

WHAT SHOULD I BRING?

BALI ENJOYS TROPICAL TEMPERATURES THROUGHOUT THE YEAR SO PLEASE PACK ACCORDINGLY. PLEASE ALSO NOTE THAT BEDDING AND TOWELS ARE PROVIDED AND LAUNDRY IS COLLECTED TWICE A WEEK, ONE WEEK'S WORTH OF CLOTHES WILL BE SUFFICIENT.

CLOTHES:

LOOSE AND COMFORTABLE CLOTHES SUITABLE FOR THE CLIMATE.

FLIP-FLOPS / THONGS. FOR EASY EVERYDAY USE.

SUNGLASSES AND SUNSCREEN. THIS IS YOUR RESPONSIBILITY, REMEMBER THIS IS BALI AND IT DOES GET HOT!

SPORTSWEAR INCLUDING TRAINERS. REQUIRED WHEN USING OUR ONSITE FITNESS SUITE AND THE OFFSITE FITNESS CENTRE. AND SPECIFIC SPORTSWEAR BASED ON YOUR PREFERRED SPORTS (IF RELEVANT).

SWIMWEAR. WE HAVE 2 SWIMMING POOLS ON SITE AND YOU WILL ALSO ACCESS AN OFFSITE FITNESS CENTRE, AS WELL AS BEACHES.

TOILETRIES.

ALL BEDROOMS ARE STOCKED WITH COMPLIMENTARY TOILETRIES (SHAMPOO, CONDITIONER, SHOWER GEL, SOAP, TOOTHBRUSH, TOOTHPASTE, DEODORANT). IF YOU REQUIRE ADDITIONAL OR SPECIALIST TOILETRIES THEN PLEASE BRING THEM ALONG.

PRESCRIPTION MEDICATION.

MOBILE PHONE / PERSONAL TECHNOLOGY.

MOBILE PHONES AND INTERNET TECHNOLOGY. WIFI IS AVAILABLE.

SPENDING MONEY.

FOR CIGARETTES, SPECIAL TOILETRIES, SOUVENIRS AND ANY MEDICATION PRESCRIBED TO YOU WHILE YOU ARE HERE.

WHAT IF I GET SICK?

WE ARE JUST A FEW MINUTES FROM OUR PREFERRED GP'S CLINIC AND A NUMBER OF INTERNATIONAL HOSPITALS WHICH WE WORK CLOSELY WITH TO ENSURE THE HEALTH AND WELL-BEING OF OUR CLIENTS.

SOME TRAVEL RECOMMENDATIONS

FLIGHTS:

INDONESIAN REGULATIONS STATE THAT EVERYONE WHO ENTERS THE COUNTRY MUST HAVE A RETURN OR ONWARD TICKET OUT OF THE COUNTRY. IF YOU WANT TO USE THE VIP SERVICE, WE ASK THAT A COPY OF YOUR FLIGHT ITINERARY IS BE PROVIDED TO US PRIOR TO TRAVEL.

INSURANCE:

AS YOU WOULD NORMALLY DO WE RECOMMEND THAT YOU HAVE BASIC HEALTHCARE AND TRAVEL INSURANCE COVERING INDONESIA IN PLACE FOR THE DURATION OF YOUR STAY.

PASSPORT AND VISA:

UNDER INDONESIAN LAW, PASSPORTS MUST HAVE AT LEAST 6 MONTHS VALIDITY FROM THE DATE OF ARRIVAL IN INDONESIA. PASSPORTS SHOULD ALSO HAVE A MINIMUM OF 3 UNSTAMPED PAGES. WE ASK YOU TO CHECK THIS PRIOR TO DEPARTING FROM YOUR COUNTRY OF ORIGIN.

UPON ARRIVAL AT THE AIRPORT, THERE IS THE OPTION TO PURCHASE A VISA ON ARRIVAL FOR USD 35.00, PAYABLE IN ALL MAJOR INTERNATIONAL CURRENCIES. THIS VISA IS INITIALLY VALID FOR 30 DAYS HOWEVER ALLOWS FOR AN EXTENSION TO AN ADDITIONAL 30 DAYS WITHOUT LEAVING THE COUNTRY.

FOR CLIENTS WISHING TO STAY LONGER IN BALI, OUR VISA SUPPORT AGENT WILL ADVISE YOU OF THE BEST VISA PROCEDURE TO FOLLOW.

WHO CAN I CONTACT ABOUT ANY QUESTIONS I HAVE ABOUT THE RESET BALI AND THE PROGRAM?

YOU CAN ALWAYS CONTACT MARLEEN AT +62 82146574163 OR TIM AT +66 897793634 TO MAKE AN APPOINTMENT OR SIMPLY SEND YOUR QUESTIONS OR A REQUEST FOR A CALL THROUGH WHATSAPP OR ANY OF OUR THE RESET BALI SOCIAL MEDIA CHANNELS.

WHERE ARE WE BASED?

WE ARE IN UMALAS (NEXT TO SEMINYAK AND CANGGU) A BEAUTIFUL PART OF BALI IN A QUIET NEIGHBOURHOOD AND ONLY 5 MINS AWAY FROM THE BEACH.

HOW LONG IS THE PROGRAM AT THE RESET BALI?

EVERY CLIENT IS INDIVIDUAL & UNIQUE AND THE PROGRAMS WILL REFLECT THIS. THE FOUNDATIONAL RESET PROGRAM IS 14 DAYS. AFTER THE FIRST 14 DAYS WE PROVIDE A TAILOR MADE, DEEPENING PROGRAM FOR ANOTHER 14-28 DAYS.

