
BC WELLNESS HOME · PRIVATE VILLAS

Villa Services

Private villa menu with facial treatments, massages, body therapies, wellness experiences, personal training, private chef, nutrition and diagnostic testing.

FACIALS

THERAPEUTIC MESSAGES

HOLISTIC MESSAGES

BODY

SPA DAYS

FITNESS & CHEF

NUTRITION





FACIAL RITUALS IN VILLA

Facials

Premium facial treatments performed in the privacy of your villa, designed to hydrate, brighten, regenerate and elevate the skin's natural beauty.

Essential facials

Purifying Facial - 75 min 165€

Deep facial cleansing to purify, balance and renew the skin, removing impurities and bringing freshness.

AHA Facial - 75 min 165€

Mandelic-acid treatment to brighten, smooth texture and improve skin with impurities or uneven tone.

Rosa Alpina Facial - 75 min 200€

Natural ritual for sensitive and delicate skin, with alpine ingredients that help strengthen the skin.

Anti-Aging Facial - 75 min 220€

Intensive programme to nourish, firm and bring luminosity, freshness and vitality to the face.

Advanced facials

**Hydrating Facial
Gatuline Expression - 75 min 230€**

Hydrating facial to soften expression lines, improve elasticity and bring immediate radiance.

Facial Lifting - 75 min 165€

Revitalising ritual that works on tone, firmness and facial muscle relaxation.

Axion Facial - 75 min 290€

Advanced regenerative facial with technology to stimulate renewal, texture, hydration and firmness.

Facial for Men - 75 min 165€

Specific treatment for men's skin, designed to bring vitality, freshness and rest to the face.



THERAPEUTIC MESSAGES IN VILLA

Therapeutic Massages

Therapeutic and bioenergetic massages in your villa to release tension, restore energy and create a deep wellness experience.

Therapeutic

**BC Bioenergetic
Massage - 60 / 90 /
120 min** **165€ / 230€ /
280€**

Deep massage combining manual technique and an energetic approach to unblock physical and emotional tension.

Osteopathy - 60 / 90 min **145€ / 220€**

Manual treatment to improve mobility, relieve discomfort and support body balance.

**Deep Tissue Massage -
60 / 90 min** **145€ / 220€**

Intense massage to work deep muscle layers, release stiffness and support physical recovery.

Body

Decontracting Massage - 60 / 90 min **140€ / 210€**

Focused on painful areas, contractures and accumulated tension, especially back, neck and shoulders.

Lymphatic Drainage - 60 / 90 min **130€ / 190€**

Gentle treatment to activate the lymphatic system, reduce retention and bring lightness to the body.

Circulatory Massage - 60 min **140€**

Massage focused on tired legs, circulation and a feeling of heaviness.

Anti-Cellulite Massage - 60 / 90 min **140€ / 200€**

Body treatment to stimulate circulation, support drainage and improve skin texture.



HOLISTIC MESSAGES IN VILLA

Holistic Massages

Immersive rituals and massages to calm the nervous system, balance energy and support deep rest in the private villa setting.

Holistic

Reiki - 60 / 90 min **130€ / 180€**

Gentle energy ritual to restore balance, calm and inner connection.

Reflexology - 60 min **140€**

Ancestral technique on foot reflex points to support general wellbeing and body balance.

Relax Massage - 60 / 90 min **145€ / 220€**

Enveloping massage to calm the nervous system, relax muscles and promote deep rest.

Specials

Pregnancy Massage - 60 / 90 min **130€ / 210€**

Safe and delicate massage to relieve back, legs and tension during pregnancy.

ATM Rafferty - 75 min **145€**

Sensory technique to release jaw tension, relieve discomfort and restore facial balance.

Restorative Hair Ritual - 60 min **145€**

Relaxing hair ritual to release tension in the scalp, neck, shoulders and arms.



BODY AND THERAPY IN VILLA

Body Treatments & Therapies

Body treatments and manual therapies designed to purify, relax, release tension and restore body balance.

Body treatments

Back Treatment - 60 min **140€**

Cleansing and tissue decongestion with peeling, mud and draining massage to relieve and relax.

Localized Reducing Treatment - 90 min **165€**

Treatment for areas prone to accumulation and retention, with draining, detox and toning action.

Body Peeling - 90 min **180€**

Rejuvenating body exfoliation to soften, renew and improve skin tone.

Therapies

Osteopathy - 60 / 90 min **145€ / 220€**

Manual treatment for mobility dysfunctions, tension and body balance.

Gestalt Therapy - 90 min **130€**

Humanistic support focused on presence, self-awareness and personal growth.

TCl Therapy - 60 min **130€**

Integrative body therapy connecting emotion, body and awareness to release tension.



WELLNESS EXPERIENCES IN VILLA

Villa Spa Days

Private experiences designed to transform the villa into a space for care, rest and regeneration.

Spa Days

Luxury Wellness & Reconnection Spa Day 470€

A day to release stress, reconnect with yourself and restore balance through yoga, meditation, hair ritual and relax massage.

Afternoon Fitness & Wellness Spa Experience 530€

Afternoon experience with training or yoga, body treatment and personalised facial to activate energy and wellbeing.

Longevity & Wellness Regeneration Spa Day 630€

Regenerative experience with conscious movement, sauna, body peeling and personalised body-facial ritual.

Includes

Personalised experience On request

Each experience can combine movement, body treatments, facials, massage, relaxation, sensory rituals and personalised recommendations.



PERSONAL TRAINING AND CHEF

Fitness & Chef

Private training, conscious movement and healthy gastronomic experiences to complete the villa wellness stay.

Personal training

Personal trainer - 60 / 90 min **130€ / 180€**

Personalised sessions for strength, mobility, toning, recovery or general wellbeing goals.

For 2 people - 60 / 90 min **160€ / 200€**

Training adapted for two people, with a personalised and dynamic approach.

Extra participant **+30€/h**

Supplement for each additional person.

Personalised packs **On request**

Multi-day programmes adapted to needs, fitness level and goals. Up to 20% discount for 6 days.

Private chef

Private chef service **From 100€/h**

Premium gastronomic experiences adapted to lifestyle, preferences and wellbeing.

Breakfast **From 80€ pp**

Healthy and personalised breakfasts in villa.

Lunch **120€ - 150€ pp**

Private menus inspired by Mediterranean, healthy or gastronomic cuisine.

Dinner **From 180€ pp**

Premium private dinner to complete the villa wellness experience.



NUTRITION AND LABORATORY

Nutrition & Testing

Personalised nutrition processes, diagnostics and laboratory testing to create a wellness path adapted to each person.

Nutrition

Orthomolecular Vitality Journey - 3 visits	480€
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Personalised nutrition process to restore internal balance, energy and cellular wellbeing.

Mediterranean Detox Reset	On request
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Gentle nutrition programme to support purification, reduce retention and recover lightness.

Anti-Inflammatory Balance Ritual	On request
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Nutritional approach to reduce inflammation, improve digestion and support internal balance.

Holistic Diagnostic Insight	On request
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Personalised diagnosis in collaboration with a laboratory to create a tailor-made wellness path.

Diagnostic tests

Specific tests and analyses	Depending on test
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Food sensitivity, genetics, hormones, microbiota, SIBO, allergies, vitamin D, cardiovascular health, athletes, vegans, skin longevity, stress and other analyses.