



WELLNESS HOME

SERVICES - TREATMENTS

PACKS - PROGRAMS

FACIAL TREATMENTS

Purifying Facial

50 min./ €80 - 55 min./ €95

The facial cleansing is an aesthetic treatment that involves purifying the skin of the face. Its goal is to eliminate impurities, excess oil, and dead skin cells, promoting fresher and healthier skin.

AHA Facial

55 min./ €125 - 55 min./ €135

A treatment that uses mandelic acid, which can be applied even on the most delicate skin. Its action targets acne, impure skin, mixed, oily skin, and skin with dyschromia, illuminating and re-compacting the skin, and providing excellent anti-wrinkle effects.

Alpine Rose Facial

55 min./ €125 - 55 min./ €135

A facial treatment characterized by entirely natural products. The effectiveness of rhododendron stem cells and alpine dermo-functional ingredients make this treatment a must-have for sensitive and delicate skin. Rosalpina products help stimulate the skin's natural defenses, making them the most suitable option for sensitive and delicate skin.

Anti-Aging Facial

55 min./ €135 - 55 min./ €145

An intensive anti-aging program. This treatment includes a toning multivitamin complex and moisturizing active ingredients that work to tone, nourish, and firm the skin. Ideal for restoring the face's natural luminosity, freshness, and vitality. This unique treatment incorporates the use of a suction cup, which helps stimulate and oxygenate the skin.



FACIAL TREATMENTS

Hydrating Facial Gatuline Expression

55 min./ €145 - 55 min./ €155

The Natural Intensive Lifting program is designed to combat the appearance of expression wrinkles and protect the skin from premature aging. This treatment activates biochemical mechanisms that reduce the appearance of expression lines, improving the smoothness and elasticity of the skin. The result is an immediate luminosity.

Facial Lifting

55 min./ €100 - 55 min./ €120

Infuses your skin with renewed energy while enhancing the strength and relaxation of facial muscles, resulting in a radiant and vibrant appearance. This intensive hydration and antioxidant program contains hyaluronic acid and coenzyme Q10 to replenish the skin's moisture levels and restore its natural balance.

Kobido Facial

55 min./ €95 - 55 min./ €115

The Kobido facial is a Japanese massage technique that combines different maneuvers to rejuvenate the skin of the face. This treatment aims not only to improve the appearance of wrinkles and sagging but also to promote relaxation and well-being.

Facial for Men

50 min./ €125 - 55 min./ €135

A treatment specifically designed for male skin that provides new energy and keeps it looking young and fresh for longer. The effective combination of active ingredients such as Baobab extract, hyaluronic acid, and Gatuline® Expression makes the face appear more relaxed and luminous.

Price at your home

MASSAGES

At *Bc Wellness Home*, we do not understand the state of well-being as simply feeling good, but as the state we achieve when we are at our maximum potential. Let our experts accompany you in your process, customizing each treatment for a unique experience.

Bc Bioenergetic Massage

55 min./ €100 - 90 min./ €140 - 120 min./ €180
55 min./ €125 - 90 min./ €180 - 120 min./ €230

The Bc bioenergetic massage is a technique that combines elements of traditional massage with principles of energy therapy. It focuses on the circulation of vital energy in the body, aiming to release blockages and tensions, both physical and emotional. By working on the MTC points or chakras, this type of massage can help promote relaxation, improve overall well-being, and facilitate the body-mind connection.

Circulatory Massage

50 min./ €100 - 50 min./ €120

A massage performed on the legs, with movements directed towards the heart, promoting fluidity in the blood circulation and relieving the sensation of tired legs.

Anti-Cellulite Massage

50 min./ €100 - 50 min./ €125

Based on Bc massage, this treatment is aimed at improving toxin elimination, promoting venous return, and delivering more oxygen to our cells, resulting in tissue restoration and improved skin appearance.

