



BAHIA WELLNESS RETREAT

Mind, Body and Soul



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Bahía Wellness Retreat presents the new treatments to provide you a 360° wellness experience.

Feel a truly transformation in this unique space: reactivate your body, relax your mind and calm your spirit.

Discover a powerful transformation that will make you feel like a new person.

Multidisciplinary beauty and wellness programme

Bahía Wellness Retreat helps you to foster a proper physical and emotional development. Discover our varied and multidisciplinary treatment offer: different techniques (Pilates, yoga, nutrition, relaxation and beauty) perfectly combined to balance your organism.

Detox Ritual
Detoxification · 299 €

Sport Tonic Ritual
Vitality · 299 €

Into The Blue Ritual
Oxygenation · 249 €

Serenity Ritual
Relaxation · 210 €

Diamond Red Carpet Ritual
Beauty · 349 €



In collaboration with:

Natura Bissé
Barcelona

Detox Ritual | *Detoxification*



Detox Ritual

Detoxification

This programme is aimed at detoxifying and eliminating impurities and accumulated toxins from your body through a healthy diet, taking natural drinks and the most effective treatments.

PERSONAL TRAINING

Physical work-out aimed at eliminating toxins and improving your fitness.

THALASSOTHERAPY CIRCUIT

Clients will have time enough to enjoy the thalasso circuit.

SKIN ANALYSIS

A therapist will diagnose your skin type. At the end of the session the therapist will offer you a detox juice.

FACIAL TREATMENT

Customised facial treatment, to choose between:

DIAMOND COCOON / 3D COLLAGEN (Essential Shock line)

AFTERNOON

- Pilates/Yoga session (place to be determined)
- Body Wrap inspired in seaweed detox treatments with detoxifying properties.
- Hydromassage bathtub session and removal of body wrap.
- Herbal tea or detox juice.

299 €

Sport Tonic Ritual | *Vitality*



Sport Tonic Ritual

Vitality

This package includes therapies, exercises and treatments aimed at restructuring energy and vitality to proper levels.

The day will start with intermittent fasting to continue with the following programme:

PERSONAL TRAINING

Work-out will take place outdoors considering the surrounding, the physical condition and the weather.

- Walk on the beach.
- Aqua-gym.
- Yoga at dawn.
- Pilates in the garden. At the end of the session we will serve an orange juice.
- Sports massage outdoors at massage tables.

AFTERNOON

- Citrus Body Perfection treatment. It includes a vitamin C body wrap combined with a reflexology session.
- Hydromassage bathtub with C Aroma and C Essence.
- Detox herbal tea or another drink to be chosen by client.

299 €

Into The Blue Ritual | *Oxygenation*



Into The Blue Ritual

Oxygenation

This programme consists of therapies, exercises and treatments aimed at improving hydration levels and their positive impact on overall health.

PERSONAL TRAINING

Work-out to eliminate toxins and to improve fitness.

A refreshing drink will be served before starting the session.

TREATMENT

O2 BODY PERFECTION Treatment that includes:

