

A tropical resort building with a swimming pool and palm trees. The building is white with a balcony and is surrounded by lush greenery and palm trees. A swimming pool is in the foreground, and the sky is clear and blue.

# Radiant Renewed

A SKIN, SOUL &  
AYURVEDA LIFESTYLE  
RETREAT  
**APRIL 10-16, 2026**



J BELLA  
MODERN SKIN



## *Radiant & Renewed Retreat*

**April 10-16, 2026**

**Punta Mita, Mexico**



A luxury lifestyle experience designed to awaken your natural glow from the inside out.

This immersive experience weaves together advanced skin care rituals, ancient Ayurvedic wisdom, mindful movement, nourishing cuisine, and restorative therapies - all set within a serene, nature-rich environment.

# *The* Philosophy

True radiance is cultivated through rhythm, ritual, and conscious care.

By aligning daily practices with the body's natural intelligence, we support:

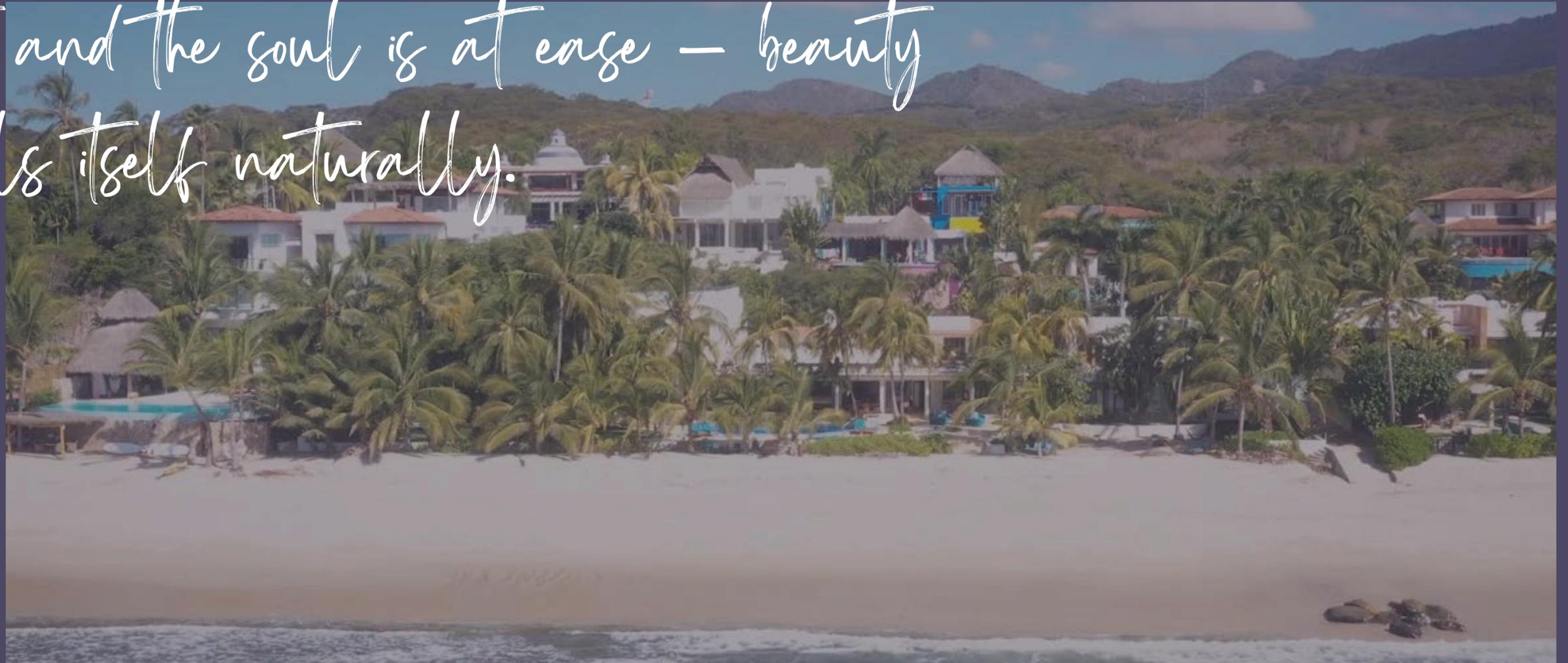
- *Healthy, luminous skin*
- *A calm and balanced nervous system*
- *Improved digestion and vitality*
- *A deep sense of renewal and self-connection*

This retreat is an invitation to slow down, cleanse gently, and reconnect with your innate brilliance.

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When the body is nourished, the mind becomes quiet, and the soul is at ease — beauty reveals itself naturally.



Throughout the retreat, guests are guided through a carefully curated daily flow that balances education, embodiment, rest, and pleasure.

## Each day includes:

-  Morning cleansing rituals & skin care practices
-  Yoga and breathwork to awaken energy and circulation
-  Daily skin care Tips and Ayurveda lectures
-  Beach walks and nature immersion
-  Nourishing Ayurvedic vegetarian cuisine
-  Time for rest, reflection, and integration



DAILY LECTURE SERIES

# Shine From the Inside Out

A dedicated educational journey designed to empower you with lifelong tools for skin health and holistic living.

