EAST & WEST ESSENCE RETREAT- CHINESE MEDICINE (TCM), AYURVEDA & BREATHWORK-

14- 20th SEPTEMBER 2026

A private, luxury boutique sanctuary immersed in tranquility and serenity, overlooking Koggala Lake—Sri Lanka's largest and one of its most scenic lakes—and surrounded by lush greenery.

A transformative health and well-being retreat, offering a sensorial and emotional experience. This retreat is designed to be lived authentically, step away from the noise and reconnect with your self. It includes daily morning breathwork, a Chinese Medicine consultation, bespoke day programs and treatments, curated workshops, some yoga classes, and enriching opportunities for local immersion in wildlife and culture.

The Wellbeing art Ibiza by Marina Prohens

Commissioned to Shanghai-based, award-winning architects A00, each structure was designed to create an intimate relationship with nature while framing its views. The architects drew inspiration from the land, ensuring that all new buildings blend seamlessly into the landscape while preserving the existing environment. The Tree Houses rest lightly on the hillside, suspended between stillness and sky. The Cottages honour local heritage, where tradition meets quiet modernity. The Garden Suites follow the natural slope of the land—a soft, minimal rhythm folded into the earth. Recognized internationally by The New York Times, Condé Nast Traveller, and National Geographic, the retreat offers a curated experience of Sri Lanka’s natural beauty, warm hospitality, and timeless cultural heritage.

Marina Prohens Costa is **The Wellbeing art Ibiza** and **East & West Essence retreat** Founder. She specializes in **Chinese Medicine (TCM) and Acupuncture**, with a deep background in **Ayurveda**, she is a certified **Breathwork instructor** and applies an integrative approach that combines a range of disciplines,treatments, massage tecniques and therapies.She also holds a **degree in Tourism(Hotel management)** .Born and based in **Ibiza** where she currently runs her **Chinese Medicine and Acupuncture clinic and Wellness consultancy**,

Marina lived and studied in **London,Barcelona,India** and **China**, she designed the **East & West Essence Retreat** program and its signature treatments performing her work in different luxury resorts in **Tulum** and continued to expand her extensive experience at prestigious international luxury resorts such as **Sublime Comporta,Four Seasons Hotel des Bergues Geneva ,Four Seasons Hotel Doha,Four Seasons Bangkok, Mandarin Oriental Barcelona,Mandarin Oriental Marrakech** and others ...Since her teenage years **Marina** has felt a strong connection with **India** and Asia where she discovered her true vocation and love for **integral health and well-being** .Get to know more about her journey

https://marinaprohens.com/en/about-me/
https://marinaprohens.com/sobre-mi/

Treatments & Bespoke day programs

EAST & WEST ESSENCE

110 min

A personalized signature treatment that integrates both Eastern and Western techniques, including Abhyanga Ayurvedic massage, Swedish massage, Deep tissue, Tuina, Shiatsu, reflexology, and Indian head massage. Various pressures and essential oils are used to tailor this unique experience specifically to your individual needs.

Following a Traditional Chinese Medicine (TCM) diagnosis, additional Acupuncture, moxibustion, cupping, or auriculotherapy may be incorporated to enhance the benefits of the treatment.

Stimulates the body's natural healing process by restoring the flow of Qi ("vital energy"), improving circulation, and reducing stress-related tension and muscle stiffness. It promotes deep relaxation, enhances joint function, alleviates pain, and helps release emotional blockages

ACUPUNCTURE-CHINESE MEDICINE

60 MIN

EVALUATION- TCM DIAGNOSIS

ACUPUNCTURE-CUPPING-MOXIBUSTION-AURICULAR THERAPY-NUTRITION COUNSELLING-CHINESE HERBAL MEDICINE-ELECTRO ACUPUNCTURE

DETOX ,RENEWAL, DIGESTIVE RESET & WOMEN HEALTH HARMONY PROGRAM

Customized Program 110min

Personalized TCM Diagnosis

Acupuncture or/and Auriculotherapy/Cupping/Moxibustion

Bespoke massage ; Detox/ Deep Tissue /Swedish massage

Uro Basti (ayurvedic treatment that releases and balances the emotional state promoting a deep relaxation) or/and Nabhi Basti (enhaces digestion ,promotes breakdown of fat tissue, balance women health conditions)

DE-STRESS & BALANCE PROGRAM

CUSTOMIZED PROGRAM 110MIN

Personalized Evaluation - TCM Diagnosis

Acupuncture or/and Cupping, Auriculotherapy/ Japanese Moxibustion

Shiro -Abhyanga ayurvedic massage

Uro Basti , ayurvedic treatment that releases and balances the emotional state promoting a deep relaxation

The De-Stress & Balance Program helps restore balance to your life through a fusion of techniques from Traditional Chinese Medicine and Ayurveda.
It is designed to meet each individual's needs, bringing rejuvenation and harmony to both body and mind.
This program helps reduce stress and anxiety, improve insomnia, release emotional blockages, and create an overall sense of well-being.

