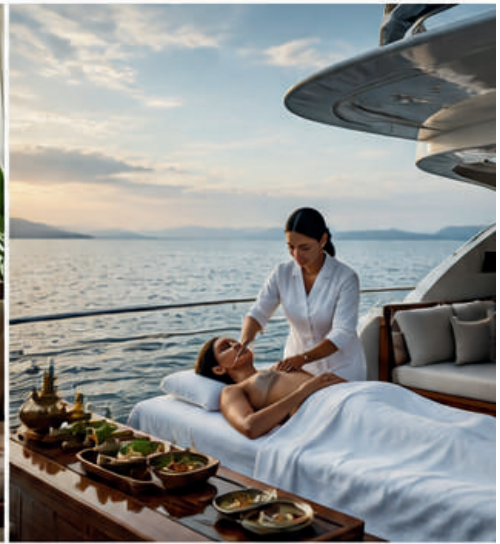




HELIX SACRED VITALITY

7-Day Private Ayurvedic Longevity Programme at Sea
Private • Discreet • By Invitation Only

www.helixwellness.health



Helix integrates ancient Ayurvedic healing with advanced biohacking and medical science delivered across controlled environments from land to sea

AYURVEDA & HOLISTIC

- **Ayurvedic Consultations:** Personalised dosha based health & treatment planning.
- **Personalised Yoga:** Tailored movement for strength, flexibility & hormonal balance.
- **Pranayama / Breathwork:** Controlled breathing to optimise oxygen, energy & calm.
- **Meditation:** Guided mental reset for stress reduction & cognitive clarity.
- **Abhyanga :** Warm oil full-body therapy for circulation & nervous system balance.
- **Shirodhara:** Continuous oil flow therapy for deep relaxation & sleep optimisation
- **Kati Vasti:** Targeted lower back oil therapy for spinal support & pain relief
- **Udwarthana:** Herbal powder massage for metabolism, fat reduction & detox.
- **Choornaswedana:** Herbal heat therapy to relieve stiffness & improve circulation.
- **Ayurvedic Experience:** Structured holistic healing combining therapies, diet & lifestyle.

BIOHACKING & RECOVERY

- **Biohack Recovery :** Advanced therapies to accelerate recovery, energy and cellular performance

- Ayurvedic Dosha Mapping integrated with 400+ biomarkers.
- Personalised protocol aligned with modern diagnostics.
- Pre-arrival consultation with Ayurvedic physician.
- Nutrition & herbal plan before boarding.

