

Creative Energy  
Wellness Inclusive

touch the body, heal the mind, calm the spirit

# ON THE PULSE

Remedies focusing on muscles  
and meridians that need the most attention

## WARM SPORTS TREATMENT (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*)

## 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*)

## BAMBOO ROLL - OUT TREATMENT (50')

Treatment using a warm bamboo rolling technique for detoxification and lymphatic drainage, with a focus on the back and legs. Strong pressure supports detoxification and boosts immunity (*light to strong pressure*)

## 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*)

## 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)

# TIME TO UNWIND

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

## DEEP CONNECTION AROMATHERAPY (50')

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

## HIMALAYAN HEART STONE (50')

Gentle full-body therapy with warm salt stones and mandarin oil, 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*)

## 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*)

## HOLISTIC HEAD THERAPY (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

## RELAXING FACIAL (50')

Gentle, replenishing treatment to maintain healthy looking and feeling skin. Ideal after travel or for skin that requires a little extra love and attention *(for all skin types)*

## BRIGHTENING FACIAL (50')

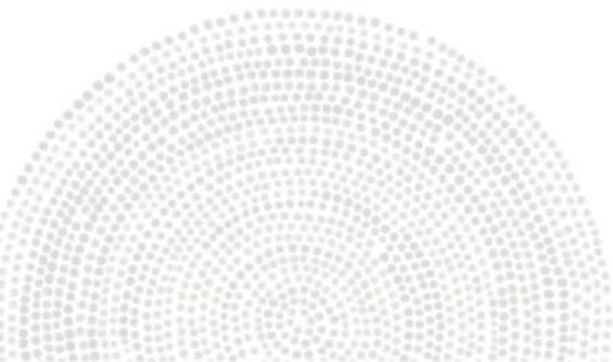
Nutrient-rich facial to combat dullness and sun damage. This amazing treatment invigorates the complexion by increasing circulation and oxygen flow *(not recommended for sensitive or dry skin)*

## PORE - REFINING & CLEARING FACIAL (50')

Eliminate the of build-up oil, toxins and dirt with this clarifying facial to refine the appearance of skin while minimizing pores for softer, smoother results *(not recommended for dry skin)*

## GENTLEMAN'S FACIAL (50')

Specifically designed for male complexions, undoing stress caused to the skin by shaving. This replenishing facial is nutrient-rich and helps prevent environmental damage *(for all skin types)*







# BOLD NEW YOU

Look and feel your best  
with an essential pamper

## LADIES MANICURE (50')

Gentle manicure including cuticle cleaning, nail shaping and applying the polish of your choice

## LADIES PEDICURE (50')

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

## GENTLEMAN'S MANICURE (50')

Especially for men, this manicure includes cuticle cleaning, nail care and a hand massage

## GENTLEMAN'S PEDICURE (50')

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

# RADIANTLY ALIVE

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

## ROSE BUD BEAUTY SCRUB (50')

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 (50')

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

## GENTLE COCONUT SCRUB (50')

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

## ALOE VERA BODY WRAP (50')

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 (50')

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



# FREE FLOW

Full-body techniques to  
activate creative energy

## SIGNATURE TREATMENTS

### WARM AROMA MOVEMENT (80')

Warming full-body massage using a bespoke creative energy oil to ease muscle tension, expand breathing and heart-opening for a feeling of calm surrender  
*(light to medium pressure)*

### BAMBOO ROLL - OUT TREATMENT (80')

Treatment using a warm bamboo rolling technique for detoxification and lymphatic drainage, with a focus on the back and legs. Strong pressure supports detoxification and boosts immunity *(light to strong pressure)*

### INSPIRE AND INVIGORATE (80')

Uplifting aromatherapy full-body treatment using an essential oil combined with your choice of scrub *(Rose Bud Beauty, Lotus Root Luxury or Gentle Coconut)*



## Wellness Reservation Advisory

- The Wellness Centre opens daily from 10:00 to 22:00
- Guests can book 2 wellness treatments per night (80 minutes total) for their entire stay
- Wellness treatments must be chosen a minimum of 3 hours in advance in order to guarantee the desired treatment
- Changes to pre-booked wellness treatments must be done a minimum of 3 hours in advance in order to guarantee it
- Wellness 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, treatment time will be reduced. For arrivals more than 15 minutes late without notice, treatments 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

- All treatments count as one of your daily treatments, unless otherwise indicated
- Please arrive 10 minutes before your treatment formalities in your bathrobe  
(disposable underwear that are 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](mailto:wellness@tiawellnessresort.com)

## CREATIVE ENERGY MENU

TIA Wellness is the perfect place to honour inner stillness and transformation. Our spa experience integrates holistic well-being into each stay through treatments designed to elevate creativity and sense of purpose

The Creative Energy program provides relaxation in a pampering environment, inspiring guests to explore wellness through holistic treatments and activities designed to boost creativity as they embark on a path towards a more meaningful life

There are two pathways available for guests who upgrade to the Creative Possibility Inclusive — Stillness or Splash — and after an initial assessment, the most suitable one for you will be recommended

*\*Each guest will enjoy 2 spa treatments per night, total 80 min per person*

TIA