



PRIVATE WORLD INTRODUCES THE

VistaJet Wellness Program



[VISTAJET.COM/WELLNESS](https://www.vistajet.com/wellness)



Introducing a new way to fly better — and live better

Keeping our Members' wellness in mind at every stage of their journey with us.

To ensure that our Members step off our jets feeling at their best we have introduced a series of pre-flight, in-flight and post-flight features and services that support optimal health and maintain energy when flying with us.



✦ Global perspectives, made personal

Wellness means different things to us all. This is why VistaJet has partnered with trusted experts in wellness from every region of the world, operating in several disciplines, to invite you to discover new perspectives of wellness on board and at destination.

Our series of pre, post and in-flight services are aimed at enhancing relaxation and reducing any discomfort from the flight, so that you arrive refreshed and ready to go.

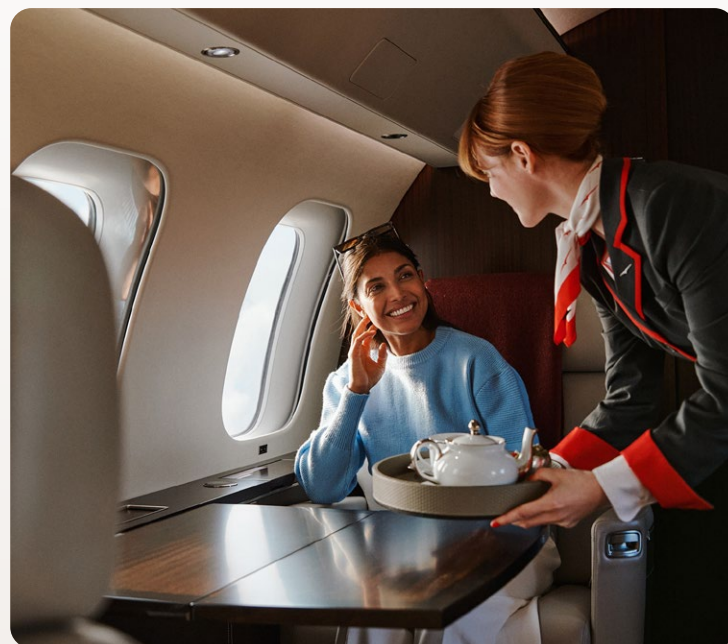
VistaJet Members can now access wellness practices at their source, and benefit from exclusive Private World partner offerings with world-leading institutions, brands and experts, for a truly global experience of wellbeing.



Pre-flight

Members can begin their wellness journey before they step on board with a pre-flight consultation on diet and flying routine.

Consult with a VistaJet nutritionist to receive advice for eating well when traveling and customize in-flight meals according to your health and lifestyle goals, dietary preferences and restrictions.



In-flight

Transforming the unique privacy of the cabin as a space to enjoy the highest levels of comfort and wellbeing during a flight.

From jetlag reducing technologies and wellbeing apps, to JING Teas single origin herbal infusions and Guerlain hydrating skincare amenities, there are many ways to help feel refreshed when you arrive.



Post-flight

As the effects of a flight continue after landing, VistaJet Members can access post-flight wellness guides created by leading physician Dr. Jordan Shlain and his team at Private Medical, who provide tips and guidance for maintaining optimal wellbeing after flying.

Guides include jet lag management and hydrating effectively after arrival.

Wellness menus

Members can consult with a VistaJet nutritionist before they fly to receive advice for eating well when traveling.

Customize your in-flight meals according to your health and lifestyle goals, or dietary preferences and restrictions or choose from new VistaJet wellness menus designed alongside nutritionists and leading athletes to relax, rejuvenate and revitalize.





Dining with intention

Be at your best when you land by choosing our Wellness menus designed with your wellbeing in mind.



Relax Menu

Focused on calming the body and mind, using micronutrients known to relax and destress.

Supporting ingredients:
tryptophan, magnesium,
calcium, melatonin, serotonin

SAMPLE MENU



Revitalize Menu

Focused on energizing the body and mind, providing a nourishing boost.

