

TACHA MARBELLA

# WELLAGING DETOX AND HEALTH RETREAT



 TACHA



## WELLAGING DETOX AND HEALTH RETREAT

Program designed to cleanse the body of toxins accumulated from bad eating habits and restore your energy levels and weight balance.

Highly recommended for clients that need to lose weight, under high stress levels, unhealthy diets, low energy, poor vitality and need a body reset.

*"Let food be your medicine and medicine your food" Hippocrates*



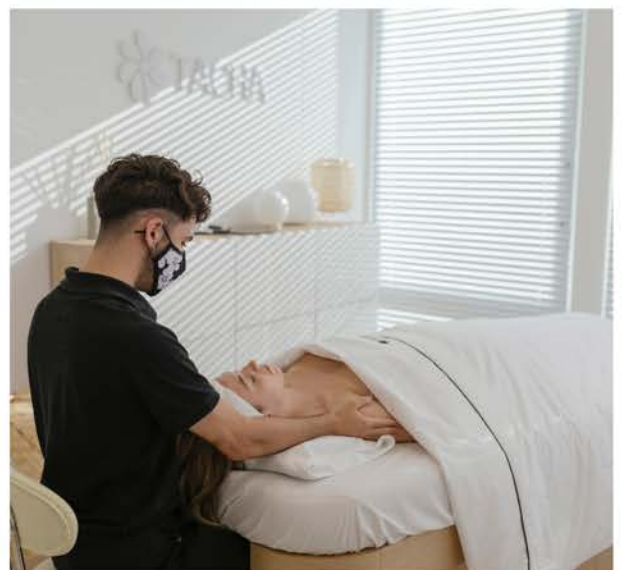
## WHAT INCLUDES?

- 30 days before arrival, health and life habits questionnaire.
- 15 days prior to arrival, video conference session with TACHA nutritionist and health coach to plan and design your customized program.
- Medical assessment and consultation and blood analytics with your assigned doctor.
- Two sessions with your nutritionist and health coach. Pre-treatment and prior to departure to plan and program your new healthy lifestyle.
- Minerals and vitamins body check
- Detox organic diet for breakfast, lunch and dinner during the week.
- Six hydro-massage treatments.
- Three bio-energetic draining massages
- 1 Salt massage detox therapy.
- Indiba wellness cell recuperator.
- 1 facial detox.
- 1 Mindful eating session.
- Six personal trainer sessions.
- Three yoga sessions.
- Detox, hepatic drainage and relaxation infusions kit to take along the week.
- Follow up video conference session to monitor progress one month after the program.

**Our multiple discipline professional team will take care of all your needs during the program.**



**THE WORLD IS AN  
EXTRAORDINARY  
PLACE.  
YOUR BODY IS AN  
EXTRAORDINARY  
PALACE**





## TACHA Beauty & Wellness

**TACHA enjoys over 26 years experience in health, wellness, beauty and medical spa for its clients, with clinics in Madrid, Marbella and Bilbao.**

An oasis of well-being and beauty located in Marbella at the Gran Meliá Hotel Don Pepe.

The founder, Natalia de la Vega, has designed a unique holistic concept of beauty, well-being and lifestyle medicine. The clinics provide a wide range of beauty services to high-end clients, as well as hair style, body and face care treatments with cutting edge technologies.

TACHA is a reference wellbeing and holistic medicine place for celebrities and international personalities.

### **WELLAGING DETOX AND HEALTH RETREAT**

*1 Week: 5.800 euros*

*2 Weeks: 10.500 euros*

### **TACHA MARBELLA**

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