

VeraVia All-Inclusive Package Comparison

Feature	Comprehensive 1+ Week Stay	Foundational 1+ Week Stay	Basic 1+ Week Stay	Reboot Express 3-Night Stay
Luxury 5-Star Accommodations in a private one-bedroom room	x	x	x	x
Access to full resort amenities	x	x	x	x
Welcome package including VeraVia journal, VeraVia tote bag, water bottle and FitBit	x	x	x	x
Three organic, farm-to-table meals per day, plus healthy nutrition snacks	x	x	x	x
Comprehensive structured daily exercise program	x	x	x	x
Yoga and Guided Meditation	x	x	x	x
Daily educational and motivational presentations and workshops	x	x	x	x
Daily Spa Time in the 15,000 square foot Bespoke Aviara Spa (<i>spa treatments available at preferred rates</i>)	x	x	x	x
Laundry service, free wi-fi	x	x	x	x
Healthy eating plans from our nutritionist, including grocery shopping tours, cooking demo's and restaurant ordering tips	x	x	x	x
Comprehensive medical, lifestyle, and fitness assessment	x	x	x	x
Access to our Alum Portal	x	x	x	x
Personalized health and fitness plan	x	x		x
Daily individual sessions with our Nutritionist, Strength and Conditioning Coach and Behavioral Health Therapist	x	x		x
After-care follow-up coaching: "Continued Results Plan"	x	x		x
Individually tailored take-home Health and Wellness Plan	x	x		
Comprehensive medical assessment	x			
Individual consultation with one of our naturopathic doctors	x			
Blood laboratory analysis and follow-up testing recommendations	x			
Hormone Stress Panel Plus (ASI) <i>*3 week stay or longer</i>	x			
Follow-up blood laboratory tests to track improvements made during the program <i>*3 week stay or longer</i>	x			
Weekly follow-up individual consultations with our naturopathic doctor	x			
Weekly Signature Massage at the Aviara Spa <i>*2 week stay or longer</i>	x			