Supporting ingredients:
complex carbohydrates, iron,
B vitamins, caffeine, electrolytes

SAMPLE MENU



Rejuvenate Menu

Focused on uplifting the mind and body, nurturing at a deeper level.

Supporting ingredients:
collagen, probiotics,
antioxidants and vitamin C

SAMPLE MENU



Performance Athlete Menu

Focused on preparing the body and mind for optimal performance.

Created in collaboration with world-renowned athletes, including Charles Leclerc.

SAMPLE MENU





Onboard technology and apps

Our Global 7500 aircraft have a range of features to alleviate the effects of flying across the world and multiple time zones. These include a reduced cabin pressure to that of 4,000ft altitude, a quiet cabin with the option of separating each living space for added privacy and a lighting system that helps to synchronize a traveler's circadian rhythm to the time at their destination.

A variety of in-flight apps include relaxation meditations and guided breathing audios from Headspace, which can truly be enjoyed with Bowers & Wilkins noise canceling headphones.

In-flight relaxation

We have integrated a range of products and services to aid sensory relaxation and relief whilst flying, with a specialist natural whole fruit and herb infusions range from JING to soothe nerves and relax before bed, to aromatherapy oils made by hand from de Mamiel, turning the cabin into a moment of calm.

For our longest range flights on the Global 7500 aircraft, we have partnered with renowned skincare specialist Guerlain to provide a collection of unisex skincare items from the Orchidée Impériale range to take care of skin when flying. VistaJet Cabin Hosts have been trained by the House of Guerlain in London so that they can advise Members how to use the products to ensure the full benefits are received.



