



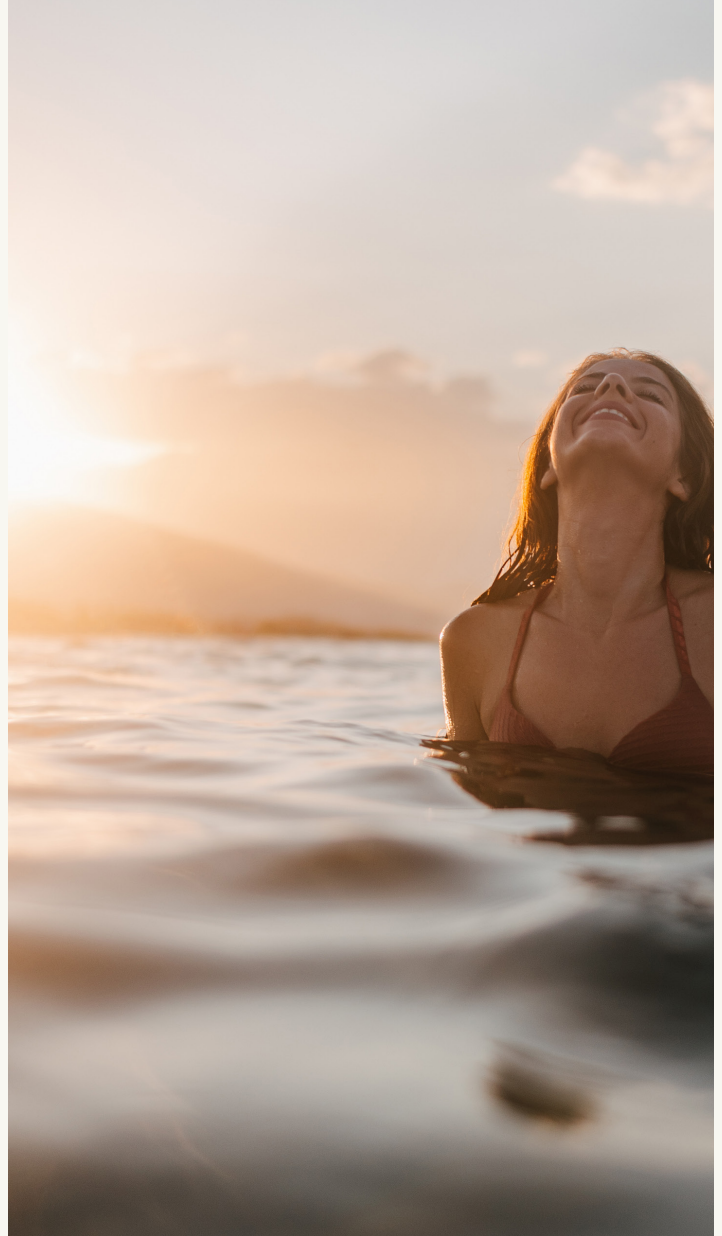
THE 7-DAY RESET

A Guided Week to
Reset Your Body,
Quiet Your Mind,
& Return Home Feeling Restored

STEP AWAY TO FEEL MORE LIKE YOURSELF AGAIN

You don't need to overhaul your life.

The 7-Day Reset is an adults-only guided week designed to help you reset physically and mentally—without extremes, rigid schedules, or pressure to completely disconnect.



This is not a retreat.
Not a bootcamp.
Not another thing to achieve.

A guided week for slow down,
reset, and return home
feeling restored.



DESIGNED AROUND ONE OUTCOME — YOU FEELING BETTER

Thoughtfully layered,
four core pillars work together
to help you slow down, recover,
and return home feeling restored.

