



LVH  
EXPERIENCES

# WELLNESS TRAVEL

A GUIDE TO A BALANCED WELL-BEING

CURATORS OF IMMEASURABLE MOMENTS

[LVHGLOBAL.COM](https://lvhglobal.com)

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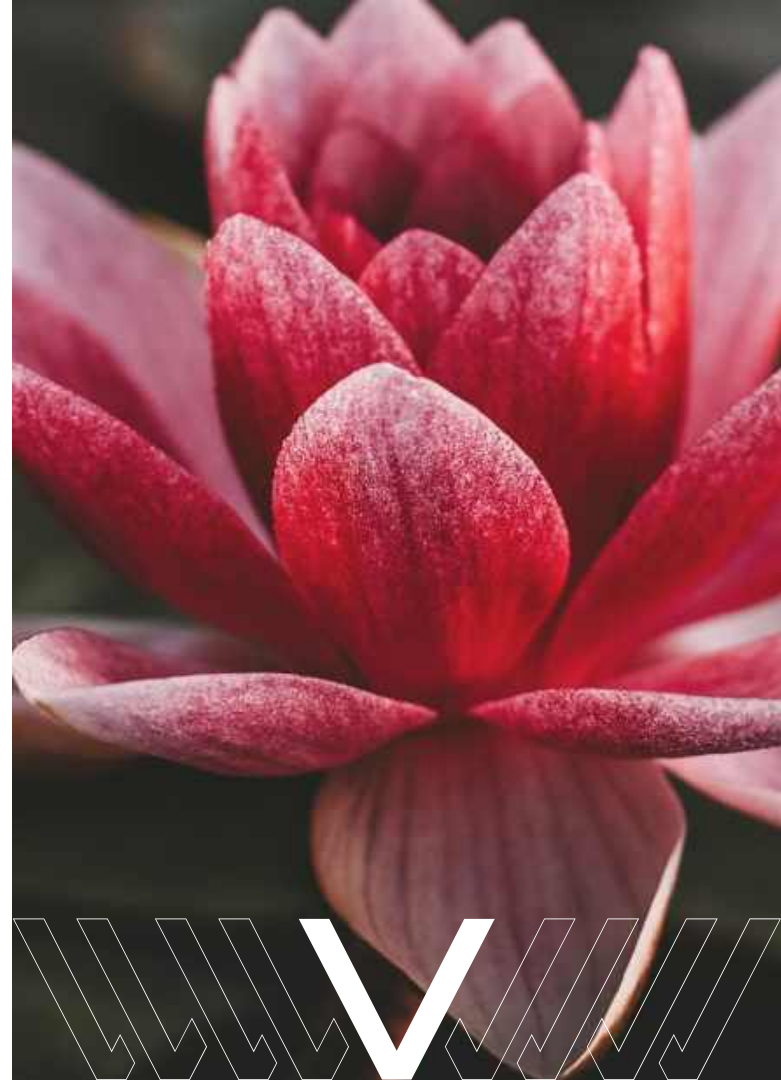
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## INTRODUCTION

**Welcome to Wellness Travel Brochure** your ultimate guide to achieving balance and harmony through the most refined wellness experiences. This brochure is your gateway to a world where tranquility meets elegance, offering diverse fitness and wellness practices carefully designed to rejuvenate your body, mind, and spirit.

At LVH, we are committed to staying ahead of the evolving trends in wellness travel, curating experiences tailored to each traveler's unique needs. Our personalized approach ensures that every journey leaves a lasting impact, equipping you with the tools to lead a healthier, more fulfilling life.

We've streamlined wellness travel **into seven thoughtfully curated categories**, designed to showcase the similarities and unique offerings of therapeutic sessions, rituals, treatments, sports coaching and holistic wellness and fitness practices across the globe.

**The homes** we've selected are not only exceptional but also reflect the essence of these practices at their finest. However, our portfolio extends far and wide, offering endless possibilities.

You can incorporate any aspect of the brochure into **wellness packages**, combining it with daily sessions of tailored activities like yoga, spa treatments, and gourmet dining.

**Your ideal wellness travel itinerary, tailored to your desires**, is ready to begin. The world is your canvas, and our expertise is here to guide you.

# LVH SERVICES

## INCLUDED SERVICES

We relieve you of the time-consuming complexities associated with planning unique, successful travel and lifestyle experiences. Every detail of your stay has been meticulously considered such as:

- CONCIERGE ACCESS
- STEWARD SERVICES
- HOUSEKEEPING SERVICES
- LUXURY SPA PRODUCTS
- WELCOME CEREMONY
- PRE-STOCKING

## ADDITIONAL SERVICES

To further elevate your stay, we offer additional services and tailored experiences only limited by your imagination. Some of our most requested services include:

- PRIVATE CHEF SERVICES
- ADDITIONAL STAFF
- HOME STOCKING
- FLOWERS & DECORATION SERVICES
- SPA SERVICES
- SECURITY SERVICES
- PRIVATE JET & HELI CHARTER
- YACHT CHARTER
- CAR TRANSFER & DISPOSAL
- CAR RENTAL
- COMMERCIAL AIR TICKETS
- HOTEL RESERVATIONS





# WELLNESS TRAVEL

## THE EVOLUTION OF WELLNESS TRAVEL

### Ancient Origins

Wellness tourism dates back to ancient civilizations that valued healing and balance. The Greeks introduced therapeutic thermal baths in Epidaurus, while the Romans created lavish bathhouse resorts for restorative treatments, laying the foundation for modern practices.

### 19th Century Revival

By the late 19th century, health retreats gained prominence in Europe, drawing attention to the benefits of fresh air, wholesome nutrition, and outdoor activities like hiking. The elements remain integral to contemporary wellness escapes, emphasizing a holistic connection to nature and health.

### Modern Wellness Travel

Wellness tourism evolved significantly in the 20th century, expanding beyond physical health to encompass mental well-being. With advancements in medical science and a growing emphasis on preventive care, modern wellness travel offers everything from restorative hot springs and aromatherapy to mindfulness retreats and self-development journeys, catering to travelers seeking balance, serenity, or personal transformation.

## TYPES OF WELLNESS TRAVEL

Wellness tourism encompasses a variety of experiences designed to nurture both body and mind, such as: Spa Retreats, Yoga & Meditation Retreats, Healthy Eating Breaks, Fitness and Event Coaching Trips, etc.

## BENEFITS OF WELLNESS TRAVEL

Benefits are numerous, from physical renewal, to mental restoration, reducing stress and promoting relaxation. It enables cultural discovery by immersing travelers in unique traditions and practices while fostering social bonds. The emphasize is also on sustainability, empowering participants to support eco-conscious practices while enhancing their well-being.





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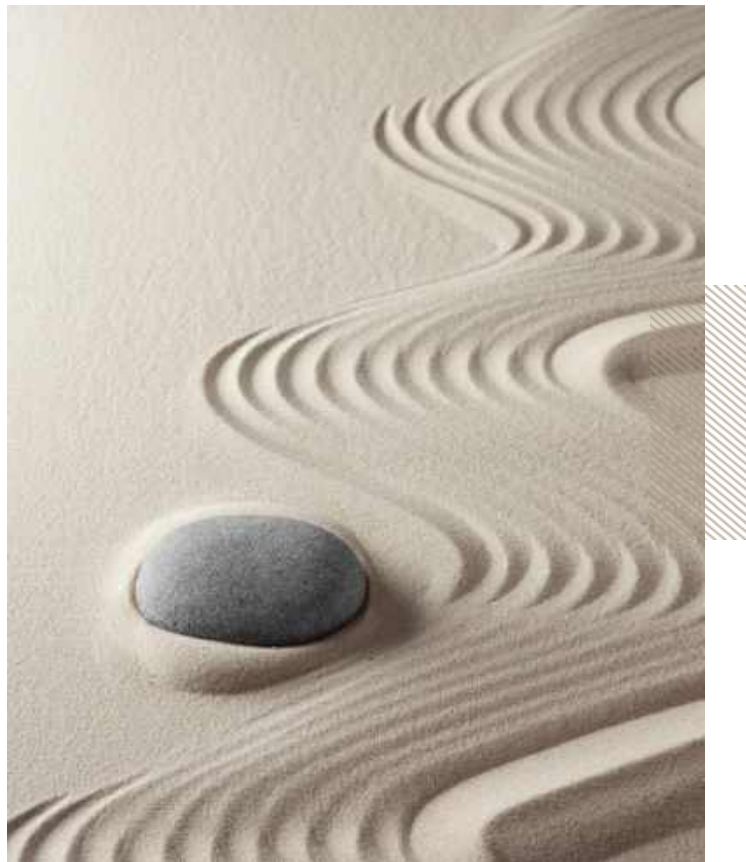
# HOLISTIC HEALTH & WELLNESS



# HOLISTIC HEALTH & WELLNESS

## INTRO

LVH



Holistic health and wellness is an approach to healthcare that emphasizes the integration of mind, body, and spirit to achieve overall well-being. It focuses on treating the whole person rather than just the symptoms, aiming for balance and harmony in all aspects of life. This approach is often called "alternative medicine" because it differs from conventional Western medical practices, offering a broader range of therapies typically non-invasive and natural.

The roots of holistic health can be traced back to ancient Asian medical practices, particularly those from India and China. These traditions have long emphasized the importance of balance and natural healing processes. For instance, Traditional Chinese Medicine (TCM) is a comprehensive system that includes practices like acupuncture and herbal medicine, focusing on the body's flow of energy (qi) to maintain health.

Following is a list of all holistic wellness practices you can enjoy at an LVH villa of your choice:

### • Physical Exercise

- Yoga
- Tai Chi
- Qi Gong

### • Energy Healing Therapies:

- Sound Baths
- Sound Healing
- Chakra Healing
- Reiki
- Crystal Healing
- Hypnotherapy
- Emotional Freedom Technique (EFT)

### • Naturopathic Therapies

- Shinrin Yoku/Forest Bathing
- Homeopathy
- Naturopathy
- Ayurveda

### • TCM Therapies

- Cupping
- Acupressure
- Acupuncture
- Moxibustion
- Gua Sha

### Spiritual Healing Rituals

- Ayahuasca
- Indian Sauna or Sweat Lodge
- Cacao Ceremonies
- Tamzecal

Discover your ideal holistic wellness escape with LVH's expert recommendations: Aspen, Sedona, Arizona | USA; Ibiza | Spain; Bali | Indonesia, Sri Lanka, Koh Samui | Thailand, Santa Teresa | Costa Rica, Malibu, Palm Springs, Los Angeles | California, Santorini, Paros | Greece.