VISTAJET WELLNESS PROGRAM

On every aircraft



RELAXATION, MEDITATION AND GUIDED BREATHING FROM HEADSPACE



FULL BEDS WITH HYPOALLERGENIC DUVETS AND PILLOWS



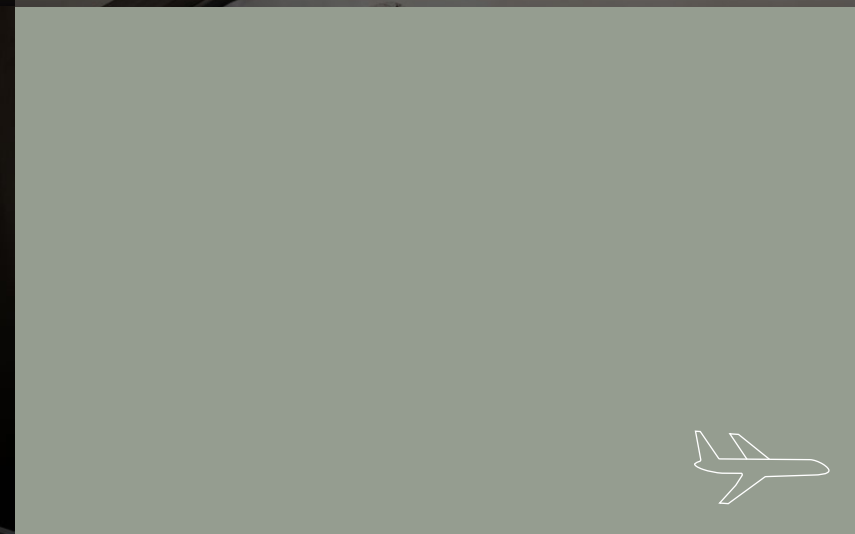
AROMATHERAPY SCENTS FROM DE MAMIEL



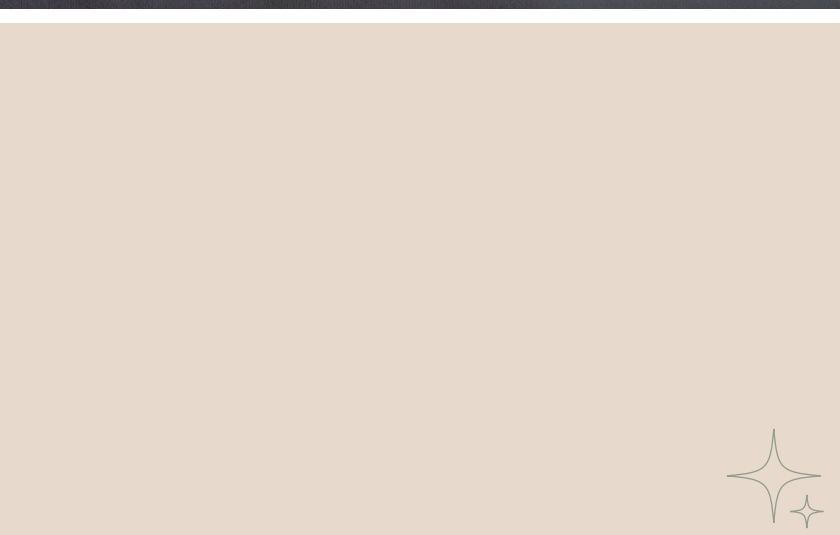
SINGLE ORIGIN HERBAL INFUSIONS FROM JING



ADJUSTABLE ERGONOMIC SEATS



NOISE CANCELING HEADPHONES BY BOWERS & WILKINS



NUAGE SEAT WITH ZERO-GRAVITY POSITION FOR REDUCED LOWER BACK PRESSURE



GUERLAIN ORCHIDÉE IMPÉRIALE SKINCARE COLLECTION

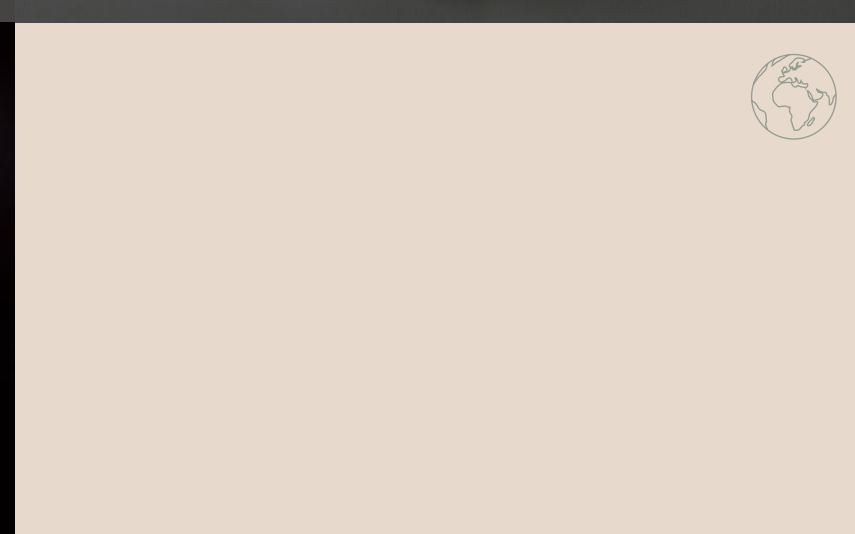
Only on the Global 7500



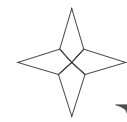
REDUCED CABIN PRESSURE FROM 45,000FT TO 4,000FT



