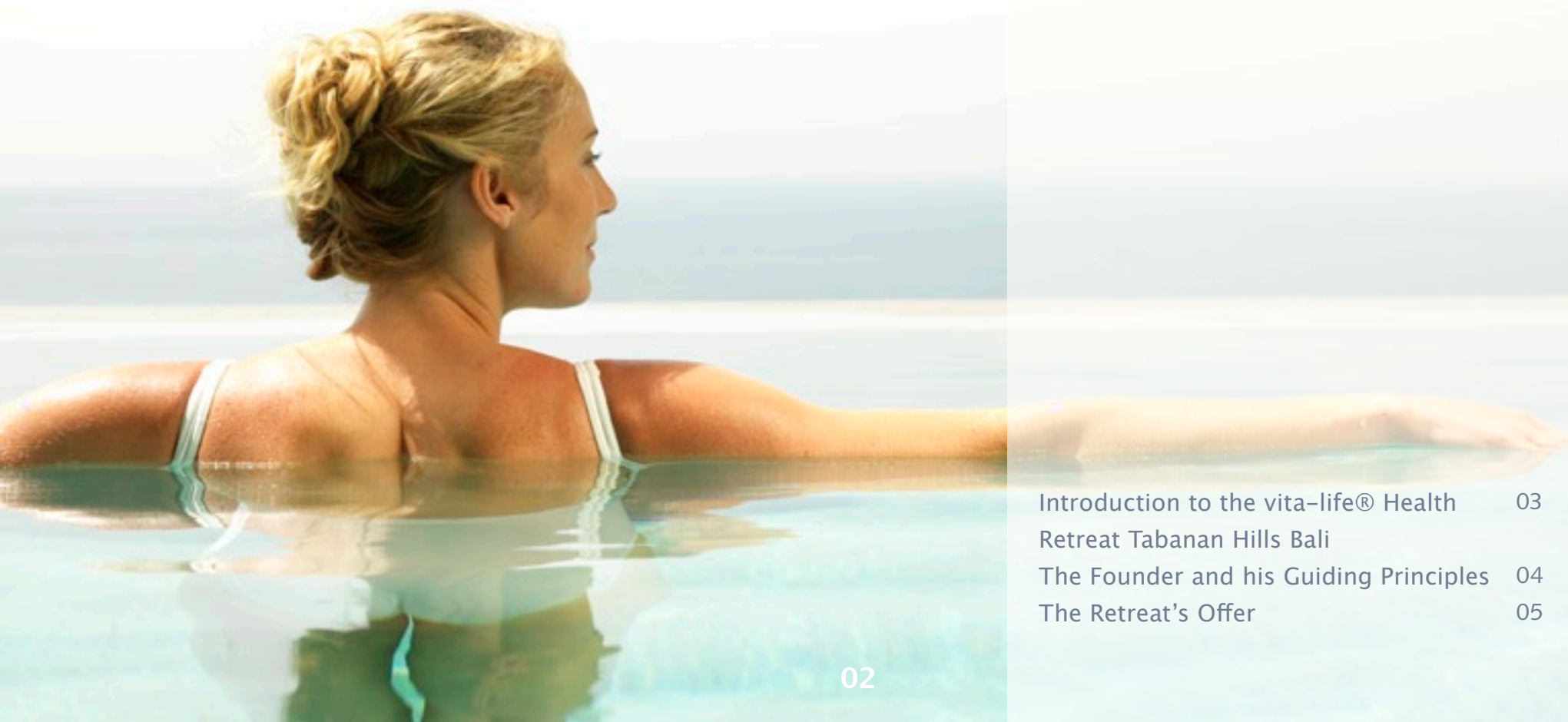
A UNIQUE, HOLISTIC
HEALTH, SPA AND WELLNESS
CONCEPT



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1 WELCOME



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INTRODUCTION TO THE VITA-LIFE® HEALTH RETREAT TABANAN HILLS BALI

HEALTH IS A CONDITION OF HOLISTIC WELLBEING.

We are well if our body is energetic and balanced at the same time, if our mind is relaxed and free to think, and if our social environment is in harmony.

