



# BIOMAR DETOX 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: 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 ficus seaweed wrap (20 min.)** Ficus seaweed: 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 20' (mechanical lymph drainage with slim cream (Natura Bissé).

Dinner at the themed restaurant.



# BIOMAR DETOX PACKAGE

5 days

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

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

"Algotherapy" wrap (natura bisse) 20' with slimming effect.

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

Dinner at the themed restaurant



# BIOMAR DETOX PACKAGE

5 days

day 3

Green juice in the room before breakfast.

Breakfast in the main dining room. Personalised cart.

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

Body exfoliation with c+c scrub (natura bisse), with high Vitamin C power, which prevents ageing and provides vitality.

Manual 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.



# BIOMAR DETOX PACKAGE

5 days

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

Jet circulatory shower 20' (it improves blood balance).

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

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

Green tea. (at the Biomar Spa).

Dinner at the themed restaurant.



# BIOMAR DETOX PACKAGE

5 days

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.

C+C wrap (natura bisse). Pleasant orange mousse that prevents cellulite with its invigorating and firming properties.

Massage with orange oil 20' (based on deep stretching that helps eliminate localised fat) and Pressotherapy 20'

Lunch at the themed restaurant

Late check-out included and afternoon your own way!



## BIOMAR DETOX 5 DAYS PACKAGE

Price of the package: 299 €  
with personal trainer: 374 €

**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.