



HEALTHY MEETINGS



THE RITZ-CARLTON

BALI



THREE REVOLUTIONARY HEALTHY MEETINGS

Inspired by the transformative beauty and spiritual renewal of the Indian Ocean, The Ritz-Carlton, Bali has infused the natural healing elements of its culture and idyllic Balinese surroundings into three new healthy meeting experiences - Detox Journey, Energy Boost, and Revitalizing Secret.

While each program offers different wellness breaks and team building activities, they all result in a relaxed state of mind, conducive to strengthened business relationships, and creating energetic, productive executive retreats.

With the ocean as your guide, your next event can be truly extraordinary.





DETOX JOURNEY

IDR 1,888,000

- WARM UP ACTIVITY
- DETOX BREAKFAST
- DETOX MEETING
- WELLNESS BREAK
- LUNCH
- INFUSION BREAK
- TEAM BUILDING ACTIVITY

Price is per person and subject to 21% government tax and service charge.

WARM UP ACTIVITY

Connect with your colleagues on a new level of spiritual engagement through a 20-minutes sunrise yoga by the beach.

Total calories burnt: 208.

TEAM BUILDING ACTIVITY

Complete the day with an invigorating team-building breakout session, with activities ranging from aqua stretching or flying yoga.

Total calories burnt: 247.





DETOX BREAKFAST

Begin the day with a delectable healthy and organic dishes featuring amuse bouche, appetizers, starters, main entrees, and replenishing healthy desserts, carefully crafted by our Executive Chef Stefano Attardi to cater your energy needs, for a fit and productive day ahead.

Total calories: 368.

- Boiled Eggs
- Raw Nuts and Dry Fruits
- Low Fat Natural Yogurt
- Sliced Fruits and Berries Bowl
- Selection of fresh squeezed juices and smoothies, fresh carrot, celery and cucumber sticks with low fat cheese, and Organic Tea

DETOX LUNCH

Three-course organic lunches, where each restorative dish has been specially designed to provide the best possible nutrients that you need.

Total calories: 545.

- Appetizer - Carrot & Celery shots and Avocado Rolls
- Starter - Organic Green Salad or Chilled Raw Tomato Soup with Lemongrass Spikes
- Main course - Grilled Tuna or Paprika Timbale
- Dessert - Raw Mango and Lime Mousse or Watermelon and Ginger Granita with pineapple carpaccio

DETOX MEETING

- 4 to 6 hours meeting room rental
- Each guest station set up with dry fruits and raw walnuts, recycled paper and stationary, a bottle of water and a pot of infused water
- Meeting room is set up with green and red apples, natural juices and whole grain toasts
- Wellness Break
- Infusion Break

NATURAL JUICES - Carrot and Tomato
Juices are usually ranked as High GI foods because they eliminate all the fiber that slows the absorption rate of the fruits natural sugars or fructose in the blood-stream. Recommended options for low GI juices include: unsweetened tomato juice, unsweetened raw carrot juice, unsweetened grapefruit juice, unsweetened lemon/lime juice.

WHOLE GRAIN FLOURS TOASTS
Traditional whole grain breads that made with the 4 basic ingredients of Water, Yeast, Salt, and Whole grain flours, without any added ingredients such as sugar, glucose syrup, or honey provide a lower GI index due to their healthier fiber content.

DRY-TOASTED WALNUTS
Snacking on small quantities of raw or dry-roasted nuts such as almonds or walnuts, is one of the healthiest ways to keep hunger at bay, help avoid weight gain and help prevent coronary heart disease. Their high protein, mineral and fiber content makes them ideal low **GI** foods.

WELLNESS BREAK
15 minutes massage, accompanied with four different types of Infused water is set up. Total calories burnt: 53.

INFUSION BREAK
15 minutes afternoon break with selections of infused water that are created based on the 7 Chakras, and whole grain cookies. Total calories: 45.

