



3-DAY AMAZON WELLNESS RETREAT FROM QUITO

3 DAYS, 2 NIGHTS

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OVERVIEW

Experience a wellness-focused retreat in the heart of the Ecuadorian Amazon designed for rest, balance, and reconnection with nature.

Stay at Vibra Healing Lodge & Spa, surrounded by rainforest, waterfalls, and natural serenity. This 3-day journey combines mindful activities, nourishing cuisine, spa experiences, and time to slow down – creating the perfect setting to recharge your body and mind in a peaceful Amazon environment.

From \$749 per person / \$1,099 per couple – All Inclusive

Why Choose This Experience

- ✓ A wellness-focused Amazon journey designed to slow down and restore balance.
- ✓ Stay at a peaceful retreat surrounded by rainforest and waterfalls.
- ✓ Carefully curated combination of yoga, spa rituals, nature immersion, and mindful experiences.
- ✓ Small group setting for a more personal and intimate atmosphere.
- ✓ Shared round trip transportation from Quito included
- ✓ A different way to experience the Amazon, calm, intentional, and restorative

ITINERARY

DAY 1

FROM QUITO TO THE AMAZON | Grounding & Release

- 7:00 AM – Departure from Quito. (hotel or requested location) Scenic drive through the Andes toward the Amazon region.
- 1:00 PM – Arrival at Vibra Healing Lodge & Spa. Welcome drink & check-in
- 3:00 PM – Free time to rest, explore the lodge or enjoy the natural surroundings
- 4:30 PM – Guided Forest Bath (Shinrin-Yoku)
- Mindful walk focused on grounding, breathing and connection with the jungle
- 6:00 PM – Stress Level Assessment & Personalized Wellness Diagnosis. Introduction to the holistic approach of Vibra Healing
- 7:30 PM – Dinner
- 8:30 – Sound & Vibration Healing Session. Deep relaxation through frequencies and harmonizing sounds

DAY 2

FULL WELLNESS DAY | Detox, Energy & Renewal

- 8:00 AM – Breakfast.
- 9:30 AM – Amazonian Medicinal Clay Ritual. Full body mud therapy in the natural pool using medicinal Amazonian clay
- 1:00 PM – Lunch.
- 3:00 PM – Departure to Cascada de la Prosperidad. Guided emotional release and energy renewal in nature.
- 7:30 PM – Dinner.
- 8:30 – Ancestral Cleansing Ritual. Traditional-inspired ceremony for energetic cleansing and balance.



DAY 3

INTEGRATION & RETURN TO QUITO

- 7:30 AM – Breakfast.
- 9:00 AM – Chakra Alignment Session. Energy harmonization and integration of the experience.
- 10:30 AM – Relaxing Massage or Facial Treatment. Final wellness treatment to restore body and mind.
- 12:30 PM – Lunch.
- 1:00 PM – Check-out and return to Quito. Drop-off at the traveler's selected location.



WHAT'S INCLUDED?

- ✓ Shared round-trip transportation from Quito
- ✓ 2 nights accommodation at Vibra Healing Lodge & Spa
- ✓ All meals (breakfast, lunch, and dinner)
- ✓ Guided wellness experiences and rituals
- ✓ Local assistance throughout the journey

WHAT'S NOT INCLUDED?

- ✗ Alcoholic beverages
- ✗ Personal expenses
- ✗ Optional additional spa treatments not mentioned in the itinerary
- ✗ Travel insurance (optional)

WHAT TO KNOW BEFORE YOU GO

What to bring

- ✓ Comfortable, breathable clothing.
- ✓ Light rain jacket.
- ✓ Walking shoes or sneakers.
- ✓ Swimsuit.
- ✓ Insect repellent and sunscreen.

Cancellation Policy

Free cancellation up to 48 hours before departure.

Cancellations made less than 48 hours before the start time are non-refundable.

Additional Information

- Shared transportation and small-group experience
- Suitable for travelers seeking a calm, wellness-focused retreat
- Activities may vary depending on weather or operational conditions
- Please inform us in advance of any dietary restrictions

A DIFFERENT WAY TO EXPERIENCE THE AMAZON

This retreat is designed for travelers who value presence over speed, balance over intensity, and connection over noise.

If you are looking for more than just a tour – this journey was created for you.