

**PROGRAMS**

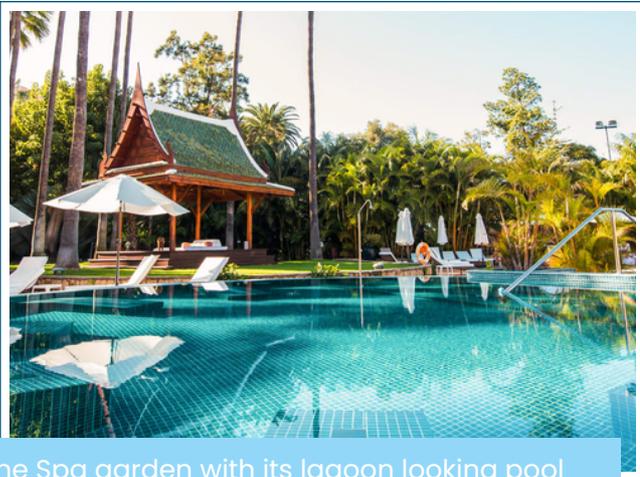
Luxurious Wellness Holiday Break - North of Tenerife

**NORTHERN TENERIFE**

**LUXURIOUS WELLNESS HOLIDAY BREAK**

**Wellness holidays in oriental-themed environments, with mindfulness & relaxation in focus**

The perfect escape for individuals, couples, and anyone needing time-off from stress and other worries at home. The destination for this program is set in the north of Tenerife, and your wellbeing will be taken care of in a 5-star prestigious hotel environment, with Asian-themed gardens overlooking an oriental Massage center and a lagoon-looking pool in the Spa area!



The Spa garden with its lagoon looking pool give you an excellent opportunity to relax

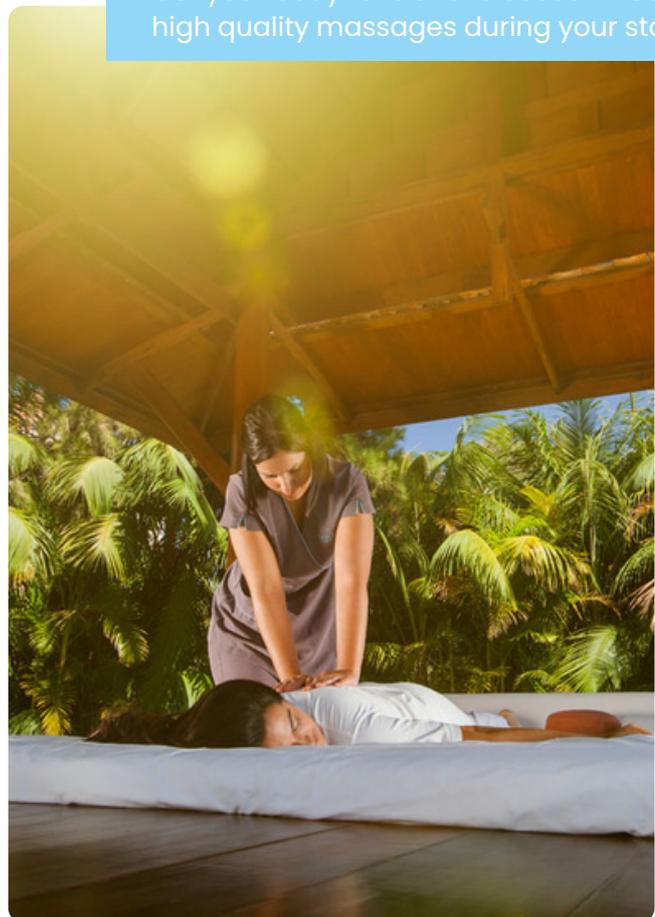
The hotel Spa is immersed in 3500m2 of subtropical gardens, which gives you plenty of space to roam freely by your own, and find your secret spots to meditate, read a book, or have a mindful walk.