MASSAGES

Decontracting Massage

55 min./ €100 - 55 min./ €125

Targeted at areas of pain or tension, with the goal of relaxing, eliminating contractures, relieving muscle knots, and oxygenating the muscles. This massage is especially focused on the back area, which often suffers from poor posture or emotional and psychological tension.

Cranio-Cervical Massage

55 min./ €100 - 55 min./ €120

A manual treatment focused on releasing tension, energetic blockages, and promoting relaxation, producing simultaneous reactions in the rest of the body that help balance our nervous system.

Lymphatic Drainage Massage

55 min./ €95 - 55 min./ €115

Acts on the lymphatic system, with very positive effects on the body, as it activates circulation and helps eliminate toxins and fluid retention. Proper functioning of the lymphatic system is crucial for effective immune system performance.

Deep Tissue Massage

50 min./ €100 - 50 min./ €120

Focused on working deeply on muscles, tendons, and ligaments, improving chronic pain, muscle tension, and contractures.



Price at your home

MASSAGES

Shiatsu

55 min./ €125

This Japanese treatment uses the same pathways as acupuncture, employing finger pressure instead of needles. Shiatsu combines a gentle movement of chi energy with the physical benefits of deep tissue massage, stimulating the body's natural defenses and facilitating self-healing.

Hot Stone Massage

55 min./ €80

An ancient therapy used to perform a comprehensive and deep massage that helps release tension, relax muscles, and reduce stress. There is a perfect combination of hot stones and essential oils. The massage acts and creates sedative responses, inducing a state of deep relaxation in the recipient.

Reflexology

55 min./ €80 - 55 min./ €100

Based on an ancestral technique, reflexology treats parts of the body through specific points located on the feet. It alleviates chronic ailments and substantially improves the overall state of the body.

Access Bars

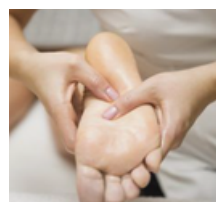
50 min./ €70

The aim is to reduce stress and promote relaxation, though through different methods. Access Bars clear "stagnant" energy to potentially change a person's mental and physical state.

Relax Massage

55 min./ €80 - 55 min./ €100

The Bc relaxing massage achieves a state of calm in both body and mind. It relieves muscle tension, promotes circulation, calms nerves caused by stress, and enhances oxygenation, all in a peaceful environment with essential oils.



Price at your home

MASSAGES

Reiki

50 min./ €80 - 55 min./ €100

The term Reiki means "universal life energy"; this natural therapy consists of channeling healing energy through the therapist's hands on the energy centers or "chakras" to seek rebalancing, energetic harmony, and healing. This is done from a holistic perspective (physical, mental, and spiritual).

Pregnancy Massage

55 min./ €75 - 55 min./ €95

Focused on the most common tension areas, such as the back, shoulders, and legs, using gentle and safe techniques. In addition to promoting relaxation, it can help improve circulation and reduce anxiety, contributing to the overall well-being of both mother and baby.

ATM Rafferty

75 min./ €100 - 75 min./ €125

This is a sensory and bioenergetic technique meticulously designed to safely and effortlessly release tension from the primary muscles of the jaw. Its main objective is to restore function and alleviate or eliminate discomfort and pain.

Scalp Treatment

55 min./ €105 - 55 min./ €125

This treatment is indicated for individuals with a high degree of muscle tension in the shoulder girdle, arms, and head. It is a massage that combines essential oils, devices, and manual techniques to unlock and help eliminate accumulated tension and stress.

BODY TREATMENTS

Back Treatment

50 min./ €95 - 55 min./ €110

A cleansing and decongesting treatment for tissues: These peeling sequences effectively cleanse the skin, while the mud soothes, calms, and purifies. The draining massage with suction cups promotes release and relaxation.

Localized Reducing Treatment

55 min./ €75 - 55 min./ €95

A powerful combination of carefully selected products acts on areas prone to accumulation and retention. This treatment detoxifies, drains, and effectively tones the tissues.