ARE THERE FIXED START DAYS OF THE PROGRAM OR CAN I START ANY DAY?

THE PROGRAM IS SETUP IN A WAY THAT YOU CAN START THE PROGRAM ANY DAY AT YOUR CONVENIENCE.

WILL I GET MY OWN ROOM?

YES OF COURSE, ALL BEDROOMS AT THE RESET BALI PROVIDE A COMFORTABLE KING BED FOR THE INDIVIDUAL CLIENT. WE ALSO PROVIDE WIFI SO YOU CAN CONNECT TO THE INTERNET THROUGH YOUR OWN DEVICES, A SOFA, DESK AND A PRIVATE EN-SUITE BATHROOM WITH COMPLIMENTARY TOILETRIES IN EVERY ROOM.

WHAT IS THE FOOD LIKE?

WE PROVIDE A PERSONALIZED MENU OF CHOICE WHERE WE WILL COLLECT YOUR SELECTION FOR LUNCH AND DINNER EVERY MORNING AT BREAKFAST. BALI IS A HAVEN FOR ALL FOOD AND OBVIOUSLY WE CAN ALSO CATER FOR VEGETARIANS, VEGANS AND THOSE WHO FOLLOW A HALAL DIET. SNACKS ARE ALSO AVAILABLE THROUGHOUT THE DAY.

IS ALCOHOL ALLOWED?

WE AIM TO PROVIDE A SUBSTANCE FREE ZONE. SO NO ALCOHOL IS ALLOWED ON THE RESET BALI PREMISES.

CAN I SMOKE?

SMOKING IS PERMITTED IN THE DESIGNATED SMOKING AREA.

HOW MANY COUNSELLING SESSIONS DO I GET AND HOW MANY DIFFERENT PEOPLE WILL WORK WITH ME?

IT IS THE MOST IMPORTANT PART OF OUR PROGRAM. WE OFFER 1-TO-1 (3 PER WEEK) AND GROUP COUNSELLING/EDUCATIONAL SESSIONS (4 PER WEEK), AS WELL AS A RANGE OF RELAXATION, RECREATIONAL AND LEISURE ACTIVITIES. IN THE RESET BALI WE PROVIDE A HIGHLY PERSONALIZED AND TAILORED PROGRAM WHERE YOU WILL HAVE A MAXIMUM OF TWO (MENTAL HEALTH SPECIALIZED) THERAPISTS (WITH MARLEEN BEING THE LEAD THERAPIST) WHO WILL GUIDE YOU THROUGH YOUR JOURNEY WITH US ON YOUR MENTAL HEALTH. THIS HAS PROVEN TO BE THE MOST EFFECTIVE WAY OF SUPPORT AND GAINS THE BEST LONG TERM RESULTS.

WILL I BE BORED?

A TYPICAL WEEKDAY INCORPORATES BOTH GROUP AND INDIVIDUAL THERAPEUTIC SESSIONS, INCLUDING FITNESS SESSIONS, AND A NUMBER OF OTHER SPORTS TO CHOOSE FROM, WITH ENOUGH DOWNTIME TO ENJOY SWIMMING, WALK ON THE BEACH, KICKING BACK WITH A BOOK OR WATCH A MOVIE. WE RUN RECREATIONAL TRIPS OUT AT WEEKENDS, SUPPORTED BY OUR TRUSTED TRAVEL SUPPORT. SO YOU WILL ONLY GET BORED IF YOU CHOOSE TO.

CAN I KEEP MY LAPTOP AND/OR PHONE?

YES. HOWEVER WE DO ENCOURAGE ALL CLIENTS TO DISCONNECT FROM THE OUTSIDE WORLD AS MUCH AS POSSIBLE.

WHAT IS THE PAYMENT PROCESS?

OUR CLIENT MANAGERS CAN TALK YOU THROUGH THE PAYMENT OPTIONS AVAILABLE. IT IS OUR POLICY THAT 30% OF THE PROGRAM IS PAID FOR PRIOR TO ADMISSION, WITH FLEXIBILITY TO MOVE DATES IF SOMETHING UNEXPECTED HAPPENS. THE BALANCE CAN BE PAID BEFORE OR ON ARRIVAL AT THE RESET BALI.

WHAT DOES THE FEE COVER?

THE PROGRAM FEE COVERS EVERY ASPECT OF YOUR PROGRAM; COUNSELLING, ACCOMMODATION, ALL MEALS (BREAKFAST, LUNCH AND DINNER), SNACKS, ALL ACTIVITIES, 3 DIFFERENT SPORTS FROM OUR OPTIONS LIST AND OUTINGS, VIP AIRPORT SERVICE AND PRIVATE TRANSFER TO THE RESET.

THE ONLY THINGS WE DO NOT COVER ARE THE COSTS OF YOUR FLIGHTS, SPENDING MONEY, YOUR TRAVEL INSURANCE AND YOUR VISA... ALTHOUGH OUR TEAM ARE ON-HAND TO ASSIST YOU. WE DON'T COVER ANY MEDICAL CARE.

The Reset

RECOVER // RELAX // RESET

HOW DO I GET AROUND?

BALI CAN BE BUSY AND THE MOST EFFICIENT WAY TO GET AROUND IS BY MOTORBIKE, WHICH WE CAN ARRANGE FOR YOU. IF YOU DON'T FEEL COMFORTABLE DRIVING A MOTORBIKE WE CAN ARRANGE FOR YOU TO EITHER BE DRIVEN AROUND ON MOTORBIKE OR BY CAR. THE AIRPORT TRANSFERS AND WEEKEND TRIPS ARE BY CAR.