# HOLISTIC HEALTH & WELLNESS

## PHYSICAL WELLNESS

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### YOGA

Yoga, originating from ancient India, is a cornerstone of holistic health, seamlessly blending physical and spiritual practices. It has evolved into a popular exercise and stress relief method in the West, fostering harmony and inner peace, and is integral to many wellness routines. Yoga balances the mind, body, and spirit by combining physical postures, breath control, and meditation. Ten popular types are:

- **Vinyasa Yoga:** Fluid movements & breathing, enhancing body awareness and reducing stress.
- **Iyengar Yoga:** Alignment and precision, utilizing props for improved posture and clarity.
- **Hatha Yoga:** Gentle introduction, combining static poses and breathing for relaxation.
- **Kundalini Yoga:** Spiritual awakening through chanting, meditation, and poses.
- **Bikram Yoga:** 26 poses in a hot room for detoxification and mental resilience.
- **Ashtanga Yoga:** Rigorous sequences for focus, discipline, and stress relief.
- **Restorative Yoga:** Long-held poses for deep relaxation and anxiety reduction.
- **Yin Yoga:** Targets deep tissues with extended holds for flexibility.
- **Anusara Yoga:** Alignment-focused, heart-opening style boosting self-esteem.
- **Prenatal Yoga:** Designed for pregnancy, enhancing strength and reducing stress.

Yoga's diversity includes forms like power yoga, acro yoga, and jivamukti yoga, each with unique benefits. Also, any type of yoga can be practiced in unique places with unlikely sidekicks and props like:

- Stand-up Paddle Board Yoga
- Goat Yoga
- Puppy Yoga

**Benefits:** Reduces stress and enhances relaxation with breath control and meditation. Improves body awareness, flexibility, and strength. Offers unique experiences with styles like paddleboard, goat, and puppy yoga while promoting fitness, muscle toning, and detoxification. Yoga detoxification combines twists, compressions, and breathwork to cleanse the body, stimulate organ function, and promote recovery and renewal after indulgence.



# HOLISTIC HEALTH & WELLNESS

## PHYSICAL WELLNESS

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### QI GONG

An ancient practice, Qi Gong is a part of traditional Chinese medicine designed to enhance health by optimizing body, mind, and spirit energy. It is adaptable and situation-specific; it can be one move, making it simpler and more flexible than Tai Chi, a series of movements. Key Components of Qigong are Breathing, Movements, and Mind Regulation

**Benefits:** Boosts health by balancing energy, promotes relaxation with mindful breathing, enhances flexibility and strength through gentle movements, supports mental clarity, and adapts to all fitness levels.



### TAI CHI

Tai chi, originally a martial art, has evolved to focus on health and rehabilitation. It is a form of qigong involving physical postures, focused attention, and controlled breathing. Tai chi is a series of movements that work on the entire body in a flowing sequence.

**Benefits:** Improves balance and coordination, increases flexibility and muscle strength, supports joint health, boosts immune system, improves mental focus, aids in rehabilitation.



### MEDITATION & MINDFULNESS

It is a practice that centers the mind and clears distractions to achieve inner stillness. It sharpens mental clarity, aiding decision-making and enhancing focus. By fostering emotional balance, it helps manage stress and anxiety while instilling a profound sense of calm that enriches daily life. Various meditation practices exist:

- **Guided meditation** uses imagery and visualization led by a teacher or recording.
- **Transcendental meditation** involves the silent repetition of a mantra.
- **Loving-kindness meditation (Metta)** focuses on developing compassion and kindness.

**Benefits:** Sharpens mental clarity and improves decision-making, enhances focus and concentration, promotes emotional balance, helps manage stress and anxiety, and encourages self-awareness and mindfulness in daily life.



### SHINRIN YOKU

Forest bathing, or shinrin-yoku, is a Japanese practice that involves immersing yourself in the forest to enhance mental and physical well-being, with guidance from trained experts to deepen your connection to nature. Experiencing the forest's natural sights and sounds can reduce stress and improve mood. The oxygen-rich air from the trees boosts brain oxygen levels.

**Benefits:** Reduces stress, improves mood and emotional balance, enhances mental and physical well-being, encourages mindfulness and a deeper connection to nature, boosts oxygen intake, invigorates the body and mind, and fosters a sense of peace and restoration.

# HOLISTIC HEALTH & WELLNESS

## NATUROPATHIC TREATMENTS

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### HOMEOPATHY

Homeopathy is based on the principle of "like cures like," where a substance that causes symptoms in a healthy person is used in small doses to treat similar symptoms in the ill. This method is believed to activate the body's natural defenses. Remedies are made through potentization, which involves dilution and shaking. Homeopaths evaluate overall health and tailor treatments to specific symptoms. Remedies come in a form of pellets, drops, and creams

**Benefits:** personalized treatment with natural ingredients, managing chronic conditions, non-invasive over-the-counter remedies.



### NATUROPATHY

Naturopathy emphasizes the body's ability to heal itself through natural remedies and lifestyle changes. The philosophy of naturopathy focuses on using non-invasive techniques, and promoting a balanced and healthy lifestyle tailored to each individual's needs. Naturopathy comes in various forms of treatment like herbal medicine, nutrition, exercises, acupuncture, stress management

**Benefits:** Stress reduction, preventative care, natural healing.



### AYURVEDIC MEDICINE

Ayurveda is an ancient Indian healing system that emphasizes achieving overall wellness. It is based on the idea that each person is influenced by distinct life energies, called doshas, and Ayurveda balances doshas, through personalized treatments combining traditional knowledge with insights into the body's natural cycles.

**Benefits:** Use of natural remedies like herbs and oils. It supports digestion, detoxification, and immunity, aiming to optimize overall vitality. It integrates lifestyle practices such as diet, yoga, and meditation to enhance overall health.





### SOUND HEALING

It is a therapeutic practice using sound frequencies to target specific physical, emotional, and mental health issues. During sessions, clients typically lie on a massage table surrounded by Tibetan singing bowls, with some placed underneath. Bowls and other instruments may be played directly on the body to enhance effects, as the practitioner selects from various tools to achieve the desired outcome.

- Experience:** Active, therapeutic, and targeted  
**Setting:** Often one-on-one but can be group-based  
**Focus:** Suited for individuals looking for targeted therapeutic interventions.  
**Interaction:** Direct, customized  
**Instruments:** Tibetan singing bowl, Koshi chimes, vocal toning, tuning forks, chimes.  
**Goal:** To promote healing and well-being  
**Benefits:** Improved sleep, stress and anxiety reduction, promotes physical, mental, and emotional balance. sound healing is more



### SOUND BATH

A sound bath is a meditative experience where participants “bathe” in the sound waves produced by various instruments such as gongs, Tibetan singing bowls, crystal bowls, chimes, and other resonant instruments. The primary purpose of a sound bath is to promote deep relaxation, stress relief, and a meditative state

- Experience:** Passive, meditative, and relaxing  
**Setting:** Usually group-based but can be private  
**Focus:** General relaxation and meditation; ideal for those seeking deep relaxation and a meditative experience  
**Interaction:** Minimal, non-specific  
**Instruments:** Gongs, singing bowls, etc.  
**Goal:** To induce a state of relaxation and meditative calm  
**Benefits:** Stress Relief, Improves Mental Clarity, Enhances Creativity, Balances emotions, Aids physical healing

# HOLISTIC HEALTH & WELLNESS

## ENERGY HEALING THERAPIES

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### CHAKRA BALANCING

It focuses on seven main energy centers in the body: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown. Each chakra is associated with different aspects of life and energy flow. Goal is to align the body's energy centers and restore harmony.

**Benefits:** Mental clarity, spiritual growth, stress relief and relaxation, enhanced energy flow.



### REIKI

A Japanese technique for stress reduction and relaxation. It is a non-invasive technique where practitioners believe they channel energy through their hands to enhance physical, emotional, and spiritual health. It is often viewed as both gentle and restorative.

**Benefits:** pain and fatigue reduction, stress and anxiety relief, sleep regulation, surgery-related benefits.



### CRYSTAL HEALING

It is a complementary therapy based on the belief that crystals' unique vibrations interact with the body's energy fields to support mental, physical, and emotional well-being. While not a primary tool for energy healing, they can supplement other methods.

**Benefits:** Enhances mental clarity and focus, emotional balance and stress relief. Complements other energy healing methods.



### HYPNOTHERAPY

Hypnosis, also called hypnotherapy, is a type of mind-body medicine which produces a state of deep relaxation and focused concentration. When you're under hypnosis, this intense level of concentration and focus allows you to ignore ordinary distractions and make changes to improve your health.

**Benefits:** Stress and anxiety relief, phobia and fear alleviation, pain management.



### EFT TECHNIQUE

EFT is Emotional Freedom Technique focuses on addressing emotional distress and physical discomfort by stimulating key meridian points on the body through gentle tapping with the fingertips.

**Benefits:** Increased self-awareness, inner peace, spiritual growth, empowerment.

# HOLISTIC HEALTH & WELLNESS

## CHINESE TRADITIONAL MEDICINE (TCM)

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### MOXIBUSTION

Moxibustion is a traditional healing practice rooted in TCM that involves burning of moxa near specific acupuncture points on the body. The heat generated from moxibustion is believed to stimulate the flow of energy.

**Benefits:** Circulation improvement, restoration of balance within the body.



### ACUPRESSURE

Acupressure is an ancient healing practice that involves applying firm pressure to specific spots on the body, known as acupoints. These points are situated along energy pathways, referred to as meridians, which are believed to guide the flow of the body's vital life force, or "qi."

**Benefits:** Pain relief, stress reduction, immune function boost, enhanced circulation, and balanced energy.



### ACUPUNCTURE

Acupuncture is an essential in TCM. It involves the insertion of fine needles into acupoints, to balance the flow of energy "qi." This ancient technique is believed to promote physical, emotional, and spiritual well-being.

**Benefits:** Stress reduction and relaxation, pain management, improved sleep quality, energy and vitality, and digestive health.



### CUPPING

An ancient healing practice with roots in CTM, ancient Egypt, and the Middle East. This technique involves placing cups on the skin to create suction. Types include Dry cupping, Wet cupping, or Hijama, Fire cupping Sliding cupping.

**Benefits:** Improved circulation, lymphatic drainage, relieves muscle pain, and reduces inflammation.

# HOLISTIC HEALTH & WELLNESS

## SPIRITUAL HEALING RITUALS

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Throughout history, spiritual healing rituals and well-being practices have been integral to numerous ancient civilizations, offering profound paths to spiritual enlightenment and holistic health. Today, many of these age-old traditions continue to captivate and nurture individuals seeking deeper connections and healing.

- **Sweat Lodges** originating from Native American traditions, serve as sacred spaces for purification and spiritual renewal.
- **Ayahuasca Ceremonies** rooted in Amazonian shamanism, invite participants on introspective journeys for emotional healing and self-discovery.
- **Cacao Ceremonies**, cherished by ancient Mesoamerican cultures, facilitate heart-opening experiences and communal bonding.
- **Temazcal**, a traditional Mesoamerican sweat lodge, combines physical detoxification with spiritual cleansing.