Body Peeling

55 min./ €80 - 55 min./ €100

A rejuvenating body scrub with rhododendron stem cells and essential oils from the stone pine. Through a gentle massage, the skin is stimulated, and dead cells are delicately removed thanks to its valuable ingredients. Extracts of mallow and calendula further soften the epidermis, resulting in smooth skin with an even tone.

Wraps

55 min./ €80

An aesthetic treatment that combines an effective concentration of functional active ingredients with a moderate compressive action from the wrap, favoring a draining and modeling effect.



THERAPY

Osteopathy

55 min./ €100 - 55 min./ €120

Osteopathy is the science and art of diagnosing and treating mobility dysfunctions of the body's tissues, which cause disorders and disrupt the state of health.

- Functional: Indirect or with resistance
- Parietal: Support and musculoskeletal system
- Visceral: All organs, including glands (e.g., thyroid gland)
- Craniosacral: Central and autonomic nervous system.
- Structural: Direct or against resistance.
- Direct technique (e.g., MFR or HVLA, i.e., chiropractic technique)

Physiotherapy

55 min./ 80€ - 55 min./ 100€

Treatment and prevention of injuries and physical dysfunctions through manual techniques, therapeutic exercises, and the use of modalities such as heat, cold, and electrotherapy. Its goal is to improve mobility, relieve pain, and restore physical function, helping patients regain their quality of life after injuries, surgeries, or illnesses.

Posturology

55 min./ €80 - 55 min./ €100

Posturology is the study of stability governed by the orthostatic postural system (SPO), which is based on vision, the inner ear, and proprioception the brain's ability to know where all body parts are at all times.

Price at your home

FACIAL EQUIPMENT

Dermopen

75 min./ €90 - 55 min./ €110

Facial cleansing is an aesthetic treatment that involves purifying the skin of the face. Its goal is to eliminate impurities, excess oil, and dead skin cells, promoting fresher and healthier skin.

Indiba Facial

90 min./ €80

The Indiba facial is an aesthetic treatment that uses radiofrequency technology to rejuvenate the skin. This procedure stimulates blood circulation and collagen production, helping to improve the firmness and elasticity of the face. Additionally, radiofrequency promotes cellular regeneration and can reduce wrinkles and sagging. The results are a more toned, hydrated, and luminous skin, with immediate and lasting effects.

Hifu Facial

Price by areas

HIFU facial, or High-Intensity Focused Ultrasound, is a non-invasive aesthetic treatment that uses ultrasonic waves to stimulate collagen production in the skin. This procedure penetrates the deep layers of the dermis, promoting a lifting effect and improving the firmness and elasticity of the face. The results include a reduction in wrinkles and sagging, resulting in a more youthful and toned appearance. Furthermore, the effects are progressive and long-lasting, making HIFU a popular option for facial rejuvenation.

BODY EQUIPMENT

Indiba Body

55 min./ €80

The Natural Intensive Lifting program is designed to combat the appearance of expression wrinkles and protect the skin from premature aging. This treatment activates biochemical mechanisms that reduce the appearance of expression lines, improving the smoothness and elasticity of the skin. The result is immediate luminosity.

Shock Waves

55 min./ €80

They generate a mechanical stimulus that resets the cells, encouraging them to reactivate their functions from the fibroblasts, thus recovering their initial activity in a natural cellular awakening process. Treatments such as cellulite, firming, stretch marks, scars, and toning.

Hifu Body

Depends on the area, please consult

HIFU body, or High-Intensity Focused Ultrasound, is a non-invasive aesthetic treatment designed to reduce localized fat and improve skin firmness in body areas. It uses ultrasonic waves to heat and destroy fat cells in the deep layers without damaging the superficial skin. This procedure also stimulates collagen production, resulting in more toned skin with less sagging. Results are visible over time and can last several months, making HIFU body a popular option for body remodeling.



