



BIOMAR DETOX - SLIMMING PACKAGE

5 days

day 1

Arrival at the hotel at 12:00 pm, check-in (early check-in available without charge)

Welcoming detox green juice at the Piano Bar.

Lunch at the themed restaurant.

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 and 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 min.) The salt, with the body frictions, eliminates the dead skin cells, while tea has lipolytic and draining properties. Exfoliation is done through smooth gentle and circular stretching, which helps eliminate dead skin cells.

Focus seaweed slimming wrap (20 min.) The fucus seaweeds activate the fat cell metabolism, and they have weight-reducing and purifying properties. When applied on the body, with a plastic and thermal wrap, their function is boosted.

Pressotherapy (mechanical lymphatic drainage that prevents fluid retention) 20'.

Dinner at the themed restaurant.

Protur Biomar Gran Hotel & Spa





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day 2

Green juice in the room before breakfast.

Breakfast in the main dining room. Personalised cart.

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

Detox tea.

Lunch at the themed restaurant.

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

Snack at the Piano Bar.

Slimming bath (with epsom salts) 15'

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

Pressotherapy 20' (mechanical lymph drainage that stimulates the lymph and helps eliminate toxins).

Dinner at the themed restaurant.



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day 3

Green juice in the room before breakfast.

Breakfast in the main dining room. Personalised cart.

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

Virtual mesotherapy with application of slimming agent (it helps eliminate localised fat) 20'.

Slimming - firming massage 30' (manual massage through stretching that helps eliminate fat).

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).

Dinner at the themed restaurant.



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day 4

Green juice in the room before breakfast.

Breakfast in the main dining room. Personalised cart.

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

Morning snack at the Biomar spa.

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

Lunch at the themed restaurant.

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, their function is boosted.

Vacumterapia 20' (in a localised area. It helps eliminate fat and body shaping).

Pressotherapy 20'. Mechanical lymph drainage that helps eliminate toxins and body relaxation.

Green tea.

Dinner at the themed restaurant.



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day 5

Green juice in the room before breakfast.

Breakfast in the main dining 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.

Virtual mesotherapy 20' (in the area of your choice, with application of slimming agent).

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

Lunch at the themed restaurant.

Late check-out included and afternoon your own way!



BIOMAR DETOX - SLIMMING PACKAGE

Price of the package: 349 €
with personal trainer: 399 €

Conditions:

Prices per person with VAT included. 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:

You will get a 10% discount for your next visit to the spa
In a treatment from the Biomar Spa leaflet.