



WELLNESS HOME



BC WELLNESS HOME · IBIZA

Luxury Wellness Experience Guide

An editorial guide to discover the BC Wellness Home universe: integrative wellbeing, beauty, nutrition, movement, retreats and private experiences in Ibiza.





WELCOME TO BRILLIANT CONCEPT

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A philosophy to create real change in your life.

BC Wellness Home was born from a clear vision: wellbeing is not only about looking better or feeling good for a moment. It is a way of listening to yourself again and restoring balance, energy and vitality through a deep, human and personalized approach. Here, body and mind are not enemies. They are allies. Every symptom, emotion and sensation is a signal trying to guide you. Brilliant Concept brings together aesthetics, wellbeing and integrated therapies to accompany you toward a more balanced, strong and conscious version of yourself.

Listen to your body

An invitation to care for yourself through awareness, prevention and true wellbeing.



Body, mind, nutrition and energy working together.

Our method integrates different areas of wellbeing to create truly personalized experiences. We do not work only through aesthetics, therapy or nutrition. Each process may include manual treatments, facial and body protocols, orthomolecular nutrition, diagnostics, conscious movement, rest, emotional therapy and private experiences.

Body

Treatments, therapies and movement to release tension and restore physical balance.

Mind

Calm, presence and reconnection to reduce stress.

Nutrition

An internal foundation to improve energy, digestion, inflammation and metabolism.

Beauty

Facial and body protocols with visible results.



WELLNESS TREATMENTS

Beauty, therapy and wellbeing in one space.

Our treatments are designed to care for the body from an integrative vision. Each protocol combines technique, sensitivity and knowledge to create an experience that goes beyond a single treatment. We work with advanced facials, massages, body treatments, manual therapies, technology, detox rituals and energy techniques.

Facials

Hydrate, regenerate, illuminate and rejuvenate the skin.

Massages

Release tension, activate circulation and encourage deep relaxation.

Body Treatments

Detox, slimming, exfoliating and body wraps.

Therapies

Balance structure, emotion and energy.



FACIAL COLLECTION

04

Skin as a reflection of balance, rest and vitality.

The BC Wellness Home facial collection combines professional cosmetics, manual techniques, technology and personalized protocols to support the real needs of each skin.

Kobido

Japanese facial massage that improves firmness and luminosity.

Anti-Age

Nourish, firm and revitalize the skin.

Gatuline Expression

Natural lifting and softening of expression lines.

Dermapen

Skin stimulation for texture and radiance.

Facial Men

Treatment designed for male skin and fatigue.

ATM & Facial Release

Jaw release and facial relaxation.



BODY COLLECTION

05

Body rituals to release, drain and regenerate.

The body accumulates tension, fatigue, inflammation and emotional memory. Our body rituals help release this load and restore a feeling of lightness, presence and wellbeing.

Bioenergetic Detox

Tension, circulation, lymphatic system and vital energy.

Lymphatic Drainage

Reduces retained fluids, heaviness and improves circulation.

Body Wrap

Detox, draining and regenerating wraps.

Body Scrub

Exfoliation for softness, luminosity and freshness.

Reiki

Harmonizes body, mind and emotions.

Reflexology

Reflex points for overall balance.



THERAPEUTIC COLLECTION

Therapies to listen to the body and restore balance.

Integrative therapies support physical, emotional and postural processes from a global perspective. Each session seeks to understand what the body is expressing and how it can recover function, calm and balance.

Osteopathy

Mobility, structure and tissues.

Physiotherapy

Treatment and prevention of discomfort or injuries.

Psychology

Emotional support and inner clarity.

Gestalt

Presence, self-awareness and emotion.

Posturology

Body balance and posture.

Nutrition

Habits, energy, digestion and inner wellbeing.



NUTRITION & LONGEVITY

Nourish from within to restore energy and clarity.

Nutrition is one of the fundamental pillars of the BC Wellness method. Through a personalized approach, we seek to understand the real state of the body and design strategies that help improve energy, digestion, inflammation and metabolic wellbeing. Orthomolecular nutrition works from the cell, supporting the body with nutrients, habits and adapted protocols.

Orthomolecular Journey

A personalized nutrition process to restore vitality.

Mediterranean Detox Reset

A gentle cleanse inspired by the Mediterranean lifestyle.

Anti-Inflammatory Balance

Calm internal inflammation and support digestion.

Diagnostic Insight

Testing and analysis for a more precise path.



BC WELLNESS PROGRAMS

Real, visible transformation adapted to you.

BC Wellness Home personalized programs are created for those who seek more than an isolated treatment. They are integrative processes where nutrition, therapies, movement and wellness rituals work together to generate deep change.

Detox Program
Purify, drain, reduce inflammation and restore lightness.

Weight Loss Program
Metabolism, habits, nutrition and treatments.

Longevity Program
Regeneration, energy and long-term wellbeing.

Inner Reset
Reconnect with body, mind and wellbeing.



WELLNESS RETREATS

Exclusive retreats to reconnect, regenerate and transform.

BC Wellness retreats are designed as profound wellbeing experiences in selected settings in Ibiza and Mallorca. They are an invitation to pause, breathe, listen to the body and reconnect with vital energy.

Detox Retreat

Purification, lightness, energy and inner balance.

Longevity Retreat

Regeneration, deep rest and sustainable habits.

Corporate Wellness

Wellbeing, focus, cohesion and stress reduction.

Private Retreats

Tailor-made experiences for small groups and villas.



WELLNESS VILLAS

IO

The luxury of living wellness in your own villa.

BC Wellness Home brings the wellness experience directly to villas, hotels and private spaces in Ibiza. We create exclusive proposals for those who wish to enjoy treatments, beauty, nutrition, fitness and wellbeing without travelling. Each experience can be designed as a single session, a wellness day, a private program or a complete stay.

Treatments in Villa

Massages, facials, body rituals and therapies.

Wellness Concierge

Coordination for guests, groups and stays.

Beauty & Rituals

Personal care for holidays and private events.

Private Spa Experience

A complete in-villa spa with a premium approach.



PRIVATE EXPERIENCES

II

Movement, gastronomy and tailor-made experiences.

Wellbeing does not end in the treatment room. That is why BC Wellness integrates private experiences that complete the process: conscious movement, personal training, yoga, hiking with meditation, healthy gastronomy and private chef.

Private Chef

Personalized menus and healthy cuisine.

Personal Training

Sessions adapted to fitness level and goals.

Yoga & Meditation

Connect body, breath and presence.

Hiking & Nature

Conscious routes in natural settings of Ibiza.



BOOK YOUR EXPERIENCE

Your wellbeing starts here.

Every experience at BC Wellness Home is designed in a personalized way. Our team accompanies you to understand your goals, your life moment and your needs, creating a proposal adapted to you. You can book an experience at our Santa Eulalia centre, request a private villa service or enquire about a complete transformation program.

BC Wellness Home · Ibiza

Santa Eulalia del Río · Treatments · Programs · Villas · Retreats · Private experiences.