



BAHIA DEL DUQUE  
THE TAIS

# Health & Vitality Immersion 2019



Seasons	A	B	C	D	E
Deluxe Room	8.230 €	7.880 €	7.280 €	8.180 €	9.630 €
Villa Las Palmeras / Villa Las Retamas	14.830 €	14.480 €	14.280 €	14.480 €	15.420 €

#### Season A

03.01.19 - 11.04.19  
26.04.19 - 30.04.19

#### Season B

15.07.19 - 21.08.19

#### Season C

01.05.19 - 14.07.19  
22.08.19 - 13.10.19

#### Season D

14.10.19 - 31.10.19  
01.11.19 - 23.12.19

#### Season E

12.04.19 - 25.04.19



## 10 OVERNIGHT STAYS

- Accommodation for two persons
- Breakfast buffet at El Bernegal Restaurant
- Advanced hormonal profile analysis
- Assessment by a general nutritionist at the beginning and at the end of the program
- Assessment by an expert in anti-aging and face rejuvenation
- Coaching session
- Traditional Chinese medicine consultation, including acupuncture session
- Signature Treatment
- 2 Physiotherapy sessions
- 3 holistic sessions with a wellbeing professional (Reiki)
- 2 yoga sessions / 7 Chakras therapy
- 2 detox massages
- 1 lymphatic drainage session
- 1 aqua-lymphatic drainage session
- 1 seaweed wrap
- 1 ginger parafango-mud session
- 1 assessment and evaluation session with personal trainer and one-hour training
- Special services in the room upon arrival
- Late check-out subject to availability

#### REMARKS

**Surcharge for Sea View** (Deluxe Room, Junior Suite or 1 Bedroom Suite): 86 € a day.

**Surcharge for Junior Suite:** 230 € a day. **Surcharge for 1 Bedroom Suite:** 347.50 € a day.

Prices based on the accommodation for 2 persons.

**Includes Assessment on hair health + intense hydration.**

**Tailored health plan included.**

6.5 % VAT included.

For Reservations or further information, please contact: Tel.: 922 74 69 32 · 922 74 69 00  
reservations@bahia-duque.com · www.thetaishotels.com/bahia-del-duque

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