

'ANTI STRESS' 4-Night Programme

425€ per person including VAT.

ACCOMMODATION

- 4 nights accommodation with half board
- Accommodation in a twin room (upgrade available with a supplement)

NUTRITION Liliana Ocampo, a doctor in medicine & surgery
(collegiate membership number 070706732)

- Initial consultation with Liliana Ocampo a doctor in medicine & surgery (free of charge & optional)
- Health eating guidelines
- Healthy Eating Workshop with Tomeu Caldentey (60 min.)
- Michelin starred Bou Restaurant (supplement payable)

THERAPIES

- Gym with a monitor at the Biomar spa Medical (optional)
We recommend exercise combined with daily walks
- 4 x Yoga & Pilates
- Personal Trainer available (supplement payable)
- NEW!!** · 1 x MINDFULNESS with Natalia Bauzá, doctor of psychology (collegiate membership number B-01385). A guided practice (approx. 75 min.)
- 1 x Hydrotherapy session: 30 min. water harmony therapy
Deep relaxation under water with music

NEW!! GOOD SLEEP HYGIENE PRACTISES.

with Natalia Bauzá, a doctor in psychology (collegiate membership number B-01385)

- An explanation of healthy habits to help improve the quality of sleep.
- An explanation of healthy habits to help improve sleep. Individual advise on how to sleep better

TREATMENTS AT THE BIOMAR SPA MEDICAL

- 4 x Hydro thermal circuits with saunas, hamman, thermal, ice fountains etc.
- 1 x 15 min. Scented peeling salt & grape, salt & green tea, salt & almond, sugar, cacao & orange
- 1 x 30 min. Craneo-facial massage
- 2 x 30 min. Scented wrap Choose from: cacao, rose, citrics & aloe or green tea
- 1 x 30 min. Relaxing foot massage
- 1 x 11 min. Whirlpool bath with the bath salts & scented oils of your choice
- 1 x 40 min Vichy 4-handed massage
- 1 x 50 min. Draining body massage

Please check with our therapists for the best combination of these treatments.

ANTI STRESS *by Natura Bissé* 4-Night Programme

485€ per person including VAT

ACCOMMODATION

- 4 nights accommodation with half board
- Accommodation in a twin room (upgrade available with a supplement)

NUTRITION Liliana Ocampo, a doctor in medicine & surgery
(collegiate membership number 070706732)

- Initial consultation with Liliana Ocampo a doctor in medicine & surgery (free of charge & optional)
- Health eating guidelines
- Healthy Eating Workshop with Tomeu Caldentey (60 min.)
- Michelin starred Bou Restaurant (supplement payable)

THERAPIES

- Gym with a monitor at the Biomar spa Medical (optional)
We recommend exercise combined with daily walks
- 4 x Yoga & Pilates
- Personal Trainer available (supplement payable)
- NEW!!** · 2 x MINDFULNESS with Natalia Bauzá, doctor of psychology (collegiate membership number B-01385). A guided practice (approx. 75 min.) We recommend wearing comfortable clothes.
- 1 x Hydrotherapy session: 30 min. water harmony therapy
Deep relaxation under water with music

NEW!! **GOOD SLEEP HYGIENE PRACTISES.**
with Natalia Bauzá, a doctor in psychology (collegiate membership number B-01385)

- An explanation of healthy habits to help improve the quality of sleep.
- An explanation of healthy habits to help improve sleep. Individual advise on how to sleep better

TREATMENTS AT THE BIOMAR SPA MEDICAL

- 4 x Hydro thermal circuits with saunas, hamman, thermal, ice fountains etc.
- 1 x 60 min. O2 Facial Clarity. Purifies, lightens & balances
- 1 x 15 min. Scented peeling. Salt & grape, salt & green tea, salt & almond, sugar, cacao & orange
- 1 x 90 min. Marine Essence Detox. Relaxes & Recharges
- 1 x 11. min. Whirlpool bath with the bath salts & scented oils of your choice
- 1 x 90 min. Diamond Experience Rose Massage. Renew, regenerates & softens
- 1 x 50 min. Draining body massage with Spa Massage Cream Natura Bissé

'ANTI STRESS' 6-Night Programme

575€ per person including VAT.

