



BODY PROGRAMMES GOLDEN BAHIA DE TOSSA

WEIGHT LOSS PROGRAMME – ANTI-CELLULITE		
1 DAY	2 DAYS	3 DAYS
<p><u>Sea Weed Treatment</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling ✓ Sea weed wrapping ✓ Reducing / Anti-cellulite Cream 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling ✓ Mud wrapping. ✓ Reducing / Anti-cellulite Cream 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling. ✓ Sea weeds wrapping. ✓ Reducing / Anti-cellulite Cream
73 €		
<p><u>Jamaican Blue Mountains Coffee Ritual</u></p> <ul style="list-style-type: none"> ✓ Body peeling ✓ Coffee Wrapping w. Verbena essential oil. ✓ Facial Cleansing w. milk & tonic ✓ Toning Facial Massage ✓ Body Massage w. Coffee extract & Hot Stones 	<p><u>Second day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Reducing / Anti-cellulite massage ✓ Cold bandages or Pressotherapy 	<p><u>Second day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Pressotherapy w. Treatment ✓ Reducing Cream
79 €	132 €	199 €

BEAUTY PROGRAMME		
1 DAY	2 DAYS	3 DAYS
<p><u>Mud Treatment</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling ✓ Mud wrapping ✓ Toning Cream 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body & facial peeling ✓ Moisturizing 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling. ✓ Mud wrapping ✓ Moisturizing
	<p><u>Second day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Facial drainage ✓ Antioxidant mask ✓ Reflexology 	<p><u>Second day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Vichy Treatment ✓ Scottish Shower
73 €	147 €	199 €

ANTI-STRESS PROGRAMME		
1 DAY	2 DAYS	3 DAYS
<ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Anti-stress massage w. essential oils ✓ Reflexology 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Geothermal Treatment 	<p><u>First day</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling ✓ Mud wrapping ✓ Moisturizing
72 €	<p><u>Second day</u></p>	<p><u>Second day</u></p>
<p><u>Chocolate therapy</u></p> <ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Body peeling ✓ Chocolate wrapping ✓ Chocolate oil 	<ul style="list-style-type: none"> ✓ Sauna or steam bath bath ✓ Hydro massage bath ✓ Anti-stress massage ✓ Reflexology 	<ul style="list-style-type: none"> ✓ Sauna or steam bath ✓ Hydro massage bath ✓ Balinese Massage
73 €	147 €	199 €