

BC WELLNESS HOME

# Personalized Wellness Retreats

Qualified experts in health and wellness at the service of your personal transformation in an exclusive setting.



OUR MISSION

# A Retreat. A Transformation.

At BC Wellness Home we design personalized retreats that integrate orthomolecular nutrition, fitness, body therapies and emotional wellbeing.

Our multidisciplinary team works in coordination to offer a transformative experience in an exclusive Ibiza setting.

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Santa Eulalia del Rio, Ibiza



PROGRAMS

# What to Expect

01

## Purification

Initial deep cleansing phase. The body eliminates accumulated toxins through specific nutrition protocols and drainage therapies.

02

## Assimilation

Your body begins to absorb nutrients optimally. Movement routines and conscious rest are integrated.

03

## Regeneration

Complete cellular renewal. The body rebuilds with renewed energy, mental clarity and emotional balance.



TECHNICAL AREA

# Orthomolecular Nutrition & Diagnostics

01

## Initial Visit

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Complete assessment of health status: bloodwork, clinical history, personal goals and personalized orthomolecular diagnosis.

02

## Personalized Program

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Design of a nutritional and therapeutic protocol adapted to your specific needs, with precision supplementation.

03

## Detox Nutrition

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Menus prepared by our nutrition team with local organic ingredients, adapted to each phase of the retreat.

FITNESS AREA

# Fitness & Connection with Nature

01

## Personal Training

Individual sessions adapted to your level and goals. Functional work, strength and flexibility in a natural setting.

02

## Routes & Hiking

Connection with Ibiza nature through guided routes across unique landscapes at sunrise or sunset.

03

## Spontaneous Dance

Free and expressive movement as a tool for emotional release and reconnection with the body.

ÁREA WELLNESS

## Transformation Rituals

### Detox Wraps

Body treatments with clays and algae that support the elimination of toxins and cellular renewal.

### Kinesiology

Muscle testing to identify imbalances and design personalized corrections for the body system.

### Bioenergetic Massages

Deep manual techniques that release energetic blockages and restore the body's vital flow.

### Yoga & Meditation

Guided practices of conscious movement and meditation to calm the mind and strengthen the body.

### Peeling & Exfoliation

Skin renewal rituals with natural ingredients for radiant, revitalized skin.

### Bioenergetic Check Up

Evaluation of the body's energy field to detect areas of tension and design the optimal treatment.

RESULTS

## Visible Results

### Energy & Vitality

Recover your natural energy from the first few days. You will notice a deep change in your vital capacity.

### Optimized Nutrition

Your body learns to absorb and use nutrients efficiently and in balance.

### Transformed Body

Visible reduction of inflammation, improved muscle tone and a more defined silhouette.

### Mental Clarity

Clear mind, renewed focus and a lasting sense of calm after the retreat.

## PROGRAMS & PRICING

# Inner Reset Program: Three Formats

3 days

## Weekend Reset 2,850 €

- 3 therapeutic massages
- Nutritional detox program
- 2 yoga sessions
- Initial assessment
- Follow-up plan

7 days

## Full Rebalance 5,650 €

- 6 therapeutic massages
- Complete detox program
- 5 yoga sessions
- Personal training
- Guided routes
- Complete assessment

10 days

## Total Renewal 8,250 €

- 9 therapeutic massages
- Advanced detox program
- 8 yoga sessions
- Daily training
- All therapies
- Post-retreat follow-up

\* Accommodation not included. Private villa booking available with supplement.

## EXCLUSIVE RETREATS

### Bc Purify

Deep detox with liver, intestinal and lymphatic cleansing protocols. Ideal to reset the body after periods of excess.

### Bc Calm & Restore

Anti-inflammatory program for nervous system recovery. Combines adaptogenic nutrition, massages and breathing techniques.

### Bc Vitality Booster

Energy and performance. Functional training, orthomolecular supplementation and cellular oxygenation therapies.

### Bc Golden Balance

Designed for women in menopause. Hormonal balance, specific nutrition and emotional wellbeing.

### Bc Alkaline Harmony

Restoration of body pH through alkaline nutrition, hydrotherapy and techniques to reduce oxidative stress.

# Our Integrated Value Proposition

## Advanced Biotechnology

Latest-generation equipment: Indiba, shockwaves and radiofrequency to accelerate tissue recovery.