IN TODAY'S GLOBALISED WORLD, MOST OF US ARE NOT IN BALANCE AND MOST OF US LACK ENERGY, but we are too distracted to realise. Sooner or later, therefore, our health deteriorates; we fall ill, have difficulties in sleeping, and start having stress symptoms, such as migraine headaches. In turn, our relationships with our partners, families and friends suffer, leaving us with increasing sources of distress.

THERE IS A WAY OUT! VITA-LIFE® HEALTH RETREAT, situated within Bali's most beautiful and ancient natural landscape, aims to help the 'modern human' find his or her way back to inner wellbeing, relaxation and energy, combined with the ability to concentrate on what is really important in life. Various treatments, based on global ancient healing knowledge, are offered by dedicated experts.

VITA-LIFE® HEALTH RETREAT BALI OFFERS HOLISTIC, INDIVIDUALISED TREATMENTS, starting well before your arrival in Bali, and continuing long after your stay. The retreat presents the facilities for wellbeing, luxury and relaxation, the expertise for life coaching, and the inspiration and means to recharge energy and restore inner harmony.

THE FOUNDER – MARIO HINTERMAYER

Mario is the co-founder of vita-life® magnetic and health products. He has created a global business that successfully provides healthy and relaxing magnetic wellness equipment to families and individuals worldwide.

INSPIRED BY ANCIENT HEALING CULTURES and unsatisfied with the conventional spa treatments offered by luxury hotels, Mario decided to create something new – a health and wellness oasis where highest quality is the standard, where peace and liveliness are reunited, and where people around the globe can meet to reload their inner energy and life-spirit.

THE VITA-LIFE® HEALTH RETREAT TABANAN HILLS BALI IS MUCH MORE THAN JUST A WELLNESS PARADISE, it is a place where health is restored, maintained and fostered. By coming to this special sanctuary, you will not only be provided with all the relaxing amenities of a luxury hotel and spa, but you will also benefit from the wisdom and expertise of vita-life's selected health specialists. Each of these dedicated professionals is committed to enhancing and maintaining your health and personal wellbeing, to 'recharging your batteries' and enabling your full

regeneration. The effect is an increased energy level and sense of wellbeing that will remain with you long after you've left the retreat.

QUALITY IS THE FIRST AIM! The retreat management creates and maintains a database and network of world renowned health specialists and university departments to ensure the best practice of treatments, all of which are based on the findings of modern science and the wisdom of ancient healing traditions.

THE FOUNDER AND HIS GUIDING PRINCIPLES

THE RETREAT OFFERS A UNIQUE HEALTH, WELLNESS AND SPA EXPERIENCE

Much more than a luxurious five-star hotel and breathtaking spa within a precious tropical environment, vita-life® Health Retreat Tabanan Hills Bali awaits you with:

- nine dedicated health and spa villages, inspired by ancient sciences and cultures
- a wide variety of exquisite cuisines, including Ayurvedic diets
- architectural diversity within the beautiful Balinese rice terraces
- a comprehensive health programme that begins before your arrival in Bali and continues long after your visit

The vita-life® Health Retreat Tabanan Hills Bali is currently under construction and will be completed by 2011

A LUXURIOUS RETREAT INCORPORATING A FIVE-STAR HOTEL

- 180,000 square metres encompassing beautiful buildings, swimming pools, sports facilities, village restaurants, rivers and tropical trees
- 112 luxurious, stand-alone villas and a five-star hotel comprising 48 suites in a pyramid-styled building

HIGHEST QUALITY TREATMENTS

- Ongoing training and certification of therapists and masseurs to ensure the highest quality of treatment both at the retreat and within the international network for post-Bali aftercare
- Academy for the ongoing exchange of expertise between international experts in healing and wellness sciences

NINE WELLNESS AND SPA VILLAGES

- Nine distinctly-themed villages, each characterised by the architecture and décor of an ancient culture
- Thematic health, wellness and spa treatments performed by expert masseurs, therapists, doctors and cosmeticians
- Medical centre presenting diverse diagnostic procedures for medical checkups

HARMONIOUS AND RELAXING AMBIENCE

- Villages fashioned in authentic and ancient architectural styles, close to Bali's Jatiluwih rice fields, an UNESCO World Heritage Site
- Sensitive site planning and harmonious landscaping
- Vastu-energetic construction and interior design
- Fair trade with neighbouring farmers and other Balinese providers
- Highest ecological standards for heating, energy generation, waste management and more



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THE HOLISTIC HEALTH CONCEPT

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THE RETREAT'S HOLISTIC HEALTH CONCEPT OVERVIEW



THE RETREAT'S HOLISTIC HEALTH CONCEPT: EIGHT SUPPORTING PRINCIPALS THAT WILL BOOST YOUR HEALTH, RELAXATION AND WELLBEING...



