




*Labadi Beach Hotel*



# WELLNESS







Wellness travel is one of the fastest growing categories in the travel space. Retreats are unique because they are a transformational journey. It is something you embark on with a purpose,

*"A retreat allows you to be part of something; to connect with self, others, and nature. You are taking time to focus on yourself with some kind of aspiration that you will in some way heal or better yourself."*

Retreats can be taken individually, or as a family/group. But they are more impactful when engaged with friends and family.



## A weekend of self-care retreat (reconnecting with your true self)

### 3 days

#### Summary

A holistic and completely individualized retreat tailored to your own specific healing needs. This is your time to reconnect to your inner being, pause, and breathe! We will help you choose from a variety of offerings from our expert team to help you find the perfect balance between relaxation, mindfulness, breathing, yoga and finding your true inner Self.

#### Highlights

- Morning Yoga and Meditation Classes.
- Freshly made morning ginger shot; healthy morning, and evening immune veggie drink.
- Spa massages with aromatherapy oils and venerating body treatments.
- Accra city tour and night life experience.

**Description:** This is a three-day individual or family retreat to bring in some wellness. Mornings filled with yoga and mediation sessions to give your mind and body healing. You will enjoy healthy morning ginger shots and evening immune veggie drinks to reset your immune system and cleanse your digestive system.

The second day is your Spa treat. With our professional and dedicated spa therapist, you will be indulged in a mind-body balancing massage with aromatherapy oils. Day 3 takes you to some historic and must-see locations and a nightlife experience in the capital.

**Price: \$500 per person**

\*Rate does not include accommodation and meals





## Cleanse & renew retreat package (detox your mind, body & soul)

### 4 days

#### Summary

The Labadi Beach Hotel detox and wellness retreat is tailor-made. It exists to help you live a healthier, fitter, and more relaxed life.

"Stepping away from the noise of the city and into the beach front allows the mind to clear, the body to breathe, and the spirit to reset. Surrounded by fresh beach air, nature, and quiet mornings; nature offers the space to slow down, recharge, and return to yourself." It's about how you'll feel afterwards— chilled out, rejuvenated, and proud of your success.

#### Highlights

- Morning Yoga and Meditation Classes
- Freshly made morning ginger shot; healthy morning and evening immune veggie drink
- Spa massages with aromatherapy oils and venerating body treatments
- Beach front dinner of specially curated menu with bonfire and cultural performance
- A Day visit to Safari Valley and Asenema waterfalls
- A night of music and dance in Accra

**Description:** This is a four-day group or family retreat to bring in some wellness and calm. Mornings filled with yoga and mediation sessions to give your mind and body healing. You will enjoy healthy morning ginger shot and evening immune veggie drinks to reset your immune system and cleanse your digestive system.

A journey out of the capital to Ghana's nature immersed region is your experience on the second day. You will explore one of our finest waterfalls and visit the Safari Valley for a guided safari tour with a buffet lunch.

