



SPA PACKAGES

We offer a range of wellness packages with different objectives, which can be customized according to your needs. Stay curious, discover your purpose, and maintain balance.

Our programs can last between 2 to 5 days. They serve as a guide for your wellness journey.

An opportunity to clear the mind and rest the body. Find the peace and strength you need to return to everyday life full of energy.

The following packages are examples of what your wellness journey could look like.

We will schedule an initial consultation to help us set your objectives and needs.

TAKE A PAUSE

THE POWER OF SLOWING DOWN (LIGHT SPA PROGRAM)

Allow yourself this simple yet powerful break and witness the transformative effects on your well-being. Take a pause, just for you, to breathe, reset and reconnect with your body, restoring balance, clarity and calm in the rhythm of your life.

DAY 1

- Exfoliation and massage (90 min)

DAY 2

- Foot ritual (45 min)

DAY 3

- Bespoke massage (1 h)

DAY 4

- Craniosacral therapy (1 h)

DAY 5

- Aromatherapy massage (1 h)

DEEP ANTI-STRESS

RECONNECT WITH YOURSELF (INTENSE SPA PROGRAM)

Take a moment to pause and let us take care of you. Reducing your stress levels not only provides immediate relief but also positively impacts your sleep quality. By embracing relaxation, you are effectively resetting your nervous system, paving the way for a calmer and healthier life.

DAY 1

- Welcome ritual with scrub, massage and facial treatment (2 h)

DAY 2

- Foot ritual (45 min)
- Aromatherapy massage (1 h)

DAY 3

- Watsu or Shiatsu (1 h)
- Sound therapy (1 h)

DAY 4

- Bespoke massage (1 h)
- Craniosacral therapy (1 h)

DAY 5

- Holistic acupuncture (1 h)
- Personalised holistic facial treatment (75 min)

PHYSICAL WELLBEING PROGRAM

REBALANCING AND ENERGISING (INTENSE SPA PROGRAM)

Regain your physical wellbeing, increase your energy level and reduce the pain. This program focuses on the musculoskeletal system, but will affect your multilayered system as a whole, improving your health and wellbeing.

DAY 1

- Nutrition consultation (1 h)
- Bespoke massage (1 h)

DAY 2

- Remineralizing body scrub and massage (90 min)
- Personal training (1 h)

DAY 3

- Holistic acupuncture (1 h)
- Craniocervical massage (45 min)

DAY 4

- Shiatsu treatment (1 h)
- Foot ritual (45 min)

DAY 5

- Bespoke massage (1 h)
- Personal training (1 h)

All programs include an initial consultation to help us set your objectives and needs.

Follow-ups and a final interview will be also scheduled for all programs.

Programs can be personalised or complemented with personal training or private yoga, meditation, breathwork etc.

Each program includes a group meditation and yoga session every morning and free access to the entire SPA and pool area.

[CONTACT US](#)