These rituals, imbued with cultural significance, have evolved into modern wellness practices. They combine ancient wisdom with contemporary needs and guide individuals toward spiritual growth, emotional release, and overall well-being.

**Benefits:** physical detoxification, emotional release, and spiritual renewal.

*Sweat Lodges* cleanse and calm, ayahuasca the body.  
*Ayahuasca* encourages deep self-discovery and emotional healing.  
*Cacao* opens the heart and deepens connections.  
*Temazcal* merges steam therapy with spiritual purification.

These practices lead to spiritual enlightenment, emotional balance, and personal growth, honoring their cultural heritage.





# TOP HOLISTIC WELLNESS HOMES

## VILLA ANGELINA | BALI

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TABANAN, BALI



10 GUEST SUITES



20 GUESTS

**Villa Angelina** is a tropical oasis in Bali, blending cosmopolitan elegance with serene seclusion. This ten-bedroom luxurious estate, offers a chic retreat amidst rice terraces and charcoal sands, just steps from pristine beaches.

- INFINITY POOL
- OUTDOOR JACUZZI
- HELIPAD
- SPA LOUNGE
- FITNESS ROOM
- SPACIOUS INTERIORS

**VIEW MORE**

**7-NIGHT STAY**

**Starting at \$95,000**




*\*Exclusive of taxes & fees.*

TOP HOLISTIC WELLNESS HOMES

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EAGLE DANCER,  
ARIZONA

-  SEDONA, ARIZONA
-  5 GUEST SUITES
-  10 GUESTS

**7-NIGHT STAY**  
Starting at **\$42,000**  
*\*Exclusive of taxes & fees.*




**Eagle Dancer** is a serene Sedona retreat, nestled amid crimson rock formations and cerulean skies, offering a harmonious blend of rustic charm and modern luxury. With five elegant studio bedrooms it promises tranquil indulgence and unforgettable memories.

- HISTORIC FOUNTAINS
- HAMMAM
- HEATED POOL
- WINE CELLAR
- OUTDOOR MASSAGE AREA
- SPA LOUNGE

**VIEW MORE**



PASHA,  
COSTA RICA

-  PLAYA HERMOSA, SANTA TERESA
-  10 GUEST SUITES
-  20 GUESTS

**7-NIGHT STAY**  
Starting at **\$120,000**  
*\*Exclusive of taxes & fees.*

**Pasha** is a stunning beachfront retreat in Santa Teresa, boasting cosmopolitan sophistication and bohemian beach-chic charm. Featuring a main house and three villas, it offers breathtaking ocean views and effortless access to world-class surf.

- INDOOR SOUND SYSTEM
- INFINITY POOL
- LUSH TROPICAL GARDENS
- SPACIOUS OUTDOOR SPACES
- OUTDOOR MASSAGE AREA
- WINE STORAGE

**VIEW MORE**

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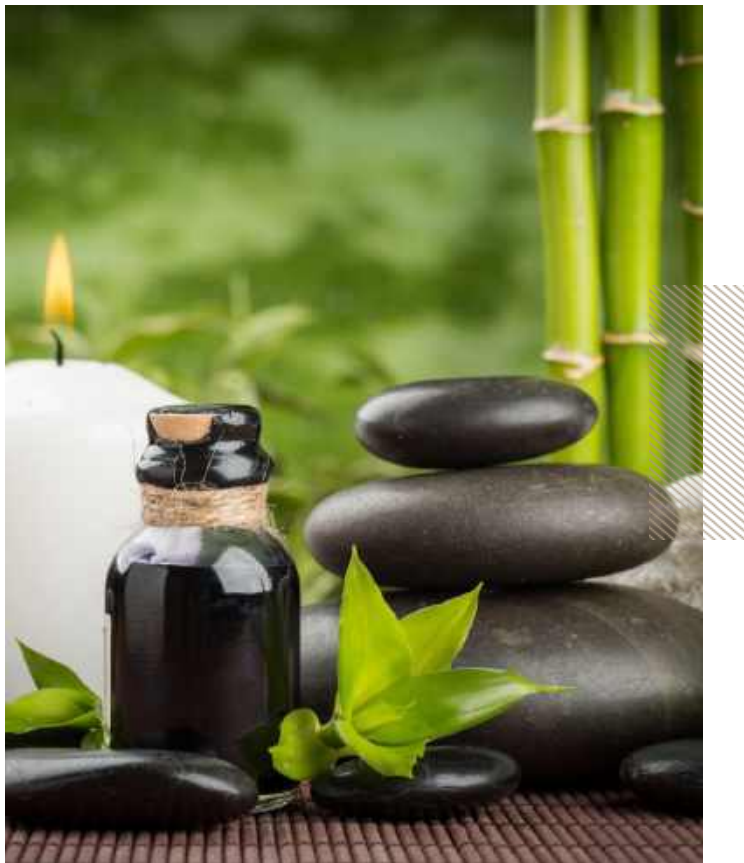
# SPA & MASSAGE THERAPIES



# SPA & MASSAGE THERAPIES

## INTRO

LVH



Spa and massage treatments have been treasured since ancient times by cultures like the Romans, Greeks, and Chinese for their health-boosting benefits. Rooted in water therapies and bodywork, these practices have evolved into essential wellness routines for modern, fast-paced lifestyles. Renowned for promoting relaxation, reducing stress, and enhancing overall well-being, they also improve circulation, relieve muscle tension, and sharpen mental clarity. Whether through the skilled hands of a massage therapist or the tranquil atmosphere of a spa, these treatments provide a rejuvenating retreat for both body and mind, blending ancient wisdom with contemporary wellness needs.

### • Massage Therapies

- Hot stone
- Swedish
- Deep Tissue
- Sports
- Lymphatic Drainage
- Craniosacral
- Prenatal
- Reflexology
- Gua Sha
- Shiatsu
- Tui Na
- Trigger Point
- Aromatherapy
- Chiropractic Care
- Osteopathy

### • Body & Spa Treatments

- Mlx I3dome Detox
- Hyperbaric Oxygen Therapy
- Chromotherapy
- IV Fluid Therapy

#### Water Therapies

- Hydrotherapy
- Keipp Walking
- Colon Hydrotherapy
- Thalassotherapy
- Water Flow Therapy: Watsu®
- Flotation Therapy

#### Wraps & Scrubs

- Body Mud Mask

- Algae Wraps
- Javanese Lulur Treatment
- Balinese Coffee and Chocolate Scrub
- Coconut Scrub

#### Touchless Wellness

- Cryotherapy
- Ice baths
- Snow Room Spas
- Onses

Discover your ideal spa and massage therapies wellness escape with LVH's expert recommendations: Maldives, Rayong, Koh Samui, Phuket | Thailand, Tuscany | Italy, Pacific Private Islands, Bali | Indonesia, Corfu | Greece



# SPA & MASSAGE THERAPIES

## MASSAGE THERAPIES

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### (FOOT) REFLEXOLOGY

This therapeutic practice is rooted in the ancient belief that specific points on the feet correspond to various organs and systems in the body. By applying pressure to these points, reflexologists aim to stimulate energy pathways and promote overall well-being.

**Benefits:** Stress relief and relaxation, Improved circulation, pain management, balancing hormones.



### CHIROPRACTIC CARE

Rather than merely addressing symptoms, chiropractic wellness care focuses on aligning the spine to enhance the body's natural ability to heal and function optimally. It is widely appreciated for its drug-free approach and focus on natural healing, which can improve overall body balance, flexibility, and energy levels.

**Benefits:** Pain and stress reduction, posture Improvement, Increased flexibility, injury prevention, supports physical and mental well-being.



### AROMATHERAPY

Utilizes essential oils extracted from plants for healing. It's used to enhance physical and emotional health. Aromatherapy works through the sense of smell and skin absorption. It complements traditional medicine by helping with pain, nausea, and depression, amongst other health benefits.

**Benefits:** Pain management, sleep quality, stress and anxiety reduction, immunity boost.



### OSTEOPATHY

This holistic wellness treatment focuses on enhancing the body's natural ability to heal through gentle touch. Osteopathy emphasizes the alignment of bones, muscles, and joints to improve overall health. Its holistic nature treats the body as a whole, fostering balance, vitality, and a greater sense of harmony.

**Benefits:** promotes circulation, alleviates pain, and enhances flexibility, relieving chronic pain, tension, and stress.

# SPA & MASSAGE THERAPIES

## MASSAGE THERAPIES

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### GUA SHA

Gua Sha is an ancient East Asian healing technique that involves scraping the skin with a smooth-edged tool. Traditionally used in Chinese medicine, but Gua Sha is now embraced in wellness and beauty practices for its holistic and rejuvenating effects.

**Benefits:** Improved circulation and lymphatic drainage, muscle relief, reduced inflammation, facial rejuvenation.



### SHIATSU

Shiatsu is a traditional Japanese bodywork therapy. It blends ancient manual techniques with Western medical principles, aiming to restore balance by applying pressure to the body. Practitioners use hands, thumbs, palms, and even elbows in rhythmic techniques such as kneading, tapping, and stretching, all performed through loose clothing without oils.

**Benefits:** Posture improvement, alleviates muscle pain, sport injuries and chronic pain, reduced anxiety and muscle tension.



### TUI NA

Tui Na massage is rooted in traditional Chinese medicine, emphasizing harmony and balance in the body's life force. Tui Na can range from deep-tissue pressure to gentle, energetic treatments, often incorporating elements of reflexology, myofascial release and even herbal compresses to enhance its therapeutic effects.

**Benefits:** Circulation improvement, muscular and joint pain management, reduces stress, helps with neck and back pain, fatigue and headaches.

# SPA & MASSAGE THERAPIES

## MASSAGE THERAPIES

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**HOT STONE**



**DEEP TISSUE**



**SWEDISH**



**SPORTS**



**LYMPHATIC DRAINAGE**



**CRANIOSACRAL**



**PRENATAL**



**TRIGGER POINT**

# SPA & MASSAGE THERAPIES

## BODY & SPA TREATMENTS/WATER THERAPIES

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### HYDROTHERAPY

This form of therapy leverages water's ability to soothe, cleanse, and revitalize the body. Beyond its physical benefits, hydrotherapy also offers mental and emotional rejuvenation, providing a calming and meditative experience that encourages deep relaxation and overall well-being.

**Therapy Modalities:** Baths, Steam, Saunas or Therapeutic Pools

**Benefits:** Circulation stimulation, muscle tension reduction, alleviates pain, stress and inflammation relief.



### KNEIPP WALKING

It involves walking through a series of two hot pools and two cold pools, each with a water level of 25 cm to ensure a soothing yet immersive experience. The cold pools are maintained at a refreshing 8–15°C, while the hot pools provide comforting warmth at 36–39°C, complemented by calming blue and red lighting in the respective pools.