1
HEALTH AND LIFE ENERGY
Nine ethnic retreat villages presenting dedicated Indian, Chinese, Balinese, European and other health programmes

2
SPA AND WELLNESS
State-of-the-art wellness and spa treatments, health check-ups and much more

3
PERSONALITY DEVELOPEMENT
Life and health coaching during and after your stay

4
NUTRITION AND CULINARY DIVERSITY
Retreat villages with ethnic food. Ayurvedic, as well as other delicious and healthy diets. Main restaurant serving international delicacies.

5
SOCIAL RESPONSIBILITY
Highest social standards, including fair trade with local suppliers

6
HARMONY WITH NATURE
Highest ecological standards, e.g. the hotel's geothermic energy generation

7
VILLAGE AMBIENCE
Authentic architecture of different cultures, such as Moroccan, European, Indian and Chinese

8
EXPERIENCE AND ADVENTURE
Have fun and meet people: Many cultural, natural and lifestyle opportunities

... BASED ON THREE GUIDING PRINCIPLES



9

QUALITY

Highest standards of quality are essential for the retreat when it comes to health and spa treatments. All treatments are created by a network of world renowned health specialists and university institutes.

The health and spa experience is supplemented by delicious and healthy food, a luxurious and relaxing atmosphere, beautiful nature and a harmonious coexistence with local society

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INDIVIDUALITY

Every person is individual, every health check-up and treatment plan, therefore, must also be individual. Your personal needs and wishes will be carefully assessed and met by a personal treatment plan

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SUSTAINABILITY

Long lasting benefits: Your wellbeing, comfort and relaxation during the course of your stay at the retreat is merely the start. The long term aim is the sustainability of higher energy levels and personal health

1

HEALTH AND LIFE ENERGY

NINE DIFFERENT TYPES OF
HEALTH TREATMENTS
ARE OFFERED IN DEDICATED
ETHNIC VILLAGES

EUROPEAN
VILLAGE

BALINESE
VILLAGE

INDIAN
VILLAGE

AMERICAN INDIAN
VILLAGE

ATLANTIC
VILLAGE

JAPANESE
VILLAGE

HAWAIIAN
VILLAGE

MOROCCAN
VILLAGE

CHINESE
VILLAGE

- Health Treatments are more than just spa treatments, they have a deeper and longer-term effect
- Are individually tailored to suit your specific needs
- Transfer knowledge to you, so that you can continue to live better at home

1

HEALTH AND LIFE ENERGY

EACH VILLAGE OFFERS ITS OWN SPECIALISED TREATMENTS...

* This is a selection, and therefore not an exhaustive list

MEDICAL CENTRE

Philosophy

Health checks and individual consulting are at the core of vita-life® Health Retreat treatments. In the medical centre, health and wellness experts work together with the guests to define a perfect personally tailored programme to suit each individual.

Treatments*

- Review of the health questionnaire that has been completed prior to arrival
- Entrance discussion to propose individual wellness and health programme, including an EKG, allergy tests, blood tests and other assessments (free of charge)
- Exit discussion to define follow up procedures and support (e.g. continued medical and life coaching, access to global network of certified wellness and health experts)

EUROPEAN

Philosophy

Ancient European healing sciences are based on hydro applications: water, ice and steam treatments, body wraps and (water-)movement therapy. The Nature Cure movement developed in Europe during the 19th century from the water cure and advocated the use of herbal medications.