Chinese Medicine Detoxification uses gentle methods to restore the body's natural balance. Stress can block the flow of energy, making it easier for toxins to accumulate.
Chinese Medicine (TCM) helps unblock stagnant energy and supports the body in releasing toxins. It may help prevent emotional eating, reduce cravings, improve digestion, and support conditions such as bloating or water retention/edema
This approach also helps balance hormones and supports women's health, promoting overall harmony.
A customized program combines a variety of treatments to harmonize, optimize, and rebalance your health at the physical, psycho-emotional, and energetic levels, offering an integrated approach

East & West Essence Acu-Lifting - Cryo facial

110 min

Signature Natural Lifting Facial Treatment

A signature natural lifting facial that combines facial acupuncture, gua sha, jade rolling, facial cupping, and cryotherapy. This treatment naturally stimulates collagen and elastin production, improves lymphatic and blood circulation, reduces expression lines and wrinkles, enhances facial tone and firmness, and helps diminish puffiness, blemishes, and inflammation.
The facial includes deep cleansing, fruit acid exfoliation, and a lymphatic drainage massage to reveal a brighter, nourished, and exceptionally smooth complexion, using high-end natural organic products from The Organic Pharmacy

The Itinerary

- *14th September*

2pm Check in Arrival
5.30pm-6.30pm Welcome ceremony + Post flight Breathwork w/ Marina
7.pm Dinner

- *15th September*

7.45.am Morning refreshments
8pm -9.am Breathwork w/ Marina
9.15am Breakfast
10.30am- Koggala Lake boat (temple,cinamon island,fish spa)

1.30pm Afternoon snacks, Treatments/Programs ,relax in pool and ground areas.
5.45pm-6.45pm Workshop Chinese Medicine/Ayurveda,Nutrition and Women Health w/Marina
7pm Dinner

- *16th September*

7.45.am Morning refreshments
8am --9.am --Breathwork w/Marina
9.15am Breakfast
10.30am- Yatagala Buddhist Temple
1.30pm Afternoon snacks, Treatments/Programs ,relax in pool and ground areas.
5.45pm-6.45pm Yin Yoga Sunset w/Resident yoga teacher
7pm Dinner

- *17th September*

7.45.am Morning refreshments
8pm -9.am Breathwork w/Marina
9.15am Breakfast
10.30am- Tea plantation visit
1.30pm Afternoon snacks, Treatments/Programs ,relax in pool and ground areas.
5.45p-6.45 pm Workshop- Insomnia & Stress management w/Marina
7pm Dinner

- *18th September*

7.30pm -9.30.am Breakfast
8.45am Udawalawe National Park Safari (Elephant Transit Home)
4pm Afternoon snacks, Treatments/Programs ,relax in pool and ground areas.
8pm Dinner

- *19th September*

7.45.am Morning refreshments
8am --9.am Closing Ceremony--Breathwork w/Marina
9.15am Breakfast
10.30am- Galle Fort Visit/or Optional Surf class / guided session
2.30pm Afternoon snacks, Treatments/Programs ,relax in pool and ground areas.
6.45pm-7.45pm Yin Yoga w/Resident Yoga teacher
8pm Dinner

- *20th September*

7.00.am Breakfast & Check Out
8.30am Tranfers to airport (Sri Lanka direct flight)

Recommended flights
*Sri Lankan Airways (Direct) Arrival CMB 12.50PM- Arrival LHR 20.00PM -/Connecting flights Europe-to London Easy Jet/British Airways
(This is a sample itinerary and days/ times of activities may be subject to slight changes)

THE FOOD

Mindful attention is placed on an unsurpassed quality of ingredients. Sourcing fresh seafood and sustainable harvested produce from the surrounding area, prepared in an open kitchen using organic oils and ingredients, served as simple, elegant dishes with a distinctive touch of the chefs. The culinary experience is framed by spectacular views over Koggala Lake

Breakfast includes fresh coffe,tea,fresh coconut water,fresh fruits and nuts, brakfast smoothies,porridge with fresh fruit and nuts,chia, granola,curd,with sourdough toast with avocado,mushroom toast,fritters,pancakes and eggs of your choice (moroccan eggs,turkish eggs...)

Afternoon snacks are part of the half-board, and they include king coconut, smoothies,soups,dips.energy balls...

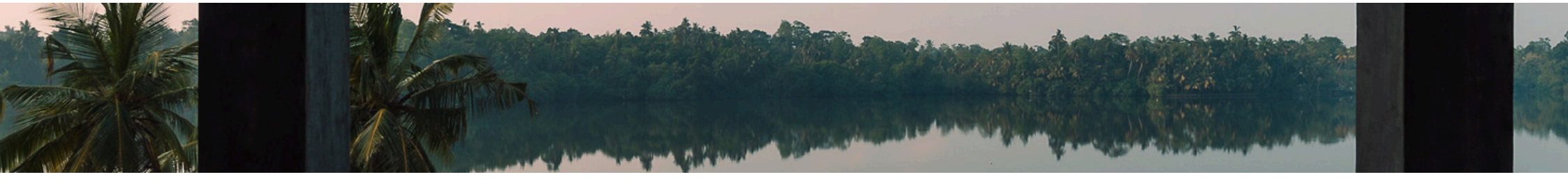
Dinner menu is designed with care and creativity- nourishing and balanced, vibrant,flavourful 3 course dinners that highlight the best of Sri Lankan cuisine--from aromatic curries and sambols to tripical fruits and fresh coastal fare- alongside light wholesome options tailored to your wellness journey. All dietary preferences and requirements are warmly accommodated

