

Package	Min. night stay	Description
Immersive Wellness	3	Being cared for in an environment where you don't have to think about anything is enough to be excited about this package. It is also the best way for you to experience everything The Retreat has to offer. It is also the best way for you to experience everything The Retreat has to offer, from the amazing food, the body movement classes, the crystal mountain hikes, the chefs lessons, and of course the hands on healing.
Emotional Healing	5	This experience realigns your chakras, opens your heart energies, reintroduces you to bio-available nutrition and helps to remove obstacles of negative thinking, and promotes emotional healing.
5 Senses	5	Reconnecting with nature and all its glorious senses is a beautiful healing experience, where one discovers new vibrations and sensations throughout one's energy field
Art of Resting	5	The five-night retreat offers sought-after relaxation as well as personalized instruction for guests to learn how to ensure quality rest time and activities to incorporate into their lives when they return home.
Signature Detox	7	The Naked Challenge will detox the blood, skin, and help with cleansing the intestines, colon, gall bladder, liver, kidneys, parasites, candida, hypoglycemia, diabetes, cancer, and weight loss. Cleansing can also help those with addiction, arthritis, allergies, the buildup of heavy metals, and cellulite.
Ayurveda	7	This process will help to reshape the body, calm the mind, ignite the soul connection, and boost happiness. Depending on the diagnosis, this will help to heal cellular disease, promote longevity, and lifelong disease prevention.
Fitness Reboot	7	Amplify physical strength and prepare your body for long-term fat burning with the Fitness Reboot program. Ignite exercise routine and gain muscle.
Luxury Spa	7	The Luxury Spa Healing & Beautifying program is designed for the pampering you deserve. Reduce inflammation in the food, moving the body, expressing fluid from the lymphatic system.