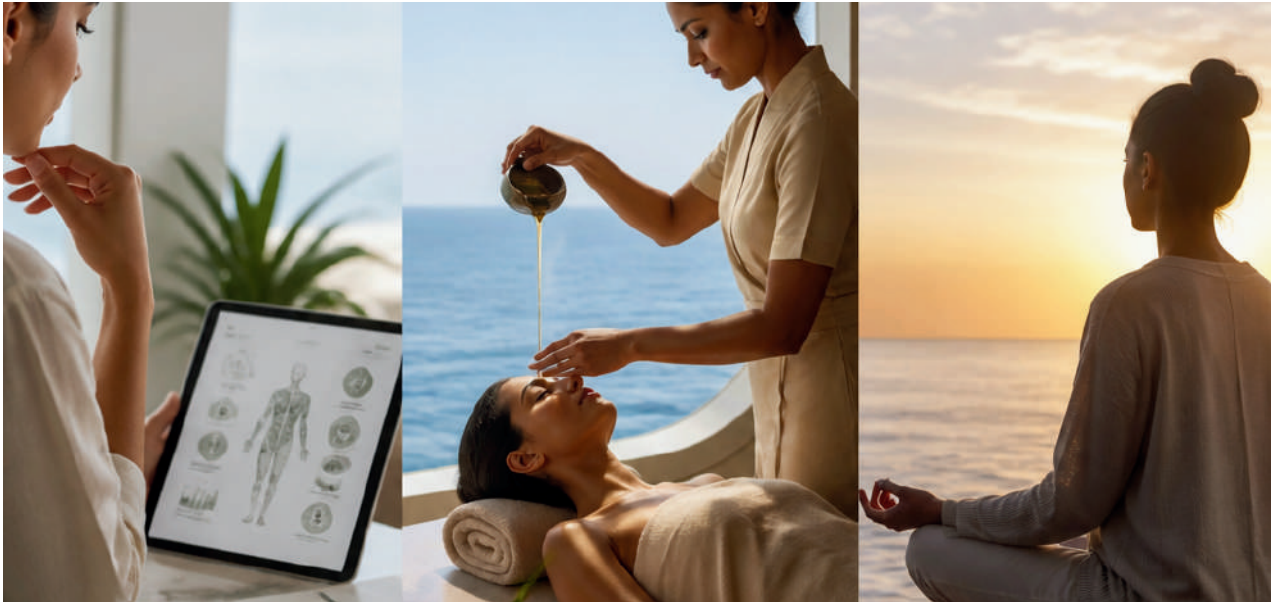
Ayurveda Basics

A structured private programme designed to restore hormonal balance, vitality, emotional connection, reproductive health and long term wellbeing.



Beyond Detox & Relaxation

A Deeper Approach to Restoration



Traditional Wellness Often Offers:

- Generic detox programmes
- Standardised massage treatments
- Group yoga classes
- Temporary stress relief
- Limited privacy
- No personalised diagnostics
- No long-term continuity

What Often Gets Ignored:

- Hormonal health
- Emotional disconnection
- Fertility concerns
- Sexual wellness
- Nervous system burnout
- Personalised nutritional planning
- Long-term behavioural change

Many wellness experiences feel restorative in the moment.

But once guests return home:

- Stress returns
- Old habits return
- Fatigue returns
- Underlying issues remain unresolved

Sacred Vitality was designed to go deeper by combining:

- Ayurveda
- Emotional wellness
- Private transformation
- Long-term continuity

Designed to drive lasting transformation, not just temporary escape.

Private Wellness

Sacred Vitality is created for individuals & couples seeking more than temporary wellness experiences.



1 High-Performing Individuals

Those experiencing:

- Chronic stress & emotional exhaustion.
- Poor sleep.
- Declining energy & burnout.
- Hormonal imbalance

Outcome: restore clarity, energy & resilience.

2 Couples Seeking Reconnection

Those experiencing:

- emotional disconnection
- intimacy challenges
- demanding lifestyles
- lack of quality time

Outcome: rebuild connection and emotional intimacy.

3 Hormonal & Fertility Wellness Clients

Those seeking:

- reproductive wellness support
- hormonal balance
- fertility preparation
- preventative wellness planning

Outcome: optimise long-term reproductive wellbeing.

4 Individuals Seeking Private Transformation

Those who value:

- privacy
- discretion
- personalised treatment
- luxury service

Outcome: transformation in a highly controlled private setting.

Designed for those who understand that wellbeing influences every aspect of life.



Before You Arrive

Before you board your Private Yacht



What This Includes:

Personal Health Assessment:

- Medical history review
- Lifestyle evaluation
- Stress profiling
- Sleep review
- Nutritional assessment

Ayurvedic Profiling:

- Dosha assessment
- Digestive analysis
- Energy imbalances
- Lifestyle pattern

Sacred Vitality Assessment:

- Hormonal wellness review
- Intimacy wellness review
- Emotional wellbeing review
- Relationship wellness review (optional for couples)

By the time you board, your programme has already been personalised around your specific needs.

- Ayurvedic Dosha: Mapping integrated with 400+ biomarkers.
- Personalised protocol aligned with modern diagnostics.
- Pre-arrival consultation with Ayurvedic physician.
- Nutrition & herbal plan before boarding.

Every Sacred Vitality journey starts with a private preparation phase designed to understand your body, lifestyle, emotional wellbeing & personal goals. This allows our specialists to create a highly personalised programme before your arrival.

Transformation begins before you arrive.

