



DELUXE-SLIMMING PROGRAM

by Natura Bissé

7 days

day 1

Welcoming detox green juice.

Lunch at the themed restaurant or in the room.

Medical examination with Dr. Liliana Ocampo (collegiate n. 070706732).

Gym session with 1 hour instructor-led sport activities (to choose from a list of activities).

Hydro thermal circuit (guided according to recommendations, max. 3 hours).

The warm water, the jets, the bubbles... have endless benefits for the body: tonify the skin, relax muscles, stimulate blood circulation... The saunas, the thermal baths and the hamman help eliminate toxins, purify the skin and boost the functioning of the respiratory tracts.

Snack at the Biomar Spa

Salt and green tea body exfoliation 20'

The salt: improves cardiovascular health and avoids fluid retention. Green tea: it helps activate the metabolism and has slimming and draining properties. Exfoliation is done through smooth gentle and circular stretching, which helps eliminate dead skin cells.

Slimming seaweed wrap 20'. Ficus seaweeds: Ficus seaweeds: they stimulate the metabolism and depurate the organism, provide minerals and vitamins and they have a slimming power. When applied on the body, with a plastic and thermal wrap, their function is boosted.

Pressotherapy (mechanical lymph drainage) 20'.

Dinner at the themed restaurant



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day 2

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. Personalised cart.

Gym session with 1 hour instructor-led sport activities (to choose from a list of activities).

Detox tea

Lunch at the restaurant or in the room. (Piano bar or terrace grill).

Hydro thermal circuit (guided according to recommendations) max. 3 hours

Snack at the Biomar Spa or in the room.

Treatment with Dr. Liliano Ocampo (localised mesotherapy, according to the patient's needs).

Localised cavitation (it reduces fat, improves the condition of the skin) 20'. Pressotherapy 20' (mechanical lymph drainage that stimulates the lymph and helps eliminate toxics)

Lunch at the themed restaurant or in the room.



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day 3

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. SERVED in a fully personalised cart.

Slimming bath (with epsom salts) 15' (with a detox, relaxing, circulating and draining effect).

Slimming - firming massage 30' (manual massage through stretching that helps eliminate fat) (with slimcontour cream by natura bisse).

Detox tea at the Biomar Spa.

Lunch at the themed restaurant

Gym session with 1 hour instructor-led sport activities (to choose from a list of activities).

Snack at the Biomar Spa or in the room.

Hydro thermal circuit (guided according to recommendations, max. 3 hours).

Lunch at the themed restaurant or in the room.



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day 4

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. Personalised cart.

Gym session with 1 hour instructor-led sport activities (to choose from a list of activities).

Snack at the Biomar Spa or in the room.

Hydro thermal circuit (guided according to recommendations, max. 3 hours).

Lunch at the themed restaurant (piano bar or terrace grill).

Jet anticelullite shower (15') massage with warm water jet that improves blood circulation.

Sea mud wrap 20' (rich in trace-elements, mineral salts), with purifying and draining effect. It activates blood circulation and prevents cellulite. When applied on the body, with a plastic and thermal wrap, its function is boosted.

Localised vacuumtherapy 20' (it helps eliminate localised fat).

Green tea (at the Biomar Spa).

Lunch at the themed restaurant or in the room.



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day 5

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. Personalised cart.

Body exfoliation with salt and citrus fruit 20'. The salt: improves cardiovascular health and avoids fluid retention. Citrus fruit: balances blood pressure, revitalises the organism, provides hydration and embellishes the epidermis.

Localised cavitation (it reduces fat, improves the condition of the skin) 20'.

Firming massage with orange oil 30' (based on deep stretching that helps eliminate localised fat)

Lunch at the themed restaurant or in the room. (Piano bar or terrace grill).

Trekking or bike ride in the natural park (free session of 50 min)

Snack at the piano bar or in the room.

Hydro thermal circuit (guided according to recommendations, max. 3 hours).

Detox tea at the Biomar Spa.

Cena en restaurante temático o habitación.



DELUXE-SLIMMING PROGRAM *by Natura Bissé*

7 days

day 6

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. Personalised cart.

Localised mesotherapy with Dr. Liliana Ocampo.

Vacumtherapy 20' (it reduces localised fat).

Pressotherapy (mechanical lymph drainage) 20'.

Green tea at the Biomar Spa.

Lunch at the themed restaurant (piano bar or terrace grill).

Gym session with 1 hour instructor-led sport activities (to choose from a list of activities).

Snack at the Biomar Spa or in the room.

Hydro thermal circuit (guided according to recommendations, max. 3 hours).

Lunch at the themed restaurant or in the room.



DELUXE-SLIMMING PROGRAM *by Natura Bissé*

7 days

day 7

Green juice in the room before breakfast

Breakfast in the main dining room or in the room. Personalised cart.

Body exfoliation 20' (with bambu scrub by natura bisse).

Wrap 20' (algoterapy natura bisse).

Manual lymph drainage 40' (smooth pressure that helps eliminate fluids. It provides a pleasant body relaxation).

Detox tea at the Biomar Spa.

Lunch at the themed restaurant or in the room. (Piano bar or terrace grill).

Late check-out included and afternoon your own way!



DELUXE-SLIMMING PROGRAM *by Natura Bissé*

Price per person: 593 €
Prices per person with personal trainer: 643 €

Conditions:

Prices per person include VAT. Price of the package without accommodation. You can add the package during the reservation process. All the dining services can be taken in the room without charge. Early check-in & late check-out subject to availability. Check out the annexed menu. Please inform us of any changes you need and we will adapt the package

Gift: "craniofacial shiatsu" 30'.
You will get a 10% discount for your next visit to the spa in any treatment from the Biomar Spa leaflet.