



# JOURNEYS

A LIFE-CHANGING JOURNEY TO REBIRTH,  
REVITALISATION, AND RECONNECTION



# JOURNEYS

*Transformative wellness experiences*

Embark on a multi-day wellness journey designed to restore balance, vitality, and inner harmony. Spanning from 3 to 7 days, these immersive programs integrate a thoughtfully curated sequence of treatments, therapies, and activities, each tailored to support your individual well-being. Whether you seek deep relaxation, detoxification, or overall renewal, each Journey is a holistic experience that nurtures both body and mind.

Through expert care, personalized therapies, and mindful practices, these programs guide you toward a profound state of restoration, leaving you refreshed, revitalized, and deeply reconnected with yourself.

## JOURNEYS

# OCEAN

173 day *5 days*

Immerse yourself in this 5-day program designed to relieve stress and muscle tension through the healing power of the sea. Combining jet pools, seaweed wraps, and mineral-rich baths, it restores balance, promotes deep relaxation, and revitalizes both body and mind.

### BENEFITS

- ✓ Rebalancing of key trace elements
- ✓ Promotes deep sleep and overall well-being
- ✓ Muscle relaxation

### CONTENT

Self Discovery	1 medical consultation
Relax	2 massage zenith
Remineralize	12 hydro marine + 3 marine wraps
Awaken	2 wellness activity
Rebalance	1 pure skin
Pampering	1 final glow

# INNER

373 day *7days*

Take a transformative pause to recharge your energy and well-being. This program blends thalassotherapy with tension-relieving massages and emotional healing techniques, creating the perfect escape for those feeling exhausted or burned out. Reconnect with yourself, restore balance, and renew your vitality in a truly revitalizing experience.

## BENEFITS

- ✓ Deep revitalization
- ✓ Promotes deep sleep and overall well-being
- ✓ Mental and emotional balance
- ✓ Increased energy and vitality

## CONTENT

Self Discovery	2 medical consultation + 1 stress and lifestyle consultation
Relax	2 tension relief + 2 rituals
Remineralize	12 hydro marine + 3 marine wraps
Awaken	3 holistic wellness private session
Rebalance	5 mind therapeutic treatments
Pampering	1 faciel anne semonin + 1 final glow

## JOURNEYS

### SERENITY

247 day *3 days*

A 3-day rebalance program designed to slow the urban pace and restore harmony between body and mind. Integrating thalassotherapy, holistic emotional practices, and a signature ritual massage that employs a variety of techniques, this journey guides you to decelerate, breathe, and flourish. Embrace integrative wellness and rediscover profound inner balance in perfect harmony with nature.

#### BENEFITS

- ✓ Relief of muscle tension
- ✓ Revitalization of body and mind
- ✓ Releases repressed emotional energy

#### CONTENT

Self Discovery	1 medical consultation
Relax	1 rituals
Remineralize	4 hydro marine + 1 marine wraps
Awaken	2 wellness activity
Rebalance	2 mind therapeutic treatments
Pampering	1 final glow

# MOTION

298 day *5 days*

Experience a unique program that blends relaxation, enhanced mobility, and deep body awareness. Through gentle, transformative practices, we restore energy, ease tension, and foster balance between body and mind, leaving you feeling renewed, light, and perfectly in tune with your own body.

## BENEFITS

- ✓ Relief of muscle tension
- ✓ Breathing and body awareness
- ✓ Increase in joint mobility
- ✓ Reduction of pain and inflammation processes

## CONTENT

Self Discovery	1 medical consultation
Relax	1 ritual + 1 tension relief
Remineralize	10 hydro marine + 3 marine wraps
Awaken	3 holistic wellness individual session
Rebalance	2 mind therapeutic treatments + 2 body therapeutic
Pampering	1 final glow

## JOURNEYS

### SCULPT

364 day *7days*

A transformative program designed to mold and tone your body through personalized exercises and mindful practices. Each session not only enhances definition and well-being but also deepens your self-connection, empowering you to embrace your unique beauty. Celebrate every step of your journey towards renewed confidence and holistic vitality.