- Tasting of The 7 Chakras Infusions:
- Poppy, Red Grapevine and Cinnamon (Root)
 - Fennel, Liquorize and Chamomile (Feeling)
 - White hawthorn and Calendula (Personality)
 - White hawthorn and Orange Blossom (Heart)
 - Penny royal, Passion flower and Rosemary (Throat)
 - Anise and Oregano (Knowledge)
 - White hawthorn, Ginkgo and Malva (Crown)

- Selections of Whole Grain Cookies:
- Green Digestive - Horses tail, rosemary, green tea, malva, penny royal, olive
 - Ocean Slimming - Elder, olive, horses tail, pine, cinnamon, green tea
 - Ganges Antioxidant - Ginger, clave, pepper, cardamom, cinnamon: (elevates the Chi, digestive, warm)
 - Pacid Antioxidant - White hawthorn, liquorize, oregano
 - Samsara Antioxidant - Green tea, green anise, penny royal, cinnamon
 - Vital Antioxidant - Ginkgo, passion flower, green tea, oregano,
 - Rosemary (it is recommended with honey)

Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods and their impact on our blood sugar.



ENERGY BOOST

IDR 1,965,000

- WARM UP ACTIVITY
- ENERGY BREAKFAST
- ENERGY MEETING
- WELLNESS BREAK
- ENERGY LUNCH
- JUICE BREAK
- TEAM BUILDING ACTIVITY

Price is per person and subject to 21% government tax and service charge.





WARM UP ACTIVITY

Soaking in the healing powers of the Indian Ocean, groups greet the new day with a refreshing 20 minutes jogging along the resort's pristine white sandy beach.

Total calories burnt: 232.

TEAM BUILDING ACTIVITY

The day is completed with an invigorating team-building breakout session, with activities ranging from group surfing class or beach volleyball competition.

Total calories burnt: 295.

ENERGY BREAKFAST

A healthy, organic breakfast is prepared prior to all meeting sessions. Total calories: 368.

- White Omelet
- Muesli & Granola cereals
- Low fat yogurt
- Fruit and Berries Bowl
- Selection of fresh squeezed juices and Smoothies
- Whole Grain Bread and Toasts
- Tea, Organic Coffee
- Soya and low fat Milk
- Low fat cream cheese

ENERGY LUNCH

Three-course organic lunch featuring carefully created menu, which provide the best possible nutrients you need. Total calories: 745.

- APPETIZER - Cucumber slides with cherry tomato and salmon rolls with light Cream Cheese
- STARTER - Steamed vegetables or Quinoa with feta cheese salad
- MAIN COURSE - Grilled Chicken or Grilled Hamburger no bread
- DESSERT - Sugar free jelly combination or home made soy ice creams





ENERGY MEETING

- Meeting room set up rental 4 to 6 hrs
- Each guest station set up with dry fruits and raw walnuts, Recycled paper and stationary, 1 bottle Water and 1 pot of infused water
- Meeting room set up with green and red apples, Natural Juices and dark chocolate bars
- Wellness Break
- Juice Break

NATURAL JUICES - CARROT & TOMATO

Juices are usually ranked as High GI (Glycemic Index) foods because they eliminate all the fiber that slows the absorption rate of the fruits natural sugars or fructose in the blood-stream. Recommended options for low GI juices include: unsweetened tomato juice, unsweetened raw carrot juice, unsweetened grapefruit juice, unsweetened lemon/lime juice.

90% COCOA CHOCOLATE BARS

Dark chocolate with 70% cocoa has no milk, sugar or syrup which make it a low GI food that contributes towards a healthy diet. In addition to its low GI, it is a food rich in flavanols, based anti-oxidants that improve blood flow and keep vessels healthy. It is also reduce the possibility of heart attack.

DRY-TOASTED WALNUTS

Snacking on small quantities of raw or dry-roasted nuts such as almonds or walnuts, is one of the healthiest ways to keep hunger at bay, help avoid weight gain and help prevent coronary heart disease. Their high protein, mineral and fiber content makes them ideal low GI foods.