Advance Testing & Insight

Understanding what your body may not yet be telling you



For guests seeking deeper health insights:

Sacred Vitality can integrate advanced diagnostic testing before arrival through Helix's broader medical network. This allows us to identify underlying factors affecting energy, hormones, fertility, recovery & long-term wellbeing.

Hormonal Analysis:

- Testosterone
- Estrogen
- Progesterone
- Thyroid function
- Cortisol

Wearable Integration:

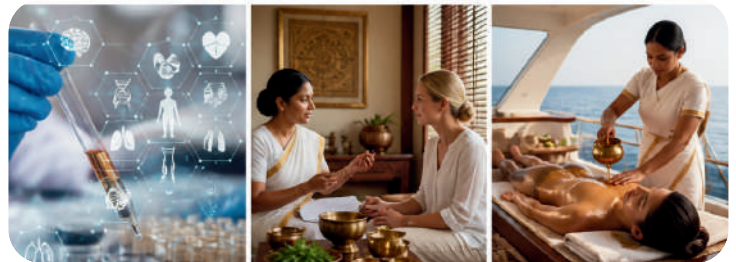
- Sleep patterns
- Heart rate variability
- Stress trends
- Recovery tracking.

Fertility & Reproductive Health:

- Male fertility analysis.
- Female reproductive markers.
- Ovarian health indicators.
- Reproductive wellness screening.

Advanced Biomarkers:

- Inflammation markers
- Metabolic health markers
- Nutritional deficiencies
- Cardiovascular indicators



These insights help identify hidden imbalances and allow your programme to be built with far greater precision.

Designed to create lasting transformation - not temporary escape

PRIVATE CONSULTATIONS

Your programme
is shaped by
specialists before
you arrive

Before boarding in each
guest is guided through
a series of private
consultations designed
to align every part of
the programme with
their personal goals,
health priorities &
lifestyle needs.

These consultations
help us move beyond
generic wellness
planning & build a
highly personalised
Sacred Vitality journey.



Your Specialist Team May Include:

Ayurvedic Physician

Reviews dosha imbalances, digestive health, stress patterns & personalised treatment recommendations.

Nutritional Specialist

Designs food protocols focused on hormonal health, digestion, fertility support & energy optimisation.

Sacred Vitality Advisor

Helps identify emotional wellbeing goals, relationship priorities & intimacy wellness objectives.

Hormonal Wellness Specialist

Where required, reviews hormonal symptoms, energy decline & reproductive wellness goals.

Optional Couples Consultation

For couples seeking deeper emotional reconnection, communication alignment & shared wellness planning.

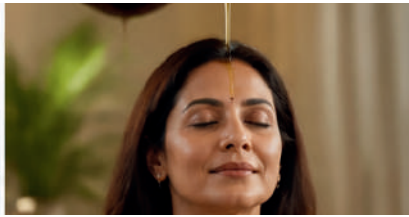
Outcome

By the time you arrive, every treatment, nutritional protocol and wellness experience has already been planned around your specific needs.



PRE ARRIVAL PREPARATION

Your body begins preparing before you step onboard



Your Preparation May Include:

Personalised Herbal Formulations:

Custom blends designed to support energy, hormonal balance, stress management, sleep & vitality.

Detox Preparation

Gentle cleansing protocols designed to improve digestion & reduce inflammation before arrival.

Nutritional Adjustments

Personalised meal guidance based on dosha type, hormonal needs & metabolic health.

Sleep Optimisation

Natural formulations and routines designed to improve sleep quality before travel.

Intimacy & Relationship Preparation

Optional guided exercises for couples designed to begin emotional reconnection before arrival.

Outcome

Guests often arrive feeling lighter, more prepared and ready to benefit from deeper treatments onboard.

Unlike traditional retreats where treatment begins on arrival, Sacred Vitality starts preparing your body weeks in advance.

Based on your consultations & health assessments, guests may receive personalised preparation protocols designed to improve how the body responds once onboard.

Preparation improves transformation.



