



BEAUTYFULL &  
FIT



# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*



FITNESS  
ACTIVITIES

*Every day*



BEAUTY  
WORKSHOP

*4 workshops*



COOLINARY  
WORKSHOP

*Every day*  
DETOX PLAN





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# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*

*Day 1: Unveil Your Transformation/Saturday*

*Embrace the Magic: Welcome to Trogir, where a world of luxury and renewal awaits. Step aboard, and let the journey to a transformed you begin.*

*A Serenade of Sunset: As we sail to the enchanting Blue Lagoon, join us on the deck for a soul-reviving stretching and pilates session, basking in the warm hues of the setting sun.*

*Nourish & Glow: Feast on the first taste of our healthy cooking show, unveiling a detox diet plan that will fuel your mind, body, and spirit.*

*Dive into Bliss: Take a plunge into the crystal-clear waters and wash away any worries as you dive into this rejuvenating adventure.*





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# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*

## *Day 2: Awaken Your Senses/Sunday*

- Rise & Shine: Greet the day with a sunrise stretching and pilates practice, breathing life into your senses and awakening your energy.*
- Nature's Bounty: Indulge in a delectable breakfast fruit table, showcasing nature's finest, handpicked for your nourishment.*
- The Aquatic Playground: Dive, swim, or paddle – the azure waters are your playground to embrace the aquatic joys and make memories that will linger forever.*
- Adventure Unfolds: Embark on an outboard adventure to the charming Maslinica Castle, uncovering the secrets of this captivating island.*
- Radiant Beauty: Pamper yourself with luxurious beauty treatments and unlock your inner radiance through expert skincare workshops.*





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# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*

*Day 3: Surrender to Serenity/Monday*

- *Breathe & Be: Greet the day with a sunrise stretching and pilates practice, centering your soul and embracing tranquility.*
- *A Taste of Heaven: Savor another exquisite cooking show, delighting your taste buds with wholesome and mouthwatering delights.*
- *Unveiling Paradise: Sail towards Palmižana, where paradise awaits with its lush gardens and turquoise waters.*
- *Spa & Serendipity: Relax, rejuvenate, and revive during a leisurely afternoon of swimming, snorkeling, and water sports.*
- *A Symphony of Flavors: Savor a gourmet dinner at Palmižana restaurant, artfully pairing divine wines with culinary masterpieces.*





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# BEAUTY & FITNESS ACTIVITIES

## *Wellness Retreat*

### *Day 4: Ignite Your Passion/Tuesday*

- *Rise & Radiate: Embrace the morning with a yoga and meditation session, igniting your passion and setting intentions for the day.*
- *Capturing Beauty: Let your creativity flow as you embark on a captivating photography journey, capturing the essence of this extraordinary voyage.*
- *Celestial Heights: Ascend to Fortica Hvar for breathtaking views, where dreams and reality merge to form a tapestry of bliss.*
- *Captivating Twilight: Amidst the setting sun, join in a group photoshoot, immortalizing the camaraderie and joy that binds us as one.*
- *Celebration of Life: Prepare for an exhilarating evening as we sail towards a vibrant party on Hvar or Paklinski Islands, dancing under the stars.*





# BEAUTY & FITNESS ACTIVITIES

## *Wellness Retreat*

### *Day 5: Indulge Your Senses/Wednesday*

- A Melody of Wellness: Commence the day with a harmonious yoga and meditation session, indulging your senses and connecting with the rhythm of life.*
- Nature's Treasures: Breakfast awaits with an abundant fruit table, where nature's jewels are presented with love and care.*
- Sail to Jelsa: As the wind carries us to Jelsa, witness the beauty of Hvar's captivating landscapes unfold before your eyes.*
- Art & Wine Symphony: Unleash your creativity during a sunset painting session, inspired by the breathtaking canvas of colors that adorn the sky.*
- Wine Enchantment: Delight in the world of wine as we visit the renowned Tomic Winery, savoring the taste of exquisite domestic wines.*





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# BEAUTY & FITNESS ACTIVITIES

## *Wellness Retreat*

### *Day 6: Embrace the Charm of Brac/Thursday*

- *A Serene Morning: Embrace the tranquility with a calming yoga and meditation session, grounding yourself in the essence of this island paradise.*
- *A Symphony of Flavors: Relish the breakfast fruit table, an orchestra of flavors that nourish and enliven the senses.*
- *A Treasure to Discover: Explore the hidden gem of Brac as we venture into the captivating town of Bol, rich in history and natural allure.*
- *An Artisan's Touch: Engage in a unique optional Brac stone workshop, where ancient craftsmanship meets modern artistic expression.*
- *Vino Voyage: Raise your glass to a delightful wine tasting at the prestigious Stina Winery, a celebration of local vintages and flavors.*
- *A Night of Indulgence: Savor a gourmet dinner onboard, a culinary masterpiece curated by our talented local chef.*





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# BEAUTY & FITNESS ACTIVITIES

## *Wellness Retreat*

### *Day 7: The Grand Finale/Friday*

- Embrace the New You: Begin the day with a rejuvenating yoga session, celebrating the transformation within as we gather for a heartfelt closing circle.*
- Beauty Empowered: Explore the results of your beauty workshop and embrace the new sense of empowerment that radiates from within.*
- A Toast to Life: Raise your glasses to a day of cocktails and camaraderie, cherishing the bond forged through this extraordinary voyage.*
- The Homecoming: As we sail back to Trogir, carry with you the cherished memories and the transformative essence of this Luxe Retreat.*
- Farewell & Gratitude: Bid adieu, knowing that you depart as an empowered, rejuvenated, and transformed version of yourself.*







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# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*

*Day 8: A New Beginning*  
*Check-out: 9 AM*

*Embrace the invitation to a journey of transformation and renewal, as we embark on this Luxe Body, Mind & Soul Retreat. Join us for an unforgettable voyage of self-discovery, where the pristine beauty of the Adria meets the transformative power of holistic wellness and top-tier products. #LuxeRetreat #TransformYourself #ActiveSailsAdria*





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IMPROVES  
SKIN QUALITY

Hydro



# BEAUTY & FITNESS ACTIVITIES

*Wellness Retreat*

*Powered by Neauvia and Skinprime (collagen products), perfumes  
Chogan Included: health&beauty coach, skipper, meals and drinks  
onboard, welcome kit (beauty products, camera and painting  
materials, diet plan)*

*Not included: yacht(price depends on selected type of yacht; sailing  
boat, catamaran), fuel, berth, marina, restaurants and activities  
outboard*

*Exclusive partnership with Pitter yachting /Nautical alliance*

*Price starts at 3160€ per person*

