



BAHIA DEL DUQUE
THE TAIS



Sleep Recovery Immersion 2022

SEASONS	A	B	C
Deluxe Room	5.602 €	4.902 €	6.582 €
One - bedroom suite	8.136 €	7.142 €	9.102 €
Villa Las Palmeras / Villa Las Retamas	10.432 €	9.802 €	10.782 €

Season A

03/01/22 - 07/04/22
22/04/22 - 30/04/22
16/07/22 - 19/08/22
08/10/22 - 23/12/22

Season B

01/05/22 - 15/07/22
20/08/22 - 07/10/22

Season C

08/04/22 - 21/04/22

7 OVERNIGHT STAYS

- Accommodation for two people
- Breakfast buffet at El Bernegal Restaurant
- Neuromodulation session with Nesa
- 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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www.thetaishotels.com/bahia-del-duque



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