

BC Wellness Home

Private Villas

Villa services

Exclusive wellness experiences in the privacy of your villa:

facials, massages, body therapies, fitness, private chef, nutrition and diagnostics.

Facials · Therapeutic Massages · Holistic Massages · Body ·
Spa Days · Fitness & Chef · Nutrition



Facial Rituals in Villa

Essential facials

Purifying Facial — 75 min — 165€

Deep cleansing, balance and radiance.

AHA Facial — 75 min — 165€

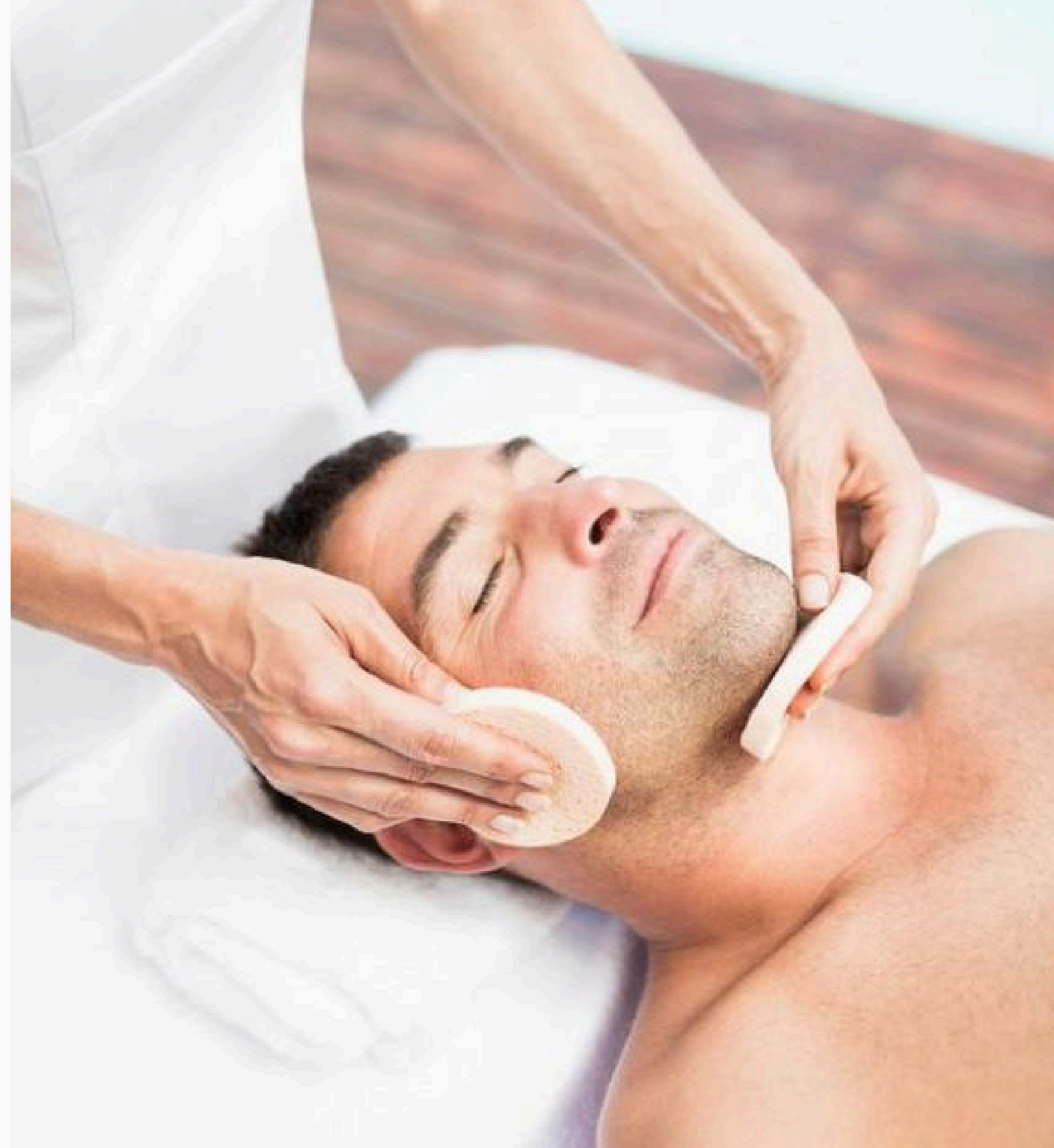
Cellular renewal with fruit acids.

Alpine Rose Facial — 75 min — 165€

Hydration and antioxidant protection.

Anti-Aging Facial — 75 min — 165€

Prevents and corrects signs of aging.





Facial Rituals in Villa

Advanced facials

Hydrating Facial Gatuline — 75 min — 220€

Deep hydration with premium active ingredients.

Lifting Facial — 75 min — 250€

Immediate tightening and firming effect.

Axion Facial — 75 min — 290€

High-tech anti-aging treatment.

Facial for Men — 75 min — 165€

Facial care adapted for men.

Therapeutic Massages in Villa



Therapeutic

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

Exclusive integral rebalancing technique.

Osteopathy — 60/90 min — 145/220€

Structural and visceral manual therapy.

Deep Tissue — 60/90 min — 145/220€

Deep pressure for chronic tension.

Body

Decontracting — 60/90 min — 140/210€

Relieves contractures and muscle stiffness.

Lymphatic Drainage — 60/90 min — 130/190€

Reduces fluid retention and improves circulation.

