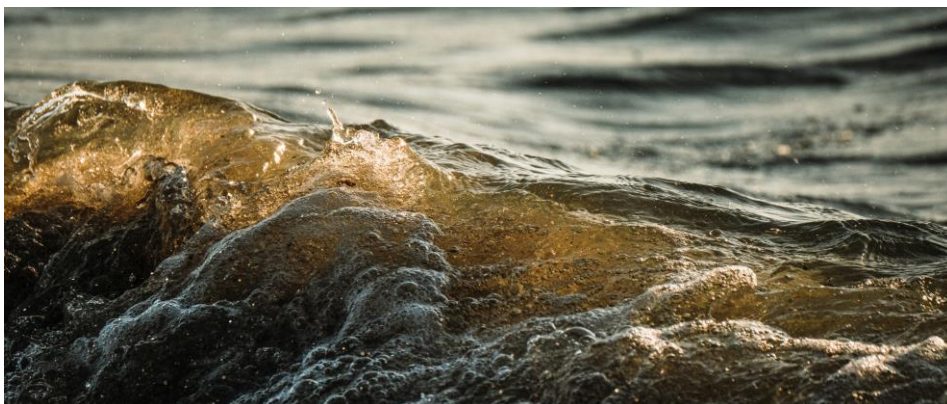

HOTEL BELLEVUE SPA CLINIC TRANSFORMATIONAL RESULTS POWERED BY THE SEA!



The curative treasure chest of the sea brings nature's remedies to your beauty and wellness regime at the Bellevue Spa Clinic, our uber-chic, high- tech haven, just steps from the sea. That largesse from the sea is a gift, ideal for detox and revitalisation from which Bellevue Spa Clinic draws inspiration.

3 Days Sea Essence Rejuvenation Package

Experience profound renewal of body and mind with our luxurious Sea Essence Rejuvenation package. Inspired by the healing powers of the sea, this retreat combines natural marine elements with advanced body sculpting and detoxification technologies.

THE PACKAGE INCLUDES:

- 1 x Floating Massage, 50 min
- 1 x Movement Meditation by the sea, 45 min
- 1 x Magnesium Sea-Tox, 110 min
- 1 x Ocean Flow for body & mind, 45 min
- 1 x Sea- tox Massage, 80 min
- 1 x Crystal energy facial by ISUN, 80 min

Floating Massage, 50 min

This 'swim-in-the-sea' massage takes place upon a specially designed aqua-cushion that perfectly cradles and supports your body creating the ideal environment for surprising depth of pressure. Mimicking the rhythm and fluidity of gentle waves, your body is lulled into a state of deep relaxation whilst floating on a cloud of warm water. The nature of the cushion and position of the body allows the muscles and tendons to be manipulated from every angle, giving the therapist greater ability to employ intensity through one's own body weight.

Movement Meditation by the sea, 45 min

This 45-minute session blends stretching, and meditation in a tranquil outdoor setting by the sea. Start with gentle stretches and yoga-inspired movements, focusing on breath and flow. The calming ocean sounds deepen your meditation. Finish with relaxing stretches and a meditative cooldown, leaving you refreshed and balanced.

Magnesium Sea-Tox, 110 min

Algae, sea salts, magnesium and essential oils are customised table-side for transformative cellular purification and remineralisation of the skin, tissues, and organs.

Ocean Flow for body & mind, 45 min

This 45-minute session is designed to rejuvenate both body and mind in a serene seaside setting. It begins with gentle stretches to warm up the body, followed by a series of flowing yoga-inspired movements that enhance flexibility and strength. The focus is on deep, mindful breathing to align the mind with the rhythm of the ocean. The session concludes with a period of relaxation and meditation, allowing you to fully integrate the benefits of the practice and leave feeling balanced and refreshed.

Sea-tox Massage, 80 min

Detox massage is taken to a new level. Vigorous and repetitive strokes employing the use of hands and specialised rollers break down cutaneous tissue and fibrous cellulite in this targeted massage to encourage the process of toxin elimination. Employing the power of sea plant extract and magnesium the body is encouraged to energise the lymphatic system thus cleansing, flushing, and oxygenating the muscles and tissues and dramatically reducing water retention.

Crystal energy facial by ISUN, 80 min

There's something inexplicable about this treatment. Like food for the skin, ISUN's bio-active ingredients are literally alive and active to deeply wake-up the skin. A mini-shirodhara centres the mind while crystal wands work facial pressure points and a weighted rose quartz mask taps into the deeper energetic levels of skin cell energy leaving your skin as if lit from within.

Price : €635,40

Accommodation, food, beverages and additional special offers are not included in the price.