Treatments*

- Reflex-zone massages
- Healing, slimming and detoxifying wraps
- Kinesiology, breathing therapy and Osteopathy

BALINESE

Philosophy

Through the heritage of hundreds of years, the Balinese have a rich tradition of healing. Balinese healing relies not only on massage, herbal medicine or oil scrubs but also pays close attention to environmental conditions, both visible and invisible, with reference to 'Tri Hita Karana' or the harmonious relationship between human beings, nature and God. Treatments focus on restoring the energy flow, leaving guests with renewed enthusiasm and an increased self-healing capacity.

Treatments*

- Balinese massages – a combination of soft turns and twists
- Acupressure treatments
- Deep tissue massages

INDIAN

Philosophy

Indian Ayurveda is the ancient science of life, a 5000 year old healing art based on five elements, which describes the subtle energies that underpin matter and mind and drive the flow of life and vitality. The aim is to sustain wellbeing and heal illnesses by regulating the imbalance of the Doshas 'Vata', 'Pitta' and 'Kapha'.

Treatments*

- Deep tissue massage and hot oil flushes
- Cleansing and sweating treatments
- Yoga sessions and meditation
- Ayurvedic diet plan and herbal medicine treatments

AMERICAN INDIAN

Philosophy

American Indian Medicine is one of the most ancient healing sciences, integrating nature, four elements, the power of plants, animals and stones, all of which are funnelled on human wellbeing. To most American Indians, medicine signifies an array of ideas and concepts rather than remedies and treatment alone.

Treatments*

- Traditional rituals and sweating hut sessions
- Vision Quest
- Herbal medicine treatments

JAPANESE

Philosophy

Japanese healing science is based on traditional Chinese medicine and ancient Buddhist knowledge. It focuses on relaxing limbs, restoring energy and improving the body's self-healing ability. Health in Japan embodies uprightness and correct living, rooted in the laws of nature and the development of inner calm. The focus in Japanese healing is bringing one's life into balance.

Treatments*

- Shiatsu acupressure massages
- Zen meditation, based on ancient Buddhist practices

HAWAIIAN

Philosophy

Hawaiian Healers, the 'Kahunas' (keeper of the secret), undergo a 15 – 20 year-long education in order to fully understand all of the ancient healing techniques that bring us into harmony with nature. Exploring the wisdom of the ancient Hawaiian healers leads to a greater understanding and experience of oneness, nature, people and everything around us. Working with the 'temple of the soul', breath, awareness and loving intention creates a space for deep release and healing.

Treatments*

- Herbal medicine treatments
- Dream interpretation
- Hawaiian meditation

CHINESE

Philosophy

Traditional Chinese Medicine (TCM) is more than 2500 years old and originated thousands of years ago through meticulous observation of nature, the cosmos, and the human body. It focuses on our inner harmony – the balance of 'Ying' and 'Yang' – which depends on the even flow of energy ('Qui') along the meridians. Much of the philosophy derives from the same underpinnings that inform Taoist and Buddhist thought, reflecting the classical Chinese belief that the life and activities of individual human beings have an intimate relationship with the environment on all levels.

Treatments*

- Acupuncture
- Herbal medicine treatment
- Qui Gong – Breathing, concentration and meditation therapy
- Tai Chi – movement therapy for better flexibility and well being

2 SPA AND WELLNESS ... AND MANY VILLAGES HAVE RELAXING SPA TREATMENTS AS WELL

EUROPEAN

Philosophy

The interlink between heat and coolness and its positive effects on blood circulation and body cleansing are at the core of European treatments

Treatments*

- Sauna landscape with Swedish, Finnish and Western European Saunas
- Steam baths with light and aromatherapy
- Swedish massage

BALINESE

Philosophy

Balinese calmness and kindness is at the centre of these spa-treatments—from-the-heart, spreading a feeling of wellbeing and inner harmony

Treatments*

- Aromatic oil massages
- Relaxing traditional Balinese body and face massages

ATLANTIS

Philosophy

Atlantic regeneration is all about water: Water-based gymnastics, a water world with hot, cold, salted, and whirling pools

Treatments*

- Aqua world with cold and warm pools, hot natural sources and rivers
- Cone massage parlours for aqua limb relaxation
- vita-life® Magnetic Resonance stimulation, including magnetic massages and colour therapy, leading to a deeply vitalising effect

