



Sleep Recovery Immersion 2020

Temporadas	A	B	C
Deluxe Room	5.602 €	4.902 €	6.582 €
One - bedroom suite	8.035 €	7.142 €	9.015 €
Villa Las Palmeras	10.222 €	9.802 €	10.660 €

Season A

03/01/20 - 02/04/20

15/04/20 - 30/04/20

18/07/20 - 21/08/20

10/10/20 - 31/10/20

Season B

01/05/20 - 17/07/20

22/08/20 - 09/10/20

Season C

03/04/20 - 14/04/20

7 OVERNIGHT STAYS

- Consultation with a nutritionist
- Consultation with a physiotherapist
- Hot stone massage
- Breathing exercises
- Improvement of rachis movement
- Relaxation of cervical and jaw muscles
- Controlled breathing
- 2 Personal training sessions (in the afternoon: cardio, yoga or Pilates).
- Whirlpool bath
- Vedic Massage
- Mediation session
- Evening skin recovery treatment: Natura Bissé (mask + lavender oil)

REMARKS

Sea view supplement: 56,00 € per day (not applicable in Villas).

Price for two people.

Tax included.

Additional night price: check with reservations.

For Reservations or further information, please contact:

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