

Package Comparison Chart:

Included	Comprehensive Stay	Foundational Stay	Basic Stay	Spa Wellness Stay	Reboot Express Stay
Luxury Accommodations at the “Forbes 5-Star”, “AAA 5-Diamond Rated” Park Hyatt Aviara Resort & Spa, Private one-bedroom room & access to full resort amenities	✓	✓	✓	✓	✓
Welcome pack with VeraVia tote bag, journal, and water bottle	✓	✓	✓	✓	✓
Three organic farm-to-table meals per day plus healthy snacks (individualized to your specific dietary needs)	✓	✓	✓	✓	✓
Comprehensive pre-arrival health, medical and lifestyle questionnaire with goals assessment	✓	✓	✓	✓	✓
Comprehensive body composition analysis (InBody 570) and fitness assessments and reassessments	✓	✓	✓	✓	✓
Comprehensive structured daily exercise program customized to your fitness level	✓	✓	✓	✓	✓
Yoga and guided meditation	✓	✓	✓	✓	✓
Daily educational wellness workshops (nutritional, fitness, medical, and behavioral health)	✓	✓	✓	✓	✓
Grocery shopping tour, cooking demos, restaurant ordering tips	✓	✓	✓	✓	✓
Daily spa time in the 15,000 square foot Aviara Bespoke Spa (<i>spa treatments available at preferred rates</i>)	✓	✓	✓	✓	✓
Free wi-fi	✓	✓	✓	✓	✓
Access to our Alum Portal with recipes, health tips, and tons of recourses for success at home	✓	✓	✓	✓	✓
Individual sessions with a Nutritionist and Personal Trainer	✓	✓			✓
Individual sessions with our Behavioral Health Therapist	✓	✓			
Individually tailored take-home Health and Wellness Plan	✓	✓			
After-Care follow-up coaching: “Continued Results Plan”	✓	✓			
Comprehensive blood laboratory tests with analysis and follow-up recommendations	✓				
Individual Naturopathic Doctor Consult (each week of stay)	✓				
Comprehensive Hormone Panel (*3 week stay or longer)	✓				
Follow-up blood laboratory tests to track improvements made during the program (*3 week stay or longer)	✓				
Weekly Signature Massage at the Aviara Spa (*4 week stay or longer)	✓				
\$600 per week Spa Credit				✓	