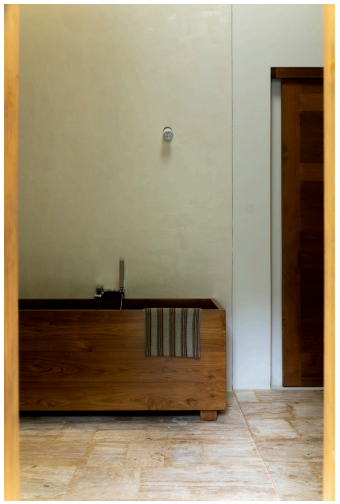
WHAT'S INCLUDED

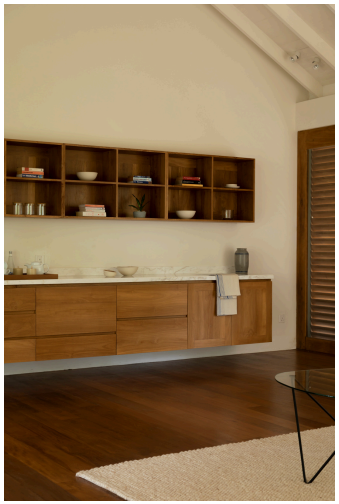
- 6 nights ensuite accomodation
- Traditional Chinese Medicine consultation
- Daily Breathwork sessions, one 110 min day bespoke program /Treatment or two 60 min Acupuncture- Chinese Medicine sessions and two curated workshops (w/Marina)
- Ayurvedic consultation+60 min treatment (w/ Ayurveda Spa) and two Yin Yoga sessions w/Resident Yoga Teacher
- Healthy Brunch, afternoon snacks and 3-course evening menu
- Group Koggala Lake Boat Tour
- Group Yatagala Buddhist Temple visit
- Group Tea Plantation Visit
- Group Galle Fort visit
- Airport transfers (subject to booking recommended flights)
- Bespoke well-being gifts

WHAT'S NOT INCLUDED

- Flights to Colombo
- Optional Surf Class
- Travel insurance
- Alcoholic drinks







The 2 bed- Villa

Amenities

Garden / lake views | Private pool | AC & Overhead fan | 2 king-size beds | 2 ensuite bathroom | Outdoor patio | Indoor seating area | Kitchenette with kettle and tea facilities | Mini bar | Complimentary high-speed wifi | Safety deposit box | Universal electrical socket | Shampoo, conditioner & body wash | Turndown service | Room service

The Tree Houses

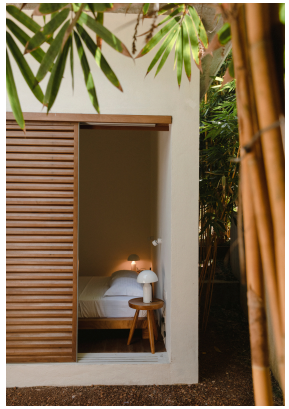
Amenities

Lake and/or pool views | AC & Overhead fan | King-size bed | Ensuite bathroom | Outdoor seating area | Kettle with tea facilities | Mini bar | Complimentary high-speed wifi | Safety deposit box | Universal electrical socket | Shampoo, conditioner & body wash | Turndown service | Room service

The Cottages

Amenities

Garden / lake views | AC & Overhead fan | King-size bed | Ensuite bathroom | Outdoor seating area | Kettle with tea facilities | Mini bar | Complimentary high-speed wifi | Safety deposit box | Universal electrical socket | Shampoo, conditioner & body wash | Turndown service | Room service



The Garden Suites

Amenities

Garden / lake views | AC & Overhead fan | Double or twin bed | Ensuite bathroom | Separate lounge area | Outdoor seating area | Kettle with tea facilities | Mini bar | Complimentary high-speed wifi | Safety deposit box | Universal electrical socket | Shampoo, conditioner & body wash | Turndown service | Room service

THE PRICES

THE 2-BED VILLA (per room)

Early Bird Single Occupancy- 2650 Euros
Single occupancy 2750 Euros

THE COTTAGES

Early Bird Single Occupancy 2550 Euros
Early Bird Shared Occupancy per person- 2100 Euros
Single occupancy - 2650 Euros
Shared occupancy per person- 2200 Euros

THE TREE HOUSES

Early Bird Single Occupancy- 2550 Euros
Single occupancy - 2650 Euros

THE *GARDEN SUITES*

Early Bird Single Occupancy- 2500 Euros
Early Bird Shared Occupancy per person- 2000 Euros
Single occupancy -2600 Euros
Shared occupancy per person- 2100 Euros

To secure your booking a 50% deposit is needed and the balance will be paid 70 days before arrival. **Early Bird until 10.06.2026**