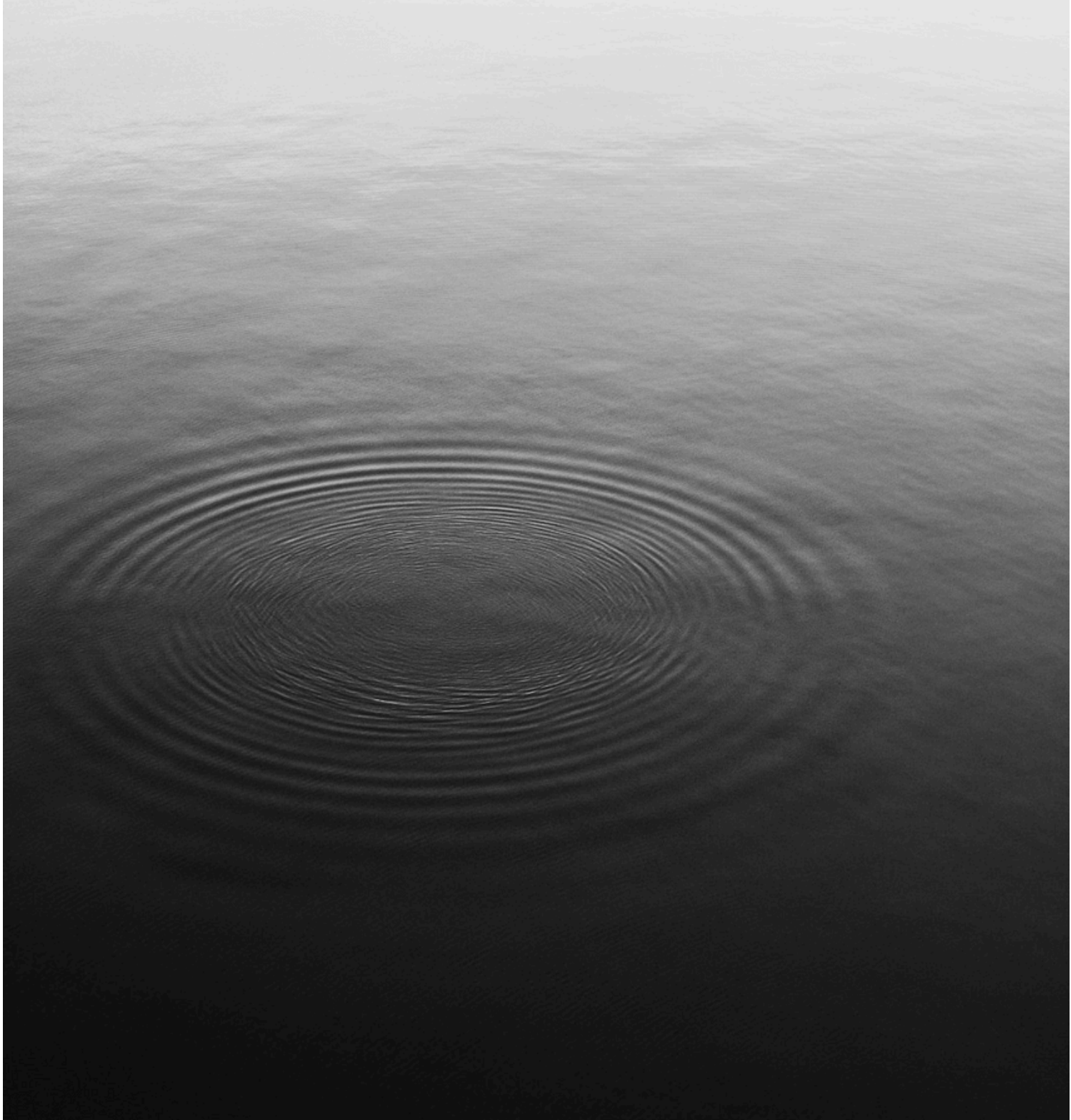


CONCIERGE

Intelligent wellness, designed around your time



STRENGTH, CLARITY, RESILIENCE, INTENTION

True wealth is no longer defined by possession — it is felt in clarity of mind, strength of body, and depth of presence. It is how you feel, how you heal, and how you live.

Rise to Move Concierge, a Portugal based private health and wellness concierge is grounded on the philosophy that true wellness or vitality is never achieved through quick fixes or isolated interventions. It is proactive — it is the integration of strength, clarity, resilience, and intention.

Natalie Bruyns, a licensed resilience coach and certified natural health therapist, founded Rise to Move Concierge with the mission to keep that intention active — through every transition, challenge and milestone.

Her personal journey — marked by resilience, reinvention, and a deep reverence for the human spirit — further informs its every aspect.



WELLNESS SHAPED BY WISDOM

Protecting your energy. Anticipating your needs.

Rooted in reverence for Thailand's ancient wellness heritage, our curated programmes are led by the best of Thailand's health, wellness and spa economy.

From the serene luxury of family-run establishments of Hua Hin, to the ultra luxury medical retreats of Phuket, and the discreet, soul-restorative enclaves of Koh Samui, we grant access to sanctuaries known only to those who speak the language of quiet privilege: Vitality.

These therapeutic avenues, practitioners and programs honor the intelligence of the body, the rhythms of nature and the unique constitution of every individual.



WELLNESS WITHOUT INTERRUPTION

Intelligent wellness, designed around your time.

At Rise to Move Concierge, we understand that in the ultra high-net-worth world, time is the most valuable asset. That's why we design seamless, end-to-end wellness journeys, underpinned by intelligent workflows and the discretion of a private office — evidence-based medical care rooted in longevity science, discreet aesthetic care, personalized wellness coaching, restorative spa therapies, and more.

Natalie's deep training across multiple holistic health modalities, combined with her first-hand immersion in some of Thailand's most revered wellness destinations, places her in a uniquely informed position in curating wellness journeys that are both high-impact and personalized.

Our proprietary dashboard, powered by cutting-edge analytics, personalizes every aspect of your wellness experience. We handle the "before" and "after" of your wellness journey, ensuring longevity in both results and relationships. We serve as your discreet partner in navigating health not just as maintenance, but as a lifelong performance strategy.



CONFIDENTIAL. BESPOKE. BY INVITATION.

Curating elite access, we become trusted stewards of your lifelong vitality.

As someone with over a decade and a half of experience managing high-profile clients in family offices, Natalie knows that in the world of ultra-high-net-worth (UNHW) individuals, discretion isn't optional — it's everything.

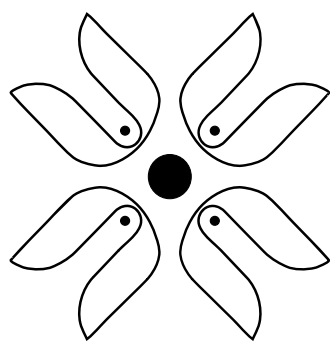
That's why Rise to Move was built as a private, by-appointment-only concierge — where your personal information, your time, and your privacy are treated with the same reverence as your health.

Its infrastructure ensures that with a strong focus on data privacy and cybersecurity. Our partners are highly skilled in handling elite clients with the same level of care and confidentiality.



NOT JUST A CONCIERGE

Whether you're scaling empires, traveling the world, or simply savoring the life you've built, we focus on optimizing how you move, think, lead, and live. We aim to evolve with you, as your life, goals and legacy evolve too.



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