## **Cleanse & renew retreat package** **(detox your mind, body & soul)**

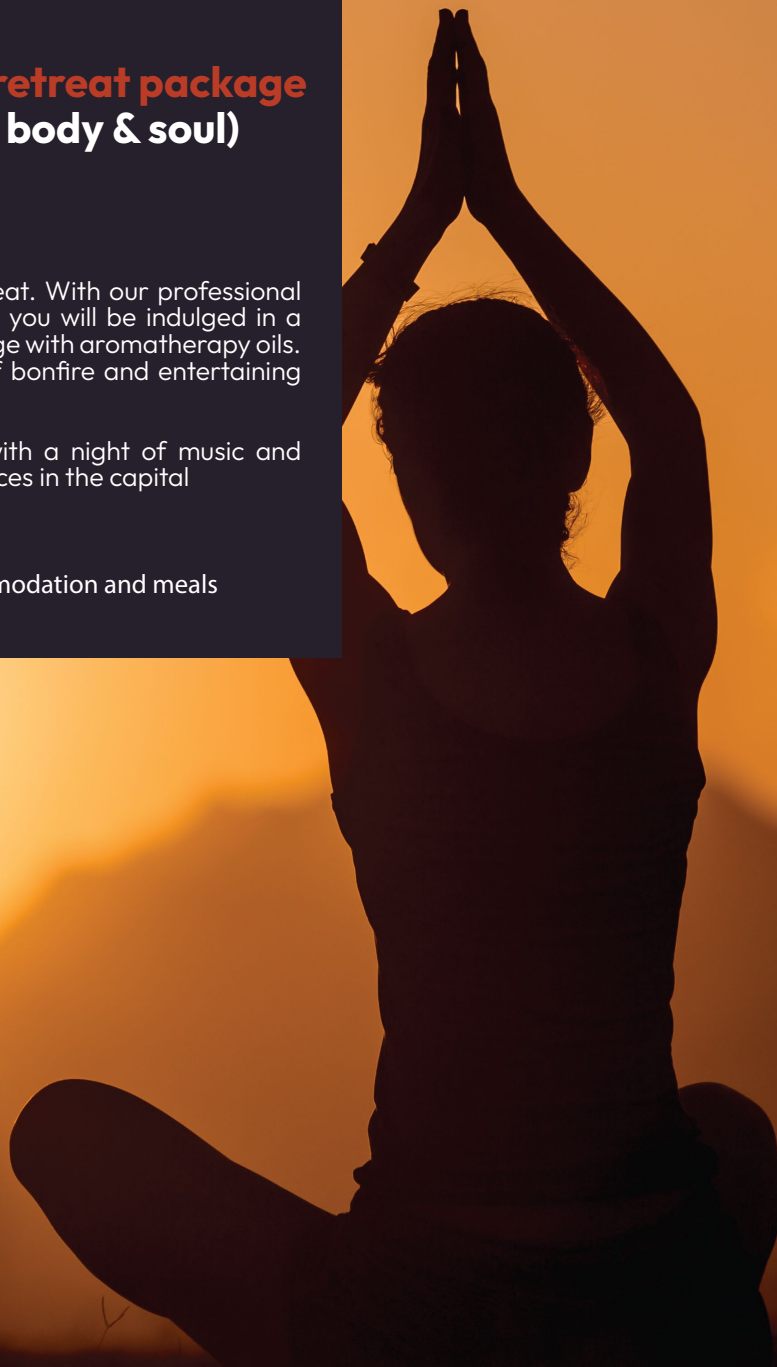
### **4 days**

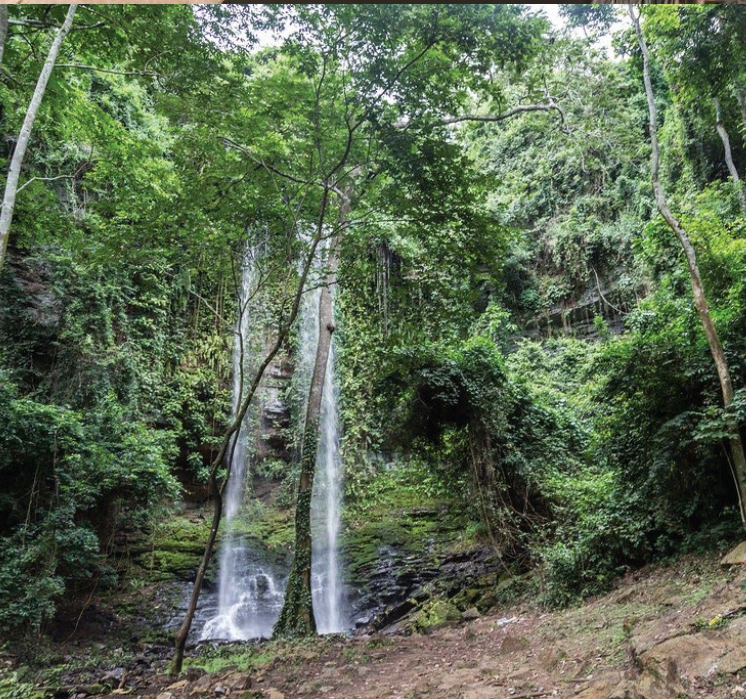
The third day is your Spa treat. With our professional and dedicated spa therapist you will be indulged in a mind-body balancing massage with aromatherapy oils. This ends with an evening of bonfire and entertaining cultural performance.

Your last day will be filled with a night of music and dance in one of the finest places in the capital

**Price: \$700 per person**

\*Rate does not include accommodation and meals







## Heal your life retreat package (relax into your inner peace)

### 5 days

#### Summary

Unwind the hidden energies within you with a break from the regular stress and strain with Vinyasa, a form of slow-paced yoga – and deep breathing Pranayama, to help the ever-worrying mind to calm.

The Relax program is recommended to those looking for that perfect wellness break to release the knots and tensions from the muscles, slow down the palpitations and feel the still state of the mind and soul. The program also includes Thai-styled massages with aromatherapy oils and complimenting body treatments that are guaranteed to leave a mesmerizing feel.