Price at your home

THERAPY

Psychology

50 min./ €65

Understanding and Helping; Psychology is the science that studies behavior and mental processes. It is based on theories that analyze everything from thinking to emotions and social interactions. Psychology can help with stress management, improving relationships, personal development, and treating mental disorders, providing tools to enhance emotional and mental well-being.

Gestalt Therapy

55 min./ €65

Gestalt therapy is a humanistic approach focused on self-awareness and personal growth. It emphasizes the importance of being present in the moment and understanding one's thoughts, feelings, and behaviors within their context. This therapy helps individuals recognize patterns in their lives, improve relationships, and foster self-acceptance, ultimately promoting emotional well-being and personal fulfillment.

TCI Therapy

55 min./ €65

Body-Mind Connection; Integrative Body Therapy IBT is a therapeutic approach that combines emotional work with body awareness. It is based on the idea that emotional experiences manifest in the body, and by addressing these connections, greater well-being can be achieved. IBT helps individuals release tension, increase body awareness, and improve their quality of life, promoting healing through the integration of body and mind.



PERSONAL TRAINING

Personal Trainer Tailored to You

Also, packages that adapt to your needs with up to a 20% discount.
50 min./ €50 - 55 min./ €60

Our personal trainer is here to help you achieve your fitness goals, regardless of your age, physical condition, or health issues. With a personalized approach, she creates exercise programs that suit your specific needs and symptoms.

Training Modalities

In-Person:

One-on-one sessions in a comfortable and motivating environment.

Online:

Virtual training sessions tailored to your schedule and space.

Outdoor:

Exercises outdoors to enjoy nature while getting fit.

- Yoga
- Bodyweight Training
- Toning
- Pathologies
- Unstable Platforms
- Functional Training
- TRX
- Water
- Pregnancy
- Postpartum
- Elderly
- Facial Fitness
- Aquagym
- Generic Classes
- Animal Flow
- Mat Pilates



DISCIPLINAS CUERPO Y MENTE

Price at your home

NUTRITION

Orthomolecular Nutrition

3 visits/ €240

Orthomolecular nutrition addresses the recovery of individual well-being in a unique way, emphasizing the importance of nutrition and the proactive use of nutrients.

Detox Diet

Included in the programs

The detox diet helps with weight loss, detoxifies the body, and reduces fluid retention. Its main goal is to prepare the body before starting a balanced diet or when metabolism stalls during a weight loss regimen.

Anti-Inflammatory Diet

Included in the programs

Orthomolecular nutrition addresses the recovery of individual well-being in a unique way, emphasizing the importance of nutrition and the proactive use of nutrients.

Diagnostic Tests

Price depending on the tests

We will conduct the tests we deem necessary for an accurate and personalized diagnosis, with the leading laboratory in diagnostic services in Europe.



LABORATORY TEST

TYPES OF TEST

- Food Sensitivity Test
- Genetic Test (to be specified)
- Female Hormonal Check
- Specific Hormonal Tests for Men
- Control Analysis for Athletes
- Cardiovascular Test
- Advanced General Health Check
- Vitamin D Test
- Anemia Study
- Alex Test to Discover Allergies
- Plus Health Check for Women
- Plus Health Check for Men
- Basic General Health Check
- Basic Generic Microbiota Test
- Advanced Intestinal Microbiota Test
- Intestinal Permeability Test
- Generic Test for Supplement and Vitamin Response
- Lactose Intolerance Test
- Genetic Predisposition Test for Celiac Disease
- Nutrigenetic Test
- Gastrointestinal Pathogen Detection Test
- Control Analysis for Vegans
- SIBO Test
- Generic Hair Loss Treatment Test
- Generic Cellular Aging Test
- Generic Skin Care Test
- Stress Test
- Other Specific Tests

Price: Depending on the analysis, check-up, or test.



Price of treatments your home

PROGRAMS

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DETOX PROGRAM

The Detox program is a comprehensive approach designed to detoxify the body and promote well-being. It consists of a specific diet that helps eliminate toxins, complemented by healthy tips to maintain balanced lifestyle habits.