## Cellular Oxygenation

Hyperbaric oxygen and ozone therapies to enhance cellular regeneration and the immune system.

## Cortisol Reduction

Specific techniques to regulate chronic stress and restore autonomic nervous system balance.

## Traditional Chinese Medicine

Acupuncture, moxibustion and oriental phytotherapy integrated into personalized wellness protocols.

## Holistic Programs

Integration of body, mind and energy through protocols combining science and ancestral tradition.

## Complete Planning

Each retreat includes a complete pre-, during- and post-stay plan to maximize long-term results.

## SIGNATURE TREATMENTS

# Bc Signature Ritual & Diamond Collection

### Bc Signature Ritual

Complete 90-minute sensory experience that combines deep massage, aromatherapy and craniosacral techniques.

### Diamond Body Transformation

Intensive body protocol with Indiba, lymphatic drainage and latest-generation firming wraps.

### Diamond Ritual

Premium facial and body treatment with high-end active ingredients, radiofrequency and Kobido massage.

### Diamond Advanced Technology

Combination of advanced technologies: shockwaves, oxygen therapy and deep cellular biostimulation.

## SENSORY EXPERIENCES

# The Art of Sensory Wellness

### Tibetan Bowls

Sound vibration that harmonizes the nervous system and facilitates deep states of relaxation.

### Japanese Gong

Immersive sound bath that dissolves accumulated tension and restores energetic balance.

### Organic Aromatherapy

Pure essential oils selected for each guest according to their emotional and physical state.

### Candle Ritual

A ceremony of light and warmth that creates a sacred space for introspection and deep calm.

### Advanced Breathing

Guided breathwork techniques to release emotional blockages and oxygenate the body.

# Revolutionizing Rest

## 01 Sleep Assessment

Complete analysis of patterns, quality and factors affecting your nightly rest.

## 02 Breathing & Relaxation

Specific breathwork techniques to activate the parasympathetic nervous system before sleep.

## 03 Craniosacral Therapy

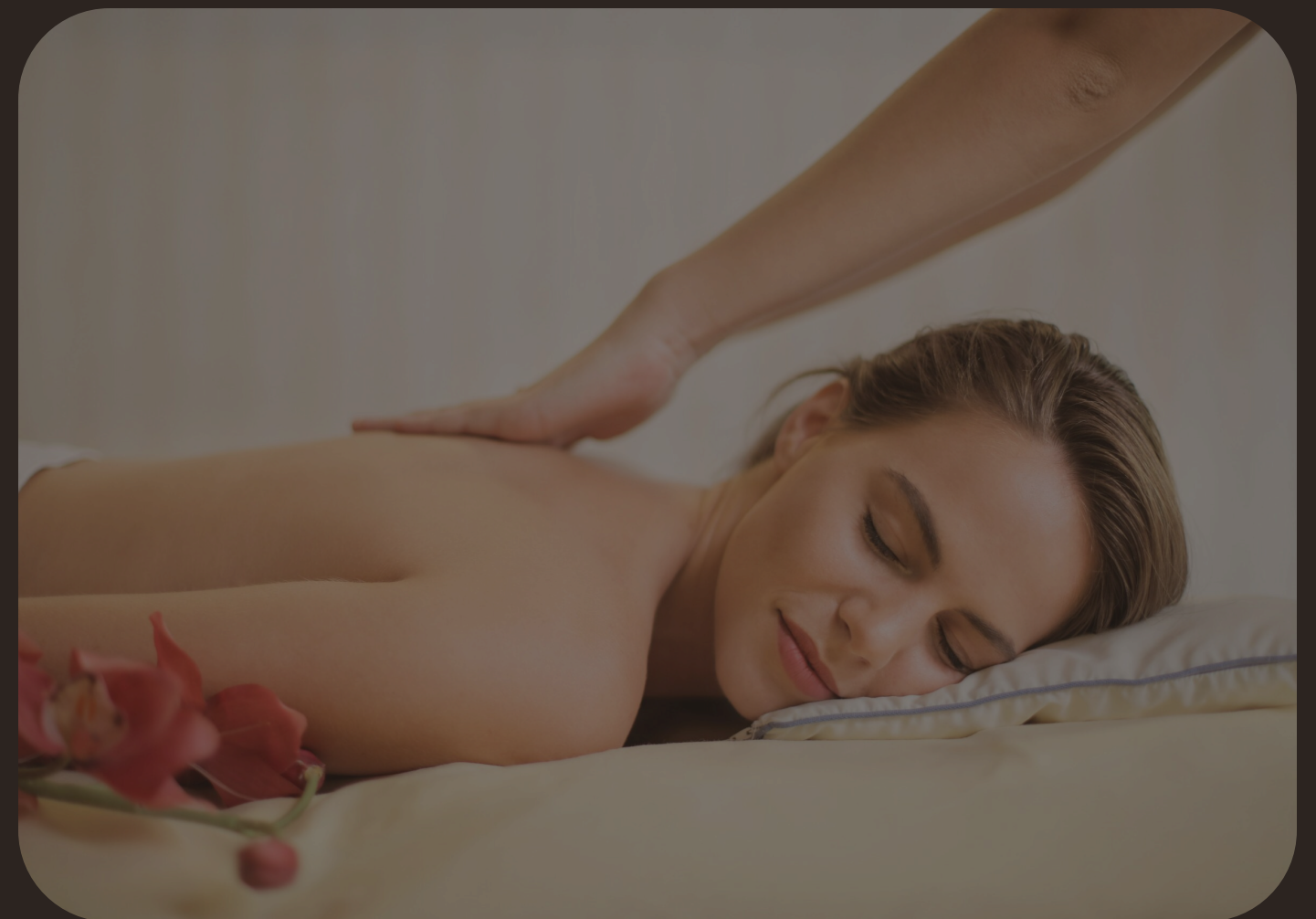
Release of cranial and cervical tensions that interfere with deep, restorative sleep.