HELIX HERBAL FORMULATIONS

Personalised herbal formulations prepared before you arrive, refined during your time onboard, and continued after you return home.



Formulations May Include:

Vitality Support

Designed to support energy, stamina and overall wellbeing.

Hormonal Balance

Formulations designed to support hormonal health for men and women.

Sleep Support

Natural blends designed to improve sleep quality and recovery.

Stress Management

Designed to support emotional wellbeing and nervous system balance.

Digestive Support

Formulations designed to improve digestion and gut health.

Intimacy Wellness

Specialised blends designed to support confidence, vitality and emotional wellbeing.

Outcomes:

- Continued progress at home.
- Improved consistency.
- Long-term wellness support.
- Reduced dependency on short-term solutions.

Nutritonal Advice:

Based on your assessments, treatments and personal wellness goals, guests may receive customised formulations designed to support long-term vitality. These formulations are designed to complement your programme and help maintain progress after returning home.

ARRIVAL IN YACHT

Where your seven-day journey begins



Daily Rituals / Lifestyle (Dinacharya)

Morning cleansing rituals (oil pulling, tongue scraping).

Sleep & circadian alignment.

Daily routines aligned to dosha cycles.

Lifestyle coaching for long-term balance.

EMBARKATION

Day One Includes:

Private Welcome Consultation

A final review of your health assessments, goals and personalised programme schedule.

Ayurvedic Arrival Ritual

Traditional cleansing rituals designed to create a calm transition into the programme.

Abhyanga Therapy

A deeply relaxing full-body warm oil treatment designed to calm the nervous system.

Personalised Dining Experience

Your first meals are designed around your dosha profile and wellness goals.

Evening Sleep Preparation

Guided rituals designed to improve sleep quality and begin resetting stress patterns.

Early Outcomes

- Mental calm, better sleep & reduced stress.
- deeper relaxation
- emotional reset

Guests arrive on your private, where they are privately welcomed by the Helix team before boarding their yacht for a seven-day journey.

Your first day is intentionally designed to slow the body & mind down allowing you to transition from high performance living into a state of restoration.





INTERNAL RESET

Preparing the body for deeper transformation

Day Two Includes:

Panchakarma Inspired Cleansing

Gentle therapies designed to support detoxification & internal balance.

Digestive Restoration

Personalised protocols designed to improve gut health & nutrient absorption.

Herbal Detox Formulations

Targeted herbal blends based on your personal Ayurvedic profile.

Personalised Nutrition

Meals designed to reduce inflammation & support digestion.

Breathwork & Guided Meditation

Designed to reduce stress & support internal reset.

Early Outcomes

- Improved digestion & reduced bloating.
- Increased energy.
- Lighter physical feeling.
- Improved mental clarity.

Many people carry hidden inflammation, digestive stress, poor nutritional habits and chronic fatigue without fully recognising their long-term impact.

Day two focuses on cleansing internal systems, improving digestion and preparing the body for deeper vitality work in the days ahead.

SACRED VITALITY

Personalised wellness designed for both masculine & feminine health



For Men May Include:

Hormonal Wellness Support

Focused on energy & vitality.

Reproductive Wellness

Personalised guidance for fertility & reproductive health goals.

Herbal Vitality Formulations

Blends designed to support stamina, recovery & stress management.

Additional Therapies

- Testosterone & energy balance.
- Stress & metabolic optimisation.
- Vitality & longevity support.

Shared Experiences:

Personalised Nutrition

Meals designed around individual hormonal & metabolic needs.

Recovery Therapies

Stress reduction & mindfulness practices.

For Women May Include:

Hormonal Balance Support

Focused on hormonal health, menopause support and energy balance.

Reproductive Wellness Support

Personalised support for fertility and long-term wellbeing.

Feminine Wellness Therapies

Designed to improve confidence, balance & wellbeing.

- Hormonal balance support.
- Menopause optimisation.
- Skin, hair, vitality protocols.

Early Outcomes:

- Improved energy & reduced stress.
- Hormonal balance support.
- Improved confidence.
- Long-term reproductive wellness planning.