JAPANESE

Philosophy

Japan's secret is the combination of traditional wellbeing treatments with the understanding of the needs of modern city society

Treatments*

- Japanese baths in hot spring pools
- Japanese steam baths

HAWAIIAN

Philosophy

Hawaiian ancient knowledge and tradition makes Hawaiian massage a unique experience

Treatments*

- Kahuna hot-stone massages
- Relaxing traditional Hawaiian massages

MOROCCAN

Philosophy

Moroccan treatments aggregate the wisdoms of the Arab world. The endeavours of the desert have forced Arabs to re-hydrate and balance the inner heat in order to achieve harmony

Treatments*

- Soap cleaning massages
- Body and facial peeling and toning
- Mud wrappings
- Oriental oil massages

CHINESE

Philosophy

Chinese massages target muscle tensions and energy blockages

Treatments*

- Tuina – traditional Chinese massages, deep tissue or relaxing

MAIN POOL AND BEAUTY

Philosophy

Relaxing in the sun, sipping your drink, eating some fresh fruit – this is the definition of life around the main pool. Beauty experts take care of your face and skin in our dedicated beauty treatment area

Treatments*

- Natural Pool with large pool bar
- Beauty and skin toning treatments
- Hairdressing
- Relaxing traditional Balinese body and face massages

GYM

Philosophy

A modern gymnastics studio offers personalised physical training, including endurance, muscular build-up and stretching

Treatments*

- Muscular and endurance programmes, accompanied by a personal trainer
- Group dance, stretching and Yoga courses

3

PERSONALITY DEVELOPMENT

PERSONAL COACHING,
INDIVIDUAL COURSES
AND GROUP SEMINARS AIMED
AT TRANSFERRING
KNOWLEDGE ON WELLBEING
AND HEALTH

Health and wellbeing is not only a matter of the body but also of the mind. The vita-life® Health Retreat is dedicated to unfold your potential and qualities and to help you create and shape your life according to your wishes. We offer various courses, including:

- **LIFE COACHING:** How to define your 'ultimate goal' and pursue it with consistency
- **TIME MANAGEMENT:** How to structure your agenda to focus on things that really matter and free up time for yourself and for your private life
- **STRESS MANAGEMENT:** How to reduce stress and increase relaxation through autogenic training, diet plans and improved time management
- **SPECIAL INTEREST COURSES (examples):**
 - Eat healthy and control your weight
 - Relax and increase your health through Yoga and meditation
 - Gain a knowledge of medicinal plants and the properties of each for health and cosmetic purposes

4

NUTRITIONAL AND CULINARY DIVERSITY

DELICIOUS SPECIALTIES,
AYURVEDIC, AND OTHER
DIETS DESIGNED TO BOOST
HEALTH, ENERGY AND JOY

EATING HEALTHY MEANS BEING HEALTHY. Bali – ‘Island of the Gods’ – is one of the most fertile places in the world. The chain of mountains dividing the island is responsible for the different climatic conditions and soil types, which explains why there is such a huge variety of sun-ripened crops, which are full of healthy vitamins, minerals, proteins and carbohydrates. All of the fresh nutritional ingredients at the retreat come from farms that are worked by hand with chemical-free production following the organic standards set by international certifying bodies. The resulting luscious creations of the chefs are testament to the high quality and diversity of the island’s fresh produce.

THE CENTRAL RESTAURANT OFFERS A LARGE BUFFET WITH A DIVERSE SELECTION OF EXQUISITE CUISINES.

Experience succulent breakfast, lunche and dinner in the large restaurant, where a vast variety of international dishes is on offer.

EACH VILLAGE OFFERS ITS OWN DISHES IN SMALLER, ETHNIC RESTAURANTS. Sample the tastes and ambience of places such as Naples, Marrakech and Kyoto. Eat bona fide, traditional food, prepared by international chefs and served in the authentic environments of the respective villages.

STICK TO YOUR AYURVEDIC OR OTHER SPECIAL DIET IN THE RESPECTIVE VILLAGE. Benefit from your personal nutritional programme and receive assistance at the buffet to choose the right dishes to suit your individual diet plan.

