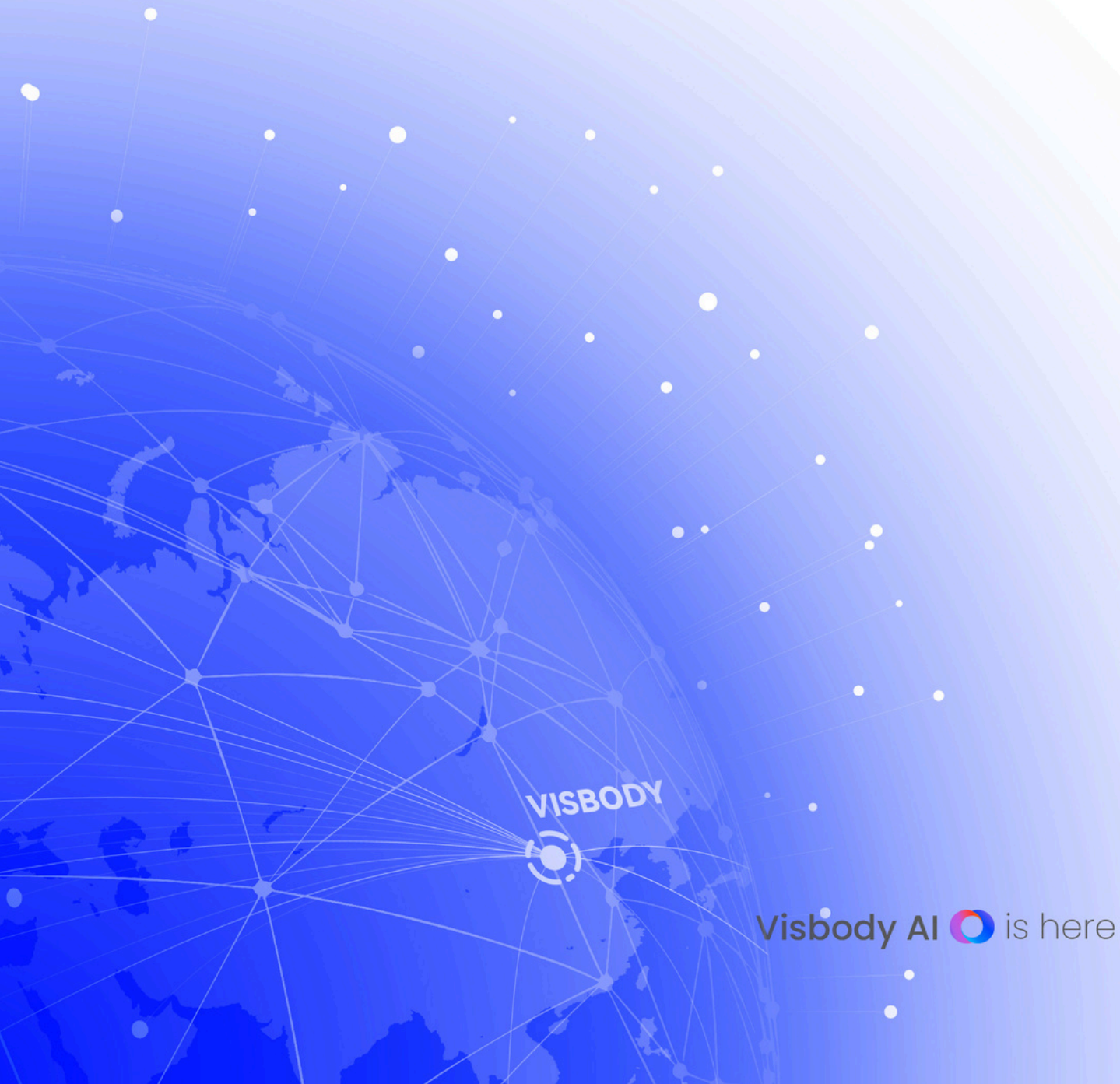
VISBODY®

SPA | HOTEL
CASE STUDIES



Visbody AI is here

MANDARIN ORIENTAL, COSTA NAVARINO

From Body Data to Personalised Wellness



ABOUT THE MANDARIN ORIENTAL, COSTA NAVARINO

Located on the hillside overlooking Navarino Bay on Greece's Peloponnese coast, Mandarin Oriental, Costa Navarino combines the brand's renowned hospitality with an extensive luxury wellness offering.

The resort features 99 suites and villas, seven restaurants and bars, a beach club, a world-class Spa and Fitness & Wellness Centre, an 18-hole golf course, and a wide range of sports, outdoor and cultural experiences.

Wellness is an integral part of the guest experience. Alongside its spa treatments and fitness facilities, the resort offers personalised wellbeing consultations, mobility and breath analysis, body composition assessments, coaching sessions and curated wellness programmes.