#### Highlights

- Morning Yoga and Meditation Classes.
- Freshly made morning ginger shot; healthy morning, and evening immune veggie drink.
- Spa massages with aromatherapy oils and venerating body treatments.
- A Visit to the Slave Trade Castles of Ghana.
- A Visit to Kakum National Park for a canopy walk that offers a spectacular nature scenery.
- A full day to give yourself the time and freedom to slow down, reflect, and explore your inner world without distractions.
- A visit to the famous Oxford Street in Accra.
- A night of music and dance in Accra.
- A wellness consultation to assess your lifestyle and work/life balance to become aware of which areas of your life are out of balance.

# Heal your life retreat package (relax into your inner peace)

## 5 days

**Description:** This is a 5-day group or family retreat to bring in wellness and connection. Mornings filled with yoga and meditation sessions to give your mind and body healing on all 5 days. You will enjoy healthy morning ginger shots and evening immune veggie drinks to reset your immune system and cleanse your digestive system.

You will embark on a one-night trip to the slave trade castles in the Central region of Ghana to explore the Trans-Atlantic slave trade history. After the castle experience you will explore one of Ghana's famous National parks with a spectacular nature scenery. You will spend the night at a serene beach front resort to reset and refresh after the road trip.

Give yourself a free-day to luxuriate yourself by immersing into a slow day for a spa session, relaxing at the beach and lounging at the poolside on the third day.

Day 4 will be filled with visiting of the famous Oxford Street of Ghana for shopping of all things made in Ghana and a visit to two (2) of the malls in the capital. This will take us to a night of music and dance at one of Accra's finest lounges.


Your last day will be focused on understanding wellness in a powerful interactive session with our certified wellness coach, with assessments to help you get back or commit more to your wellness journey.

**Price: \$1600 per person**

\*Rates does not include accommodation and meals at Labadi Beach Hotel







## **6-day luxurious rejuvenation wellness retreat (reencounter, revive and ground yourself)**

### **6 days**

#### **Summary**

Feel young and free of the extra baggage with balanced yoga poses and energetic breathing to fully stretch the muscles and the skin. Help feeling fit again with a little help of the freshness from the light and wholesome diet plan we offer, which offers deep rejuvenation of the body, mind, and spirit; a healing sanctuary for personal renewal. The program also includes body scrubs, helping to mobilize the fluid and fat followed by herbal steam, which aids flushing and eliminating fat and fluids to feel a long-lost lightness again.

Experience a balanced blend of yoga, meditation, spa services, mindfulness activities, cultural excursions, and healthy lifestyle practices all fueled by delicious healthy plant-based cuisine. Take time to unplug and slow down. Leave this retreat feeling more relaxed and refreshed than you've ever been.

#### **Highlights**

- Morning Yoga and Meditation Classes.
- Freshly made morning ginger shot, healthy morning, and evening immune veggie drink.
- Spa massages with aromatherapy oils and venerating body treatments.
- A Visit to Ada for a boat ride on the Volta River and a view of the Ada estuary and crocodile Island zoo.
- A Visit to Nkyinkyim Museum.
- A-night stay at a serene river front resort.
- A full day to give yourself the time and freedom to slow down, reflect, and explore your inner world without distractions.
- A city tour in Accra to historic and iconic sites.
- A visit to two (2) art gallery and all made in Ghana Products Mall.
- A night life experience of music and dance in two (2) locations
- A day of safari at the Safari Valley and Asenema waterfalls

## 6 day luxurious rejuvenation wellness retreat (reencounter, revive and ground yourself)

### 6 days

#### Highlights cont.

- A day of a special wellness seminar on how to Create your wellness lifestyle— where you dive into the essential of wellness and self-care to deepen your wellness journey.
- Complimentary transfers from Kotoka International Airport at set times.

**Description:** This is a 6-day group or family retreat to bring you rejuvenation and pure relaxation. Mornings filled with yoga and mediation sessions to give your mind and body healing on all 5 days. You will enjoy healthy morning ginger shots and evening immune veggie drinks to reset your immune system and cleanse your digestive system.

This retreat starts with a city tour to Historical museums and iconic sites in the capital. You will embark on a one-night trip to the Ada for a boat cruise and an exploration of the Ada estuary and Crocodile Island zoo. You will visit the Nkyinkyim Museum, a space dedicated to visual archiving of African history and African Heritage. Give yourself a free day to luxuriate yourself by immersing into a slow day for a spa session, relaxing at the beach, lounging at our poolside on the third day.

Day 4 will take you on a visit to two (2) art galleries in the capital and an all Made in Ghana Products Mall. This will take us to a night of music and dance at one of Accra's finest lounges.

Get ready for some waterfalls and safari experience on your 5th day in the nature immersed Eastern region of Ghana. And your last day will be a day of a special wellness seminar on how to Create your wellness lifestyle-where you dive into the essentials of wellness and self-care to deepen your wellness journey. And your day will be celebrated with a Beach Front Dinner with acoustic live music.