**Benefits:** boost circulation, relax muscles, and invigorate the body through the therapeutic power of hot and cold water.



### COLON HYDROTHERAPY

Colon hydrotherapy, practiced since ancient times, is rooted in the belief that cleansing the colon can promote overall health. It is a cleansing process designed to gently flush toxins, impurities and waste from the colon using warm, purified water.

**Benefits:** Improves digestion, increases energy, abdominal pain alleviation, detoxification, and cleansing before surgery.



### THALASSOTHERAPY

Thalassotherapy has three main components: **Seawater, Seaweed & Sea Air**

Central to thalassotherapy, heated sea water relaxes blood vessels and stimulates its natural properties.

**Benefits:** Seawater– Promotes vasodilation, improving circulation, relaxing muscles, and aiding detoxification.

Seaweed – bactericidal and healing properties for therapeutic use

Sea air– Climatotherapy utilizes the natural conditions of coastal regions to promote health.



# SPA & MASSAGE THERAPIES

## BODY & SPA TREATMENTS / WATER THERAPIES

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### WATER FLOW THERAPY: WATSU®

Originating from a combination of traditional Shiatsu techniques and the healing properties of water, Watsu® is a unique therapy that takes place in a warm aquatic environment, typically in a pool heated to body temperature. The name "Watsu®" itself reflects its origins, blending "water" and "shiatsu" to create this innovative form of therapy. During a Watsu® session, a trained practitioner gently cradles, stretches, and moves you through the water in a series of fluid motions. The result is a sensation of weightlessness, allowing you to completely relax both body and mind. The warm water not only supports your body but also helps to soothe tense muscles and release stress, creating a deeply calming and meditative experience.

**Benefits:** Promotes deep relaxation, reduces stress, improves flexibility, relieves tension, and enhances overall well-being in a soothing and supportive aquatic environment.



### FLOTATION THERAPY

Escape into tranquility with Flotation Therapy—a unique experience where you float effortlessly in a sensory-deprivation tank filled with warm, salt-infused water. The water, saturated with Epsom salt, creates buoyancy that lets you feel completely weightless. This serene environment is free of external distractions like sound, light, and even gravity's pull, allowing your mind and body to unwind on a profound level.

**Benefits:** This deeply relaxing therapy melts away stress, promotes mental clarity, aids physical recovery, and refreshes your mind and body. Many find that floating boosts mental clarity and heightens creativity, offering a mental space ideal for problem-solving or simply sparking fresh ideas. It's also a valuable aid for physical recovery, as the salt-infused water helps to ease sore muscles and joints, making it popular among athletes and fitness enthusiasts.

# SPA & MASSAGE THERAPIES

## BODY & SPA TREATMENTS

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### MLX I3DOME DETOX

This innovative spa table combines Far Infrared technology, Plasma, and Light to provide three synergistic detox treatments in one device. The Far Infrared deeply penetrates the body, boosting circulation and promoting the flushing out of toxins. Plasma works to rejuvenate and revitalize, enhancing overall cellular health, while therapeutic light fosters balance and well-being.

**Benefits:** Deep detoxification, enhanced rejuvenation, relaxation, improved circulation, and a luxurious, revitalizing experience.



### CHROMOTHERAPY

By using the therapeutic energy of color and light, this holistic treatment works to restore balance within. Each color carries a unique frequency, targeting specific physical, emotional, or mental needs. Chromotherapy provides a soothing experience tailored to your needs.

**Benefits:** Restores balance, promotes relaxation, reduces stress, enhances mood.



### HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen Therapy is an innovative treatment that enhances your body's natural healing by increasing oxygen levels. By entering a specialized chamber with heightened atmospheric pressure, your body absorbs more oxygen. Perfect for those recovering from injuries, surgeries, or seeking improved overall health, this therapy revitalizes and supports your body..

**Benefits:** Helps repair tissues, reduce inflammation, and promotes faster recovery.



### IV FLUID THERAPY

It is a fast and effective way to rejuvenate your body. By delivering hydration and essential nutrients directly into the bloodstream, this treatment boosts recovery, enhances energy levels, and supports overall wellness. Whether you're recovering from fatigue, dehydration, or simply aiming for peak vitality, IV Fluid Therapy provides the nourishment your body needs to feel refreshed and recharged.

**Benefits:** Hydration, replenishment of essential vitamins and nutrients, boosted energy.

# SPA & MASSAGE THERAPIES

## BODY & SPA TREATMENTS/ WRAPS & SCRUBS

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### BODY MUD MASK

This treatment involves applying mineral-rich mud or clay to the skin to detoxify, hydrate and rejuvenate. The application process is typically followed by a wrap, allowing the body to absorb nutrients while encouraging deep relaxation.

**Benefits:** Draws out impurities, improves circulation, and promotes skin elasticity.



### JAVANESE LULUR TREATMENT

Traditional Indonesian ritual with turmeric-infused scrubs, aromatic oils and luxurious body wraps. Treatments include foot cleansing, full-body massage, skin scrub, yogurt rub, bath soak

**Benefits:** Exfoliation, rejuvenation, detoxification



### COCONUT SCRUB

A coconut scrub gently exfoliates the skin using finely ground coconut shells and nourishing coconut oil, to remove dead cells.

**Benefits:** Skin hydration, smooth and radiant skin



### ALGAE BODY WRAP

An algae body wrap involves applying warm seaweed paste to the body and wrapping it in a thermal blanket or algae sheets.

**Benefits:** Skin detoxification and nourishment, circulation improvement



### BALINESE SCRUB

Made with nutrient-rich coffee and cocoa for a luxurious, skin-safe experience. Combining these ingredients it exfoliate the skin.

**Benefits:** Improved circulation, hydrates the skin.

# SPA & MASSAGE THERAPIES

## BODY & SPA TREATMENTS/TOUCHLESS WELLNESS

L V H



### CRYOTHERAPY

Cryotherapy is the use of extreme cold to freeze and remove abnormal tissue. Doctors use it to treat many skin conditions (including warts and skin tags) and some cancers, including prostate, cervical and liver cancer. This treatment is also called cryoablation.

**Benefits:** Relieves pain, aids muscle healing, reduces inflammation, improves circulation, boosts metabolism, enhances mood and mental health, supports the immune system, and promotes healthier, more youthful skin.



### ICE BATH/PLUNGE

Ice baths, also known as ice plunge, offers a powerful combination of physical recovery and mental resilience. for a healthier body. Whether you're an athlete recovering from intense workouts or simply seeking a unique wellness boost, ice bathing provides an unforgettable, energizing experience that awakens both body and mind.

**Benefits:** The shock of the icy water reduces inflammation, soothes sore muscles, and promotes better circulation. Also, the plunge strengthens your mental grit.



### SNOW ROOM SPAS

Snowrooms are groundbreaking touchless wellness experience that combines innovation and nature's tranquility. With -10°C cold air and a nightly layer of fresh powder snow, it creates a serene, rejuvenating ambiance that soothes the mind and refreshes the body. In terms of design, snowrooms can vary widely to cater to different aesthetic preferences, such as: minimalist, luxury, nature-inspired or modern

**Benefits:** Enhances relaxation, improves circulation, benefits the skin, boosts immunity, aids muscle recovery



### ONSEN POOL

Onsen pools, fed by natural hot springs, are treasured for their therapeutic benefits since they are rich in minerals. Traditionally they are a retreat for stress relief and health. Indoors, they offer cozy serenity, while outdoors, they connect you to nature's beauty.

**Benefits:** Deep relaxation, relieve stress, improve skin health, soothe muscle tension, and promote overall wellness through the therapeutic properties of natural hot springs.



# TOP SPA & MASSAGE THERAPIES HOMES

THE RESORT VILLA | THAILAND

L V H



RAYONG , RAYONG



8 GUEST SUITES



16 GUESTS



Bar, Massage Room, Fitness Room, Spa Lounge, Fountains, Gated Property, Outdoor Cinema, Infinity Pool, Jacuzzi



**The Resort Villa**, set within a lush coastal enclave overlooking the Gulf of Thailand, redefines palatial luxury. With eight villas, expansive infinity pools, and serene gardens, it offers secluded elegance, blending Thai imperial charm with contemporary chic. The villa's outdoor areas are a paradise of tranquility and extravagance.

**VIEW MORE**

**7-NIGHT STAY**

**Starting at \$196,000**

*\*Exclusive of taxes & fees.*



## DIMORA GHIRLANDAIO, ITALY



FLORENCE, TUSCANY



20 GUEST SUITES



37 GUESTS

**Dimora Ghirlandaio** is a magnificent 14th-century estate located just south of Florence, nestled at the gateway to the Chianti countryside. Surrounded by vineyards, olive groves, and organic gardens, the property offers breathtaking views and a serene ambiance.

- FITNESS ROOM
- INDOOR JACUZZI
- SAUNA
- SPA LOUNGE
- HELIPAD
- OUTDOOR HEATED POOL

[VIEW MORE](#)



## ULTIMA CORFU, GREECE



NISSIKI, CORFU



6 GUEST SUITES



12 GUESTS

**Ultima Corfu** is an awe-inspiring seafront estate lauded for otherworldly views, sublime quietude, and impeccable luxury design. This fortress-like behemoth of opulence straddles a hillside commanding the rugged coastline and crystal clear waters of the deep blue Ionian.

- BOAT DOCK
- HAMMAM
- HEATED INFINITY POOLS
- HOT TUB
- MASSAGE ROOM
- WATERFALL SPA

[VIEW MORE](#)

**7-NIGHT STAY**  
Starting at **€ 95,000**

*\*Exclusive of taxes & fees.*

**7-NIGHT STAY**  
Starting at **€ 101,000**

*\*Exclusive of taxes & fees.*

LVH

# PHYSICAL FITNESS





Physical fitness has evolved into a cornerstone of luxury health and wellness, transcending the traditional confines of gyms and exercise routines. Discover new ways of staying fit until you find a workout suitable for your needs, whether it involves outdoor activities, rhythmic exercises like dancing or high-intensity training. This modern approach celebrates the art of movement, offering an unparalleled opportunity to achieve optimal health on your wellness journey.

Today, physical fitness embodies a holistic lifestyle that blends physical vitality with mental clarity and emotional balance. Fitness is not merely about staying in shape but about embracing a transformative experience. From private training sessions in exclusive wellness retreats to state-of-the-art equipment, luxury fitness reflects a commitment to self-care at the highest level.

