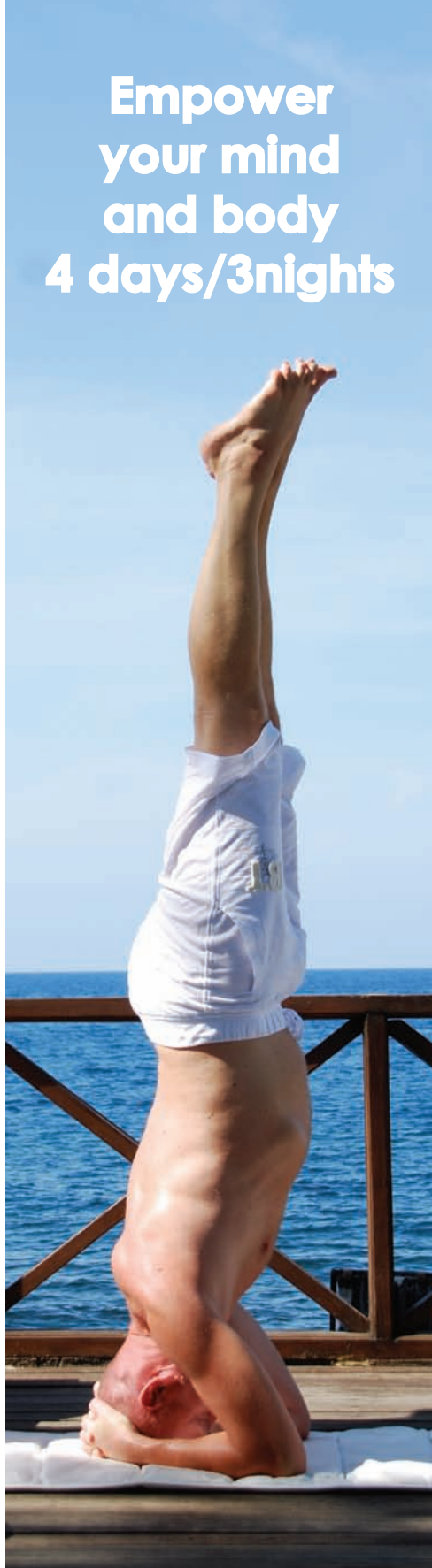
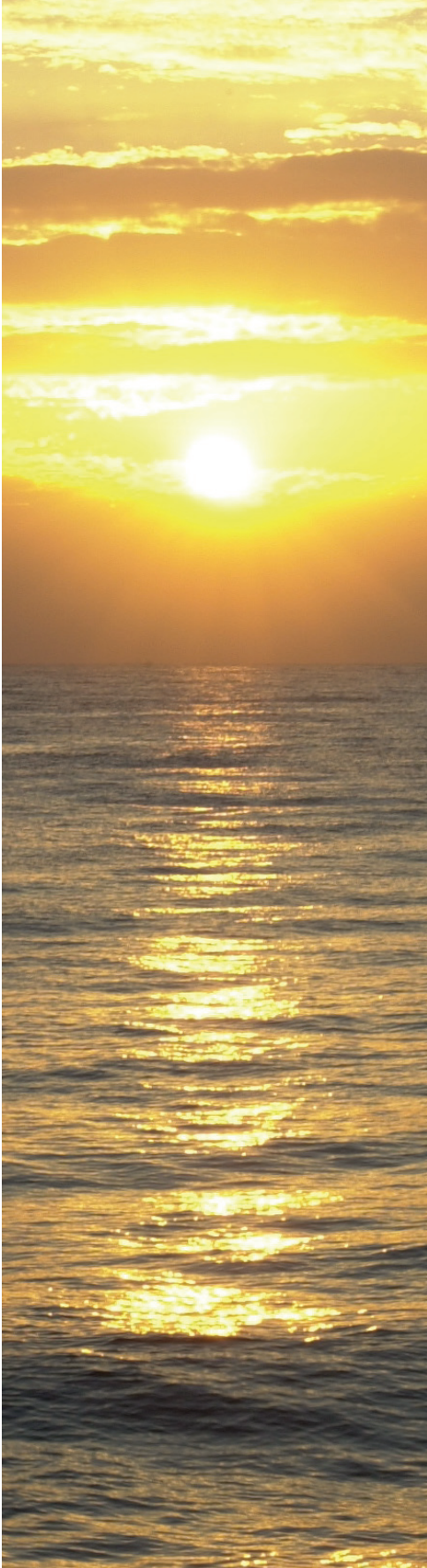


VILLA
BOREH
BEACH RESORT AND SPA



VILLA
BOREH
BEACH RESORT AND SPA



The way to health ...
is a traditional one on Bali!
"Boreh" stands for a ritual
to recovery in the Balinese
tradition.

This ritual is a process,
formed from 2 important
knowledges:
„ Bring your mind in peace,
nourish your body
well-balanced “

We follow this knowledge
and have developed
a 4-days-programme
in which you will get peace
of mind from the daily stress
and your body will be
balanced.

We offer you an easy
recipe: relieve stress
and rest
physical balance
by healthy nutrition
and and detox.



VILLA
BOREH
BEACH RESORT AND SPA

1st day: Arrival and introduction

Personal introduction into Villa Boreh and the programme
We will discuss your individual topics and will prepare your personal programme with the following contents:

Relieving stress
Nutrition Deacidification and detox Bodywork

17:00 Hatha Yoga and meditation

19:00 Dinner (ecological food, vegetarian, special juices)

2nd day: Deacidification

07:00 Introduction meditation (15 minutes),
meditation (45 minutes), bodywork (yoga wakeup mix)

09:30 Boreh Breakfast
(ecological food, vegetarian, special juices)

11:00 Body Cleaning
(Boreh Scrub to eliminate toxins by the skin)

13:00 Lunch (ecological food, vegetarian, special juices)

17:00 Healthy yoga and meditation

19:00 Dinner (ecological food, vegetarian, special juices)

3rd day: Vitaminize

07:00 Introduction meditation (15 minutes), meditation
(45 minutes), bodywork (yoga wakeup mix)

09:30 Breakfast Boreh
(ecological food, vegetarian, special juices)

11:00 Body relaxation and re-vitalising

13:00 Lunch (ecological food, vegetarian, special juices)

17:00 Healthy Yoga and Meditation

19:00 Dinner (ecological food, vegetarian, special juices)

4th day: Beauty and conclusion

07:00 Introduction meditation (15 minutes), meditation
(45 minutes), bodywork (yoga wakeup mix)

09:30 Breakfast Boreh
(ecological food, vegetarian, special juices)

11:00 Body Amaze

(Boreh cosmetic treatment with algae mask and natural oils)

13:00 Feedback and personal final conclusion

(Lunch optional)

Departure



VILLA
BOREH
BEACH RESORT AND SPA



Prices and Services

Included in the package are:
3 nights in one of our villas
3 massages and treatments
(please, have a look in the description)
Healthy juices to the meals
Yoga and bodywork
meditation

single occupancy 870US\$
double occupancy 1.440US\$

all prices excl.
10% Service Charge and 11% Tax