Lectures & Workshops Include:

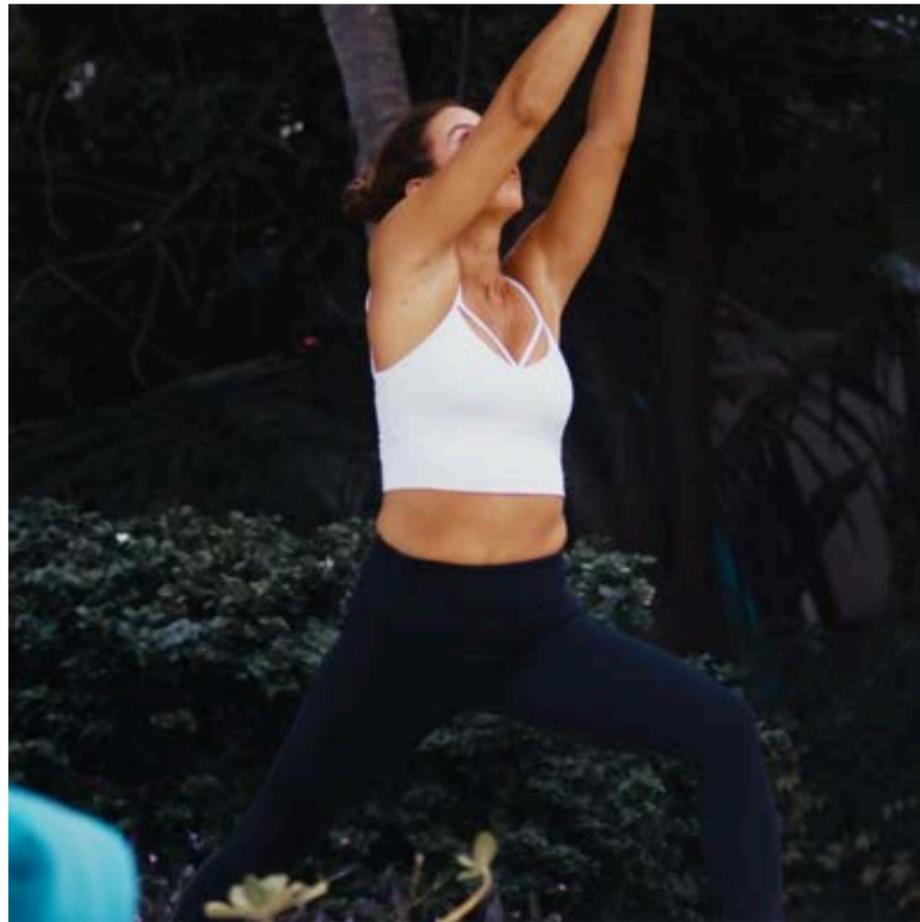
- ***Shine From the Inside Out***  
Foundations of Holistic Skin Care, Energy and Longevity
- ***Meet Your Mother***  
Connecting with The Eternal Source
- ***Ayurveda Lecture: Balance Your Body***  
Understanding the Doshas, Elements and Your Bodytype
- ***Aromatherapy & Skin Care***  
Oils, Rituals & Sensory Healing
- ***Ayurvedic Cooking for Radiance***  
Food as Medicine for Skin & Vitality



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# Movement & Embodiment

Gentle yet energizing practices support circulation, lymphatic flow, and inner balance.



Daily yoga sessions to increase energy and vitality



Breathwork to calm the mind and enhance skin oxygenation



Guided beach walks for grounding and connecting

# Ayurvedic Vegetarian Cuisine

Meals are thoughtfully prepared to support digestion, body balance, and skin health.



Fresh, seasonal Ayurvedic vegetarian dishes



Ayurveda Cuisine Cooking Class — learn how to nourish your glow at home



Daily meals aligned with Ayurvedic principles

# Healing Spa Treatments

Each guest receives personalized therapies designed to deeply restore body and skin. Additional Therapies may be schedule at extra charge.



Energy Facial  
Treatment with Jill

90-minute  
Aromatherapy Massage

3 Auxiliary Ayurveda  
Therapies - May include  
AO Bed, Aroma Steam, Chakra  
Anointment, Shirodhara, Herbal Colon  
Cleanse