Its commitment to wellness has received international recognition. Both the resort and Spa have earned a Forbes Travel Guide Five-Star rating, while the Spa was named World's Best Resort Spa 2025, Europe's Best Resort Spa 2025 and Greece's Best Resort Spa 2025 at the World Spa Awards.

THE CHALLENGES: BRINGING GREATER PERSONALISATION TO WELLNESS

For a luxury wellness destination, delivering a truly personalised experience requires more than offering a wide selection of treatments, fitness classes and activities.

Every guest arrives with a different physical condition, lifestyle and wellness goal. A generic programme may provide an excellent experience, but it does not necessarily give wellness professionals the objective insights needed to understand where each guest is starting from.

Mandarin Oriental, Costa Navarino therefore sought to incorporate more measurable and individualised assessment into its wellbeing consultations, allowing specialists to better understand each guest's physical profile and use this information to inform their wellness recommendations.

The challenge was to connect objective body and fitness insights with the resort's highly personalised approach to wellness — without compromising the premium, seamless nature of the guest experience.

THE SOLUTION: INTEGRATING VISBODY INTO THE GUEST WELLNESS JOURNEY

Mandarin Oriental, Costa Navarino integrated the Visbody Scanner into its personalised wellbeing consultations and wellness programmes.

Visbody provides a comprehensive assessment of the guest's current physical condition, including:

- Body Composition Analysis – total body water, soft lean mass, free fat mass and body weight
- Muscle-Fat Analysis – skeletal muscle mass and body fat mass
- Obesity Diagnosis – BMI, body fat percentage and waist-to-hip ratio
- Muscle Analysis – muscle development of the arms and legs
- Body Shape & Body Typing – visual insights into the guest's physical profile
- Nutritional Evaluation – supporting broader wellness recommendations
- Weight Control – identifying targets for body fat and lean muscle management

These insights give wellness specialists a more comprehensive understanding of each guest and help them develop personalised treatment and fitness recommendations based on individual needs and physical condition.

Integrated into a Premium Wellness Retreat

The application of Visbody is particularly evident in the resort's Wellness Retreat with Laura Dodd, a four-day programme combining yoga, meditation, breathwork, spa treatments, healthy dining and outdoor activities.

The programme included a Personalised Wellbeing Consultation featuring the Visbody Scanner, positioned alongside twice-daily yoga sessions, a Mandarin Oriental signature massage, a skincare masterclass, e-biking, meditation and other wellness experiences.

This creates a connected wellness journey in which assessment becomes the starting point for a more personalised experience.

Measure the body. Understand the individual. Personalise the journey.

Rather than using body assessment as a standalone service, Mandarin Oriental, Costa Navarino incorporates the insights into its wider wellness offering.

THE RESULT: TURNING BODY DATA INTO PERSONALISED EXPERIENCES

By integrating Visbody into its wellbeing consultations, Mandarin Oriental, Costa Navarino adds an objective, data-driven layer to its luxury wellness experience.

Guests can gain a clearer understanding of their body composition, muscle development and physical condition, while wellness specialists can use these insights to provide recommendations that are more closely aligned with each guest's individual needs.

The approach also enables the resort to connect assessment, fitness, treatments and wellness activities within one cohesive guest journey. For Mandarin Oriental, Costa Navarino, Visbody supports a modern vision of luxury wellness — one where exceptional hospitality is complemented by measurable insights and genuinely individualised experiences.

MANDARIN ORIENTAL, MUSCAT

Transforming Fitness with 3D Body Analysis



ABOUT MANDARIN ORIENTAL, MUSCAT

Located on the shores of Muscat's Shatti Al-Qurum district, Mandarin Oriental, Muscat is the first Mandarin Oriental property in Oman.

The luxury hotel combines the brand's signature hospitality with a comprehensive wellness offering, including a 1,200-square-metre wellness centre featuring a spa, fitness centre, treatment rooms, relaxation areas, and dedicated fitness facilities.

As one of Muscat's most distinguished luxury hospitality destinations, the hotel brings together contemporary design, exceptional service and a strong sense of place, offering guests an elevated experience that reflects both Mandarin Oriental's international standards and the character of Oman.

The hotel's Fitness Centre is designed to provide guests with access to professional training and advanced fitness equipment in a premium environment.

As part of its commitment to delivering a more comprehensive fitness experience, the centre incorporates the Visbody 3D Body Scanner into its fitness offering.

THE CHALLENGE: CREATING A MORE COMPREHENSIVE AND DATA-INFORMED FITNESS EXPERIENCE

For luxury hotels, fitness facilities are becoming an increasingly important part of the overall guest experience. However, simply providing high-end equipment is no longer enough to create a differentiated fitness service.

