



BC WELLNESS HOME · EXCLUSIVE RETREATS

Personalized wellness retreats

Private wellness, longevity and regeneration experiences designed to restore physical, emotional and energetic balance.

CONCEPT

DETOX

LONGEVITY

PROCESS



MORE THAN A RETREAT

A deep transformation experience

At BC Wellness Home, we understand wellbeing as a personalized process where body, mind and emotions work in harmony to reach their highest potential.

Philosophy

Each retreat is designed as an exclusive experience to help the body and mind restore balance, reduce inflammation, recover vital energy and promote deep, lasting wellbeing.

Formats

- 3, 6 or 10-day retreats.
- Fully personalized experiences.
- Advanced therapeutic treatments.
- Orthomolecular nutrition.
- Conscious movement and deep rest.
- A private, elegant and carefully designed setting.

DETOX & WELLNESS RETREAT

Regeneration, lightness and balance

A personalized program focused on helping body and mind restore balance, reduce inflammation, support toxin elimination and recover vital energy.

Goal

Before arrival, a personalized consultation assesses physical and emotional goals, health needs, stress levels, rest, energy, eating habits and lifestyle.

Price: personalized program

Benefits

- Support toxin elimination.
- Reduce inflammation and fluid retention.
- Activate metabolism and body composition.
- Improve digestion and gut health.
- Increase energy and vitality.
- Reduce physical and emotional stress.
- Improve sleep and hormonal balance.
- Create sustainable healthy habits.

LONGEVITY & WELLNESS REGENERATION

Longevity, vitality and long-term wellbeing

A program created to support body and mind through transformative lifestyle changes, helping improve habits, reduce stress, enhance sleep quality and restore overall balance.

Goal

The goal is to reconnect with your best version through a holistic, deep and fully personalized approach.

Price: personalized program

Benefits

- Promote healthy ageing and cellular regeneration.
- Improve energy and vitality.
- Support hormonal and metabolic balance.
- Reduce inflammation and stress.
- Improve sleep and emotional wellbeing.
- Help release unhealthy habits.
- Improve body composition and circulation.
- Support long-term health and wellbeing.

PERSONALIZED PROCESS

Designed around you

Each retreat combines advanced treatments, orthomolecular nutrition, conscious movement, deep rest and regenerative therapies within an exclusive setting.

How it works

- Personalized initial consultation before arrival.
- Assessment of goals, habits, energy, rest and needs.
- Program design according to priorities and evolution.
- Treatments, nutrition, movement and rest adapted to you.
- Guidance from specialized professionals.

BC Wellness Experience

More than a retreat, it is a wellness, longevity and regeneration experience designed to leave you renewed, balanced and deeply connected with yourself.