#### BENEFITS

- ✓ Restores silhouette contours
- ✓ Body awareness
- ✓ Detoxifies the body

#### CONTENT

Self Discovery	2 medical consultation + 1 stress and lifestyle + 2 biophysical
Relax	1 reflexology
Remineralize	10 hydro marine + 3 marine wraps
Awaken	3 holistic wellness private session + 2 wellness activities
Rebalance	5 pure treatments + 2 mind therapeutic + 3 body therapeutic
Pampering	1 final glow



# FLOWS

*Revitalize, renew, reconnect*

A day to breathe and reconnect. Take advantage of the holidays to stop, slow down, and take care of yourself. A one-day thalassotherapy program and revitalizing rituals, freeing yourself from the pressures of urban life and reclaiming your balance. It's the perfect moment to reconnect with your essence and renew your body and mind, in harmony with nature.



FLOW

## THALASSA

*160 day 1 day*

Dive into the revitalizing power of the sea. A perfect combination of treatments to relax, detoxify, and restore energy. Design your program and choose 4 Remineralize treatments. Feel light, renewed, and invigorated in just one day!

### BENEFITS

- ✓ Relaxes, stimulates circulation, and relieves tension
- ✓ Tones, revitalizes, and relieves muscle pain

### CONTENT

Remineralize 3 hydro marines + 1 marine wrap

# RECHARGED

180 day    1 day

Enjoy a revitalizing break in an exclusive program of pampering and pure relaxation. Let yourself be enveloped in serenity care and renew your energy.

## BENEFITS

- ✓ Deep relaxation and stress relief.
- ✓ Feeling of lightness and renewal

## CONTENT

Relax	zenith massage
Remineralize	hydro marines +   marine wrap
Awaken	wellness activity

# SPA ETIQUETTE

## HOURS OF OPERATION

Vilalara Wellness Club is open daily from 9:00 am to 7:00 pm.

## RESERVATIONS

To guarantee your preferred time, we suggest making your booking ahead of time. You can reach us at +351 282 320 196, room extension: 17256. Alternatively, feel free to email us at [spa@vilalara.com](mailto:spa@vilalara.com) or visit the spa in person, where one of our receptionists will be happy to assist you.

## SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrival will be subject to reduced treatment times.

## CANCELLATION POLICY

Should you need to cancel or rebook your treatment, we do require that happens before 6pm the previous day. If you cannot the day before we required a minimum of 5 hours notice to avoid being charged 100% for your treatment time.

## SPA ATTIRE AND VALUABLES

For your comfort, we invite you to wear the bathrobe and slippers from your room. If you are experiencing the Sauna, Turkish Bath, or Thalassotherapy treatments, wearing a swimsuit is mandatory.

## RECOMMEND

We recommend leaving your valuables in your room, as our lockers are limited in number and we cannot guarantee availability for all our guests. Drink plenty of water to enhance the benefits of the treatments.

## POLICIES

Respect all staff members any unwelcome physical conduct is not permitted. Use the facilities, furniture, and available equipment responsibly. Smoking and alcohol consumption are not allowed inside the center. Please keep your phones on silent.

## MEDICAL CARE

If you have any health issues, please contact your doctor first to confirm if the treatment is recommended. If you are pregnant or have any pre-existing conditions or allergies, please inform our team.

## ADDITIONAL INFORMATION

### SPA CARE PROFESSIONAL

Vilalara Wellness Club is proud to have the finest accredited spa professionals on our team. We guarantee that all treatments and product management are supported by a continuous training program.

### THE PRODUCTS

Vilalara Wellness Club features a selection of globally recognized brands. Your spa care professional will suggest the product range that best meets your individual needs. Please be aware that all purchased products are non-refundable.

### GIFT VOUCHERS

Choose from our available treatment packages or create a custom option that suits your needs. A Gift Voucher makes for the perfect present, not just for spa lovers but also for friends and family who deserve a little extra pampering. Explore our treatment menu to find your ideal selection. Spa Gift Vouchers can be purchased at the Spa Reception and should be presented when booking. Please note that these vouchers are non-refundable and cannot be exchanged for cash.

### CHILDREN POLICY

Guests must be at least 16 years old to enter Vilalara Wellness Club. However, younger guests may receive spa treatments if they are accompanied by a parent or guardian.

### WELLNESS CONCIERGE

Our wellness programs include a dedicated wellness concierge, available through a special line to assist you with any needs, whether it's changing appointments, booking treatments, or seeking product recommendations. For more information about this service, please reach out to the spa reception.

# NOTES

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