



# LE WELLNESS SERVICES

BY LE TRAVELOGIST

*Wellness offerings with a holistic approach*





Welcome to **Le Travelogist Wellness Services**, where we specialize in creating unforgettable wellness experiences for luxury travelers. Our carefully crafted **Le Wellness Services** are designed to nurture the mind, body, and soul, offering guests a chance to find balance and renewal in beautiful surroundings. The core holistic services will focus on mindfulness, grounding, and personal growth, offered through various daily practices. Each service is designed to complement the natural beauty and tranquility of Bali.

*Le Travelogist Team*



## LE TRAVELOGIST HOLISTIC WELLNESS OFFERINGS

### SUNRISE GROUNDING RITUAL

Guests will start their day with a revitalizing morning session, drawing on the energy of Bali's sunrise to cultivate peace, clarity, and balance.

The experience begins with grounding techniques, where guests connect with the earth by standing barefoot on grass or sand, creating a sense of rootedness and presence. This is followed by gentle energy-cleansing practices, helping guests release any lingering negativity and clear their energy field. Breathing exercises are used to calm the nervous system and deepen the connection with their body, keeping them centered and mindful. The session concludes with time for reflection, during which guests express gratitude and set positive intentions for the day, leaving them cleansed, balanced, and fully present for their Bali experience.

### WALK AND TALK

Set against the backdrop of the open ocean, this transformative morning beach walk invites guests to explore and release mental and emotional blockages. Guided by a certified life coach, either 1:1 or in a small group, the experience offers a safe, non-judgmental space for deep introspection.

The coach will practice deep listening and ask powerful, thought-provoking questions, staying fully present throughout the journey. As guests walk alongside the soothing sound of ocean waves, they'll have the opportunity to shed light on inner tensions, allowing for emotional release and greater clarity. This beachside experience combines mindful movement with transformative dialogue, helping guests connect with themselves on a deeper level amidst the calming energy of the sea.



## LE TRAVELOGIST HOLISTIC WELLNESS OFFERINGS

### SUNSET CLEANSING RITUAL

This evening ritual offers a tranquil way to cleanse the mind, body, and spirit as the sun sets over Bali. Held either outdoors or inside a serene yoga studio, the practice begins with grounding techniques to reconnect guests with the earth and release lingering tension. An energy-cleansing exercise follows, designed to clear negative energy, complemented by simple breathing techniques to help guests center their bodies. The session includes a short meditation to help release the day's stress. Guests then participate in a reflective journaling practice, guided by coaching questions that encourage self-reflection, emotional clarity, and personal growth. This ritual leaves guests feeling balanced, renewed, and ready for a restful evening.

### EMOTIONAL RELEASE CIRCLE

In this guided visualization session, guests will explore and release their emotions in a supportive group setting. Designed for a small group of up to 10 people, this session takes place in a peaceful indoor yoga studio or similar space conducive to introspection. Guests will be led through a process of recognizing and naming the emotions they experience in their bodies. By acknowledging these emotions and allowing them to surface, participants will use breathing techniques, guided visualization, and intuitive journaling to work through and release stuck emotions. This session provides a safe and nurturing environment for profound emotional discovery and healing.





## SUGGESTED PRICES

### SUNRISE GROUNDING RITUAL

up to 60 minutes session

group session up to 10 guests

suggested price per guest 30 USD ++

### WALK AND TALK

up to 90 minutes session

1:1 or small group session up to 3 guests

suggested price per individual guest 80 USD ++

or 40 USD ++ per guest if a small group

### SUNSET CLEANSING RITUAL

up to 60 minutes session

group session up to 10 guests

suggested price per guest 30 USD ++

### EMOTIONAL RELEASE CIRCLE

up to 90 minutes session

group session up to 5 guests

suggested price per guest 50 USD ++



## MISSION STATEMENT

# WHY PARTNER WITH LE TRAVELOGIST WELLNESS SERVICES?

Partnering with Le Travelogist Wellness Services offers 5-star hotels the opportunity to enhance their guests' experiences with exclusive, immersive wellness practices. Our mission is to promote balance, mindfulness, and personal transformation, ensuring each guest enjoys a rejuvenating and memorable stay in Bali. By integrating our holistic services into your hotel's offerings, you provide a unique value proposition that not only elevates the guest experience but also sets your property apart in the competitive luxury market. Our tailored wellness experiences align with the high standards of your hotel, attracting discerning travelers seeking both luxury and personal growth, thereby increasing guest satisfaction and fostering lasting loyalty.



# Benefits of Collaboration

Thank you for considering Le Travelogist Wellness Services as a partner in enhancing your guests' experience. Our exclusive holistic wellness practices are designed to offer unparalleled relaxation and personal transformation, complementing the luxury of your 5-star hotel. By integrating our unique services, you will provide your guests with memorable and rejuvenating experiences that set your property apart. We invite you to reach out and explore how we can collaborate to create a truly exceptional stay for your guests. For more information

or to discuss a potential partnership, contact us at:

[info@letravelogist.com](mailto:info@letravelogist.com)

We look forward to the opportunity to work together.

[VISIT OUR WEBSITE](#)