5 SOCIAL RESPONSIBILITY

ENJOYING AND SPREADING
HAPPINESS AND WELLBEING

FAIR TRADE. The retreat management believes that every business has a duty to protect the environment in which it operates. vita-life® Health Retreat Tabanan Hills Bali stands for social responsibility – in Bali and beyond – and therefore strives to set an example for responsible tourism. The retreat puts utmost importance on buying food and furniture from traders and producers that have received fair prices for their work. It recognises the need to positively contribute to the local and national communities in which it operates, by providing employment and economic opportunities. It identifies with the local culture, fosters a strong relationship with the local community, and holds a deep respect for local traditions and customs. Furthermore it pledges to protect the local community from cultural, economic and environmental exploitation.

LOCAL SUPPLIERS. All food ingredients are purchased from local suppliers, ensuring surrounding Balinese society enters economic development. This will not only benefit Balinese families but also the environment. All the surrounding farmers will switch to certified organic farming. Buying food and other supplies from local producers means significantly reducing CO2 emissions, yet the highest standards for impeccable quality will be continually upheld.

THE VITA-LIFE® WORLD HEALTH SPORT FOUNDATION. Parts of the retreat's income flow into charity projects. The foundation focuses globally on social and ecological engagements. Its current project is to help sustain the Indonesian rainforests. Other projects for the benefit of the Balinese people and environment are also planned.

6

HARMONY WITH NATURE

HIGHEST ECOLOGICAL
RETREAT STANDARDS ENSURE
FULL HARMONY WITH
NATURE

WE DEPEND ON NATURE AND NATURE DEPENDS ON US.

Wellbeing can only be achieved in a healthy environment, and we can only be healthy if the air we breathe and the water we drink is clean. The retreat therefore sets highest priorities on a clean and healthy environment. The implementation of certified biologic farming in the whole region guarantees pure and unspoiled surroundings also in future.

GEOTHERMAL ENERGY: CLEAN, RELIABLE AND SAFE.

All electricity and heating will be generated from the retreat's own geothermal power plant. Thus the retreat benefits from a clean, reliable and safe energy resource, and furthermore sets an example for a new generation of eco-friendly luxury resorts and retreats.

HIGHEST PRIORITIES ON ENVIRONMENT FRIENDLY HOTEL OPERATIONS.

We realise that as the Earth's resources become scarce, it is becoming increasingly important to engage with nature, re-assess the ways that we use both energy and resources, and protect the indigenous flora and fauna. The retreat will optimise its waste management, minimise its impact upon the natural environment and allow native animals and birds to find a home within the grounds. By choosing vita-life® Health Retreat Tabanan Hills Bali, guests and investors will be promoting the spirit of ecological responsibility.

7

VILLAGE AMBIANCE

ETHNIC VILLAGE
ARCHITECTURE, SITUATED
ADJACENT TO RICE TERRACES
AND BEAUTIFUL RAINFOREST
LANDSCAPE, MAINTAINING A
SERENE PARADISE
ENVIRONMENT

**ENERGY AND WELLBEING THROUGH VASTU-
DESIGNED ARCHITECTURE SET WITHIN GORGEOUS
NATURAL SURROUNDINGS.** The retreat is situated
in the midst of beautiful rice terraces with a
breath-taking view over the island.

In collaboration with only the very best,
internationally-acclaimed, ethical architects, the
retreat is constructed and decorated in accordance
with 'Vastu', the ancient Indian science of
architectural energy flow. All building materials are
of the highest quality, offering both modern comfort
and integration with nature.

Nine ethnic villages are built in respective, traditional
architectural styles, leaving guests with the feeling of
actually having visited a variety of different countries.

ENJOY UTMOST PRIVACY. The full capacity of the
retreat is less than 500 people. On a total area of
180, 000 square metres, each guest can therefore
enjoy optimum space and privacy.