WELLNESS BREAK

15 minutes stretching, accompanied with 4 different types of Infused water. Total calories burnt: 65.

JUICE BREAK

15 minutes afternoon break with a selection of juices and muesli bars. Total calories: 95.

ENERGIZING - Coriander, mango and ginger: will make you feel full of energy after your exercising

BALANCING - Cucumber, tomato and orange: ideal to reenergize your mind and body

REVIVER - Orange, pineapple, mint and ginger : Best way to recover after jet lag treatments or stimulating hip rituals

PURIFYING - Carrot, orange and honey: helps you cleaning all toxins

DETOX - Beetroot, pineapple and lemongrass: is the perfect combination to the detoxifier and herbal ritualsrosemary (it is recommended with honey)

Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods and their impact on our blood sugar.

REVITALIZING SECRET
IDR 1,950,000

- WARM UP ACTIVITY
- VITAL BREAKFAST
- REVITALIZING MEETING
- WELLNESS BREAK
- LUNCH
- INFUSION BREAK
- TEAM BUILDING ACTIVITY

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WARM UP ACTIVITY

Start the day with a revitalizing 20 minutes meditation on the resort's pristine white beach.

Total calories burnt: 38.

TEAM BUILDING ACTIVITY

Conclude the day with a revitalizing team-building breakout session featuring taichi class or pilates.

Total calories burnt: 193.





VITAL BREAKFAST

A healthy, organic breakfast is prepared prior to all meeting sessions, crafted to provide the right nutrients.

Total calories: 326.

- Boiled Eggs
- Raw Nuts and Dry Fruits
- Low Fat Natural Yogurt
- Sliced Fruits and Berries Bowl
- Selection of fresh squeezed juices and Smoothies
- Light and low fat cheese selection
- Whole Grain bread and toast
- Tea, Organic Coffee
- Soya or low fat milk

LUNCH

Three course enticing lunch combining fresh ingredients.

Total calories: 645.

APPETIZER - Light cream cheese stuffed celeries and raw vegetables hummus

STARTER - Marinated Mushroom Salad with organic roquette or Vegetable Quiche

MAIN COURSE - Zucchini and Tomato Raviolis, with preserved lemon salad or Grilled Beef

DESSERT - Fresh Fruit Salad with honey and nuts Or Homemade soya milk Ice cream selection

HEALTHY MEETING

- 4 to 6 hours meeting room set up rental
- Each guest station set up with dry fruits and raw walnuts, recycled paper and stationary, 1 bottle Water and 1 pot of infused water
- Meeting room set up with green and red apples, natural juices and whole grain toasts
- Wellness Break
- Tea Break

NATURAL JUICES - CARROT and TOMATO

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WHOLE GRAIN FLOURS TOASTS

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DRY-TOASTED WALNUTS

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WELLNESS BREAK

15 minutes stretching and enjoy four different types of Infused water afterward. Total calories burnt: 63.

TEA BREAK

15 minutes afternoon break with a selection of tea cocktails and whole grain cookies. Total Calories: 45.

BLACK - The cardiovascular system benefits the most from the effect of the antioxidants from the flavonoids in this tea.

- Tea Darjeeling
- Tea China Keemun

GREEN - Is a great allied in the fight against cancer and degenerative diseases.

- Tea China Gun Powder Organic
- Tea Japan Bancha

WHITE - The white tea has been discovered recently as one of the most potent antioxidants in nature.

- White Tea Mao
- Tea China Pai Mu Tan

BLUE - Contains a lot of vitamins and minerals, which contribute in helping to dissolve the fats.

- Tea Formosa Fine Oolong
- Luxury tea “Black Dragon”

RED - Decontaminates and cleanses by activating the metabolism of the kidney, reinforces the immune system, protects against infections, possesses bacterial effects and helps to lose weight

- Tea “Pu Erh”





I N Q U I R E

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