Additionally, it includes bioenergetic massages, which not only stimulate circulation and promote the release of impurities but also offer numerous benefits: relieving muscle tension, increasing energy, balancing emotions, and strengthening the immune system. To address localized accumulations, shock wave techniques are used, helping to reduce fat and improve skin appearance.

Each program is personalized according to individual needs, and the use of supplements is recommended to optimize results, ensuring effective detoxification and a boost to overall health.

Price: Personalized program

WEIGHT LOSS PROGRAM

The weight loss program is a comprehensive approach based on an orthomolecular diet designed to balance the imbalances created by poor eating habits and a sedentary lifestyle. It is not about stopping eating, but about nourishing the body properly and restoring its balance.

Complemented with healthy advice, this program encourages more active and sustainable lifestyle habits. It includes bioenergetic massages that stimulate circulation and help release tension, as well as shock wave techniques to treat localized fat accumulations. Each plan is personalized according to individual needs, and the use of supplements is recommended to optimize results, ensuring effective and lasting weight loss.

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PROGRAMS

PROGRAMA PLENITUD

The fulfillment program is designed to transform unhealthy habits and support key processes, such as quitting smoking and improving sleep quality, with the goal of helping you achieve your best version. It is based on an orthomolecular diet that optimally nourishes the body and promotes overall health.

Additionally, it includes healthy advice that fosters a balanced and sustainable lifestyle. Bioenergetic massages promote the release of tension and circulation, while shock wave techniques help treat localized fat accumulations. Each program is personalized according to individual needs, and the use of specific supplements is recommended to maximize results. This holistic approach seeks not only to improve your physical health but also to enhance your emotional and mental well-being, allowing you to feel renewed, fulfilled, and in harmony with yourself.

Price: Personalized program

MENOPAUSE PROGRAM

The program for perimenopause, menopause, and postmenopause is a comprehensive approach that specifically addresses the symptoms of these stages, promoting a rebalancing of the body and mind. It focuses on an orthomolecular diet designed to nourish and support hormonal health, helping to mitigate symptoms such as hot flashes, mood swings, and fatigue.

Complemented with healthy advice, the program encourages lifestyle habits that promote overall well-being. It includes bioenergetic massages that help release tension and improve circulation, as well as shock wave techniques to treat localized fat accumulations. Each plan is personalized according to individual needs, and the use of specific supplements is recommended to optimize results. This comprehensive approach seeks not only to recover lost tissue but also to restore a woman's confidence and sense of self, promoting lasting well-being and a fulfilling life.

Price: Personalized program

Price at your home

SCHEDULED RETIREMENT

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Price: Personalized program

Price at your home

PACKS

ONE DAY FOR YOU PACKAGE

3.5 hours/ €285 - 3.5 hours/ €305

Valued at ~~€375~~

Bioenergetic Massage 90 min
Specific Facial 70 min
Mineral Body Peeling

8 MASSAGES PACKAGE

Price: €840 - €880

Valued at ~~€1440~~

Bioenergetic Body Massage 90 min

MONTHLY PACKAGE

Price: €420 / €460

Valued at ~~€680~~

2 Bioenergetic Massages 90 min
2 Specific Bioenergetic Facials 60 min
1 Super Hydrating Body Peeling



GIFT WELLNESS

Dear friends,

At the end of this journey towards well-being, we invite you to reflect on what truly matters: self-care and caring for loved ones. Gifting wellness is one of the most significant decisions we can make. Instead of exchanging material goods for the ephemeral, let's focus our energy on feeling good and cultivating health.

Remember that well-being is the foundation for living fully. We thank you for allowing us to be part of your path towards a more balanced and conscious life.

Financing tailored to you!! No more excuses to take care of yourself and your loved ones.

With love,
Maria Eva Campos Frias



WELLNESS HOME

Price at your home