Following the list below, enjoy a variety of different body workouts:

- **Cardiovascular Workouts**

- Running
- Cycling
- Swimming

- **Dance Workouts**

- Zumba
- Hip-hop
- Ballet Fitness
- Jazzercise
- Pole Dancing

- **Strength Training**

- Weightlifting
- Bodyweight exercises

- **High-intensity**

- High-Intensity Interval Training (Hiit)
- Circuit Training
- Kickboxing
- Crossfit

- **Flexibility & Stretching**

- Pilates

Discover your ideal physical fitness & wellness escape with LVH's expert recommendations: Aspen, Telluride, Lake Tahoe, Hawaii, Los Angeles, Malibu, Arizona | USA, Zermatt, Verbier | Switzerland,



# PHYSICAL FITNESS

## CARDIOVASCULAR WORKOUTS

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### RUNNING

Running is definitely one of the most popular forms of exercise. There is no need for special equipment and you can do it anywhere in the world. At the same time, you can explore stunning cities and breathtaking nature, all while improving your health. Whichever running workout you choose, you won't make a mistake!

**Types of Runs:** Long Runs, Recovery Runs, Base Run, Treadmill

**Benefits:** Heart health, sleep quality, memory improvement, and enhanced mood and energy



### CYCLING

Discover secluded spots on your next vacation as you cycle through mesmerizing landscapes. Cycling is a great way to explore numerous destinations while also improving your body and overall well-being. Get your heart going with this low-impact exercise, suitable for all ages.

**Benefits:** Enhances cardiovascular fitness, improved muscle strength and flexibility, decreased stress levels, and improved posture and coordination



### SWIMMING

Swimming is an even better way to move your body without the impact on your bones and joints in comparison to running and cycling. Each type of swimming workout focuses on different muscle groups, while all of them have influence of your cardiovascular system.

**Benefits:** Muscle toning, builds strength and endurance, pain management, and sleep quality

### DANCE WORKOUTS

Dance has always been integral to human culture as a part of many rituals and celebrations. Now, it is a form of recreation and self-expression but also pursued as a competitive activity. Dancing is an enjoyable physical activity and a way to stay fit. No matter your age, fitness level, or rhythm, enjoy dance workouts and choose the style that best suits you. The variety of styles dance has to offer:

- **Zumba:** A high-energy workout inspired by Latin and international dance styles, including salsa, reggaeton, and merengue.
- **Hip-hop:** Strengthens the core and improves agility by incorporating moves such as popping, locking, and freestyle grooves.
- **Ballet Fitness:** Combination of ballet-inspired moves with Pilates, yoga, and strength training exercises to improve posture, flexibility, and muscle tone.
- **Jazzercise:** A fusion of jazz dance, strength training, and aerobic exercises, making it the most exhilarating and effective way to stay fit.
- **Pole Dancing:** Improves upper body strength and core, alongside flexibility, through a mix of acrobatics, dance, and strength training using a pole.

**Benefits:** Increases flexibility, cardiovascular health, better balance and coordination, stress management, muscle toning, and improves mental health. Dancing is the ultimate fitness choice, combining physical activity with creativity to make every exercise more enjoyable and effective.



# PHYSICAL FITNESS

## STRENGTH TRAINING

L V H



### WEIGHTLIFTING

Incorporating strength training into your routine offers transformative benefits for both body and mind. Beyond building muscle, it preserves lean mass, boosts metabolism and promotes weight management. Whether lifting heavy or using light weights, strength training empowers you to improve your overall health, mobility, and quality of life at any age.

**Types of weightlifting:** Powerlifting, Bodybuilding

**Benefits:** Strength increase, mental health improvement, greater mobility and flexibility



### BODYWEIGHT EXERCISES

Bodyweight training is a versatile and accessible form of exercise that uses your body as resistance to build strength, endurance, and flexibility. Bodyweight exercises target multiple muscle groups. Embrace bodyweight training to enhance overall wellness and achieve your goals effortlessly.

**Types of Bodyweight Exercises:** Basic Strength Exercises, Dynamic Movements, Isometric Holds, Plyometric Exercises, Balance and Flexibility Training, Gymnastics, Functional Movements

**Benefits:** Improves core stability and balance, builds muscle, increases flexibility and mobility, stress relief

# PHYSICAL FITNESS

## HIGH-INTENSITY

L V H



### HIGH-INTENSITY INTERVAL TRAINING (HIIT)

This time-efficient workout method alternates short bursts of intense exercise with low-intensity recovery periods. Lasting just **10–30 minutes**, HIIT delivers health benefits comparable to longer sessions of moderate exercise. This dynamic approach offers a powerful way to achieve maximum results in minimal time.

**Benefits:** Burning calories, muscle toning, weight loss, reduces heart rate and blood pressure.



### CIRCUIT TRAINING

Circuit training is a versatile and time-efficient workout method that combines strength, endurance and aerobic exercises in a structured sequence. By rotating through up to 10 different exercises with minimal rest, it delivers a full-body workout in just **30–45 minutes**. Circuit training offers a balanced and effective way to enhance overall health and performance.

**Benefits:** Improves heart health, increases strength and muscle growth, and is time-efficient.



### KICKBOXING

Kickboxing is a dynamic fusion of boxing and martial arts, offering a full-body workout that enhances fitness, strength and agility. Combining punches, kicks and footwork, kickboxing improves endurance, balance, flexibility and power while delivering an intense cardio workout. Suitable for all levels, it supports physical and mental well-being.

**Benefits:** Improves balance and coordination, relieves stress and anxiety, promotes weight loss, targets the core, arms, legs, glutes and back.



### CROSSFIT

CrossFit is a high-intensity fitness regimen that blends functional movements, weightlifting, gymnastics and cardiovascular conditioning. Workouts are structured in varied formats, emphasizing intensity and versatility. While ideal for building strength and aerobic fitness, CrossFit's inclusive and dynamic nature is a compelling choice for fitness enthusiasts.

**Benefits:** Burns calories efficiently, heart health, improves mobility, boosts energy, and is time-efficient.



# PHYSICAL FITNESS

## FLEXIBILITY & STRETCHING

### PILATES

Pilates is a medium-impact exercise method focused on precise movements. It emphasizes controlled breathing, alignment and mindfulness. Practiced on a mat or with specialized equipment, Pilates is suitable for all fitness levels. Focusing on technique rather than intensity, it offers a balanced approach to physical and mental well-being.

#### Types of Pilates

- **Mat-based Pilates** – Suitable for all skill levels, this is a versatile practice performed on a mat, using body weight for resistance to enhance strength, balance, posture and coordination.
- **Reformer Pilates** – A dynamic practice performed on a specialized apparatus, blending controlled movements and resistance to enhance strength, flexibility and alignment with precision and grace.

Pilates continues to evolve, offering innovative styles designed to meet your unique fitness goals, and these are:

- **Forma Pilates** – This boutique approach offers personalized sessions, focusing on precise movements, form, and alignment.
- **Hot Pilates** – Taking Pilates to the heat, this method is performed in rooms heated to 95–100°F. The warmth amplifies calorie burn, improves flexibility, and promotes detoxification, while creating a challenging yet mindful workout environment.
- **Heated Room Pilates** – Combining traditional Pilates with moderate warmth (80–95°F), this style enhances circulation, relaxes muscles, and reduces injury risk.

**Benefits:** Pain relief, posture, balance and coordination Improvement, stress relief, and enhances flexibility, core strengthening.



# TOP PHYSICAL FITNESS HOMES

VILLA ALANA | AUSTIN



L V H



WATERSEdge AT RIVER PLACE



11 GUEST SUITES



32 GUESTS



Game Room, Fitness Room  
Private Boat Dock, Heated Pool &  
Jacuzzi, Putting Green  
Tennis & Volleyball Court



**Villa Alana**, a  
Mediterranean-inspired  
masterpiece, is set on Lake Austin  
waterfront. Featuring exquisite  
interiors with natural wood  
accents, a sophisticated kitchen,  
and a two-story library, this luxury  
vacation rental accommodates up  
to 32 guests.

**VIEW MORE**

**7-NIGHT STAY**  
Starting at **\$303,000**

*\*Exclusive of taxes & fees.*

# TOP PHYSICAL FITNESS HOMES

L V H



## VILLA MARIAH, HAMPTONS



NAPEAGUE, HAMPTONS



7 GUEST SUITES



16 GUESTS

**7-NIGHT STAY**  
Starting at **\$250,000**

*\*Exclusive of taxes & fees.*

**Villa Mariah** is a Hamptons masterpiece, exuding refined elegance and coastal tranquility. This retreat features radiant interiors, ocean-facing glass walls, and sleek modern design. With an expansive interior, it ensures luxurious comfort for discerning guests.

- FITNESS ROOM
- INDOOR SOUND SYSTEM
- WINE STORAGE
- OUTDOOR JACUZZI
- HEATED POOL
- TENNIS COURT

**VIEW MORE**



## VILLA ARIA, MIAMI



VENETIAN ISLANDS



5 GUEST SUITES



10 GUESTS

**7-NIGHT STAY**  
Starting at **\$121,000**

*\*Exclusive of taxes & fees.*

**Villa Aria**, presents the ultimate contemporary waterfront living on Miami's coveted Venetian Islands. Equal distances from Miami Beach and the downtown core this Di Lido Island property is a stunning industrial-chic estate with a coveted western-facing private dock.

- BOAT DOCK
- HEATED SALTWATER POOL
- HOT TUB
- OUTDOOR KITCHEN
- ROOFTOP TERRACE

**VIEW MORE**



LVH

# MIND & BODY RECOVERY



# MIND & BODY RECOVERY

## INTRO

LVH



Luxury mind and body recovery redefines rejuvenation, blending traditional spa treatments with advanced therapies and bespoke wellness journeys. These serene experiences, from hydrotherapy to salt and heat treatments, combine science and nature to restore vitality and harmony. Designed for discerning travelers, they offer benefits like improved circulation, muscle relaxation, stress relief, detoxification, and emotional balance. By transforming recovery into a refined art, these indulgent journeys promote holistic well-being, making restoration a truly elevated pursuit.

These experiences cater to the needs of each individual:

- **Wellness Bathing**

- Mineral Baths
- Thermal Baths
- Milk Baths

- **Heat & Steam Therapies**

- Turkish Hammam
- Moroccan Hammam
- Greek Hammam
- Swedish Sauna
- Russian Banya

- **Wellness Therapies**

- Salt Caves & Therapy
- Heat Therapy

Discover your ideal mind & body recovery wellness escape with LVH's expert recommendations: Marrakech | Morocco, Umbria | Italy, Lake Tahoe | Nevada, Dubai | UAE, St Moritz, Geneva | Switzerland.