Fitness professionals need reliable body data to better understand a guest's physical condition, while guests increasingly expect more informative and engaging experiences than traditional weight or measurement-based assessments.

Mandarin Oriental, Muscat sought to integrate advanced technology into its fitness environment and provide a more comprehensive way to assess the body and support fitness services.



THE SOLUTION: INTEGRATING 3D BODY ANALYSIS INTO THE LUXURY HOTEL FITNESS EXPERIENCE

Visbody 3D Body Scanner provides a fast, non-invasive assessment combining 3D body scanning, body composition analysis, and posture assessment.

Integrated into the hotel's Fitness Centre, Visbody provides fitness professionals with objective body data that can complement consultations and conventional fitness assessments.

The technology enables the fitness team to:

- Obtain a comprehensive overview of body composition and physical measurements
- Analyse body posture through 3D scanning
- Use objective data as a reference for fitness programme design
- Present assessment results in a clear and engaging way
- Conduct follow-up assessments to monitor changes over time

This creates a more technology-enabled approach to fitness while fitting naturally into the premium environment of Mandarin Oriental, Muscat.

THE RESULT: BRINGING DATA-DRIVEN FITNESS INTO LUXURY HOSPITALITY

By incorporating Visbody into its Fitness Centre, Mandarin Oriental, Muscat adds advanced body analysis to its portfolio of fitness and wellness services.

Instead of relying solely on traditional fitness assessments, guests can gain a more comprehensive understanding of their body through measurable 3D data. Fitness professionals can also use these insights to support training recommendations and monitor progress.

The integration of Visbody demonstrates how luxury hospitality can combine professional fitness expertise, advanced technology, and objective body data to create a more engaging fitness experience for guests.

KEY BENEFITS

Comprehensive Body Assessment
Combines 3D body scanning, body composition analysis, and posture assessment in one assessment experience.

Data-Driven Fitness
Provides objective body data that can complement professional fitness consultations and training programmes.

Engaging Guest Experience
Transforms a conventional fitness assessment into an interactive, technology-enabled experience.

Progress Tracking
Enables repeat assessments to help visualise and quantify changes over time.

Premium Wellness Integration
Fits naturally into the sophisticated fitness and wellness environment of a luxury Mandarin Oriental property.

FOUR SEASONS RESORT BALI AT JIMBARAN BAY

Enhancing Luxury Wellness with Visbody



ABOUT FOUR SEASONS RESORT BALI

Four Seasons Resort Bali at Jimbaran Bay is a luxury beachfront resort in Bali, Indonesia, known for combining exceptional hospitality with authentic Balinese culture and wellness experiences.

At the heart of the resort's wellness offering is The Healing Village Spa, an award-winning wellness destination that brings together traditional Balinese healing practices and modern wellness technologies.

The Healing Village Spa reflects Four Seasons' commitment to delivering highly personalized wellness experiences in an exceptional tropical setting.

The spa features a wide range of experiences focused on relaxation, movement, recovery and holistic wellbeing, including Pilates, yoga, massage, thermotherapy and advanced recovery treatments.

As part of its commitment to creating personalized and technology-enhanced wellness experiences, The Healing Village Spa introduced Visbody S30, integrating 3D body analysis into its guest wellness journey.

THE CHALLENGE: MAKING WELLNESS MORE PERSONAL

Luxury wellness is evolving beyond traditional spa treatments. Guests are increasingly interested in understanding their bodies, improving their physical wellbeing and receiving more personalized recommendations during their stay.

For The Healing Village Spa, the challenge was to introduce meaningful wellness technology without losing the human-centered and culturally authentic experience that defines its approach.

The spa was looking for a solution that could:

- Provide guests with accessible and personalized information about their bodies
- Add an objective assessment component to the wellness experience
- Complement existing Pilates, yoga, massage and recovery programs
- Help create a more engaging and differentiated experience for wellness-focused travelers
- Integrate naturally with the spa's philosophy of combining modern technology with traditional Balinese wellness

Rather than simply adding another piece of equipment to the spa, the goal was to make technology a meaningful part of the overall guest experience.

THE SOLUTION: VISBODY S30 FOR A MORE PERSONALIZED WELLNESS JOURNEY

The Healing Village Spa integrated Visbody S30 into its wellness offering to provide guests with a convenient and engaging body analysis experience. Using 3D scanning and body composition analysis, Visbody provides guests with insights into their physical condition, including body composition and posture. This gives guests an easy-to-understand starting point for exploring their physical wellbeing during their stay.

