

3 NIGHTS INTERMITTENT FASTING PROGRAM

The Wellness Centre is the only retreat in Spain to use a mixture of the latest technologies and nutritional expertise to maximize results. We have created a special and unique program to enhance the advantages and benefits that ancient and scientific literature has shown about intermittent fasting, not only throughout the history of mankind, but also in the latest contemporary scientific reviews. Our three-day program, designed by our wellness manager, Nuria Camins and nutritionist, Mireia Cervera utilizes window fasting, a cleanse which involves fasting for 18 hours per day.

1st Day: On the first day we begin to prepare the body for the fast. Cryotherapy helps to eliminate toxins and activate the collagen in the skin. A Hammam treatment will purify the skin and body with exfoliating scrubs and mud wraps. This is followed by Photo biomodulation to encourage the activation of fat loss. During the first day you will feel sleepier and want to rest more, which you can do comfortably in our Thermal Water Pavilion.

2nd Day: On the second day we continue with cell stimulation and lipocyte activation. We add a reviving, circulation-activating and draining massage to help eliminate the toxins that come out through the atopic route. Guests will enjoy a second experience of Cryotherapy and Photo biomodulation. As part of the program, you can also take part in a relaxing yoga class in the morning.

3rd Day: We end our intermittent fasting with a final experience of Photo biomodulation as well as Oxygen Chamber Therapy, this encourages more oxygen into your blood and cells for a truly regenerative experience, inside and out. During the final day, we will also advise you on how to include intermittent fasting into your everyday routine, helping to decrease binging, opt for natural foods and follow your circadian rhythm.

Includes:

- 6 High Tech Therapies
- 1 Hamman experience
- 1 Yoga Class
- 1 Revive Massage 60 minutes
- Access to the thermal area (jacuzzi, sauna, hammam, swimming pool)
- Access to relaxation area with a selection of teas and healthy snacks
- Access to the GYM 24 hours
- 3 Special Intermittent Fasting Wellness Menu

	Low Season	Mid Season	High Season
Superior Room	€2069	€2249	€2459
Camiral Suite	€2999	€3374	€3749