# MIND & BODY RECOVERY

## WELLNESS BATHING

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### MINERAL BATHS

Mineral baths offer a therapeutic experience that harnesses the healing properties of naturally mineral-rich water. The warm water opens pores, allowing the body to absorb beneficial minerals, while its soothing heat melts away stress. Mineral baths remain a timeless wellness ritual, offering physical rejuvenation and mental tranquility.

**Benefits:** Improved circulation, muscle relaxation, stress reduction, and detoxification



### THERMAL BATHS

Thermal baths provide a sanctuary for mind and body recovery, offering a holistic approach to relaxation and rejuvenation. Immerse yourself in naturally heated, mineral-rich waters that nourish the skin and aid in the body's natural healing processes. The tranquil ambiance of thermal baths fosters mindfulness, making them a timeless retreat for restoring balance and enhancing overall well-being.

**Benefits:** Skin care, stress relief, natural detoxification, and rejuvenation



### MILK BATHS

Milk bath is a luxurious remedy celebrated for its soothing and therapeutic properties. The bath's warmth and creamy texture create a soothing experience that calms the mind. Often infused with essential oils or honey, milk baths elevate the sensory journey, offering a serene retreat that rejuvenates both body and spirit.

**Benefits:** Hydration, skin detoxification, nourishment, and exfoliation

# MIND & BODY RECOVERY

## HEAT & STEAM THERAPIES

Heat therapy is a rejuvenating practice that promotes mind and body recovery through methods like saunas, steam rooms, and thermal water, enhancing relaxation and overall well-being.

### HAMMAM

This transformative experience is rooted in ancient traditions influenced by Greek, Roman, and Ottoman cultures. However, Hammam is a renowned ritual of purification and relaxation that transcends cultural boundaries. Focusing on steam and humidity, the ritual begins in the hot room and is followed by the cooling room, revitalizing the body and restoring balance.

- **Turkish Hammam** – includes basic elements such as temperature, humidity, foam, and massage
- **Moroccan Hammam** – consists of three or four long tiled steam rooms with different temperatures
- **Greek Hammam** – focuses on the elements of water, beauty, wellness, balance, physical and mental health

**Benefits:** Deep relaxation, pain alleviation, muscle relaxation, better blood flow, body detoxification, improved immune system, improved skin texture, and decreased stress, muscle rejuvenation, stress reduction & tension alleviation, enhanced well-being. It also clears airways and hydrates the skin.





# MIND & BODY RECOVERY

## HEAT & STEAM THERAPIES

L V H



### INFRARED SAUNA

Infrared saunas offer a modern twist on traditional heat therapy, using infrared light to heat your body directly instead of warming the air around you. This gentle yet effective approach provides a deeply penetrating heat that offers a range of wellness benefits, and encourage relaxation. With their soothing warmth and lower temperatures compared to conventional saunas, they provide a more comfortable experience for everyone.

**Benefits:** Aids in detoxification, boosts circulation, relieves muscle and joint pain, reduces stress and promotes relaxation, supports recovery after physical activity



### SWEDISH SAUNA

The Swedish sauna is a cornerstone of Nordic culture, combining minimalist wooden design with dry heat therapy at 80–100°C. Crafted from natural woods like spruce or cedar, it provides a soothing, earth-scented environment. The tradition often includes alternating sauna sessions with dips in cold water or rolling in snow, which further invigorates the body and sharpens the mind.

**Benefits:** stimulates circulation, encourages detoxification through sweating, and helps relieve tension in muscles and joints.



### RUSSIAN BANYA

This steam-based heat therapy involves warm, humid air that softens the body, stimulates blood flow, and clears the respiratory system. The rituals are as unique as the Banya itself, from warming up in the steam room to the exhilarating "venik" massage, with birch or oak leaves stimulating the skin and muscles.

**Benefits:** Rejuvenating blend of benefits, including enhanced hydration, deep skin detoxification, nourishment, exfoliation, improved blood circulation, clear respiratory pathways, and invigorated muscles through the traditional venik massage.



# MIND & BODY RECOVERY

## WELLNESS THERAPIES

L V H



### HALOTHERAPY/SALT THERAPY

Also known as halotherapy, it is a serene and therapeutic practice that embraces the natural purifying and rejuvenating properties of salt. Rooted in ancient wellness techniques, it provides a tranquil escape where the mind and body can harmonize, finding restoration and renewal in an atmosphere crafted for healing.

- Salt Caves – man-made environments are designed to mimic natural salt caverns, with walls and floors lined with layers of pure salt.
- Salt Baths – high-quality salts, such as Himalayan or Epsom salts, are dissolved into warm water, creating a mineral-rich bath that soothes tired muscles
- Salt Soaks – Provide therapeutic relief for specific areas, such as hands or feet.

**Benefits:** Enhances respiratory health, promotes skin healing, reduces inflammation, eases stress, alleviates pain, detoxifies the body, and fosters mental clarity for overall rejuvenation.



### SPELEOTHERAPY

Speleotherapy, rooted in ancient salt-based healing practices, is believed to offer respiratory relief, with origins tracing back to Hippocrates and observations of miners' improved breathing. Its modern development began in the 1950s, with countries like Hungary and Ukraine establishing therapeutic facilities in salt and karst caves. This evolved further with artificial climate chambers simulating these environments.

**Benefits:** Alleviating asthma, bronchitis, allergies, and skin conditions, though evidence remains inconclusive. Despite this, speleotherapy continues to attract those seeking alternative wellness solutions.

# TOP MIND & BODY RECOVERY HOMES

PALAIS ANTHEA | MOROCCO

L V H



MARRAKESH, MARRAKESH



11 GUEST SUITES



22 GUESTS



Cinema Room, Fitness Room, Hammam, Massage Room, Golf Course, Outdoor Jacuzzi, Outdoor Pool, Fountains



**Palais Anthea** is a breathtaking estate that blends Moorish architecture with bold contemporary design, creating an oasis of oriental opulence. The estate features expansive open-concept interiors adorned with exquisite stone floors and eclectic furnishings. With eleven elegant bedrooms, this lavish home redefines luxury.

[VIEW MORE](#)

**7-NIGHT STAY**  
**Starting at \$105,000**

*\*Exclusive of taxes & fees.*



## VILLA KIKO, BARBADOS



ST. JAMES, BARBADOS



8 GUEST SUITES



18 GUESTS

**Villa Kiko** is a dazzling luxury rental in Paynes Bay that boasts unobstructed, panoramic views of the ocean.

**VIEW MORE**

**7-NIGHT STAY**

Starting at **\$124,000**

*\*Exclusive of taxes & fees.*



## CONVENTO VIANDANTE DEL CIELO, ITALY



PERUGIA, UMBRIA



10 GUEST SUITES



20 GUESTS

**Convento Viandante del Cielo** is an enchanting stone convent beautifully positioned in a pastoral setting.

**VIEW MORE**

**7-NIGHT STAY**

Starting at **€120,000**

*\*Exclusive of taxes & fees.*



## VILLA HARRAH, LAKE TAHOE



ZEPHYR COVE, LAKE TAHOE



7 GUEST SUITES



14 GUESTS

**Villa Harrah** is a palatial South Lake residence, a short drive from Zephyr Cove and Heavenly Mountain.

**VIEW MORE**

**7-NIGHT STAY**

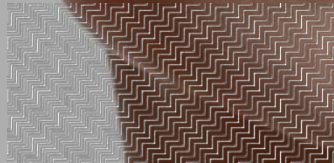
Starting at **\$140,000**

*\*Exclusive of taxes & fees.*

A close-up photograph of a woman's face, eyes closed, as three hands apply liquid from glass droppers to her forehead, cheeks, and chin. The scene is set against a light, neutral background. The text 'LVH' is at the top, and 'BEAUTY, ESTHETICS & SKIN CARE' is centered over the face. A decorative geometric pattern is in the bottom left, and 'TABLE OF CONTENTS' is in the bottom right.

LVH

# BEAUTY, ESTHETICS & SKIN CARE







Beauty and pampering have become essential to luxury health and wellness, offering a sophisticated blend of indulgence and self-care. In pursuit of radiant skin, rejuvenated bodies, and heightened confidence, immerse yourself in a realm far beyond regular treatments. It integrates advanced skincare rituals, personalized beauty therapies, and exclusive products designed to enhance both appearance and inner vitality.

From bespoke detoxification and skin body treatments to cutting-edge cosmetic procedures, these indulgent experiences prioritize physical transformation and relaxation, restoring balance and promoting a deep sense of self-care. For discerning individuals, beauty becomes a symbol of refined luxury, where pampering represents empowerment and renewal.

The following treatments are designed to promote not only esthetic improvements but also overall well-being:

- **Detox**

- The Chenot Method

- **Skin Treatments**

- AquaGold
- Skin Tightening With Radio Frequency
- Microdermabrasion

- **Cosmetic Procedures**

- CoolSculpting
- Endospheres Therapy
- Photodynamic Therapy (PDT)

Discover your ideal esthetics & skin care wellness escape with LVH's expert recommendations: Paris, Cannes, France, Los Angeles, New York City | USA, Lech am Arlberg | Austria, Geneva | Switzerland, Dubai | UAE, London | UK, Cape Town | South Africa

# BEAUTY, ESTHETICS & SKIN CARE

## DETOX

LVH

### THE CHENOT METHOD

The Chenot Method is based on innovation, technology, and science while utilizing traditional Chinese healing, luxury hospitality, and absolute authenticity. This method focuses on resetting and promoting health by enabling you to stay fit for as long as possible.

The Chenot Method does not treat diseases, but the root cause of them – aging.

As it is centered around the concept of detoxification, this method aims to support your body's natural healing mechanisms to repair and rejuvenate from within.

The Chenot Method aims to replenish your energy, strengthen your resilience, and increase your functionality.

Hormesis is central to this method, and it entails transmitting the signals of controlled stress to the body. A combination of different techniques and a diet plan act as positive stressors to trigger preventive, repairing, and regenerative actions.

**Benefits:** Eliminates toxins, rejuvenates, boosts energy, stress relief, holistic healing





### AQUAGOLD

AquaGold is a revolutionary microneedling treatment that combines precision and luxury. Using 24K gold-plated needles with patented microchannel technology, it delivers a bespoke serum directly into the skin, offering unparalleled rejuvenation. Tailored to individual needs, AquaGold enhances radiance and youthfulness, making it a sought-after solution for flawless skin.

**Benefits:** Stimulates collagen production, activates stem cells, smooths texture, and minimizes pores.



### SKIN TIGHTENING WITH RADIO FREQUENCY

Radiofrequency skin tightening is a cutting-edge, nonsurgical treatment designed to rejuvenate the skin by stimulating collagen production. This therapy revitalizes the skin's natural framework, enhancing firmness and elasticity. Ideal for those seeking a non-invasive alternative to a facelift, delivering a smoother, more lifted appearance.