The technology fits naturally into the spa's broader Assessment and Recovery Zone and complements its existing wellness programs.
For example, body analysis can provide additional context for guests participating in movement and recovery experiences such as Pilates, yoga and other physical wellness activities. Instead of treating assessment as an isolated service, the spa can incorporate the insights into a broader conversation around movement, recovery and personal wellbeing.

This approach is consistent with The Healing Village Spa's overall philosophy of combining technology with tradition.
The spa has introduced a range of modern wellness technologies, including compression recovery, infrared therapy, thermotherapy, PEMF and other innovative treatments, while continuing to incorporate traditional Balinese healing practices.

Visbody therefore becomes part of a larger ecosystem rather than a standalone technology.

Most importantly, Visbody has been integrated directly into the resort's guest experience. Four Seasons' wellness retreat offering includes a 15-minute Visbody Analysis for two guests, demonstrating how body analysis can become an integral part of a premium hotel wellness program rather than simply an equipment-based service.

RESULTS

A More Personalized Guest Experience
Visbody gives guests an opportunity to better understand their bodies during their stay, adding a personalized and measurable element to the resort's wellness experience.

Integrated into the Wellness Journey
Rather than operating independently, Visbody Analysis is incorporated alongside the spa's broader range of movement, recovery and treatment experiences, supporting a more comprehensive wellness journey.

Technology Meets Traditional Wellness
Visbody enables The Healing Village Spa to introduce data-driven body insights while maintaining its focus on traditional Balinese healing and holistic wellbeing.

Added Value for Luxury Hospitality
By integrating body analysis into its wellness offering, Four Seasons Resort Bali can provide guests with an experience that goes beyond relaxation — encouraging greater awareness of their physical wellbeing and supporting a more personalized approach to wellness.

A New Model for Modern Hotel Wellness
The Four Seasons Resort Bali case demonstrates how body analysis technology can be successfully integrated into a luxury hospitality environment. Instead of replacing traditional wellness services, Visbody enhances them by adding an objective, technology-enabled layer to the guest journey.

The result is a wellness experience where modern body analysis, expert guidance and traditional healing work together to create a more personalized and meaningful experience for every guest.

FOUR SEASONS RESORT CHIANG MAI

Luxury Wellness More Personal with Visbody



ABOUT FOUR SEASONS RESORT CHIANG MAI

Nestled in the lush Mae Rim Valley of northern Thailand, Four Seasons Resort Chiang Mai offers a distinctive approach to luxury hospitality, where wellness is woven into the guest experience.

Rather than treating wellness as a standalone spa or fitness offering, the resort brings together movement, nutrition, mindfulness, nature and physical rejuvenation as part of a broader approach to wellbeing.

Its fitness and wellness programs include personalized sessions such as Pilates and Muay Thai, alongside a range of experiences designed around individual guest needs.

Renowned for its refined hospitality and immersive setting, the resort offers a wellness experience that is as exceptional as its surroundings.

Within this ecosystem, Four Seasons Resort Chiang Mai has introduced **Visbody Scan and Consultation** as part of its Physical Rejuvenation offering, bringing digital body assessment into the luxury wellness journey.

THE OPPORTUNITY: TURNING WELLNESS FROM A FEELING INTO SOMETHING MEASURABLE

Wellness is inherently personal.

A guest may arrive wanting to improve their fitness, understand their body composition, build healthier habits, or simply use their time at the resort to focus on their wellbeing.

But before recommending how someone should move, train or change their habits, there is value in understanding where they are starting from.

For a luxury wellness destination, this creates an opportunity to move beyond a one-size-fits-all approach.

Instead of simply asking guests what they want to achieve, wellness professionals can begin with a clearer picture of the guest's current physical condition.

This is where digital assessment can add another layer to the experience.



THE SOLUTION: A DIGITAL STARTING POINT FOR UNDERSTANDING THE BODY

At Four Seasons Resort Chiang Mai, guests can experience a Visbody Scan and Consultation as part of the resort's Physical Rejuvenation offering.

Using 3D body scanning technology, Visbody provides a visual representation of the body alongside insights into body composition, including body fat and muscle mass. More than simply providing numbers, the assessment gives guests a tangible understanding of their physical condition and a starting point for conversations around movement, fitness and wellbeing.

From Assessment to Action
Visbody sits within Four Seasons Chiang Mai's wider fitness and wellness ecosystem, including personalized sessions such as Pilates and Muay Thai.

This creates a natural progression:
Assess → Understand → Personalize → Experience

The scan provides objective insights, while the consultation and wellness professionals help translate those insights into a more individualized experience.

Rather than separating assessment from wellness, Visbody brings data, professional expertise and guest engagement closer together.

Technology That Fits the Luxury Environment
At Four Seasons, technology needs to enhance—not interrupt—the guest experience. This is reflected in the resort's positioning of "Visbody Scan and Consultation" as a dedicated wellness experience rather than simply a piece of fitness equipment.