**Designed for solo guests,
couples, and friends.**

RESTORE

Deep Sleep
Clean Nutrition
Reduced Stimulation

ACTIVATE

Gentle Movement
Ocean Immersion
Hot & Cold Contrast Therapy

UNWIND

Massage & Body Work
Breathwork
Personal Time

REBALANCE

Meditation & Sound Baths
Wellness Treatments
Community Gatherings

A DAY IN THE RESET

MORNING

Ease into the day
Coffee or tea overlooking the water
Guided reset yoga practice
Breakfast
Walk along the beach

MIDDAY

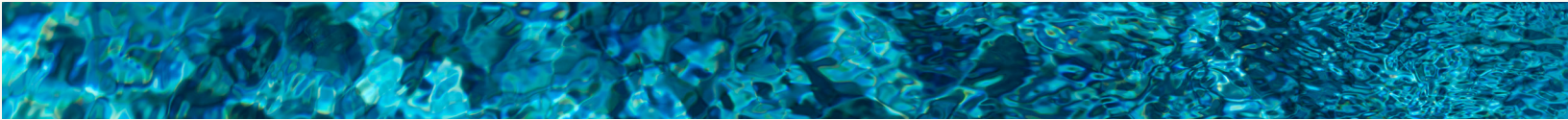
Swim in the ocean or hit the gym
Guided breathwork or sound healing
Contrast circuit (hot/cold plunge & sauna)
Lunch
Restorative wellness treatment

AFTERNOON

Relax at the pool
Red-light therapy or BrainTap session
Green juice and wheatgrass
Colonic or hyperbaric session
Optional therapies and treatments

EVENING

Guided sunset meditation
Quiet moments alone or together
Conversations in the lounge
Dinner
Beach bonfire



ARRIVE FEELING

Burnt-Out
Weighed Down
Tired
Stressed
Overwhelmed
Disconnected
Unbalanced
Down
Blocked