## 04 Night Aromatherapy

Essential oil protocol designed to induce states of calm and facilitate REM sleep.

## 05 Follow-up & Adjustment

Monitoring of results and protocol adjustment to optimize the quality of rest.



EXCLUSIVE TOOL

# Retreat Journal: Documenting the Transformation

## Emotional & Physical Tracking

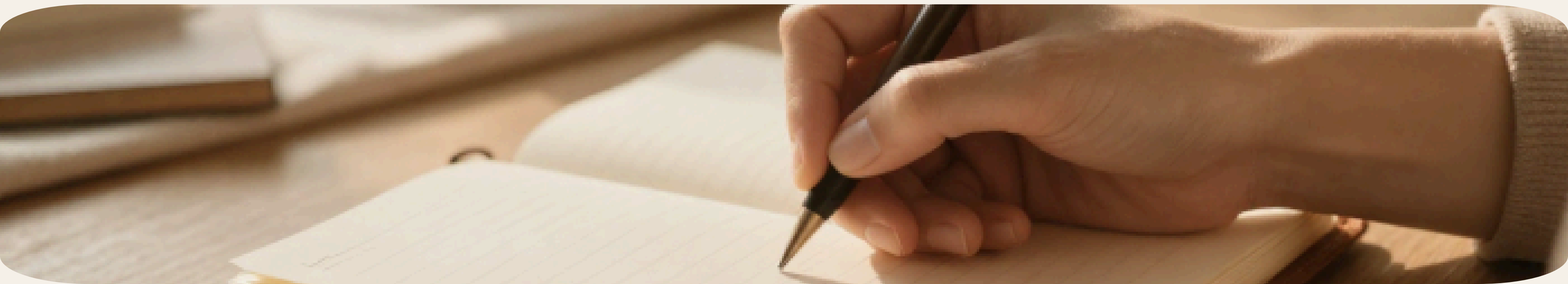
Daily record of sensations, energy and body evolution to become aware of the change process.

## Gratitude & Visualizations

Guided gratitude exercises and creative visualization to anchor positive emotional states.

## Process Integration

Reflections and tools to bring the retreat learnings into your daily life.



OUR TEAM

# Qualified Experts. Real Results.

## Orthomolecular Nutrition

Specialists in nutritional biochemistry who design personalized protocols based on advanced lab analysis.

## Fitness & Movement

Certified trainers in functional movement, yoga and body reconnection techniques.

## Wellness Therapists

Professionals in therapeutic massage, kinesiology and highly specialized manual techniques.

## Emotional Facilitators

Experts in emotional management, mindfulness and support in personal transformation processes.

BOOK YOUR RETREAT

# Begin Your Transformation

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Santa Eulalia del Rio, Ibiza

No se trata de parar. Se trata de  
It is not about stopping.  
It is about resetting.