By making body data part of the service itself, Visbody adds a more informed, tangible dimension to personalized hospitality—supporting professional interaction rather than replacing it.

THE RESULT: A MORE INDIVIDUALIZED DEFINITION OF WELLNESS

At Four Seasons Resort Chiang Mai, Visbody forms part of a broader shift toward wellness experiences that are increasingly personal, measurable and informed by data.

The role of the technology is straightforward: help guests understand their bodies more clearly.

But within a luxury hospitality environment, that simple capability can support something much broader — a wellness experience that starts with the individual rather than a standard program.

From a single body scan to personalized fitness and wellness experiences, Visbody provides a digital layer that helps connect measurement, professional guidance and guest experience.

For Four Seasons Chiang Mai, the future of luxury wellness is not simply about offering more wellness services.

It is about making those services more relevant to the person experiencing them.

In an industry increasingly focused on personalization, this creates an opportunity for luxury hotels and resorts to connect data, expertise and hospitality in one seamless guest journey.

Visbody helps make the first step visible — by helping guests see, understand and engage with their own bodies.

ZANNIER ÎLE DE BENDOR

Personalised Wellness with Visbody



ABOUT ZANNIER ÎLE DE BENDOR

Located off the coast of Provence in the South of France, Zannier Île de Bendor is a newly transformed private-island retreat combining luxury hospitality, Mediterranean living, art, nature, gastronomy and personalised wellbeing.

Following a five-year transformation, the 93-room resort reopened in May 2026 with Rēsonance, a 1,200 sqm wellness centre built around five signature programmes covering digestive balance, emotional wellbeing, conscious movement, vitality and radiant beauty.

At the heart of the Rēsonance philosophy is a simple principle: wellbeing should begin with a deeper understanding of the individual.

Designed as an exclusive Mediterranean retreat, the resort offers an exceptional setting where privacy, nature and refined hospitality come together. Its holistic approach to wellbeing extends beyond traditional spa experiences, creating a deeply considered journey for every guest.

Its distinctive island setting further reinforces Rēsonance's vision of wellbeing as a deeply immersive and transformative experience.

THE CHALLENGE: MOVING BEYOND STANDARDISED WELLNESS EXPERIENCES

For Zannier Île de Bendor, wellness is not simply a collection of spa treatments or fitness services. Each guest journey is designed around individual needs, combining assessment, movement, nutrition, recovery and therapeutic experiences.

The resort needed a way to bring greater structure and personalisation to its movement and performance-focused wellness offering.

For guests seeking targeted training and physical recovery, practitioners require more than subjective observation alone. An objective understanding of body composition and posture can provide a stronger foundation for personalised coaching and movement recommendations.

This is where Visbody becomes part of the Rēsonance experience.

THE SOLUTION: VISBODY FOR BODY COMPOSITION & POSTURE ASSESSMENT

Visbody is integrated into Maestria – Energetic Awakening, the resort's performance-oriented wellness programme.
Maestria combines targeted training, personalised coaching, sports massage, osteopathy, cryotherapy and athlete-focused nutrition. Visbody analysis adds an objective assessment of body composition and posture, helping establish a physical baseline for the guest's personalised journey.

From Assessment to Personalised Action
Consultation → Visbody Assessment → Personalised Insights → Training & Movement → Recovery → Nutrition

By introducing an objective assessment layer, Visbody helps connect different elements of the wellness experience into a more structured and personalised journey.

A HOLISTIC WELLNESS ECOSYSTEM

Rēsonance extends far beyond fitness assessment.

The 1,200 sqm wellness centre brings together naturopathy, yoga, meditation, reformer Pilates, cryotherapy, osteopathy, acupuncture, hammam, mud baths and far-infrared therapy. Guests can also access a high-tech fitness centre, outdoor movement spaces and a range of personalised coaching experiences.

Across the five signature programmes, the resort takes a multidimensional approach to wellbeing:

- **Florea** – Digestive Harmony focuses on digestive health, microbiome support and nutrition.
- **Serena** – The Art of Letting Go centres on stress release, emotional restoration and relaxation.
- **Harmonia** – Hormonal Vitality & Balance combines movement, somatic practices and specialist therapies.
- **Maestria** – Energetic Awakening brings together performance, training, recovery and personalised coaching, with Visbody analysis integrated into the programme.
- **Lumea** – Skin Within approaches skin vitality through advanced skincare, beauty treatments and holistic wellness.

This ecosystem positions Visbody not simply as a fitness assessment device, but as part of a broader data-informed personalised wellness experience.

THE RESULTS

For Zannier Île de Bendor, Visbody contributes to a wellness experience that goes beyond traditional spa and fitness services.