SOLEIL LIGHTING SYSTEM AND DYNAMIC DAYLIGHT SIMULATION TO SYNC TO DESTINATION TIME ZONE



PUR AIR SYSTEM FOR RESPIRATORY AND DERMATOLOGICAL WELLNESS

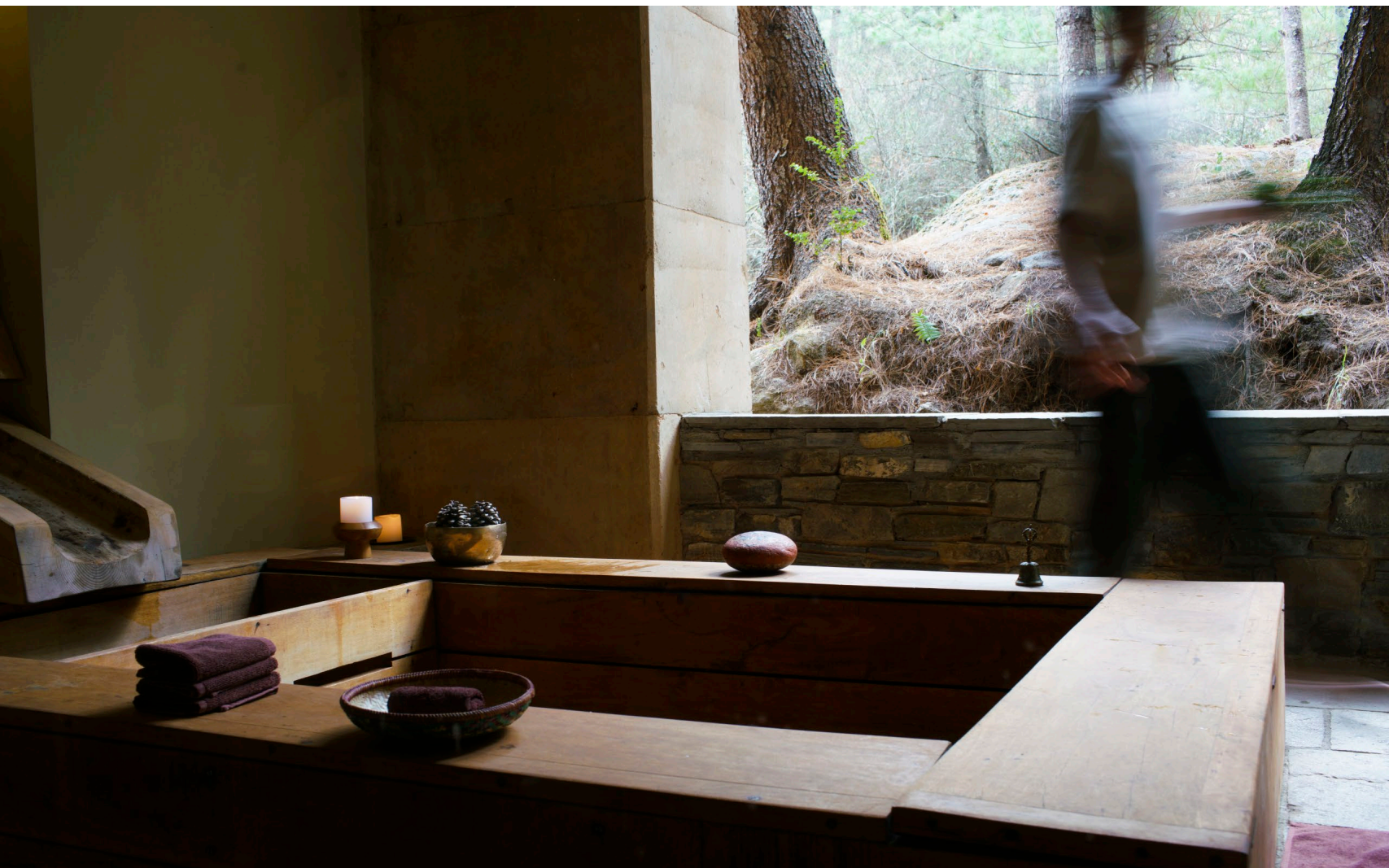


Wellness at destination

The VistaJet Wellness program offers something for everyone seeking to improve their health and wellbeing. The destinations selected for our Wellness program have been carefully identified as places where our Members can have the deepest and most personally transformative experiences.

Together with tailored itineraries through our trusted partners — which include spending time and immersing in local communities, a full range of therapies and rituals or learning directly from masters of some of the world's most revered traditions — we are offering truly life-changing and life-enhancing trips, unlike any other, across four continents and over twenty therapies and wellness practices.





Nepal and Bhutan

WITH PELORUS

Journey through Nepal and Bhutan to the heart of Buddhism, partaking in local rituals including a private prayer session with the spiritual leader of the Tibetan Buddhist tradition, Rinpoche. Take a helicopter ride to Everest base camp to experience the serenity of being in the heart of a natural wonder and embark on a once-in-a-lifetime hiking expedition, visiting an array of spectacular monasteries and temples along the way.