ACCOMMODATION

- 6 nights accommodation with half board
- Accommodation in a twin room (upgrade available with a supplement)

NUTRITION Liliana Ocampo, a doctor in medicine & surgery
(collegiate membership number 070706732)

- Initial consultation with Liliana Ocampo a doctor in medicine & surgery (free of charge & optional)
- Health eating guidelines
- Healthy Eating Workshop with Tomeu Caldentey (60 min.)
- Michelin starred Bou Restaurant (supplement payable)

THERAPIES

- Gym with a monitor at the Biomar spa Medical (optional)
We recommend exercise combined with daily walks
- 6 x Yoga & Pilates
- Personal Trainer available (supplement payable)
- NEW!!** · 1 x MINDFULNESS with Natalia Bauzá, doctor of psychology (collegiate membership number B-01385). A guided practice (approx. 75 min.) We recommend wearing comfortable clothes.
- 1 x Hydrotherapy session: 30 min. water harmony therapy
Deep relaxation under water with music

NEW!! GOOD SLEEP HYGIENE PRACTISES.

with Natalia Bauzá, a doctor in psychology (collegiate membership number B-01385)

- An explanation of healthy habits to help improve the quality of sleep.
- An explanation of healthy habits to help improve sleep. Individual advise on how to sleep better

TREATMENTS AT THE BIOMAR SPA MEDICAL

- 6 x hydro thermal circuits with saunas, hamman, thermal, ice fountains etc.
- 1 x 15 min. Scented peeling. Salt & grape, salt & green tea, salt & almond, sugar, cacao & orange
- 1 x 30 min. Craneo-facial massage
- 2 x 30 min. Scented wrap Choose from: cacao, rose, citrics & aloe or green tea,
- 1 x 30 min. Relaxing foot massage
- 1 x 11 min. Whirlpool bath, with the bath salts & scented oils of your choice
- 1 x 40 min. Vichy 4-handed massage
- 1 x 50 min. Draining body massage
- 1 x 40 min. Geo-thermal relaxation massage
- 1 x 20 min. Mechanical lymphatic drainage. Pressotherapy

Please check with our therapists for the best combination of these treatments.

GIFT: We offer you a free lunch at one of our theme restaurants!.

'ANTI STRESS'

12-Night Programme

927€ per person including VAT.

ACCOMMODATION

- 4 nights accommodation with half board
- Accommodation in a twin room (upgrade available with a supplement)

NUTRITION Liliana Ocampo, a doctor in medicine & surgery
(collegiate membership number 070706732)

- Initial consultation with Liliana Ocampo a doctor in medicine & surgery (free of charge & optional)
- Health eating guidelines
- Healthy Eating Workshop with Tomeu Caldentey (60 min.)
- Michelin starred Bou Restaurant (supplement payable)

THERAPIES

- Gym with a monitor at the Biomar spa Medical (optional)
We recommend exercise combined with daily walks
- 10 x Yoga & Pilates
- Personal Trainer available (supplement payable)
- NEW!** · 4 x MINDFULNESS with Natalia Bauzá, doctor of psychology (collegiate membership number B-01385). A guided practice (approx. 75 min.) We recommend wearing comfortable clothes.
- 2 x Hydrotherapy session: 30 min. water harmony therapy
Deep relaxation under water with music

GOOD SLEEP HYGIENE PRACTISES

with Natalia Bauzá, a doctor in psychology (collegiate membership number B-01385)

- An explanation of healthy habits to help improve the quality of sleep.
- An explanation of healthy habits to help improve sleep. Individual advise on how to sleep better

TREATMENTS AT THE BIOMAR SPA MEDICAL

- 12 x Hydro thermal circuits with saunas, hamman, thermal, ice fountains etc.
- 2 x 15 min. Scented peeling. Salt & grape, salt & green tea, salt & almond, sugar, cacao & orange
- 1 x 30 min. Craneo-facial massage
- 3 x 30 min. Scented wrap. Choose from: cacao, rose, citrics & aloe or green tea,
- 1 x 30 min. Relaxing foot massage
- 2 x 11 min. Whirlpool bath Baño hidromasaje, with the bath salts & scented oils of your choice
- 1 x 40 min. Vichy 4-handed massage
- 1 x 50 min. Draining body massage
- 1 x 40 min. Geo-thermal relaxation massage
- 1 x 20 min. Mechanical lymphatic drainage
- 1 x 50 min. Nourishing massage with candle
- 1 x 40 min. Choco massage

Please check with our therapists for the best combination of these treatments.

GIFT: We offer you a free lunch at one of our theme restaurants and a free room upgrade

(subject to availability)