It helps the resort:

- Deliver more personalised movement and coaching experiences
- Provide objective body composition and posture insights
- Establish a baseline for individual wellness journeys
- Connect assessment with training and recovery
- Differentiate its premium wellness offering through advanced technology
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The integration of Visbody has also been highlighted by Condé Nast Traveller, which listed the Visbody scanner for body composition and posture analysis among the resort's advanced wellness facilities.

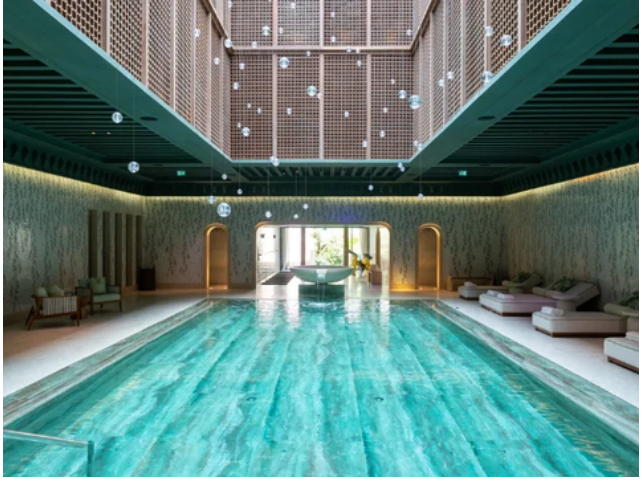
A NEW STANDARD FOR LUXURY WELLNESS

Zannier Île de Bendor demonstrates how advanced 3D assessment technology can become part of a luxury wellness experience.

By combining Visbody assessment with personalised coaching, movement and recovery, the resort brings greater structure and personalisation to its Rēsonance philosophy—helping guests better understand their bodies and make their wellness journey more meaningful.

ROYAL MANSOUR TAMUDA BAY

Elevating Luxury Wellness with Visbody 3D Body Assessment



ABOUT ROYAL MANSOUR TAMUDA BAY

Nestled between the Mediterranean Sea, the Rif Mountains and the coastal landscape of northern Morocco, Royal Mansour Tamuda Bay is a luxury seaside resort and the third property in the Royal Mansour Collection.

The resort features 55 luxury villas and suites and combines Mediterranean-inspired hospitality, fine dining and a comprehensive wellness experience. At the heart of the property is the 4,300-square-metre Medi-Spa, designed around an integrated approach to health, wellness and regeneration.

Rather than treating wellness as a collection of standalone spa services, the Medi-Spa brings together medical expertise, holistic therapies, preventive care and advanced technologies to create personalised wellness journeys for its guests. Its multidisciplinary team includes doctors, therapists, nutritionists and sports coaches.

With its exceptional setting and distinctive hospitality, the resort offers a refined environment where luxury and wellbeing come together seamlessly.

THE CHALLENGE: BRINGING OBJECTIVE BODY INSIGHTS INTO LUXURY WELLNESS

For a premium wellness destination, personalised care begins with understanding the individual.

Royal Mansour Tamuda Bay offers a wide range of health and wellness services, from physiotherapy and functional rebalancing to body treatments, sports and coaching. To support this personalised approach, the Medi-Spa has developed a dedicated diagnostics offering that combines multiple technologies for assessing different aspects of a guest's health and wellbeing.

Within this diagnostics ecosystem, there was an opportunity to introduce a fast and engaging way to assess posture and body alignment — providing guests and practitioners with objective visual insights that could help guide their wellness journey.

THE SOLUTION: VISBODY 3D BODY SCAN

Royal Mansour Tamuda Bay integrated Visbody 3D Body Scan into its Medi-Spa's Cutting-edge Diagnostics offering.

According to the Royal Mansour treatment menu, the Visbody 3D body scan provides a precise 3D assessment of posture to identify and correct imbalances. The assessment is offered as a dedicated 15-minute treatment at the Medi-Spa.

By bringing 3D body assessment into a luxury wellness environment, Visbody helps transform body analysis from a technical measurement into a more intuitive and visual experience for guests.

The scan can provide an accessible visual representation of posture and body alignment, giving practitioners an additional layer of information when discussing a guest's physical condition and wellness objectives.

FROM ASSESSMENT TO PERSONALISED WELLNESS

The integration of Visbody fits naturally into Royal Mansour Tamuda Bay's broader philosophy of personalised health.

The Medi-Spa describes its approach as combining scientific expertise with holistic and preventive medicine, with personalised programmes developed around each guest's individual needs. Advanced technologies are used alongside clinical examinations and the expertise of its multidisciplinary team.

Visbody complements this model by adding a 3D perspective to the assessment process.

