



PRICE
380 €

2026

CLUB LA SANTA

WELLNESS WEEK

**From the 16th of May 2026 until 20th of
May 2026**

For more information send an email to:
sportsperformance@clublasanta.com





WELCOME TO WELLNESS WEEKS 2026

Water meditation

Discover from the hand of an expert, how through conscious breathing work you can activate the parasympathetic nervous system to reach a deep meditative state, thus lowering the acidity levels of the body, product of constant stress or intense training. Once your mind and body are ready you will be led to the pool, where the 34-degree water becomes the perfect environment to enjoy a guided meditation that will connect you with this element. Float in this warm environment and feel the liberating power of water.

Wellness – Restorative experience

Revitalize and invigorate your body in our hydrotherapy pool with contrast therapy, banya session, and sauna ritual (SAUNAGUS) with specific essential oils. Our expert therapist will guide you during this one-hour group session.

Wellness detox

Experience a detoxifying group activity at the Wellness Centre, guided by a skilled therapist. Enjoy the benefits of a steam bath with a body peeling using natural, locally sourced. Eliminate toxins, improve digestion, strengthen your immune system, and clear your mind with our ritual in the sauna (SAUNAGUS). Let our expert therapists help you feel your best.

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WEEKS 2026**

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Program

Saturday 16/05

- 09:00 Morning activity - Yoga / Meditation / Pilates (75 minutes)
11:00 Recovery - Protein boost with choice of Juice from the menu
and catch up with morning instructor - El Lago
14-15:00-15-16:00 Water Meditation, two groups - Wellness (see description above/below)

Sunday 17/05

- 09:00 Morning activity - Yoga / Meditation / Pilates
11:00 Recovery - Protein boost with choice of Juice from the menu
and catch up with morning instructor - El Lago
13:00-16:00 Group Session, Wellness Spa / Sauna. Exclusive Group Access to Spa, Sauna
& Hot'n Cold treatments - Wellness

Monday 18/05

- 10:00-12:30 Aromatherapy Workshop - South Conference Room
13:00 Lecture w. Emma Gibbins from NutriBalance - North Conference Room
14:00 Optional Therapy's from Wellness menu (extra payment + 30% discount)
Choose from Wellness menu, book & Pay at the Wellness Reception to
receive 30% discount.
20:00 Green Team Show - Live entertainment in the Square

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Tuesday 19/05

- 09:00 Morning activity - Yoga / Meditation / Pilates
- 11:00 Recovery - Protein boost with choice of Juice from the menu and catch up with morning instructor - El Lago
- 16:00-20:00 Serenity Massage 50min appointments from 16:00 onwards.
A stress relieving massage with mint, cocoa and orange for total relaxation - Wellness

Wednesday 20/05

- 09:00 Morning activity - Yoga / Meditation / Pilates
- 11:00 Recovery - Protein boost with choice of Juice from the menu and catch up with morning instructor - El Lago
- PM session Restorative experience (two groups) (see above description)
Other option is Wellness detox (two groups) (see above description)

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