LEAVE FEELING

Restored
Lighter
Rested
Calm
Empowered
Fulfilled
Steady
Joyful
Mentally Clear

YOUR INVESTMENT

7 Days (Sunday to Sunday)

Led by a dedicated Reunion Program Guide

From \$2,400 USD per guest

Based on shared accommodations

Private accommodations available from \$2,800

INCLUSIONS

Accommodations in Desired Room Category

Daily Morning Reset Yoga

Plant-Forward, Nutrient-Dense Meals

Sprouts & Microgreens Grown On-Site

Daily 100% Organic, Non-GMO Green Juice Tonics & Wheatgrass

Contrast Therapy (Hot & Cold Plunges) & Infrared Sauna

Breathwork, Meditation & Sound Bath Sessions

Beach Bonfires

Infinity Saltwater Swimming Pool

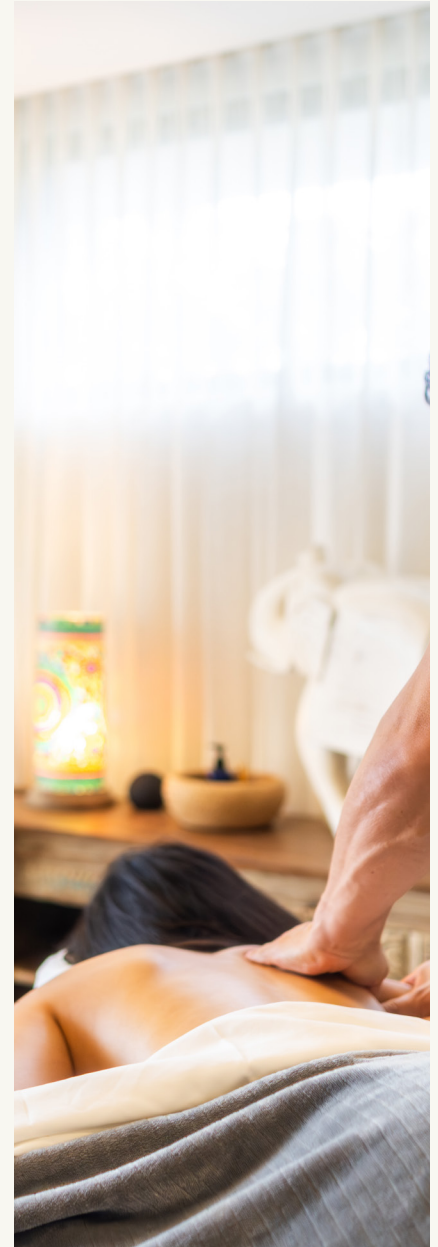
24/7 Well-Equipped Fitness Center

One (1) 50-minute Massage

Two (2) BrainTap with ReVibe Sessions

One (1) 45-Minute Red-Light Therapy Session

Optional Saturday Morning Tamarindo Market Excursion



ENHANCEMENTS

Additional Therapies & Treatments

Airport Shuttle Transfers

Sunset Catamaran Excursion

Horseback Riding Excursion

Ziplining Excursion

Extended Stays

LEADING-EDGE THERAPIES AND TREATMENTS

Designed for health and performance.

The 7-Day Reset combines modern recovery tools, restorative treatments, and evidence-informed wellness practices designed to support energy, restore balance, and regulate the nervous system.

Oxydome Hyperbaric Oxygen Chamber

Cellular repair and enhanced circulation at the deepest levels of the body.

P6 Red Light Therapy

Full-body light immersion supports cellular energy production, circulation, skin health, and performance.

Colon Hydrotherapy

Gentle, water-based cleansing supports colon cleansing, digestion, detoxification, and gut health.

IV Therapy

Targeted intravenous nutrient therapy for hydration, energy, immunity, recovery, and overall wellness.

BrainTap with ReVibe

Immersive sound, light, and vibration therapy calms the nervous system, supports mental clarity, and promotes deep relaxation.

CryoCloud Recovery Bed

Advanced cold recovery and float bed soothes soreness and inflammation, and promotes relaxation.

Focused Shockwave System

Deep tissue targeted acoustic energy accelerates repair and pain relief at a clinical level.

Pulsed Electromagnetic Field Therapy

Gentle, low-frequency electromagnetic pulses improve blood flow, calm inflammation, and support healing.

BioWell Energy Scan

Non-invasive wellness assessment evaluates energetic balance, stress response, and body system function.

Styku Body Composition Scan

Advanced 3D body scanning provides a comprehensive baseline of body composition, posture, and key health metrics.



SOMETIMES, THE BIGGEST SHIFT COMES FROM SIMPLY BEING IN THE RIGHT PLACE

Oceanfront and embraced by nature, it's the kind of setting that naturally slows you down.

Tucked along Playa Pan de Azúcar, on the edge of Costa Rica's Blue Zone, and just steps from the water, the environment isn't separate from your experience, it's one of the reasons it works.



FRESH. ORGANIC. GROWN ON-SITE.

Reunion's on-site vertical farm is one of the few of its kind in Costa Rica, producing fresh organic sprouts, microgreens, vegetables, and ingredients year-round. Many are harvested throughout the day and served within hours.

Expect:

Improved digestion.

Reduced inflammation.

Feeling lighter and clearer.

More steady energy throughout the day.



Sprouts

Microgreens

Wheatgrass

Fresh Greens

A TASTE OF THE RESET

**Nourishing and deeply
satisfying meals.**

You'll feel the difference quickly.



Sample Menu

BREAKFAST

Scrambled Eggs

Potato Hash

Almond-Flour Pancakes

Gluten-Free Granola & Yogurt

Assorted Seasonal Fruit

Watermelon & Mint Juice

LUNCH

Build-Your-Own Microgreen Salad

Lemon Chicken

Sautéed Green Beans

Lentils & Rice

Assorted Seasonal Fruit

Pineapple Juice

Fresh-Pressed Green Juice & Wheatgrass

DINNER

Build-Your-Own Microgreen Salad

Grilled Sea Bass

Roasted Cauliflower & Carrots

Cassava Purée

Assorted Seasonal Fruit

Papaya Juice

Begin Your Reset.

Spots are Limited.

Reserve online at reunionwellness.org/7-day-reset
or reach out to our team:

+1 888-819-1191

connection@reunionwellness.org

REUNION 
Wellness Resort & Retreats