



**2026**

# **CLUB LA SANTA WELLNESS WEEK**

**From the 5th of Sep 2026 until 9th of Sep  
2026**

For more information send an email to:  
[sportsperformance@clublasanta.com](mailto:sportsperformance@clublasanta.com)

**PRICE  
380 €**



# 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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## Program

### Saturday 05/09

- 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 06/09

- 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 07/09

- 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 08/09**

- 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 09/09**

- 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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