Sweden and Peru

WITH THE LUMINAIRE

Immersive relaxation inspired by the Swedish Lapland landscape will lead you to traditional sauna detoxing and Wim Hof Cold Water Therapy with a trained expert. Experience the ultimate hydrotherapy at the Artic Bath spa for a complete rejuvenation of mind, body and spirit, and spend time among the local Sámi people to glean their ancient wellness culture, practices and herbalism.

The ultimate retreat for mind, body and spirit's rejuvenation and self-discovery sits in the heart of Peru's Sacred Valley, a place of outstanding beauty, peace, privacy and home to Machu Picchu. Explore the traditional wellness of the Andean culture with an expert on herbalism and medicinal traditions, and absorb the energy of ancient lands in the privacy of your casita tucked behind the Andean highlands.

THE LUMINAIRE



U.S. and Mexico

WITH ABERCROMBIE & KENT

Reconnect in the wild landscape of Arizona, the verdant vineyards of California and the surf-ready waters of Hawaii during a 10-night journey across the USA. Blending soulful experiences with the spice of adventure, starting the day with a sunrise Tai Chi session overlooking Hanalei Bay and ending it with stargazing in the desert city of Sedona.

Continue to Mexico for a visit that brings you closer to the ancient secrets of health and happiness from the Mayan civilization on this modern, transformative wellness retreat. From the spectacular Baja peninsula to the Mexican Gulf, experience the healing benefits of cacao and temazcal ceremonies, explore the lost city of Chichén Itzá and bathe in the azure waters of a private cenote.



Abercrombie & Kent



Maldives

WITH JOALI BEING

The Maldives' only dedicated wellbeing island, offering transformative 360 experiences, exploring the resort's elemental therapies, healing technique, hydrotherapy hall, herbology center and more. Mind, skin, microbiome and energy are the resort's key pillars, offering a hybrid of healing and restorative practices. For a unique and integrated approach to wellbeing on every level.

JOALI



Qatar

WITH ZULAL WELLNESS RESORT BY CHIVA-SOM

Retreat from the world to the Middle East's first and largest full immersion wellness destination. Located on the coast of northern Qatar, Zulal is inspired by the Arabic word for 'pure natural water' and blends the 1,000 year old holistic wisdom of Traditional Arabic and Islamic Medicine (TAIM) with contemporary therapies and health practices. Pioneering dedicated family wellness is offered at the Zulal Discovery section of the resort, where retreats include offerings for all age groups from 0 to later life, alongside dedicated family bonding and multi-generational programs. The adults-only Zulal Serenity offers a variety of targeted programs including Stress Reset and Burnout Recovery, Natural Slimming Therapeutic Cleanse and Optimal Physio-Fit.



Zulal
Wellness Resort
by Chiva-Som

GLOSSARY OF WELLNESS TREATMENTS

BHUTANESE HOT BATH

Bhutanese hot baths are not like the other hot baths around the world. It uses Menchu, which means medicinal water, consisting of fresh water and Artemisia absinthium (wormwood) leaves. The combination is heated with river stones that have been roasted over a fire until they are burning hot. There are holes in the chamber for the heat to be infused into the bath. The stones release key minerals into the water.

Benefits: Alleviates arthritis, hypertension, joint pain, stomach disorders, other deep-set aches and over 50 skin ailments. As artemisia has a meditative effect, it induces stress relief.

Pelorus, Bhutan

BIO-HACKING

Also known as bioharmonising, biohacking technologies can slow down the rate of aging, through practices such as hot & cold therapy, ozone therapy, hyperbaric oxygen therapy to optimize mitochondria.

Benefits: Improve cellular function and healing, strengthening your overall physiology.

Six Senses Rosebar, Ibiza
Clinique Nescens, Switzerland

CACAO CEREMONY

Cacao is a powerful medicine. A cacao ceremony is any sort of ceremony in which a cacao beverage is consumed to elevate the spiritual ritual(s) being practiced. The cacao used in these ceremonies is chocolate in its purest form with nutrients that classify it as superfood. It has been used in ceremonies dating back to the Mayans and Aztecs. Drinking the cacao mindfully, setting intentions, and engaging in activities like meditation, ecstatic dance and breathwork.