Stress, hormonal changes, ageing, poor sleep and modern lifestyles can impact confidence, intimacy, reproductive health and emotional wellbeing for both men and women.

Day three focuses on restoring vitality through personalised therapies designed around each guest's individual needs.

EMOTIONAL RECONNECTION

Restoring connection
beyond physical
wellness

Modern stress, demanding schedules and emotional exhaustion often create distance in relationships and within ourselves.

Day four focuses on rebuilding emotional connection, improving communication and creating space for deeper personal awareness.

For individual guests, this day focuses on self-connection, emotional clarity and personal reflection.



The Day May Include:

Private Relationship Sessions

Guided conversations designed to improve communication & understanding.

Emotional Wellness Coaching

Focused on stress patterns, emotional blocks & personal wellbeing.

Guided Connection Rituals

Designed to create deeper emotional presence.

Mindfulness Practices

Breathwork, meditation & reflection exercises.

Private Time

Space for rest, reflection & meaningful conversations.

Early Outcomes:

- Deeper emotional awareness.
- Improved communication.
- Reduced emotional stress.
- Stronger personal connection.
- Improved relationship clarity.

SENSORY AWAKENING

Reconnecting with pleasure, presence & deeper awareness



Modern lifestyles often disconnect people from rest, pleasure, presence and emotional awareness.

Day five is designed to help guests reconnect with their senses through carefully curated wellness experiences that promote relaxation, confidence and deeper connection.

The Day May Include:

Aromatherapy Rituals

Designed to calm the nervous system & enhance relaxation.

Sound Healing

Immersive experiences designed to reduce stress & improve mental clarity.

Guided Mindfulness Practices

Focused on awareness, presence & emotional calm.

Private Couple Rituals

Optional experiences designed to strengthen connection & intimacy.

Personal Reflection Time

Private space for rest & emotional reset.

Early Outcomes:

- Deeper relaxation.
- Increased emotional awareness.
- Improved confidence.
- Stronger connection.
- Reduced stress.

RENEWAL

Bringing together
internal wellness,
confidence & visible
vitality



By day six, the body has already gone through detoxification, restoration and deeper emotional reset.

This day focuses on helping guests feel visibly refreshed, physically lighter and mentally stronger before preparing for life beyond the programme.



Personalised Ayurvedic Body Therapies, designed to improve circulation, relaxation & overall rejuvenation. These may include:

Skin & Hair Wellness Rituals

Natural therapies designed to support healthy skin & hair vitality.

Advanced Herbal Therapies

Targeted formulations designed around individual wellness goals.

Personalised Nutrition Refinement

Adjustments based on your progress during the programme.

Rest & Recovery Time

Private time to enjoy the vessel and fully absorb the programme.

Early Outcomes:

- Increased confidence.
- Improved physical wellbeing.
- Healthier skin appearance.
- Improved energy.
- Deeper relaxation.



INTEGRATION

Ensuring your transformation continues long after you leave



Your Final Day May Include:

Final Wellness Review

Review of your progress throughout the programme.

Ayurvedic Physician Consultation

Updated recommendations based on your response to treatments.

Personal Wellness Roadmap

Lifestyle, nutrition & wellness planning for life after departure.

Herbal Prescription Planning

Personalised formulations for continued support at home.

Future Programme Planning

Optional access to future Helix programmes & services.

Outcomes:

- Long-term wellness strategy.
- Continued hormonal support.
- Continued emotional wellness planning.
- Greater lifestyle clarity.
- Sustained progress beyond the programme.

Focus

The final day focuses on reviewing your progress, understanding what has changed during the programme and creating a personalised roadmap for life after Sacred Vitality.

The goal is to ensure your results continue long after your journey ends.

CORE AYURVEDIC THERAPIES

Therapies Designed for Balance & Restoration



Panchakarma inspired therapies provide a gentle, structured detox and internal reset.

Personalised and carefully sequenced, they support balance, recovery, and overall wellbeing.