Circulatory — 60 min — 140€

Improves venous return and reduces heaviness.

Anti-Cellulite — 60/90 min — 140/200€

Reducing and firming technique.



Holistic Massages in Villa

Holistic

Reiki — 60/90 min — 130/180€

Energy balance and deep relaxation.

Foot Reflexology — 60 min — 140€

Stimulation of reflex points in the foot.

Relax Massage — 60/90 min — 145/220€

Gentle movements for total calm.

Special

Pregnancy Massage — 60/90 min — 130/210€

Adapted for prenatal wellbeing.

TMJ Rafferty — 75 min — 145€

Cranial technique for jaw tension.

Restorative Hair Ritual — 60 min — 145€

Scalp massage with nourishing oils.



Body & Therapy in Villa

Therapies

Osteopathy — 60/90 min — 145/220€
Structural and visceral manual therapy.

Gestalt Therapy — 90 min — 130€
Emotional support and awareness.

TCI Therapy — 60 min — 130€
Body-mind-emotion integration.

Wellness Coaching — 60 min — 120€
Personalized healthy habits session.

Back Treatment — 60 min — 130€
Exfoliation, massage and back mask.

Localized Reducing — 60 min — 155€
Reducing technique for specific areas.

Body Peeling Luxury — 45 min — 120€
Complete renewal with salts and oils.

Wellness Experiences in Villa

Spa Days

Luxury Wellness & Reconnection Spa Day — 470€

Relaxing massage 90 min + personalized facial 75 min + body peeling.

Afternoon Fitness & Wellness Experience — 460€

Personal training 60 min + relax or decontracting massage 90 min + personalized facial 75 min.

Longevity & Wellness Regeneration Spa Day — 580€

Initial diagnosis + personal training + bioenergetic massage + personalized facial + specific nutrition plan + personalized healthy advice.

Includes personalized experience adaptation according to client needs.



Fitness & Private Chef

Personal training

Individual Session — 60 min 130€ / 90 min 180€

Functional training adapted to your goals.

Duo Session — 60 min 160€ / 90 min 200€

Training for two people.

Additional participant: +30€/hour.

6-day pack — up to 20% discount

Savings with weekly commitment.

Private Yoga / Pilates — 60 min — 120€

Guided session in your villa.

Private Chef

Hourly service — from 100€/h

Professional chef in your villa.

Healthy breakfast — 80€ pp

Balanced and personalized menu.

Wellness lunch — 120€ pp

Mediterranean cuisine with local products.

Tasting dinner — 180€ pp

Complete gastronomic experience.

Personal Training

Your body, your rhythm

Personalized sessions

Training adapted to your level, goals and health conditions. 60-minute sessions, individual or for couples.

Modalities

In villa, outdoor or online.

Available disciplines

Dynamic Yoga, Yin Yoga, Senior Yoga, Functional Training, TRX, Aquagym, Pilates, Pregnancy and postpartum training, Facial fitness, Rehabilitation and mobility.

Packs

Multi-session packs available with discount.

Additional participant with supplement.





Private Chef

Custom gastronomy in your villa

Private culinary experience

Professional chef in your villa with premium ingredients and personalized menus. Healthy, gourmet cuisine adapted to your preferences.

Cuisine styles

Italian, Mediterranean, Spanish, Peruvian, Mexican, Asian, Meat and fish, BBQ, Vegetarian and Vegan.

Available services

Healthy breakfast, Wellness lunch, Tasting dinner. All menus are designed in collaboration with BC Wellness Home to guarantee a balanced and memorable gastronomic experience.

Flexible format

Hourly service or full experience.
Check availability.

Nutrition

Care for your inner wellbeing

Orthomolecular Vitality Journey — 3 visits — 480€

Personalized orthomolecular supplementation program for cellular renewal and vitality.

Mediterranean Detox Reset — On request

Gentle cleansing plan inspired by the Mediterranean diet and island lifestyle.

Anti-Inflammatory Balance Ritual —

On request

Protocol to reduce chronic inflammation and promote long-term balance.

Holistic Diagnostic Insight — On request

Integral health diagnosis with biomarkers in collaboration with European laboratories.





Laboratory

Diagnostic tests

Food Sensitivity Test

Detection of intolerances and sensitivities to more than 200 foods.

Genetic Test

Analysis of genetic predispositions, metabolism and aging.

Complete Hormonal Panel

Study of the hormonal axis: thyroid, cortisol, sex hormones.

Microbiota Test

Complete study of intestinal flora and personalized recommendations.

Cardiovascular and Oxidative Stress Panel

Cardiovascular risk assessment and cellular stress markers.

Price: According to the exam, check-up or test.



Wellness Programs

Exclusive personalized retreats

Detox & Wellness Retreat

Personalized program focused on the elimination of toxins, reduction of inflammation, metabolic activation and emotional balance. Includes prior consultation, daily treatments, holistic therapies and integral regeneration.

Longevity & Wellness Regeneration Retreat

Retreat focused on healthy aging, stress reduction, improved vitality and sustainable habits. Includes personalized consultation, hormonal balance, sleep improvement, emotional wellbeing and long-term health.

Format

Both programs are tailor-made after an initial consultation. Duration, intensity and therapies are adapted to each person.

BC Wellness Home

Private Villas · Ibiza

Bookings and personalized enquiries

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www.bcwellnesshome.com