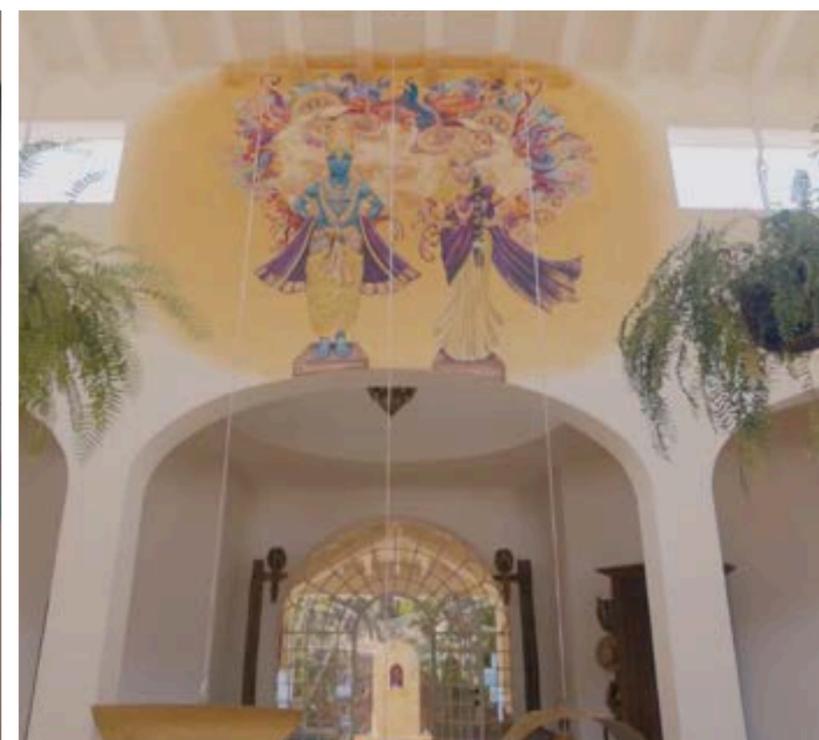
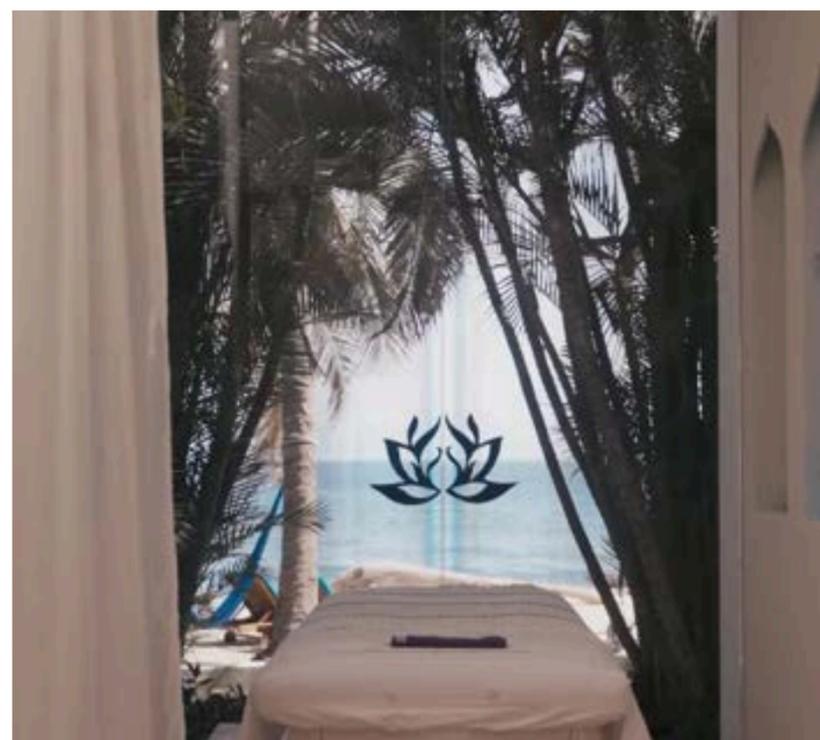
# The Setting — VILLA ANANDA

## Punta Mita, Mexico

**A private oceanfront Villa designed as a sanctuary for transformation.**

- Located in Punta Burros private neighborhood surrounded by pristine nature
- Oceanfront Villa, terraces and serene communal spaces
- Whales visible during sun-drenched days
- Moonlit evenings by the sea
- A container of privacy, beauty, and stillness

[Learn more about the venue](#)



# Villa Ananda Accomodation & Investment



Each Suite has unique touch with private bathroom, indoor or outdoor showers, patio and most with beachfront views.



## Private Suite Lodging

\$4,600 USD per person

### What's Included:

- Transport to/from airport
- Private or Shared Suite
- Facial, 90 min Massage
- 3 Auxilary Therapies
- Daily Classes and Lectures
- Exquisite Ayurveda Vegetarian Cuisine
- Daily Yoga and Breathwork
- Cacao Ceremony
- Om Chanting



## Shared Suite Lodging

\$2,600 USD per person

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*Cleanse  
Balance  
Glow*

# Who this Retreat is for

***Radiant & Renewed*** is ideal for those who:

- Seek natural, holistic skin health
- Are drawn to natural ways of living life in balance
- Desire a meaningful lifestyle reset
- Value education, ritual, and refined wellness experiences





# *Reserve Your Place*

**April 10-16, 2026**

Spaces are limited to ensure an intimate and personalized experience.

For bookings and inquiries, contact:

**info@villaananda**

**Call +1.541.419.9247**

**Whats App +52.322.182.2747**

**Location:**

Fly into Puerto Vallarta Airport,  
40 minute drive north to Villa Ananda.

