



zen

Body & Mind

Premium Wellness Programs



ZAFIRO

PALACE HOTELS



Zen Body & Mind Premium Wellness

We take wellness one step further.

Make the best of your precious time.

Within its top brand Hotels, Zafiro Palace Alcúdia 5* and Zafiro Palace Palmanova 5*, Zafiro Hotels has created an integrated concept for premium wellness. The most sophisticated wellness programs and facilities are complemented seamlessly by the beauty of the Mediterranean and the joys of Smart Luxury. All in one, in perfect harmony and close proximity to countless options for leisure as well as the inspiring sceneries of Mallorca

Let Zen Body & Mind Premium Wellness take both of you – body and soul – one step further.

The Beauty of the Mediterranean:

Connect with a culture of health and sensuality.



Cool in its design details and ideas, harmonious in its overall aesthetics, the Smart Luxury resorts of Zafiro Hotels create the most modern way to fully enjoy the quality of life offered by the Beauty of the Mediterranean

Decades of experience combine with a pioneering Hotel & Wellness concept.

- **Space**

Generous dimensions are an intricate element of wellbeing. Pushing back the idea of limitations on all levels gives more room to your mind too.

- **Service**

Traditional Mediterranean hospitality meets state-of-the-art efficiency. Competence and charm are the soul of our human resources philosophy. All departments are aware of and interact with the Zen Body & Mind Premium Wellness programs.

- **Quality**

Your Zen Body & Mind Premium Wellness program is accompanied by the same level of quality in all other aspects of your stay, from individually and nutritionally configured gourmet cuisine all the way to suite accommodation including a sea-view rooftop terrace or a private garden.

- **Technology**

The finest and newest of tested and tried technologies are put to your service. Smart Luxury means that you are as close to the future as practicality allows.

The Concept of our Zen Body & Mind Premium Wellness

It means more. The complete potential of tradition, progress and individual attention for your benefit.

The pillars of maximum efficiency:

- **Competence**

From the agenda coordinator all the way to specialists like a meditation trainer, a macrobiotic consultant to a personal trainer, the concept relies on highly qualified professionals and their systematic coordination for a single purpose: the success of your program.

- **Facilities**

Sessions are conducted in our fully adapted spa & wellness area with ample space for privacy and sophisticated equipment, covering everything from standard treatments to special ones like pressotherapy, kinesis station, beautystimm and lymphodrain.

- **Products**

Any close material interaction with the human body requires maximum security and quality, which is also true for the products used, from treatment products to therapeutic beverages. Zen Body & Mind Premium Wellness is a seal of guarantee.

- **Programs**

Our comprehensive 4- and 7-day-programs as well as the One-Day-Experiences are designed to achieve the maximum within the given timespan and according to your objective: detox, slimming, de-stress, fitness, yoga and general wellbeing. Of course our specialists also design tailor-made programs for any desired duration.

- **Integration**

Your hotel stay and your wellness program are seamlessly intertwined. Our concept of close coordination with all departments ensures for example, that your individual nutritional requirements as prescribed by our specialist are integrated in your culinary program.

Choice of programmes for your clients specific needs: one, four or seven days packages:

7 Days Programs

Zen Life Detox – 7 days

Complete inner cleanup: A comprehensive program to get rid of harmful or superfluous elements your body has stored away.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial and final controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed Detox beverages
- Design of a personalized follow up health plan
- Welcome Life Detox massage
- Preliminary evaluation by Personal Trainer
- 2X mindfulness theory & techniques sessions
- 2X personal training sessions - WET™ (Water & Earth training)
- 1X Pranayamas session (breathing techniques)
- 1X Bio-detox massage
- 1X Deep tissue therapy
- 1X detox ultracavitation therapy
- 1X pressotherapy session
- 1X bio-detox wrap
- 1X ginger compresses therapy
- 1X Shiatsu therapy
- 1X Yoga & Do-in workout

Zen Slimming Cure – 7 days

Getting your body in better shape: This 360 degree program goes far beyond simply eating less.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial and final controlled bioimpedance tests
- Personalized slimming diet planning prescribed and controlled by nutritionist
- 3X daily prescribed therapeutic beverages
- Design of a personalized follow up health plan
- Welcome Slimming massage
- Preliminary evaluation by Personal Trainer
- 3X slimming ultracavitation therapy
- 3X pressotherapy sessions
- 3X personal training sessions - WET™ (Water & Earth training)
- 2X bio-slim wrap
- 1X Slimming massage
- 1X Deep tissue therapy
- 1X mindfulness theory & techniques session
- 1X Yoga & Do-in workout

Zen De-Stress Cure – 7 days

Unwind and charge your batteries in the most efficient and pleasant way.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed de-stress beverages
- Design of a personalized follow up health plan
- Welcome de-stress massage
- Preliminary evaluation by Personal Trainer
- 2X mindfulness theory & techniques sessions
- 2X personal training sessions - WET™ (Water & Earth training)
- 2X Shiatsu therapy
- 2X ginger compresses therapy
- 1X biorelaxing massage
- 1X Indian head massage
- 1X Pranayamas session (breathing techniques)
- 1X Yoga & Do-in workout