A curated selection of classical Ayurvedic therapies is delivered within a controlled, luxury environment:

- Abhyanga – full-body oil therapy for circulation & nervous system balance.
- Shirodhara – neuro-calming oil therapy for stress & sleep optimisation.
- Kati Vasti – targeted spinal therapy for structural & muscular support.
- Udwarthana herbal therapy for metabolism & detoxification.
- Choornaswedana: heat therapy to improve circulation & relieve stiffness.

Panchakarma

- Panchakarma-inspired detox programmes
- Gentle cleansing protocols adapted for yacht environment
- Lymphatic and toxin-release therapies

SIGNATURE AYURVEDIC THERAPIES

Traditional therapies delivered through a highly personalised modern programme.



Every therapy within Sacred Vitality is selected based on your personal health profile, energy levels, emotional wellbeing and treatment goals.

These therapies are not delivered as generic spa treatments they are integrated into your broader wellness journey.

Abhyanga

A full-body warm oil therapy designed to improve circulation, calm the nervous system and reduce stress

Shirodhara

A deeply relaxing therapy involving warm herbal oils designed to improve sleep and mental clarity.

Pizhichil

A restorative therapy using warm oils designed to improve muscular recovery and physical relaxation.

Udvaartana

A herbal powder therapy designed to improve circulation, detoxification and body balance.

Herbal Steam Therapy

Designed to support detoxification and improve relaxation.

Personalised Herbal Formulations

Created specifically for your personal wellness needs.

Outcomes:

- Improved circulation.
- Deeper relaxation.
- Improved sleep & reduced stress.
- Better physical recovery

PERSONALISED NUTRITION

Every meal is designed to support your personal transformation

Ayurveda without food is incomplete.

Nutrition plays a central role in Sacred Vitality.

Meals are designed around your Ayurvedic profile, hormonal needs, digestive health and personal wellness goals ensuring that food actively supports your treatment programme rather than working against it.

- Personalised Ayurvedic nutrition plans (Dosha based)
- Herbal supplementation and formulations
- Digestive optimisation (Agni balance)
- Detox and metabolic reset protocols



Your Nutrition Plan May Include:

Dosha-Based Meal Planning

Meals aligned to your Ayurvedic constitution.

Hormonal Wellness Nutrition

Foods designed to support hormonal balance and long-term wellbeing.

Fertility Focused Nutrition

Targeted nutritional support where required.

Anti-Inflammatory Nutrition

Designed to reduce inflammation and improve recovery.

Digestive Restoration

Meals designed to improve gut health and nutrient absorption.

Personal Dietary Preferences

Luxury dining adapted to personal tastes and requirements.

Outcomes:

- Improved digestion.
- Increased energy.
- Reduced inflammation.
- Better recovery.
- Long-term healthier eating habits.

THE PRIVATE EXPERIENCE

**Designed for privacy,
discretion and
uninterrupted
restoration.**

**Environment plays a
critical role in healing.
Sacred Vitality is
delivered within a
private setting designed
to remove distractions,
reduce stress and allow
guests to fully focus on
personal wellbeing.
Every aspect of the
experience is designed
to feel effortless,
discreet and deeply
personal.**



Experience Includes:

Private Luxury Accommodation

Designed for comfort, privacy & uninterrupted rest.

Personalised Scheduling

Treatments structured around your pace & preferences.

Private Dining

Tailored dining experiences throughout your journey.

Dedicated Concierge Support

A seamless guest experience throughout your programme.

Private Excursions & Leisure Time

Optional moments of relaxation & exploration.

Complete Privacy

A discreet environment for individuals and couples.

Outcomes:

- Deeper relaxation.
- Greater privacy.
- Reduced external stress.
- Uninterrupted focus on wellbeing.

RESULTS & OUTCOMES

What this programme is designed to improve



PROGRAMME IMPACT

Sacred Vitality is designed to deliver meaningful improvements across physical, emotional and long-term wellbeing.