8 EXPERIENCE AND ADVENTURE

THE RETREAT AND ITS CLOSE
SURROUNDINGS OFFER
NUMEROUS OPPORTUNITIES
FOR REMARKABLE
EXPERIENCES AND
ADVENTURES

ENGAGE IN A VARIETY OF UNFORGETTABLE ACTIVITIES

The retreat and its surrounding areas offer many opportunities for exploration and leisure, ranging from stunning landscapes and ancient temples to a pulsating nightlife and shopping. Activities you could undertake include:

- Visiting the breathtaking panorama of the Jatiluwih Rice Field Terraces (an UNESCO World Heritage Site since 2008, for its preservation of traditional Balinese farming techniques). At a height of 850 metres above sea level, the view here is one of the finest imaginable. Bali's terraced paddy fields stretch into endless contours over the hills and valleys as far as the eye can see.
- Visiting ancient cultural sites and

temples. There are almost more temples than houses in Bali; most villages have at least three. There are nine directional temples, which are of major importance because they protect the entire island and all of its people, while others are significant due to their strategic cliff top or lakeside locations, their history, or their architectural beauty.

- Discovering rivers and lakes, swimming in hot-springs and cold fresh water pools, and finding hidden waterfalls – alluring places where you can bathe and absorb the invigorating energy emanating from the fierce cascading water.
- Playing golf on championship golf courses, voted among the top five in Asia and set in contrasting coastal and mountain locations.
- Hiking and relishing spectacular views in Bali's volcanic hinterlands

- Treating yourself to a helicopter ride
- Visiting the West Bali National Park, which covers 77'000 hectares of wooded slopes, savannah, rainforest, monsoon forest, mangrove swamp and coastal flats; home to hundreds of species of plants, birds and animals
- Spending a day at the beach (direct shuttle service from the vita-life® Retreat to a private beach area) and partaking in water sports, diving and snorkeling
- Playing beach volleyball in the Hawaiian village
- Enjoying the night life and shopping of trendy Seminyak, Bali's cosmopolitan centre (direct shuttle service from the vita-life® Retreat)

- Shopping in the retreat's Bazaar, watching artisans produce traditional handicrafts
- Listening to story tellers from ancient cultures and experiencing drum shows
- Joining sundown meetings and participating in facilitated discussion rounds
- Getting married in the retreat's wedding chapel and benefiting from special honeymoon offers

9 QUALITY

ONSITE EDUCATION AND
CERTIFICATION OF
THERAPISTS LEADS TO
UNPRECEDENTED TREATMENT
QUALITY

THE RETREAT MANAGEMENT CREATES AND MAINTAINS A DATABASE AND NETWORK OF WORLD RENOWNED HEALTH SPECIALISTS AND UNIVERSITY DEPARTMENTS to ensure the best practice of treatments, all of which are based on the findings of modern science and the wisdom of ancient healing traditions.

THE RETREAT'S ACADEMY IS A MEETING PLACE FOR INTERNATIONAL EXPERTS IN ANCIENT HEALING SCIENCES, offering a choice of meeting rooms and classrooms.

THE ACADEMY ALSO SERVES AS AN EDUCATIONAL PLATFORM FOR THE RETREAT'S OWN PRACTITIONERS. Through intense training courses, therapists can reach different levels of qualification and receive respective certificates. When practitioners leave the retreat

and return to their home countries, their certification remains valid for several years. Each practitioner also becomes a member of the global vita-life® practitioner network.

ACADEMY FOR GUESTS. Guests have the opportunity to attend meetings and learn more about the healing sciences that they are most interested in. Furthermore, guests can join guided tours through the gardens and learn about the healing effects of the different native plants, herbs and spices that the retreat uses for therapeutic, medicinal and health enhancing purposes. Guests will also learn about the plants used for the retreat's own line of branded cosmetics and guest bathroom amenities & toiletries.

10 INDIVIDUALITY

ALL TREATMENTS, THERAPIES
AND COURSES ARE HIGHLY
INDIVIDUAL AND
TAILOR-MADE

EVERYBODY IS UNIQUE!

Individual preferences, characteristics and health conditions lead to the fact that some treatments are better suited for you personally and are therefore more effective than others.

HOLISTIC OFFER

The vita-life® Health Retreat Tabanan Hills Bali offers a wide range of Spa, Wellness and Health treatments, drawing wisdom from traditional and modern health and healing sciences.