**Benefits:** Natural-looking skin, relatively painless procedure, speedy and easy recovery



### MICRODERMABRASION

Microdermabrasion is a gentle, minimally invasive treatment that revitalizes skin by exfoliating its outermost layer. Utilizing an abrasive applicator, it smooths texture and reduces the appearance of skin damage. This rejuvenating procedure enhances overall tone and clarity, leaving the skin refreshed and radiant. **Types of Treatments** include Diamond-tip Handpiece, Crystal Microdermabrasion, Hydradermabrasion.

**Benefits:** Revitalizes skin, reduces fine lines and wrinkles, minimizes skin discoloration, and improves complexion



### COOLSCULPTING

It is also known as cryolipolysis a non-invasive fat-reduction procedure designed to contour the body by freezing and destroying stubborn fat cells. Using a specialized device, targeted areas are cooled to a temperature that selectively eliminates fat without harming the surrounding skin or tissues. Over time, the body naturally processes and removes the dead fat cells, revealing a slimmer, more sculpted appearance. It is a safe and effective solution for achieving long-lasting results in areas resistant to diet and exercises.

**Benefits:** Reduces fat, safe and time-efficient procedure, natural-looking outcomes



### ENDOSPHERES THERAPY

Endospheres Therapy is a groundbreaking, non-invasive treatment that revitalizes the body and face through Compressive Microvibration technology. Using low-frequency vibrations, it delivers rhythmic pulses that improve blood flow, stimulate oxygenation, enhance lymphatic drainage, and reduce the appearance of cellulite. Areas of Application include body and face.

**Benefits:** Reduces cellulite, increases healthy lymphatic circulation, improves tone and texture, reduces wrinkles, illuminates complexion.



### PHOTODYNAMIC THERAPY (PDT)

Photodynamic Therapy (PDT) uses light and a photosensitizing agent to target acne, psoriasis, macular degeneration, herpes, and cancers. This innovative treatment minimizes invasive surgery, enables faster recovery, and reduces scarring risks. While photosensitization may occur, its precision and effectiveness make PDT a revolutionary, patient-friendly option for achieving remarkable medical outcomes.

**Benefits:** Revitalizes skin, reduces fine lines and wrinkles, minimizes skin discoloration, and improves complexion



# TOP BEAUTY, ESTHETICS & SKIN CARE HOMES

CARNEGIE HEIGHTS | LOS ANGELES

L V H



BEL AIR, LOS ANGELES



9 GUEST SUITES



18 GUESTS



Bar, Cinema Room, Fitness Room,  
Private Elevator, Sauna, Wine Cellar,  
Jacuzzi Outdoor, Pool Outdoor  
Heated



**Carnegie Heights** is a visionary Bel Air mansion embodying contemporary architectural brilliance and minimalist glamor. With nine luxurious bedrooms, breathtaking panoramas, a dramatic infinity pool, and cutting-edge amenities, this steel-and-glass masterpiece redefines California highlife living.

[VIEW MORE](#)

**7-NIGHT STAY**  
Starting at **\$219,000**

*\*Exclusive of taxes & fees.*



## ULTIMA GENEVA GRAND VILLA



GENEVA, SWITZERLAND



9 GUEST SUITES



18 GUESTS

**Ultima Geneva Grand Villa**, an opulent contemporary estate pushing the bounds of luxury living.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **€174,000**

*\*Exclusive of taxes & fees.*



## PENTHOUSE SPENCER, PARIS



8TH ARRONDISSEMENT, PARIS



3 GUEST SUITES



6 GUESTS

**Penthouse Spencer** is the ultra-prestigious crowning residence of the famed Hotel de Pourtales.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **€133,000**

*\*Exclusive of taxes & fees.*



## CHALET N, AUSTRIA



OBERLECH, LECH AM ARLBERG



10 GUEST SUITES



22 GUESTS

**Chalet N** is an astonishing luxury ski lodge surrounded by the majestic Austrian Alps. It is a all-season stunner.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **€375,500**

*\*Exclusive of taxes & fees.*

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# RECREATION & LEISURE WELLNESS





Recreation and leisure are integral components for maintaining overall health and wellness. These refined, bespoke experiences prioritize relaxation, rejuvenation, and personal well-being. In today's fast-paced world, recreation extends beyond traditional activities, encompassing premium wellness retreats, private tours, and exclusive experiences that combine outdoor adventures with serene environments to foster balance, calm and joy.

Luxury wellness incorporates numerous experiences, offering not just physical activity, but moments of stillness and connection with nature, transforming recreation into a luxurious escape for the mind, body and soul. Through tailored recreation, enjoy customized experiences that restore energy, enhance mindfulness, and foster relaxation, elevating leisure into a journey of refined vitality.

Savor the treasure of nature through these activities and sports:

- **Sports & Private Coaching**

- Tennis
- Golf
- Triathlon/Duathlon

- **Land Activities**

- Running
- Cycling
- Hiking
- Trekking
- Snowshoeing
- Rock Climbing

- **Water Activities**

- Paddleboarding
- Kayaking
- Sailing
- Swimming
- Surfing
- Windsurfing
- Kitesurfing

- **Animal Therapy**

- Equine Therapy

Discover your ideal leisure and recreational wellness escape with LVH's expert recommendations: Los Angeles, Hawaii, Aspen | USA, Zermatt | Switzerland,





### GOLF

Golf is the perfect blend of luxury, leisure, and wellness. It offers low-impact activity through walking and swinging, promoting cardiovascular health, muscle strength, and flexibility, while its serene pace reduces stress and sharpens focus. Beyond the game, it's a social pursuit enjoyed in exclusive clubs and stunning destinations, fostering relationships in elite settings. For affluent travelers, golf pairs wellness with bespoke luxury experiences like spa treatments and fine dining, transforming the sport into a symbol of sophistication, balance, and mindful living. Golf isn't just a pastime—it's a luxurious gateway to relaxation, health, and connection in extraordinary surroundings.

**Benefits:** Cardiovascular health, muscle strength, flexibility, relaxation and stress reduction, low-impact way of staying active.



### TENNIS

Tennis blends fitness, luxury, and social connection. Beyond the game, affluent players enjoy access to exclusive private clubs, pristine courts, and curated experiences that combine fine dining, wellness amenities, and social events. In luxury travel tennis is transformed into bespoke wellness escapes, featuring pro coaching, recovery-focused spa treatments, and stays in iconic destinations like the French Riviera or Caribbean. Tennis embodies sophistication and vitality, making it a timeless pastime and an indulgent addition to wellness travel.

**Benefits:** Cardiovascular health, enhances endurance and agility, increases strength and coordination, sharpens mental acuity by requiring strategic thinking, focus and quick decision-making, ideal leisure activity for maintaining an active lifestyle.

# RECREATION & LEISURE WELLNESS

## SPORTS & PRIVATE COACHING

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### MARATHONS & CYCLING RACES

Elevate your endurance training with a luxury travel wellness experience designed for marathons and cycling races. Combining expert coaching, impeccable facilities, and exquisite accommodations, this unique approach offers personalized programs to optimize your performance while immersing you in comfort and sophistication. It's a seamless blend of athletic development and indulgent relaxation, perfect for those striving for excellence in endurance sports.

**Benefits:** Enhances physical fitness, strengthens mental toughness, builds exceptional endurance, and delivers an unparalleled sense of accomplishment.



### IRONMAN, TRIATHLON, DUATHLON

Redefine your endurance training with a luxury travel wellness experience tailored to duathlon, triathlon, and Ironman competitions. Designed for those who seek excellence, this offering blends expert coaching, cutting-edge facilities, and breathtaking destinations to support your high-performance goals. Elevate your preparation for iconic races with programs that focus on personalized strategies and recovery, all while enjoying indulgent accommodations and serene wellness amenities. It's where athletic achievement meets unparalleled luxury.

**Benefits:** Enhances physical fitness, boosts mental resilience, builds endurance, and fosters a profound sense of personal achievement.

# RECREATION & LEISURE WELLNESS

## OUTDOOR ACTIVITIES

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### HIKING

As you engage in physical activity on your hike, you can connect with nature and rejuvenate your mental health at the same time. This recreation and leisure activity provides a full-body workout, while the variety of trail intensity levels make hiking suitable for everyone. Exploring scenic landscapes enriches the experience

**Benefits:** Cardiovascular health, strength and endurance, bone and joint health, stress reduction, better sleep



### TREKKING

Unlike casual hiking, trekking typically involves multi-day journeys across varied terrains, offering a deeper and more immersive outdoor experience. It promotes wellness by combining physical endurance, mental resilience and a profound connection to nature.

**Benefits:** Stress reduction, social benefits, cardiovascular health, increased muscle strength and is transformative experience that challenges your body, uplifts your spirit.



### SNOWSHOEING

Snowshoeing promises a tranquil escape amidst nature's winter wonderland. This low-impact activity blends recreation and wellness, allowing you to connect deeply with the surrounding snowy environment. The crisp alpine air invigorates the body, while the calming beauty of snow-covered forests and mountain vistas soothes the mind.

**Benefits:** Builds endurance, balances strength and agility, and reduces stress.



### ROCK CLIMBING

Aside from the obvious physical benefits, rock climbing is an exceptional way to connect to nature and improve your mental health. Rock climbing is both a rewarding physical pursuit and a meditative escape, promoting overall health amidst breathtaking landscapes and fresh air.

**Benefits:** Balance and flexibility improvement, reduces stress, and increases strength.

# RECREATION & LEISURE WELLNESS

## WATER ACTIVITIES

L V H



### SAILING

Sailing is an exceptional recreational activity, blending adventure, relaxation and holistic wellness. It engages both body and mind, enhancing physical fitness through various tasks. As you navigate the open waters, the fresh sea breeze, rhythmic motion of the boat and expansive views promote a profound sense of peace and connection to nature.

**Benefits:** Fosters relaxation, increases agility and spatial awareness, and improves coordination



### KAYAKING

Kayaking embodies the perfect balance of adventure, relaxation, and well-being, fostering a deep connection with nature. Calming surroundings and rhythmic water lapping promote mindfulness and create a soothing escape from daily life. If you're seeking adventure, kayaking offers a holistic approach to recreation and wellness that refreshes both body and spirit.

**Benefits:** Stress management, increased muscle health, improved sleep quality, enhances mood and focus



### PADDLEBOARDING

Paddleboarding is a serene yet invigorating way to enjoy nature. This water activity engages the entire body while still being a low-impact workout. Whether exploring calm lakes, flowing rivers, or ocean coastlines, the rhythmic paddling and tranquil settings encourage mindfulness and foster a profound sense of mental calmness.

