



## THE RETREAT GUIDE IMPORTANT INFORMATION

### YOU'RE NEARLY IN IBIZA...

Below is all the information you need for your trip. Please ensure you read this important information thoroughly.

#### INSURANCE

Please ensure that your travel insurance covers you for this type of active holiday. It is important to check that it covers you for personal accidents in the unlikely event that you sustain an injury.

#### ARRIVAL AND DEPARTURE

Arrival time at the KIN villa is 6pm on Saturday. we throw our retreat opening BBQ party. Food will be served around 7pm. Departure is by 10am the following Saturday.

#### IF YOU ARRIVE EARLY

If you arrive in Ibiza early (morning or afternoon) we would recommend relaxing at Tanit Beach Club. We provide a transfer from Tanit beach club to the KIN Villa at 6pm on Saturday free of charge.

If you wish to book sunbeds or a table for lunch we would recommend pre booking.

Website: [www.tanitbeachibiza.com](http://www.tanitbeachibiza.com)

## TRANSFERS

If you are travelling to the kin villa from Ibiza airport. The best way to get to the KIN villa is by TAXI or PRIVATE DRIVER.

TAXI – As you leave airport Arrivals, there is a taxi rank to the right. We recommend printing the villa directions if getting a taxi. A taxi to the KIN villa will cost approx. 40 euros.

PRIVATE DRIVER – The cost for a single journey from the airport is around 80 euros. The cost is the same for an individual or a group. So if you are a group, the cost will be divided. The maximum seats for a private driver is 7.

If you wish to book a private driver you must contact them directly by emailing [info@ibizatransitexpress.com](mailto:info@ibizatransitexpress.com) and confirm if you will be going to the KIN villa or another destination.

## THE FOOD

Our menu is curated by our KIN chefs and is mixture of nutrient dense meat and plant based foods. Our ethos is to create a balanced flexible menu with the taste of Ibiza. All of our food is locally sourced, most of which is picked daily by KIN chefs from an organic farm in the heart of Ibiza. Each day You will have 3 daily meals, plus snacks and a bottomless kin nutrition shake bar!

## ADDITIONAL FOOD

There is a bottomless kin nutrition Shake BAR FOR you to help yourself to throughout the week. If you wish to maintain, increase muscle mass or body fat, there is the option to have larger potions, and your macros will be discussed in your initial body analysis and goal setting.

## DIETARY REQUIREMENTS

Our KIN chefs are used to cooking for large parties and all of our meals have a meat, vegan, pescetarian, vegetarian and religious option, please tell us if you have any reactive food allergies. You can confirm your dietary requirements at the time of booking.

## FITNESS LEVELS

All levels of physical abilities are welcome. KIN coaches are available to guide you through every step of your goal, no matter how personalised. KIN retreats have a wide age range of guests between 17-65.

## GOALS AND YOU TIME

On arrival you will have a full body composition analysis and a one to one with kin founders, Kyle and Kelly to discuss your goals. Please feel free to approach any KIN coach during the week for advice or specialist training.

## THE TRAINING

Every day is different. On average there will be 4 hours of training every day. A Typical day includes Beach training, Villa HIIT, a workshop and Sunset yoga.

## HOUSEKEEPING

The villa will be cleaned daily and fresh towels and bed linen provided throughout the week. guests have access to washing facilities free of charge. Shower and pool towels are included.

WiFi is available throughout the villa, but at limited speed.

## MASSAGE AND TREATMENTS

A 1 hour full body massage is included in your booking.

You can book as many treatments as you like throughout the week. If you would like to pre book a treatment email [hello@inthekin.com](mailto:hello@inthekin.com).

## KIN SPA LUXURY TREATMENTS

### THE SIGNATURE MASSAGE / 60 mins / 100 euros

This full body massage uses strong pressure techniques and stretches. Ideal for stiffness and soreness to release areas of congestion, and to loosen muscles after a workout.

### GLOW BABY GLOW! FACIAL / 60 mins / 100 euros

A soothing Dermalogica treatment to revitalise, detoxify and hydrate the skin and face muscles after being in the sun.

### BACK TO LIFE / 30 MINS / 65 euros

A relaxing massage applied to the back neck and shoulders to relieve tension, improve circulation and relax muscles.

### SLEEEEP MASSAGE / 60 MINS / 100 euros

A massage designed for a longer sleep, using aromatherapy oils to calm the mind and body. Available in the evenings too!

### CELLULITE BLITZ / 60 MINS / 120 euros

A scrub followed by a lymphatic massage on the legs and buttocks to help to detox, increase blood flow and rejuvenate stubborn areas. For achy glutes and hips.

## PAYING FOR YOUR TREATMENT

Please pay in cash directly to your therapist.

## ROOMIES

Our bedrooms have a mixture of double and twin beds. Please specify if you prefer a twin option via email: [hello@inthekin.com](mailto:hello@inthekin.com) at the time of booking.

If there is no preference specified you will be allocated a double room, which means you may be sharing a bed with your roomie.

We recommend to book your own room if you have trouble sleeping.

## WANT TO SHARE. BUT HAVEN'T GOT A ROOMIE?

Most of our bookings are room shares. If you want to come, but do not have a roomie, send us an email and we will connect you with other likeminded roomies. In our experience, this usually works out beautifully! We do our best to allocate the twin sleeping options for you. Why not drop us an email now? [hello@inthekin.com](mailto:hello@inthekin.com)

## OUT OUT

KIN retreats is all about balance. The week includes a rest day and dining in Ibiza restaurants and beach clubs. Which are included in your booking price.

We work hard to achieve the goals that we set for the week and to fully support this, any extra off-site nights are not included in the price.

Guests don't usually drink at the villa. However you are welcome to bring your own alcohol.

## BOOKING AND PAYMENT

To secure your spot you can book your room on the website. The deposit price is per person (not per room). If you are booking a room for 2 people add '2' to the cart.

You will then receive a booking form.

The remaining balance is due 6 weeks before arrival - we will remind you when this is due via the email provided when booking.

We will send you directions to the villa 1 week before your arrival date.

## YOU HAVE BOOKED BUT YOU CANNOT COME

Please tell us as soon as possible if there are any changes to your arrival or departure days.

The sooner we know, the more time we have to find a solution. We will do our best to move you to another KIN retreat, but please be aware that if a cancellation is made the deposit is non refundable.

## SEE YOU IN IBIZA!

If you have any questions email us

[hello@inthekin.com](mailto:hello@inthekin.com)