THOROUGH DIAGNOSTICS AND MEDICAL CHECK-UPS

The retreat offers a broad variety of scientific diagnostic procedures for the assessment of your individual needs.

CUSTOMISED INDIVIDUAL TREATMENT PLAN

Based on your personal physical, mental and emotional condition, dedicated specialists will recommend a tailor-made plan of treatments, such as massages, movement therapies, wraps, acupuncture, meditation, life coaching and nutritional diets.

11 SUSTAINABILITY

THE RETREAT KEEPS IN
TOUCH WITH ITS GUESTS
AND SUPPORTS THEM IN
SUSTAINING THEIR REGAINED
VITALITY

AS A GUEST OF THE RETREAT,
YOU WILL GO THROUGH THE
FOLLOWING PREPARATORY,
TREATMENT AND AFTERCARE
STEPS:

3 Steps

Step 1:
Pre-arrival

- Questionnaire for individual needs and preferences assessment
 - Personal situation (e.g. conditions caused by stress or tension)
 - Personal treatment preferences
 - Expectations (e.g. therapeutic treatments, wellness treatments, adventure, leisure, cuisine)
- A personal medical check-up can be arranged with retreat-affiliated doctors in your home country in order to enable the best possible planning for your stay

Step 2:
During your stay in the
retreat

- Medical check-up of your personal health, e.g.
 - Blood tests
 - Allergy tests
 - Hair mineral test
 - EKG
- Individual assessment of wellness and treatment needs
- Compilation of treatment plan for your stay at the retreat
- Final discussion and recommendations of follow up activities

Step 3:
Post-departure

- Follow up via email and telephone (e.g. through personal coach)
- On-line access to vita-life® Health Retreat Tabanan Hills Bali products (e.g. cosmetic products or nutritional supplements)
- Access to the network of therapists certified by vita-life® Health Retreat



3 BE OUR GUEST

How to visit our Retreat

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BECOME A VILLA
OWNER

BECOME A
VITALITY-CLUB
SHAREOWNER

BE A HOTEL
GUEST

ATTEND A
CONGRESS

THERE IS MORE THAN ONE
WAY TO ENJOY THE
VITA-LIFE® HEALTH RETREAT
TABANAN HILLS BALI

BECOME A VILLA OWNER

112 SINGLE, DOUBLE AND LUXURY VILLAS FOR PURCHASE can be fully or partially acquired, allowing villa owners to benefit from the retreat and its health offers during their stays

SPECIAL BENEFITS

- Complimentary use of the retreat's infrastructure and housekeeping over an annual period of 6 weeks, with all of the 5-star guest services at your disposal
- The retreat maintains and rents out the villas for the remaining weeks. You will benefit from your investment through an interesting return of investment scheme
- Nine ethnic villages and an array of spa and culinary offers are at your disposal
- You benefit from special rates for health and spa treatments (gold-membership)
- Annual medical check up included

BECOME A VITALITY-CLUB SHAREOWNER

48 GUEST SUITES IN THE FIVE-STAR PYRAMID HOTEL AND 112 VILLAS ARE AT YOUR DISPOSAL FOR TWO WEEKS EVERY YEAR, allowing vitality-club share-owners to enjoy the retreat and health offer during their vacations

SPECIAL BENEFITS

- Nine ethnic villages and an array of spa and culinary offers are at your disposal
- You benefit from special rates for health and spa treatments (silver-membership)
- Annual medical check-up included

BE A HOTEL GUEST

48 GUEST SUITES IN THE FIVE-STAR PYRAMID-HOTEL AND 112 VILLAS CAN BE BOOKED, allowing to enjoy the retreat and its health offers during your vacation

SPECIAL BENEFITS

- Nine ethnic villages and an array of spa and culinary offers are at your disposal

ATTEND A CONGRESS

CONGRESS AND TRAINING ROOMS allow international and onsite experts and trainees in ancient healing sciences to meet, exchange knowledge and train junior therapists

SPECIAL BENEFITS

- Use of retreat's health and spa facilities

INSPIRED ?

Contact

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... for all questions around

- The retreat and its surroundings
- Becoming a villa owner
- Becoming a vitality-club shareowner
- Being a regular hotel guest
- Attending health conferences

Disclaimer

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