Zen Ultimate Fitness – 7 days

A comprehensive kickstart-program to elevate your fitness to a new level.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Initial and final controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed Bio fitness beverages
- Design of a personalized follow up health plan
- Welcome sports massage
- Preliminary evaluation by Personal Trainer
- 4X personal training sessions - WET™ (Water & Earth training)
- 1X Pranayamas & Hypopressives techniques session
- 2X deep tissue therapies
- 2X ginger compresses therapy
- 2X Shiatsu therapies
- 1X detox ultracavitation therapy
- 1X pressotherapy session

Zen Yoga – 7 days

Free your thoughts for what is really important and acquire techniques to recover and maintain peace of mind.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed therapeutic beverages
- Design of a personalized follow up health plan
- Welcome Ayurvedic massage
- 5X Hatha Yoga y Pranayamas sessions (breathing techniques)
- 2X Indian head massage
- 2X mindfulness theory & techniques sessions
- 2X ginger compresses
- 1X Ayurvedic massage

Zen Discover Wellbeing – 7 days

A global and balanced program with a broad range of objectives, designed to elevate you level of wellbeing in all important areas.

- Initial agenda management
- Initial and final consultation with Wellness Coach
- Initial and final consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial and final controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed therapeutic beverages
- Design of a personalized follow up health plan
- Welcome Well-being massage
- Preliminary evaluation by Personal Trainer
- 2X personal training sessions - WET™ (Water & Earth training)
- 2X Shiatsu therapy
- 2X ginger compresses therapy
- 1X Deep tissue therapy
- 1X bio-detox wrap
- 1X bio-slim wrap
- 1X ultracavitation therapy
- 1X pressotherapy session
- 1X mindfulness theory & techniques session
- 1X Pranayamas sessions (breathing techniques)
- 1X Yoga & Do-in workout

All 7 days programs also include:

- Unlimited access to the thermal circuit
- 7 days full board-prescribed diet and therapeutic beverages
- Comprehensive guidelines within the four pillars of wellbeing to create lasting changes once the program has been completed.

4 Days Programs

Zen Life Detox – 4 days

Complete inner cleanup: A comprehensive program to get rid of harmful or superfluous elements your body has stored away.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed Detox beverages
- Design of a personalized follow up health plan
- Welcome Life Detox massage
- Preliminary evaluation by Personal Trainer
- 1X personal training session - WET™ (Water & Earth training)
- 1X mindfulness theory & techniques session
- 1X Pranayamas (breathing techniques) session
- 1X bio-detox wrap
- 1X bio-detox massage
- 1X ginger compresses therapy
- 1X Shiatsu therapy

Zen Slimming Cure – 4 days

Getting your body in better shape: This 360 degree program goes far beyond simply eating less.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial controlled bioimpedance tests
- Personalized slimming diet planning prescribed and controlled by nutritionist
- 3X daily prescribed slimming beverages
- Design of a personalized follow up health plan
- Welcome Slimming massage
- Preliminary evaluation by Personal Trainer
- 2X personal training sessions - WET™ (Water & Earth training)
- 2X slimming ultracavitation therapy
- 2X pressotherapy sessions
- 1X Deep tissue therapy
- 1X bio-slim wrap

Zen De-Stress Cure – 4 days

Unwind and charge your batteries in the most efficient and pleasant way.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed de-stress beverages
- Design of a personalized follow up health plan
- Welcome de-stress massage
- Preliminary evaluation by Personal Trainer
- 1X mindfulness theory & techniques session
- 1X Pranayamas (breathing techniques) session
- 1X personal training session - WET™ (Water & Earth training)
- 1X ginger compresses therapy
- 1X bio-relaxing massage
- 1X Shiatsu therapy

Zen Ultimate Fitness – 4 days

A comprehensive kickstart-program to elevate your fitness to a new level.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Initial controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed Bio fitness beverages
- Design of a personalized follow up health plan
- Welcome sports massage
- Preliminary evaluation by Personal Trainer
- 2X Personal training sessions - WET™ (Water & Earth training)
- 1X detox ultracavitation therapy
- 1X pressotherapy session
- 1X deep tissue therapy
- 1X Pranayamas & Hypopressives techniques session
- 1X ginger compresses therapy

Zen Yoga – 4 days

Free your thoughts for what is really important and acquire techniques to recover and maintain peace of mind.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed therapeutic beverages
- Design of a personalized follow up health plan
- Welcome Ayurvedic massage
- 3X Hatha yoga & Pranayamas (breathing techniques) sessions
- 1X mindfulness theory & techniques session
- 1X Indian head massage
- 1X ginger compresses therapy

Zen Discover Wellbeing – 4 days

A global and balanced program with a broad range of objectives, designed to elevate you level of wellbeing in all important areas.

- Initial agenda management
- Consultation with Wellness Coach
- Consultation with nutritionist expert in natural therapies
- Bio-energetic consultation & targeted Auricular therapy
- Initial controlled bioimpedance tests
- Personalized healthy diet planning prescribed and controlled by nutritionist
- 3X daily prescribed therapeutic beverages
- Design of a personalized follow up health plan
- Welcome Well-being massage
- Preliminary evaluation by Personal Trainer
- 1X personal training session - WET™ (Water & Earth training)
- 1X mindfulness theory & techniques session
- 1X Pranayamas (breathing techniques) session
- 1X Shiatsu therapy
- 1X Deep tissue therapy
- 1X ginger compresses therapy

All 4 days programs also include:

- Unlimited access to the thermal circuit
- 4 days full board-prescribed diet and therapeutic beverages
- Comprehensive guidelines within the four pillars of wellbeing to create lasting changes once the program has been completed.