While each guest's experience is personal, the programme focuses on addressing common areas affected by stress, lifestyle and hormonal imbalance.

WHAT YOU CAN EXPECT

Physical Wellbeing

- Improved energy levels.
- Better sleep quality & recovery.
- Improved digestion.
- Reduced physical stress.

Hormonal & Vitality Support

- Support for hormonal balance.
- Improved vitality.
- Reproductive wellness support.
- Improved long-term health awareness.

Emotional & Mental Wellbeing

- Reduced stress & better focus.
- Improved emotional clarity.
- Increased sense of calm.

Relationship & Personal Confidence

- Improved emotional connection.
- Improved communication & confidence.
- Stronger personal awareness.

Long-Term Benefits

- Clearer lifestyle direction.
- Improved daily habits.
- Structured wellness approach.
- Continued support beyond the programme.

YOUR JOURNEY CONTINUES

Supporting long
term wellbeing
beyond your time
onboard

This doesn't end after 7 days

True transformation
requires consistency.

After completing the
Sacred Vitality
programme, guests are
supported through a
structured continuation
approach designed to
help maintain progress,
adapt to daily life and
build long-term
wellbeing.



Post Programme Support May Include:

Follow-Up Consultations

Private sessions to review progress and adjust your wellness plan.

Ongoing Ayurvedic Guidance

Continued support for nutrition, lifestyle and daily routines.

Personal Wellness Planning

Recommendations designed to integrate your learnings into everyday life.

Relationship & Emotional Wellbeing Support

Optional guidance for continued personal or couples development.

Future Programme Access

Opportunities to return for further optimisation.

Outcome:

A structured path to help maintain and build on the progress achieved during your programme.

Continued Ayurvedic consultation via Helix App:

- Personalised long-term wellness plan.
- Ongoing herbal & nutrition guidance.
- Progress tracking & rebalancing.

SACRED VITALITY MEMBERSHIP

A private continuation designed for long-term transformation



Membership as a natural extension not a product push.

Sacred Vitality is designed to deliver meaningful improvements across physical, emotional and long-term wellbeing.

While each guest's experience is personal, the programme focuses on addressing common areas affected by stress, lifestyle and hormonal imbalance.

Membership May Include:

Personalised Formulations: Delivered Globally

Custom herbal blends designed to support vitality, hormonal balance, sleep and stress management.

Quarterly Consultations

Private sessions to review progress and refine your wellness plan.

Helix App Integration

Tracking, reminders and ongoing wellness monitoring.

Annual Reassessment

Biomarker, hormonal and wellness reviews where required.

Priority Access

Preferred access to future Helix programmes and services.

Outcome:

A structured system designed to maintain results and support long-term wellbeing.

THE HELIX ECOSYSTEM

A connected approach to long-term wellbeing



Not just a one off experience
it's a platform.

Sacred Vitality is part of a broader Helix ecosystem designed to support your wellbeing across different environments and stages of life.

Guests may choose to continue their journey through additional Helix experiences, each designed to build on the foundation established during the programme.

The Helix Ecosystem Includes:

Helix Lounges

Ongoing wellness support through partner locations.

Future Yacht Programmes

Return for deeper optimisation & continued progress.

Medical Wellness Experiences

Access to advanced treatments within clinically supported environments.

Digital Health Platform

Ongoing tracking, consultation & wellness management.

Outcome

A seamless pathway allowing your wellbeing journey to evolve over time.



Sacred Vitality is not built around isolated treatments, but around a structured system designed to deliver measurable and lasting transformation.

Each element diagnostics, consultations, therapies, nutrition, and daily practices is carefully aligned to work together, ensuring that the body responds progressively and effectively throughout the programme. Rather than offering temporary relaxation, the programme focuses on restoring internal balance, improving energy, and addressing the underlying factors that impact long-term wellbeing.

This integrated approach allows results to extend beyond the experience itself, supporting sustained vitality, clarity, and resilience long after your journey concludes.

**Designed for those who expect more than wellness
a structured return to balance, vitality & control.**



LIVE IN BALANCE

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