

Women's Wellness Pioneer Adds Reset to its Bali Retreat Collection

A new all-inclusive essentials program from Goddess Retreats, designed to make it easier for women to build a regular recharge into their year

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/EINPresswire.com/ -- [Goddess](#)

[Retreats](#), one of the world's original

women-only wellness retreats, has

launched Reset Goddess, a new

program at its Seminyak sanctuary

built around open days, daily spa care

and no fixed itinerary. Guests arrive

with no goal beyond listening to what

their body wants, whether that is a

sunrise yoga class, an afternoon by the pool, a coastal walk, or simply doing nothing at all.



Goddess Retreats Seminyak Oasis Pool

The launch responds to a broader shift in women's wellness travel, toward softer, more

restorative retreats, and solo travel rooted in community rather than isolation. Since welcoming its first guests in 2003, Goddess Retreats has built its programs around that same rhythm of community and autonomy: guests share daily meals, yoga and ceremonies, while keeping their afternoons and evenings entirely their own.

“

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*Goddess Retreats Founder,
Chelsea Ross*

“Reset Goddess Retreat is for the women after an effortless wellness getaway, or who already know and love Bali, and simply want to come back to something familiar and easy,” says Goddess Retreats Founder Chelsea Ross. “There's no structured itinerary to follow and nothing you

have to do. It's a week to rest, be looked after, and listen to what your body needs.”

The Reset Goddess Retreat Experience

Hosted at the coastal Seminyak sanctuary, the seven-day, six-night program offers a supportive, female-only environment where the essentials are taken care of, leaving days open to unfold at each guest's own pace.

The all-inclusive program includes:

- Luxury Boutique Accommodation: Shared, solo or private pool villa options.
- Daily Spa Treatments: Massage, facials and traditional Indonesian hair spa therapies.
- Movement & Mindfulness: Daily yoga, meditation and pranayama breathwork.
- Contrast Therapy: Daily access to Swedish saunas, infrared saunas and ice baths.
- Nourishment: 16 whole-food, chef-prepared meals prioritising organic ingredients, with accommodations for plant-based, gluten-free and elimination diets.
- Cultural Connection: Including an intention-setting fire ceremony, a cacao ceremony, a flower mandala ritual, and a traditional Balinese offering-making workshop.
- Local Exploration: A chauffeured shopping tour of Seminyak and Petitenget.
- Round-trip chauffeured airport transfers are included as standard, so guests can arrive, settle in, and be looked after from the moment they land.

Designed for Real Life

For many women, decision fatigue is the real barrier to taking a wellness break. Reset Goddess removes that



Goddess Retreats Seminyak Oasis guest room



Goddess Retreats Seminyak Oasis yoga studio



Flower bath

friction. With meals, movement, transfers and daily spa care already taken care of, guests can step away from their responsibilities without having to plan a thing. Priced as the most accessible package in the Goddess Retreats collection, it offers a stress-free way to recharge, without needing a special occasion to justify the trip.

“For many women, planning a wellness break is its own kind of work,” Ross adds. “Between professional demands and daily caregiving, another set of

decisions, another itinerary to build, can be enough to put the trip off altogether. Reset Goddess takes all of that off the table, so guests can simply arrive and be looked after, at a price point that makes it easier to come back to Bali more often.”



Goddess Retreats Seminyak Oasis dining room

Reset Goddess joins Goddess Retreats' curated collection of women-only programs, spanning Wellness, Healing, Longevity and Creative to active styles including Surf, Pilates, Fitness and Padel. Rates start from USD\$2,099 per person for the seven-day, six-night program. To book, visit www.goddessretreats.com/goddess-packages/bali-wellness-reset-retreat-for-women/.

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About Goddess Retreats:

Founded in 2003 by Chelsea Ross, Goddess Retreats is an award-winning wellness sanctuary in Bali offering transformative retreats exclusively for women. More than just a getaway, Goddess Retreats provides a boutique and intimate experience focused on authentic connection, deep self-reflection, healing, and renewal amidst Bali's serene landscapes. Guests enjoy immersive wellness, indulgent spa and cultural experiences, fostering personal growth, a supportive sisterhood, and a journey of self-discovery. www.goddessretreats.com

Notes to Editors:

Press images [here](#).

Reset Goddess Retreat - Key Information:

- Location: Goddess Retreats Seminyak, Bali, Indonesia
- Duration: 7 days / 6 nights, all-inclusive
- Price: From USD\$2,099 per person
- Availability: Bookings open now, year-round

Key Package Inclusions:

- Luxury boutique villa accommodation, with shared, solo or private pool villa options
- Daily spa treatment from the Goddess Glow menu, featuring massage, facials and traditional Indonesian hair spa therapies
- Daily yoga, meditation and pranayama breathwork
- Daily access to the on-site wellness fitness studio
- Daily access to hot rock Swedish saunas, infrared saunas and cold plunge ice baths
- 16 whole-food, chef-prepared meals featuring organic ingredients from the retreat's own permaculture garden, with plant-based, gluten-free and other dietary accommodations
- Opening intention-setting fire ceremony, cacao ceremony and flower mandala ritual
- "The Gift of Gratitude," a traditional Balinese offering-making workshop
- A chauffeured local shopping tour exploring the boutiques, homewares and lifestyle spots of Seminyak and Petitenget
- The Goddess Awakening Guide, a guided journal to support reflection during the stay
- Complimentary 12pm early check-in and 3pm late check-out
- Round-trip chauffeured Bali airport (DPS) and Seminyak hotel transfers

For more information or to arrange an interview with Founder, Chelsea Ross, contact:

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