Benefits: To aid deep connection to yourself, others and the planet, releasing emotional blockages and inducing a euphoric experience and boost immune system and energy.

Abercrombie & Kent, Mexico

COLD WATER THERAPY / WIM HOF TECHNIQUE

The Wim Hof Method is a form of cold water therapy based on a powerful method that teaches you how you can consciously influence your own body. The Method is built on three pillars: breathing, mind-set and exposure to cold.

Benefits: Speed up metabolism, reduce inflammation, swelling, and sore muscles, speed up recovery after physical exercise, as well as improved sleep quality, better focus and an improved immune response.

The Luminaire, Sweden

CRANIAL OSTEOPATHY

A gentle form of treatment that promotes health through therapeutic touch. a form of osteopathy where gentle manipulation is applied to the head and spine. Cranial osteopathy is a form of gentle and non-invasive osteopathic treatment used both diagnostically and therapeutically to encourage the release of stresses and strains throughout the body and the head by applying various techniques to the cranium and sacrum.

Benefits: Relief for neck and back pain, migraines and headaches, ear issues, arthritic pain and joint inflammation, internal nervous and digestive systems, including IBS, cognitive and emotional health, stress and tension.

Clinique Nescens, Switzerland

CRYOTHERAPY

Cryotherapy involves exposing the body to lowered temperatures in a temperature-controlled chamber, that is near-freezing to freezing.

Benefits: Pain and muscle relief to weight loss, skin ailments and mental health conditions.

Six Senses Rosebar, Ibiza
Clinique Nescens, Switzerland

CURANDERISMO

Traditional healing of Mayan, South American culture drawing on use of plants medicines and tinctures, oils particularly targeting digestive issues, using ventosas (fire cupping) and sobadas (traditional massages) which can use sacred tobacco and acupuncture as part of the treatment.

Benefits: Healing for a range of psychological, emotional and physical ailments, including healing intestinal blockages, sciatica, muscle alignment, improved mobility and anxiety and stress.

Abercrombie & Kent, Mexico

ENERGY HEALING

Energy healing is an umbrella term for various therapeutic modalities that heal through accessing and manipulating energies and energy fields across the bioelectromagnetic spectrum, including subtle bio-energies. Types of therapies include reiki, acupuncture, touch therapy, EFT tapping, somatic experiencing, chakra balancing, crystal healing.

Benefits: Positively influences emotional health, including better sleep, improved mood, and promotes physical relief by boosting immunity and speed up recovery. It treats energetic imbalances in order to bring the body's systems back to homeostasis.

JOALI BEING, Maldives
Zulal Wellness Resort by Chiva-Som, Qatar

LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage massage is a form of gentle massage that encourages the drainage of lymph nodes and movement of lymph fluids around the body.

Benefits: Stimulates blood circulation and tissue regeneration, directs and increases lymphatic flow, promoting faster removal of excess interstitial fluid, reduces swelling and water retention, improves the immune system, minimizes the appearance of cellulite, promotes body and mental relaxation.

Clinique Nescens, Switzerland

MADEROTERAPIA MASSAGE

A form of lymphatic massage, using specially designed wooden tools and utensils to eliminate the fat that accumulates in different parts of the body such as the hips, thighs and abdomen. This type of massage activates micro-circulation in the treated area and eliminates water retention.

Benefits: Stimulates blood circulation and tissue regeneration, directs and increases lymphatic flow, promoting faster removal of excess interstitial fluid, reduces swelling and water retention, improves the immune system, minimizes the appearance of cellulite, promotes body and mental relaxation.

THE WELL at Hacienda AltaGracia, Costa Rica

MANGAL SNĀN

Meaning ‘auspicious bath’ this ritual was historically only experienced by the royalty of India, before an important coronation or wedding ceremony. Applying numerous anointments followed by elaborate bathing rituals and massage with traditional spices, herbs and oils, the body is soothed into a state of complete relaxation. Enhanced with music therapy to have a soothing effect on the nervous system, this is the only treatment in the world that incorporate Indian ragas by live musicians. The treatment ends with a henna hand design for women.