**Price: \$1950 per person**

\*Rates does not include accommodation and meals at Labadi Beach Hotel







## Ultimate Wellness (disconnect to reconnect to live life well)

### 7 days

#### Summary

Our powerful, new signature retreat offers a transformational experience through a holistic approach to personal wellbeing; by addressing mindset, nutrition, body movement and education. For those looking to genuinely improve their physical, emotional and mental health, the Ultimate Wellness retreat creates the perfect environment to rest, restore and re-energize. You will experience a noticeable change and leave with luminous skin, brighter eyes and enhanced energy levels.

To ensure we're able to usher your body back into balance, no caffeine or alcohol will be served on this cleansing retreat.

Experience the power of opening your heart to love, compassion and forgiveness. The optimum wellbeing program will help you to gently navigate the path towards bountiful joy and inner peace.

Whether it is disappointment, self-doubt, aimlessness, sadness or grief you seek to overcome, our program offers diverse coaching from energy management, to emotional release.

#### Highlights

- Sunrise and Sunset Yoga and Meditation Classes
- Freshly made morning ginger shot, healthy morning, and evening immune veggie drink
- Chef-prepared organic meals, snacks and beverages
- 2 classic massages with aromatherapy oils and venerating body treatments
- 1 Essential Facial
- Daily nourishing meals and life-drinks (Breakfast Buffet, Lunch and Dinner, vegan, and non-vegan options available plus Mediterranean cuisine)
- A hike of Ghana highest peak mountain Afadjato with an immersion into the twin Wli waterfalls
- A cooking demonstration by one of our specialist chefs
- A full day to give yourself the time and freedom to slow down, reflect, and explore your inner world without distractions.

# Ultimate Wellness (disconnect to reconnect to live life well)

## 7 days

### Highlights

- A city tour in Accra to historic and iconic sites in the capital
- A visit to two (2) art gallery and wellness market
- A day of creative expression of painting and pottery or vision boarding
- 4 key wellness seminars: nutrition, optimum wellbeing, stress and movement
- Complimentary transfers from Kotoka International Airport at set times.

**Description:** Your 7 days of Ultimate wellness begins on Day 1 with a city tour and beach front dinner with Acoustic music.

Day 2 starts with cooking class and creative expression and with a relaxing spa session of essential facial.

Day 3 takes you on physical therapy travel to the mountainous Volta region for a hike and waterfall immersion. You will spend the night in a beautiful Mountain View hotel.

Arrive Back in Accra on the 4th day and dive into aromatherapy massage to soothe your muscles combined with lots of downtime and healthy meals.

Day 5 takes us to two (2) art gallery for intellectual and recreational exploration and a visit to a wellness market for everything wellness.

Day 6 is a day of a 4 special wellness seminars on how to Eat Your Way to Healthy Hormones - where you dive into the essential connection between nutrition and hormonal balance to optimize your health and much more.

This retreat ends with a full day of downtime and relaxation.

**Price: \$2500 per person**

\*Rates includes some meals / without accommodation at Labadi Beach Hotel



## *Your wellness coach*

**OLIVIA MAMLE ADJOVU** popularly known as Ariel – The wellness coach is the founder and CEO of Ariel's Haven, Ariel's Wellness Club, Ariel's Coaching.

She's a US certified wellness / health / lifestyle coach, writer, and transformative and inspirational speaker. She birthed and launched Ariel's Wellness Club to help people adopt healthy, balanced, and lasting lifestyle changes.

With over a decade in the wellness industry, Ariel has hosted and facilitated over a dozen wellness retreat all over the country. She is also the go to wellness coach for corporates wellness trainings and retreats. As a transformative and inspirational speaker she is a resource person on many radio and TV programs as well as groups and churches. Across the country.

With her Chopra health certification in Ayurveda, she has extensive knowledge and wisdom in the mind/body & spirit health through nutrition, movement and emotional practices and also enhancing spiritual health through meditation and pranayama (breath)

The four important concepts or rules that she follows in my wellness coaching are Bio-individuality — no one lifestyle or way of living works for everyone. Making changes step-by-step allows for sustainable healthy practices.

Food is not the only thing feeding us; our careers, relationships, exercise, and spirituality all contribute to our health.

Lastly, she recognizes the three health's (Mind, Body, and Spirit) in her coaching with a focus on the 8 dimensions of wellness which are physical, social, occupational, intellectual, emotional, environmental, financial, and spiritual. Ariel – The Wellness Coach with her professional and amazing team will be your guide, facilitator and host through these beautiful wellness retreats at the Labadi Beach Hotel.

*See you soon*





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