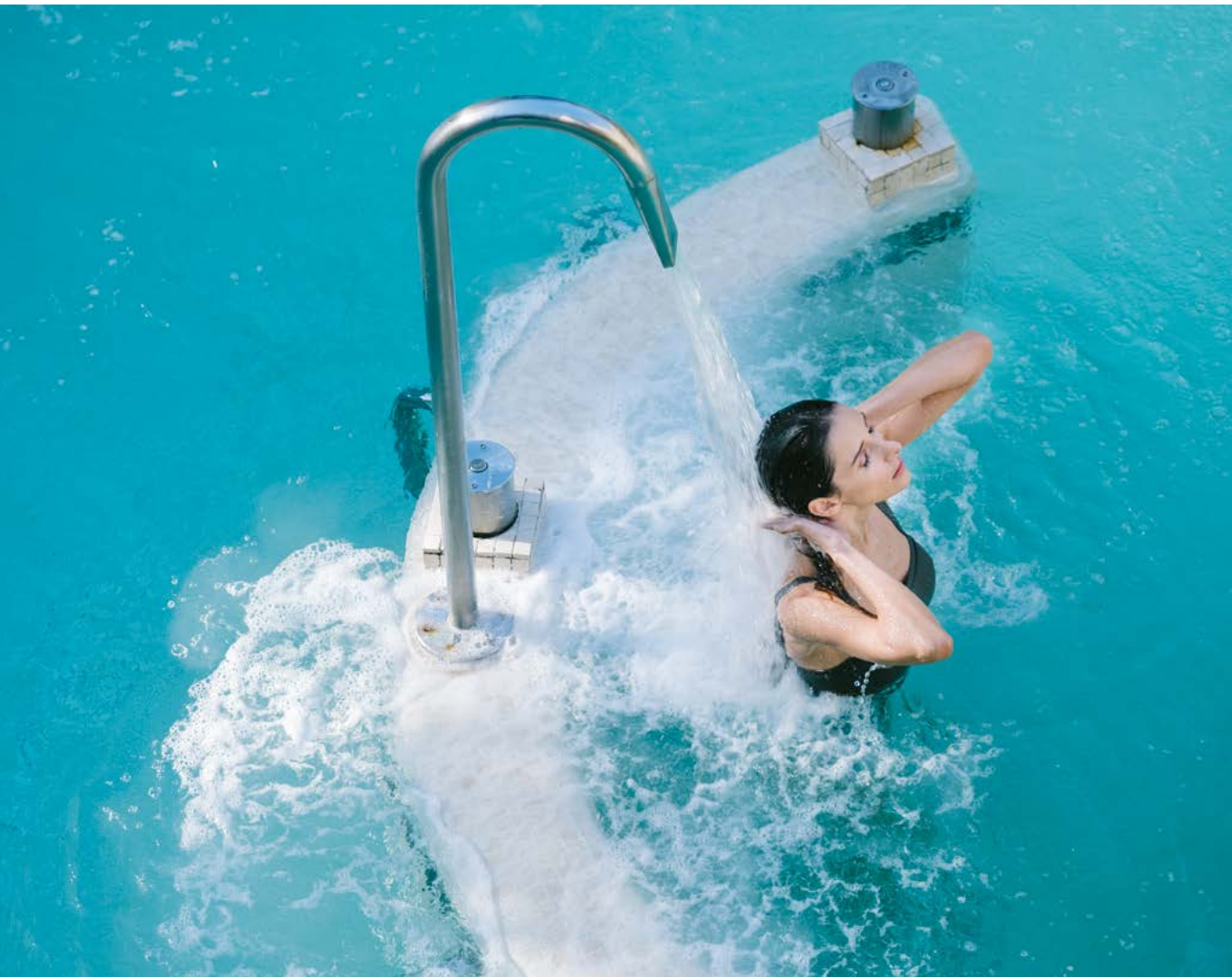
- Vichy Shower.
- Jet Shower.
- We will then move to the massage area to receive a body massage.

AFTERNOON

- Pilates or Yoga session.
- Facial **O2 RELAXING** treatment.
- Detox herbal tea or another drink to be chosen by client

249 €

Serenity Ritual | *Relaxation*



Serenity Ritual

Relaxation

This package has a unique approach. It combines therapies and treatments especially designed to improve your mood and all what is linked to wellness.

PERSONAL TRAINING

A meditation session will take place to work over emotional control and relaxation.

THALASSOTHERAPY CIRCUIT

Clients will have time enough to enjoy the thalasso circuit and will receive a drink of their choice.

TREATMENT

- Facial treatment **SOS SENSITIVITY**.
- Relaxing massage with hot stones and Nectar aroma.
- Detox herbal tea or another drink to be chosen by client.

210 €

Diamond Red Carpet Ritual | *Beauty*



Diamond Red Carpet Ritual

Beauty

This programme contains all elements to create a unique experience. You can enjoy a perfect day to rejuvenate body and mind with a combination of beauty, luxury and harmony

PERSONAL TRAINING

- Stretching session, the perfect alternative to wake up your senses and get ready for a day of beauty.

AFTER BREAKFAST

- Skin workshop. A specialised therapist will explain the client how to take care of the skin on a daily basis.
- Rejuvenating facial treatment: **DIAMOND EXPERIENCE - LIFE INFUSION RITUAL**
- Hands and feet treatment, including manicure and pedicure

AFTERNOON

- Body treatment: **DIAMOND ROSE MASSAGE RITUAL**
- A blend of Damask rose and diamond microparticles, essential elements of this sublime ritual
- 30 minutes' head massage with aromatherapy.

349 €

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