

Bond & Beyond Travel

Global Wellness — 7-Day Signature Itineraries

Dedicated to Rest, Ritual & Renewal

Why wellness travel? Because the greatest souvenirs are calmer minds, stronger bodies, and memories made in nature-rich places. Each 7-day journey blends *spa rituals*, *light movement*, *mindful culture*, and modern comforts—crafted to your pace.

Duration: 7 Days | **Style:** Modern Spa Retreats | **Updated:** August 20, 2025

Greece (Santorini & Athens)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive in Athens • Welcome stretch & breathwork, light mezze dinner.

Day 2: Acropolis sunrise walk • Afternoon hammam-style spa • Evening at Plaka.

Day 3: Fly to Santorini • Caldera-view spa treatment • Sunset yin yoga in Oia.

Day 4: Catamaran cruise & sea swim • Thalassotherapy session • Farm-to-table dinner.

Day 5: Fira coastal hike • Sound bath meditation in a cave studio.

Day 6: Winery wellness lunch • Restorative massage • Free time.

Day 7: Slow morning • Healthy brunch • Depart.

Italy (Tuscany & Florence)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Florence • Gentle stroll along Arno • Seasonal tasting menu.

Day 2: Tuscan thermal baths (Bagno Vignoni) • Vineyard picnic.

Day 3: Mindful art walk through Uffizi • Evening restorative yoga.

Day 4: Olive grove hike • Farmhouse cooking class (Mediterranean wellness).

Day 5: Ayurvedic massage • Free afternoon in Siena.

Day 6: E-bike through the hills • Spa hydrotherapy circuit.

Day 7: Sunrise gratitude practice • Depart.

Dubai (City & Desert)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive • Rooftop pool unwind • Light Middle Eastern wellness dinner.

Day 2: Premium city spa ritual • Desert sunset meditation on dunes.

Day 3: Morning reformer Pilates • Hammam cleansing ritual.

Day 4: Desert conservation drive • Camel trek & star-gazing breathwork.

Day 5: Beach walk at dawn • Hydrotherapy circuit • Free evening.

Day 6: Stand-up paddle session • Nourishing chef's tasting.

Day 7: Slow breakfast • Depart.

New Zealand (Rotorua & Queenstown)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Auckland → Rotorua • Geothermal soak • Maori-inspired dinner.

Day 2: Forest bathing in Redwoods • Mud spa therapy.

Day 3: Fly to Queenstown • Lakeside mindfulness walk.

Day 4: Gentle alpine hike • Spa with mountain views.

Day 5: Cold plunge & sauna cycle • Free afternoon.

Day 6: Yoga by the lake • Farm-to-fork dinner.

Day 7: Optional jet-boat thrill (adrenal wellness) • Depart.

Bali (Ubud & Uluwatu)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive • Welcome jamu tonic • Evening sound healing.

Day 2: Sunrise rice terrace walk • Balinese massage & flower bath.

Day 3: Yoga & breathwork immersion • Plant-based cooking class.

Day 4: Water purification at Tirta Empul • Mindful art session.

Day 5: Transfer to Uluwatu • Cliffside sunset meditation.

Day 6: Ocean dip • Spa ritual • Free time for beaches.

Day 7: Gratitude journaling • Depart.

Vietnam (Da Nang & Hoi An)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Da Nang • Beach stroll • Light pho supper.

Day 2: Marble Mountains mindful hike • Spa herbal compress.

Day 3: Cycle to Hoi An • Tailor visit & tea meditation.

Day 4: Lantern workshop (creative wellness) • Evening yoga.

Day 5: Cham Islands snorkel • Thalasso-style recovery.

Day 6: Cooking class (fresh herbs) • Reflexology session.

Day 7: Sunrise beach breathwork • Depart.

Turkey (Istanbul & Cappadocia)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Istanbul • Bosphorus sunset cruise • Mezze tasting.

Day 2: Traditional Turkish hammam ritual • Old City mindful walk.

Day 3: Fly to Cappadocia • Cave spa • Evening stargazing.

Day 4: Optional hot-air balloon • Valley hike & picnic.

Day 5: Pottery workshop (flow state) • Restorative yoga.

Day 6: Return Istanbul • Contemporary spa session.

Day 7: Slow brunch • Depart.

Portugal (Lisbon & Algarve)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Lisbon • Tram-side stroll • Seafood wellness dinner.

Day 2: Sintra forest walk • City spa hydrotherapy.

Day 3: Train to Algarve • Beach yoga at dusk.

Day 4: Coastal cliff walk • Thalassotherapy session.

Day 5: Kayak sea caves • Free afternoon.

Day 6: Farm market tour • Massage & sauna circuit.

Day 7: Cafe morning • Depart.

Kenya (Nairobi & Maasai Mara)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Nairobi • Slow city walk • Light Swahili-inspired dinner.

Day 2: Wellness spa with Kenyan botanicals • Giraffe Centre mindful visit.

Day 3: Fly to Mara • Sunset game drive & breathwork.

Day 4: Guided bush walk • Poolside massage at camp.

Day 5: Sound bath under the stars • Journaling.

Day 6: Morning safari • Rest & nourish.

Day 7: Final sunrise over the savannah • Depart.

France (Paris & Provence)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Paris • Seine stroll • Seasonal bistro dinner.

Day 2: Urban spa ritual • Mindful museum tour.

Day 3: Train to Provence • Lavender field meditation (seasonal).

Day 4: Gentle vineyard cycle • Spa & sauna circuit.

Day 5: Cooking class (Mediterranean light) • Free evening.

Day 6: Hilltown hike • Massage therapy.

Day 7: Cafe gratitude practice • Depart.

South Africa (Cape Town & Winelands)

Highlights

• Signature spa experiences • Gentle daily movement • Nature time • Clean, nourishing cuisine • Culture at an easy pace

7-Day Outline

Day 1: Arrive Cape Town • Sea-view stretch • Cape cuisine dinner.

Day 2: Table Mountain walk (weather dependent) • Urban spa session.

Day 3: Cape Peninsula coastal drive • Ocean dip & sauna cycle.

Day 4: Transfer to Winelands • Vineyard yoga • Farm-to-fork lunch.

Day 5: Hot–cold contrast therapy • Afternoon massage.

Day 6: Art & design meander • Free time.

Day 7: Sunrise on Signal Hill • Depart.

What's Typically Included

- Daily breakfast and select wellness-focused meals
- Curated spa rituals and hydrotherapy sessions
- Light guided movement (yoga, stretch, or mindful walk)
- Private/Small-group cultural experiences
- All private transfers between scheduled activities

Customization Options

- Upgrade to ultra-luxury spa suites or villas
- Add personal trainer, nutritionist, or mindfulness coach
- Swap activities for adventure (e-bikes, kayak, hot-air balloon)
- Extend to 10–14 days or combine two destinations

Bond & Beyond Travel — Concierge

Email: hello@bondandbeyond.travel | WhatsApp: +[Your Number] | Instagram: [@bondandbeyondtravel](https://www.instagram.com/bondandbeyondtravel)

We'll refine hotel selection, exact spa menus, and timings once we confirm your preferred dates and pace.