



essential

Wellness Retreats

*Discover how to nourish,
maintain vitality and thrive
in all aspects of your life
by joining one of our
Wellness Retreat Programs*





Essential's Wellness Retreats are based on the principals of holistic health which are grounded on the belief that the person should be treated as a whole being in body, mind and spirit.

Professional Retreat Service

- Personal One-On-One Health & Wellness Coaching
- Group Wellness Coaching
- Wellness Workshops: Performance Based Nutrition & Mindset, Immunity Immersion, Detox & Rejuvenate, Nourishing Meal Prep, Longevity Healing Wisdoms, Biohacking etc
- Add on Mindful Activity: Yoga, Meditation, Qigong: Energy Healing Exercises, Nature Hike or Personal Trainer
- Corporate Wellness Presentations
- Rental of Retreat and Yoga Props

Who we Serve

- Individual Aruba travelers who want a wellness experience for themselves or their group
- Wellness Health Practitioner, (mindful activity teacher, health expert or sport trainer), traveling with their group
- Aruba Hotel & Lodging Industry interested in staffing their own wellness program or booking a wellness experience for their guest
- Corporations who would like a wellness experience for their Aruba conferences/seminars
- Travel Agencies who want to create their own retreats or wellness experience in Aruba



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