Benefits: Purifies and conditions the skin, relaxes the nervous system, uplifts mind and spirit.

J Wellness Circle, Taj Hotels

MEDITATION (TIBETAN BUDDHISM)

Breathwork, visualization and mantra based on Buddhism. Buddhism is a tolerant religion that places emphasis on practical methods for cultivating spiritual awareness and on the importance of finding the truth for oneself. It treasures loving-kindness, compassion, equanimity, clarity of mind, and wisdom.

Benefits: Supports mental and emotional health, reduces stress, normalize blood pressure, improve immune system function and help people to feel more relaxed and better able to focus on their everyday life and relationships.

Pelorus, Nepal and Bhutan

NATURAL SAUNAS

Sauna is a wooden room or structure that uses heated stones and water to create a hot and humid atmosphere typically heated to between 70°C and 110°C causing sitting or lying participants to sweat.

Benefits: Recovery for sore muscles and joints, detoxification, increased metabolism and weight loss, skin health and antiaging benefits, improved sleep, reduced stress.

The Luminaire, Sweden

SOUND HEALING

A sound bath where participants are immersed in the vibrations of an instrument or environment during a session whilst sitting comfortably. Often gongs are used to create an ocean of sound that is profoundly relaxing; a state which activates the parasympathetic nervous system.

Benefits: Induces deep relaxation, reduced stress levels, deep emotional release, energy detoxing by clearing excess negative energy, pain and mental chatter.

*THE WELL at Hacienda AltaGracia, Costa Rica
Six Senses Rosebar, Ibiza*

TAI CHI

Originating as a martial art in China, tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

Benefits: Improves strength, flexibility, aerobic conditioning and balance as well as lowering blood pressure, providing support for arthritis. It also provide mental and emotional relief and conditioning.

Abercrombie & Kent, Mexico

TRADITIONAL ARABIC & ISLAMIC MEDICINE (TAIM)

An ancient, healing philosophy with roots that can be traced back over 1,000 years, TAIM focuses on a unique, holistic path to wellness. Embodying mind-body therapies and traditional herbal medicines, taking into consideration an individual’s temperament (Mizaj) and dominant humor (Akhlah) and incorporating Qatari and Arabic medicinal herbs.

Benefits: Physical, emotional and spiritual healing, creating intense rejuvenation and sense of wellbeing.

Zulal Wellness Resort by Chiva-Som, Qatar

TEMAZCAL

A ceremony from the Mexican culture that has been used for more than 1,000 years. Temazcal, meaning ‘house of heat’ or sweat lodge, is a pre-Hispanic cleansing ritual. In essence, a shaman-lead ritual in a hut that is heated and steamed through tossing water onto hot stones.

Benefits: Psychological, physiological and spiritual healing including flushing out of toxins, clearing skin, improve circulation, mental and emotional relief, intense moment of personal connection.

Abercrombie & Kent, Mexico

VINOTHÉRAPIE

Combines natural active ingredients from the grapevine and grapes with exceptional treatment rituals to provide facial and body treatments that are unique. The use of wine by-products like grapes, seeds, skins, pulp, and stems which are high in antioxidants and contain anti-aging properties, is perfect for beauty and relaxation purposes.

Benefits: Exfoliating and anti-aging benefits.

Abercrombie & Kent, U.S.

WATSU

Aquatic bodywork and hydro-treatment combining massage, acupuncture, shiatsu and stretching for deep relaxation. There are only a handful of Watsu experts in the world and Joali Being’s practitioner was trained by one of the key founders of the practice.

Benefits: Enhance physical movement, joint mobility and injury rehabilitation, provides relief for chronic pain and discomfort during pregnancy and neurological conditions, helps with sleep disorders, anxiety and depression.

*JOALI BEING, Maldives
Zulal Wellness Resort by Chiva-Som, Qatar*

