

Welcome

Wellness Itinerary

Wellness lives here. Elements of Byron's facilities and experiences are designed with wellbeing at their core. Incorporate wellness in each part of your Rebalance stay.

	Arrival Day	Day 2	Day 3	Day 4	Day 5	Day 6
Memorable Mornings		<p>Ground Yourself in Nature.</p> <p>Take a beach walk or run followed by an ocean swim.</p>	<p>Nourish Your Soul.</p> <p>The buffet breakfast has an extensive range of homemade and healthy dining options to start your day. Don't forget your elixir!</p>	<p>Ground Yourself in Nature.</p> <p>Partake in a foraging tour to discover native ingredients grown on the property.</p>	<p>Nourish Your Soul.</p> <p>Wake up to a morning yoga class overlooking Belongil Beach.</p>	<p>Ground Yourself in Nature.</p> <p>Head to the Heart of the Bay and listen to a mindful meditation as you gaze over the ocean.</p> <p>CHECK OUT AT 11AM</p>
Delightful Days	<p>Self Care.</p> <p>Check in and head straight to the Central Lagoon Pool to relax in the heated spa.</p> <p>CHECK IN AT 3PM</p>	<p>Nourish Your Soul.</p> <p>Make considered dining options with healthy food icons on all Elements of Byron menus.</p>	<p>Ground Yourself in Nature.</p> <p>Take a guided rainforest walk and learn about the native wildlife thriving on the property.</p>	<p>Nourish Your Soul.</p> <p>Visit Bende Byron for a pilates class and try something new.</p>	<p>Self Care.</p> <p>Swim a few laps of the Adults Exclusive Pool before relaxing in a cabana.</p>	
Easeful Evenings.	<p>Nourish Your Soul.</p> <p>Clink glasses at the fire pit then indulge in a first night dinner at Azure Bar and Grill.</p>	<p>Self-Care in Your Villa.</p> <p>The importance of sleep. Set yourself up with lavender scented pillow mist, and unwind with a sleep meditation.</p>	<p>Self-Care With a Spa Treatment.</p> <p>Indulge in a spa ritual and learn about how to care for your skin, and your inner health.</p>	<p>Self-Care in Your Villa.</p> <p>Run a hot bath with your bath salts and apply your Vanessa Megan Skincare face mask. Take a moment to relax.</p>	<p>Ground Yourself in Nature.</p> <p>Wander the rainforest trail and find your mindfulness meditation QR code to embrace the sights, sounds and smells around you.</p>	

