

An aerial photograph of a modern wooden structure in a dense tropical jungle. The structure features a spiral staircase with a wooden railing, a person sitting on it, and a large wooden deck. The surrounding area is filled with lush green foliage and a body of water is visible at the bottom.

S P A A L I L A

Rejuvenate and Restore



At Spa Alila, our program are designed to help you rediscover optimal wellness. Through a blend of Ayurveda, yoga, massage, fitness, emotional well-being, and nutrition, our treatments cleanse and restore balance, boosting energy and vitality. Each program is personalized to your wellness goals, helping you reclaim what time and modern life have taken away.

HOLISTIC DETOX RETREAT

Irregular eating habits, unhealthy diets, and lack of exercise have made obesity a growing concern, particularly among the younger generation. However, losing weight is not just about diet and exercise—it also requires a balanced mind and a positive self-image.

The Spa Alila Detox Program follows a scientific and holistic approach to sustainable weight management. While weight loss is a natural outcome of the retreat, the primary focus is on achieving internal balance, well-being, and long-term healthy habits.

Combining Ayurveda, yoga, massage, fitness, emotional well-being, modern medicine, and nutrition, our program is designed to cleanse, restore, and nourish both body and mind.

REBALANCE RESTORE & REAWAKEN

As Ayurveda teaches, the body is composed of five elements. Our expert team from various disciplines will guide you to achieve your weight management goals while maintaining balance.

Over the course of the program, you will experience:

- Personalized consultations on nutrition, health and stress
- Daily yoga, meditation and exercise sessions
- Nutritionally balanced meals, detox juices and supplements
- Workshops on mindful eating, stress management and holistic wellness
- Therapeutic massages and detox treatments
- Cooking classes to promote sustainable healthy habits

Each element is thoughtfully designed to empower you with lifelong wellness knowledge and skills.

BEYOND WEIGHT LOSS – A TOTAL TRANSFORMATION

At the end of the Spa Alila Detox program, you can experience:

- Improved digestion and reduced water retention
- Increased immunity, energy and stamina
- Enhanced mental clarity, focus and concentration
- A more positive self-image and renewed confidence
- Support for obesity-related concerns such as cholesterol imbalance, diabetes, heart health and fatigue

Spa Alila is more than just a retreat—it is a journey to reclaim your health, balance, and vitality. Begin your transformative wellness experience today.

RETREAT INCLUSIONS

- Accommodation in a luxurious Beach Pool Villa (One bedroom, 202 square meters)
- Round-trip seaplane transfers for a seamless arrival and departure experience
- A selection of nutritionally balanced meals, offering both vegetarian and non-vegetarian options
- Comprehensive body composition analysis at the start and conclusion of your retreat
- Detailed body measurements and vital signs check at the beginning and end of your stay
- Body pH test for a complete health assessment
- Personalized consultation with an experienced Ayurveda doctor
- Emotional assessment session to promote mental wellness
- Tailored diet and nutrition consultation to enhance your wellness journey
- Daily holistic treatments designed to rejuvenate your body and mind
- Daily fitness sessions for a complete mind-body workout
- Daily yoga and meditation sessions to harmonize your spirit
- Engaging healthy cooking workshops for a hands-on learning experience
- Slimming and cleansing drinks to support your detoxification process
- Therapeutic art therapy sessions for creativity and emotional healing
- Special healing bath setup, available once during your stay for ultimate relaxation



5 NIGHTS SPA ALILA DETOX PROGRAM RATES*

1 May - 30 September 2025

Single: USD 8,464 | Double: USD 11,945

1 October - 25 December 2025

Single: USD 9,227 | Double: USD 12,862

Prices are in USD and inclusive of taxes.
*T&C apply.

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