If you seek for more space, you will find an immense Botanical garden just in front of the hotel with over a million of rare tropical and subtropical plants and tree species!

**Release tensions with massages**

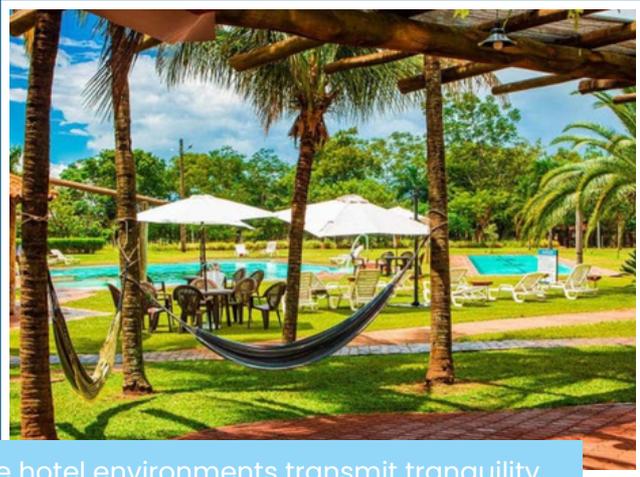
You will be given different massages all days by highly qualified Massage therapists. These include Ayurveda, Wellness, and Zen Shiatsu, or Lomi Lomi Massages, and release stress, pain and tensions, and improve relaxation, blood circulation and flexibility in your body. Through the pressure given by the massages, your parasympathetic (or calming) response gets increased, which results in a decrease in anxiety as well.

Get your body tensions released through high quality massages during your stay



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The hotel environments transmit tranquility and comfort to calm down the mind

### Morning mindfulness sessions

The practice of Mindfulness or 'Full Consciousness', is a mental training that allows you to develop a healthier mind and connected with life, with which to face more effectively the challenges of work or personal environment. Mindfulness means being aware of the present moment without judging it, accepting it as it is, and without trying to control it. Your teacher will guide you through the mental training techniques for your mind and body.

### Nature excursion with an authentic culinary experience

Enjoy a private excursion to the wild and natural landscapes in the north of Tenerife, where you will get to know the astonishing volcanic environments of the Canary Islands, as well as its lifestyles and culture. We will have lunch or dinner in a restaurant recommended by the locals, using locally sourced ingredients for a genuine culinary experience. *Included in the 8 day program.*



**For bookings and more information, please contact MBestcare by phone or WhatsApp: +34 641 28 63 83, or write an email to [info@mbestcare.com](mailto:info@mbestcare.com)**

### PROGRAM INCLUSIONS

#### 5 Day program (4 nights)

- 4 nights hotel stay with breakfast included
- 4 morning Mindfulness sessions
- 4 Therapeutic massages in different styles
- Healthy aperitives after classes
- Private airport transfer
- Daily breakfast in hotel

#### 8 Day program (7 nights)

- 7 nights hotel stay with breakfast included
- 6 morning Mindfulness sessions
- 6 Therapeutic massages in different styles
- Healthy aperitives after the sessions
- Private airport transfer
- Meditation excursion to natural surroundings on the island, including a Canary restaurant culinary experience
- Daily breakfast in hotel

*The length of stay, as well as the amount of classes and activities, can be amended upon request!*

### ACCOMMODATION

The 5-star hotel is the idyllic location to enjoy a luxury holiday in Puerto de la Cruz, with its settings surrounded by 25,000 m<sup>2</sup> of gardens and a strong commitment to sustainability and passion for art.

Here you will find all of the comforts to enjoy an unforgettable experience to enhance your wellbeing.

### FOOD

This program includes daily breakfast in the hotel, as well as healthy aperitives after Yoga and Mindfulness classes, and Tea after Massages.

For the full week program, we include an excursion in the north of Tenerife where dinner or lunch in a Canary restaurant is also included!