The Medi-Spa's diagnostics menu also includes technologies such as Visia® Skin for skin analysis, Oligoscan for mineral assessment and Accuniq for body composition analysis. Together, these technologies allow guests to explore different dimensions of their health and wellness through a more comprehensive diagnostic experience.

THE RESULT: A PREMIUM DIAGNOSTIC EXPERIENCE IN A LUXURY SETTING

For Royal Mansour Tamuda Bay, technology is not positioned separately from the guest experience. Instead, it forms part of a carefully curated wellness journey.

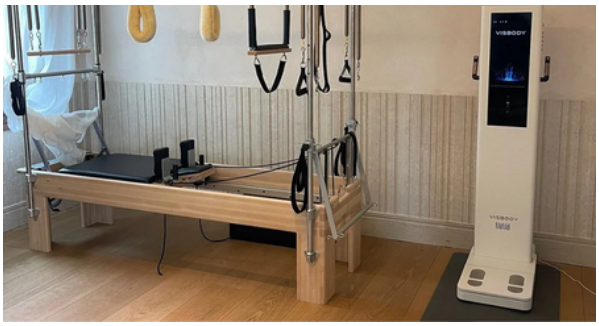
The Medi-Spa combines advanced diagnostics with physiotherapy, functional rebalancing, sports and coaching, body treatments, recovery therapies and holistic practices. This creates an environment where assessment can become the starting point for more personalised wellness recommendations.

Visbody's 3D body scan adds another dimension to this experience by making posture and body alignment easier to visualise and understand.

At Royal Mansour Tamuda Bay, advanced body assessment becomes part of a broader philosophy: understand the body, personalise the experience and support each guest's individual wellness goals.

KEY TAKEAWAYS

- 3D posture assessment integrated into a luxury Medi-Spa environment
- 15-minute Visbody assessment offered as part of the official diagnostics menu
- Objective visual insights to support personalised wellness conversations
- Integrated alongside skin, mineral and body composition diagnostics
- Supports Royal Mansour's holistic and multidisciplinary approach to health and wellness



CVK PARK BOSPHORUS HOTEL

Where Luxury Meets Longevity



ABOUT CVK PARK BOSPHORUS HOTEL / MARGA BOSPHORUS

Located in the heart of Istanbul, CVK Park Bosphorus Hotel brings together luxury hospitality, exceptional service, and extensive wellness facilities. Its 8,500 m² Safira Spa & Fitness offers comprehensive fitness and spa experiences, while Marga Bosphorus introduces a new dimension of wellness focused on longevity, advanced health, and personalized care.

As one of Istanbul's prominent luxury hospitality destinations, the hotel offers an elevated setting where contemporary comfort meets a comprehensive approach to wellbeing. Marga Bosphorus further reflects this vision by bringing a more sophisticated, health-focused dimension to the guest experience.

As part of this next-generation wellness experience, Marga Bosphorus integrates Visbody 3D Body Scan into its health assessment journey, helping guests better understand their bodies and providing a data-driven starting point for personalized wellness programs.

THE CHALLENGE: MAKING WELLNESS MORE PERSONAL

Modern wellness is moving beyond relaxation. Guests increasingly expect experiences that are personalized, measurable, and built around their individual needs.

For a longevity-focused center like Marga Bosphorus, understanding a guest's physical condition is an important first step. Traditional assessments can provide individual measurements, but they may not offer an intuitive and comprehensive view of the body that is easy for guests and wellness professionals to understand together.

Marga needed a way to make physical assessment more visual, accessible, and actionable—while fitting seamlessly into a premium wellness experience.

THE SOLUTION: A 3D VIEW OF THE BODY

Visbody 3D Body Scan is integrated into Marga Bosphorus's health navigation and first-experience journey, providing a comprehensive view of the guest's physical condition.

The assessment combines 3D body visualization, body composition analysis, and posture assessment, helping transform physical data into an experience guests can easily understand.

Rather than simply presenting numbers, Visbody gives wellness professionals and guests a visual representation of the body that can serve as a foundation for more personalized recommendations.

This makes Visbody a natural fit within Marga's broader approach to longevity—where advanced technology, wellness expertise, and personalized care come together.

THE RESULT: TURNING ASSESSMENT INTO A PERSONALIZED WELLNESS JOURNEY

By incorporating Visbody into its wellness experience, Marga Bosphorus adds a measurable and visual dimension to the guest journey.

The assessment provides a clear starting point for understanding the body and supports more personalized conversations around wellness, fitness, nutrition, and long-term health goals.

For guests, it transforms body assessment from a standalone measurement into an engaging part of their wellness journey.

For Marga Bosphorus, Visbody supports its vision of combining advanced technology with personalized longevity care, helping create a more informed and data-driven wellness experience.