**Benefits:** Improves balance, increases endurance, boosts mood, and rejuvenates the mind



# RECREATION & LEISURE WELLNESS

## WATER ACTIVITIES

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### SURFING

Surfing is more than a thrilling pastime—it's a holistic escape that connects body, mind, and soul. Offering a unique combination of physical challenge, mental clarity, and environmental connection, surfing delivers a full-body workout. For the affluent, surfing transforms into an unparalleled luxury experience. Private surf lessons by world-class instructors, access to remote, pristine beaches, and exclusive retreats offer the ultimate indulgence. From the turquoise barrels of the Maldives to the shores of Hawaii, surfing is a symbol of vitality and prestige. It embodies the spirit of adventure, the pursuit of balance, and the allure of exclusivity. You can incorporate surfing into wellness packages, combining it with daily sessions of tailored activities like yoga, spa treatments, and gourmet dining.

**Benefits:** Strengthens core muscles, improves balance, and promotes cardiovascular health, all while fostering mindfulness through the ocean's calming rhythm



### WINDSURFING & KITESURFING

Kitesurfing and windsurfing combine adrenaline-pumping adventure with physical and mental wellness benefits. For affluent enthusiasts, these sports elevate into lavish lifestyle experiences. Private coaching from top-tier instructors, access to hidden coastal gems, and exclusive retreats turn kitesurfing and windsurfing into unforgettable journeys. Paired with luxury stays, bespoke wellness packages include daily sessions, rejuvenating spa treatments, and gourmet dining. From the crystal waters of Mauritius to the sun-kissed shores of the Greek Isles, kitesurfing and windsurfing represent vitality, exclusivity, and elegance.

**Benefits:** Full-body workouts that build strength, balance, endurance, and agility, while the connection to wind and water fosters mindfulness and stress relief.

# RECREATION & LEISURE WELLNESS

## ANIMAL THERAPY

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### EQUINE THERAPY

Equine therapy, also known as equine-assisted therapy, integrates horses into therapeutic practices to support emotional and psychological well-being. The experiential approach encourages personal growth through interaction with these sensitive and intuitive animals.

Participants engage in various activities with horses under professional guidance, fostering skills such as emotional regulation, self-confidence, and responsibility.

**Activities in equine therapy:** Grooming, Feeding, Therapeutic Horseback Riding, Leading

Each therapy session is typically tailored to meet individual needs and may take place in serene natural settings, further contributing to a sense of calm and connection with nature.

#### Benefits:

- Improves emotional regulation,
- Reduces symptoms of anxiety and depression,
- Emotional and social awareness and self-esteem boost
- Therapeutic reflection, stress reduction



# TOP RECREATION & LEISURE HOMES

VILLA CHARLOTTE | ASPEN

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ASPEN REMOTE , ASPEN



8 GUEST SUITES



16 GUESTS



Bar, Game Room, Fitness Room, Wine Cellar, Jacuzzi Outdoor, Pool Outdoor Heated, Tennis Court, Terrace Rooftop, Boat Dock



**Villa Charlotte** is a striking contemporary compound nestled in the heart of the Colorado Rockies, offering unrivaled seclusion and panoramic views of Aspen's iconic peaks and the serene Lenado Valley. This luxurious estate features a main house, pool complex, and tennis facility, surrounded by the natural beauty of the landscape.

[VIEW MORE](#)

**7-NIGHT STAY**  
Starting at **\$233,000**

*\*Exclusive of taxes & fees.*



## THE ROYAL KAILUA ESTATE, HAWAII



KAILUA, OAHU



8 GUEST SUITES



16 GUESTS

**7-NIGHT STAY**  
Starting at **\$196,000**

*\*Exclusive of taxes & fees.*

The Royal Kailua Estate is an extraordinary beachfront property on Oahu's stunning Kailua coastline with unparalleled views of the Pacific's turquoise waters. This luxurious estate features eight bedrooms in the main house and a guest house with three additional bedrooms.

- FITNESS ROOM
- GAME ROOM
- WINE CELLAR
- OUTDOOR JACUZZI
- WATERFALLS
- OUTDOOR SOUND SYSTEM

**VIEW MORE**



## CHALET ZERMATT PEAK, SWITZERLAND



ZERMATT, ZERMATT



5 GUEST SUITES



10 GUESTS

**7-NIGHT STAY**  
Starting at **€123,000**

*\*Exclusive of taxes & fees.*

Chalet Zermatt Peak is a breathtaking estate that redefines Swiss Alpine luxury, offering an ideal blend of seclusion and proximity to the resort village. Spanning six floors, the chalet's striking design combines traditional alpine charm with avant-garde flair.

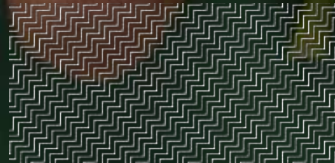
- LUXURIOUS HAMMAM
- INDOOR & OUTDOOR JACUZZI
- MASSAGE ROOM
- SPA LOUNGE
- SKI ROOM
- WINE STORAGE

**VIEW MORE**



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# NUTRITIONAL WELLNESS



# NUTRITIONAL WELLNESS

## INTRO

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Nutritional wellness emphasizes the deep connection between diet and overall well-being. If you seek personalized nutrition, move beyond conventional eating habits and embrace bespoke programs that integrate high-quality, nutrient-dense ingredients and expert guidance. Luxury nutrition harmonizes nourishment with indulgence, fostering improved energy, digestion and mental clarity.

Nutritional wellness blends personalized guidance, tailored diets and expert coaching to support lasting health and vitality. Nutrition coaching provides tailored strategies that empower individuals to make sustainable dietary choices, while diet plans cater to diverse lifestyles, from sport-focused to holistic or plant-based approaches. Together, these elements ensure balanced, health-focused living while elevating your well-being.

Choose one of these holistic approaches to achieve optimal health and well-being goals:

- **Nutrition Coaching**
- **Nutritional Counseling**
- **Diet Plans**
  - Sport Nutrition
  - Holistic Nutrition
  - Plant-Based Nutrition

Discover your ideal nutritional wellness escape with LVH's expert recommendations: Local Island | Fiji, Tuscany | Italy, Mykonos | Greece, Ibiza | Spain, Tulum | Mexico, Barbados, Anguilla, Bahamas, Punta Cana | Dominican Republic, Bali | Indonesia,



### NUTRITIONAL COACHING

Nutrition coaching is a collaborative and personalized process designed to empower individuals to make informed, sustainable dietary choices that enhance their health and overall well-being. Nutrition Coaches work alongside clients to develop tailored nutrition plans, address relationships with food and foster habits that support mental, physical and emotional health.

While not medical professionals, the primary role of a nutrition coach is to offer: Nutrition Education, Advice and Recommendation, Support on Your Health Improvement Journey and Health and Nutrition Goals Setting.

**Benefits:** Sleep quality, weight management, energy increase, emotional and mental health



### NUTRITIONAL COUNSELING

Nutrition counseling is a collaborative process where individuals work with a registered dietitian to assess dietary habits, identify nutritional needs and develop tailored strategies to improve overall health. Ideal for those at nutritional risk due to medical history, chronic illness or lifestyle factors. Through one-on-one sessions, nutrition counseling provides practical tools and meal plans that align with an individual's goals and daily life, fostering long-term well-being rather than quick, temporary fixes.

Nutrition counseling process includes: General Health and Medical History Review, Good Nutrition Explanation, Encourages Mindful Food Choices, Dietary Changes and Goal Setting

**Benefits:** Prevents and Manages Chronic Conditions, Healthy Weight Achievement, Develops Long-term Healthy Habits



# NUTRITIONAL WELLNESS

## DIET PLANS/APPROACHES

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### SPORTS NUTRITION

Sports nutrition focuses on optimizing dietary intake to enhance athletic performance, endurance and recovery. This diet balances nutrient-rich foods like fruits, vegetables, grains, lean protein and dairy. Tailored plans ensure the right balance of macronutrients, fluids and supplements to support athletes across all disciplines.

Key nutrients include carbohydrates, fats, proteins.

**Benefits:** Mental clarity, increased strength and stamina, weight management



### HOLISTIC NUTRITION

Holistic nutrition is a comprehensive approach to eating that considers the intricate connection between physical, mental and emotional well-being. It focuses on the quality of food, the body's ability to digest and absorb nutrients, and the broader impact of diet on overall health by being centered on whole, unprocessed foods. Holistic nutrition embraces a comprehensive approach by addressing unique individual needs, aligning with lifestyle choices, and fostering the connection between mind, body, and spirit for overall well-being.

**Benefits:** Stress management, promotes spiritual and emotional well-being, detoxification



### PLANT-BASED NUTRITION

A plant-based diet emphasizes nutrient-dense foods, including fruits, vegetables, whole grains, legumes, nuts and seeds. This approach supports health and promotes overall vitality with foods rich in fiber, vitamins and minerals, and free of cholesterol. With thoughtful planning, this diet offers a powerful foundation for health and well-being.

Key nutrients include protein, fats, carbohydrates, vitamins, minerals.

**Benefits:** Reduces inflammation, strengthens immune system, and lowers blood pressure



# TOP NUTRITIONAL WELLNESS HOMES

COMO LAUCALA ISLAND | FIJI

L V H



LAUCALA ISLAND, PACIFIC OCEAN ISLANDS



36 GUEST SUITES



72 GUESTS



Bar, Cinema Room, Fitness Room, Hammam, Pool Indoor, Sauna, Spa Lounge, Wine Cellar, Jacuzzi Outdoor, Ski In/Ski Out



COMO Laucala Island is a serene and secluded island retreat immersed in the natural glory of the South Pacific. A coveted portal into unfettered tropical opulence world's away from civilization, this Fijian landmass offers the utmost tranquility and rejuvenation of the mind, body, and soul.

[VIEW MORE](#)

**7-NIGHT STAY**  
Starting at **\$1,540,000**

*\*Exclusive of taxes & fees.*

# TOP NUTRITIONAL WELLNESS HOMES

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## LE GRAND JARDIN, CANNES



ILES DE LERINS, CANNES



12 GUEST SUITES



24 GUESTS

**Le Grand Jardin** is a captivating 13th-century manor on the serene island of Saint Marguerite.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **€207,000**

*\*Exclusive of taxes & fees.*



## VILLA CAN NEMO, IBIZA



VENETIAN ISLANDS



5 GUEST SUITES



10 GUESTS

**Villa Can Nemo** exudes Balearic glamor with breathtaking sea views stretching to Formentera.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **€100,000**

*\*Exclusive of taxes & fees.*



## ANI ANGUILLA, ANGUILLA



CROCUS BAY, ANGUILLA



10 GUEST SUITES



20 GUESTS

**ANI Anguilla**, is an exceptional luxury home charter of two equally magnificent villas, the North and South.

[VIEW MORE](#)

**7-NIGHT STAY**

Starting at **\$168,000**

*\*Exclusive of taxes & fees.*



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IMMEASURABLE  
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