



# Sleep Recovery Immersion 2021

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

## Season A

03.01.21 / 25.03.21  
07.04.21 / 30.04.21  
16.07.21 / 19.08.21  
08.10.21 / 31.10.21

## Season B

01.05.21 / 15.07.21  
20.08.21 / 07.10.21

## Season C

26.03.21 / 06.04.21

## 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
- Meditation 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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