REVĪVŌ WELLNESS RESORT

Making Wellness Measurable



ABOUT COCOON MEDICAL SPA & REVĪVŌ WELLNESS RESORT

Located in Nusa Dua, Bali, Cocoon Medical Spa operates within REVĪVŌ Wellness Resort, a destination dedicated to holistic wellness, preventive health, fitness, recovery, and longevity.

Cocoon Medical Spa brings together medical wellness, preventive diagnostics, aesthetics, and healthy aging, while REVĪVŌ combines movement, nutrition, recovery, spa therapies, mindfulness, and personalized wellness programs.

Rather than treating wellness as a single service or short-term experience, the REVĪVŌ approach is built around understanding each guest's individual needs and creating a personalized journey around their health and wellbeing goals.

As part of this approach, Visbody is integrated into Cocoon's Advanced Preventive Diagnostics and REVĪVŌ's wellness programs, providing body composition and movement insights that can be used throughout the guest experience.

Cocoon's Medical Retreat materials list Visbody Body Composition Analysis as part of its Advanced Preventive Diagnostics. REVĪVŌ also currently includes Visbody composition and movement analysis in its wellness programs.

THE CHALLENGE: MAKING PERSONALIZED WELLNESS MEASURABLE

Luxury wellness experiences are becoming increasingly personalized. However, creating a truly individualized program requires more than simply offering a wide range of treatments, classes, and therapies.

Wellness professionals need to understand where a guest is starting from before they can effectively personalize the journey.

At the same time, guests need a way to understand whether their efforts are producing meaningful changes.

This creates three important challenges:

- Establishing an objective baseline: Understanding a guest's physical condition at the beginning of a wellness journey.
- Connecting assessment with personalization: Turning body data into insights that can support conversations around individual health and wellness goals.
- Demonstrating progress over time: Making physical changes visible and measurable rather than relying only on subjective feelings or observations.

For a wellness retreat, this is particularly important. A guest may spend several days following a structured program, but without an initial and follow-up assessment, the changes achieved during that journey can be difficult to quantify or visualize.

REVĪVŌ therefore needed an assessment approach that could support the entire wellness journey — from the initial consultation to progress tracking and continued engagement.

THE SOLUTION: INTEGRATING VISBODY ACROSS THE WELLNESS JOURNEY

1. Initial Assessment: Establishing a Measurable Baseline
For guests beginning a wellness or longevity retreat, Visbody can be used during the initial consultation to provide a measurable picture of their current physical condition.

The assessment provided insights including body composition, visceral fat, muscle mass, posture, flexibility, and metabolic age. These insights were then discussed with a wellness consultant alongside the guest's personal health and wellness goals.

This creates a more informed starting point for the retreat:
Visbody Assessment → Wellness Consultation → Personalized Program

The guest can start the journey with a clearer understanding of their body and more context for the recommendations that follow.

2. Retreat Progress Tracking: Making Physical Changes Visible
Visbody also supports progress tracking at the end of a wellness retreat. In a first-hand review of REVĪVŌ published by LUXE City Guides, a guest underwent another Visbody assessment during her exit consultation after completing a structured wellness retreat.

The follow-up assessment showed changes in body measurements, including reductions around the neck, arms, waist, and legs, while the 3D visualization also showed a visible difference between the initial and final scans.

The journey becomes:
Baseline Assessment → Personalized Wellness Journey → Reassessment → Visible Progress

Rather than simply telling guests that they have made progress, the before-and-after assessment gives them a tangible representation of how their body has changed.

3. Long-Term Wellness: Bringing Assessment into Membership
The application of Visbody at REVĪVŌ extends beyond individual retreats. REVĪVŌ's Foundation membership currently includes quarterly Visbody body composition assessments, alongside access to fitness, movement, recovery, and wellness facilities.

This introduces a longer-term measurement cycle:
Assess → Set Goals → Build Healthy Habits → Track Progress → Reassess

Regular assessments allow members to return to objective measurements over time and observe changes as they continue their wellness routines.

This shifts body assessment from a one-time diagnostic service into an ongoing wellness engagement tool.

THE RESULT: A MORE MEASURABLE AND PERSONALIZED WELLNESS EXPERIENCE

By integrating Visbody into its wellness ecosystem, Cocoon Medical Spa and REVĪVŌ create a more measurable approach to personalized wellness.

The result is a connected wellness experience where **assessment, personalization, and progress tracking work together**.

For guests, this makes their wellness journey easier to understand and their progress easier to visualize.

For wellness professionals, it provides objective body insights that can complement broader consultations and personalized programs.

And for a luxury wellness destination like REVĪVŌ, it creates a stronger connection between **data-driven assessment and the guest experience**.

With Visbody, wellness becomes not only personalized, but measurable.