

MOOD SPA

Holistic Detox Programmes

SCULPT & ENERGISE

RESTORE & RENEW

Begin a transformation:
a mindful pause where calm and care
become the most natural way to return to
your best self.

Two programmes lasting 4 or 7 days,
tailored to your *specific needs*, invite you to
fully experience the journey of wellbeing.
Two guided paths towards harmony.



→ SCULPT & ENERGISE

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Holistic Detox Programmes

SCULPT & ENERGISE

PROCESS

Encourage conscious weight reduction by awakening energy, vitality, and a sense of wellbeing from inner balance. Activate the metabolism and refine the body's shape through physical strength and mental clarity.

BENEFITS

Increased energy and improved metabolism.

Helps eliminate excess fluids and toxins.

Regulates appetite and enhances the feeling of fullness.

Tones the body and stimulates cellular regeneration.

ADDED VALUES

10% off Spa product purchases, supplements, and additional treatments.

Special discounts on accommodation, with parking and Kids Club included.

External guests may book the Kids Club at an additional cost.

SCHEDULE

Choose between a 4- or 7-day programme, with schedules tailored to your specific needs.

PRICE

Program from 362,5€/day

Program + Accommodation from 620€/day

DISCOVER

→ SCULPT & ENERGISE

RESTORE & RENEW

4 DAYS

DAY 1

Check-in + tour of La Zambra and Mood Spa
Initial assessment
Bioimpedance study
Health consultation and acupuncture session | 75'
Programme review
Lymphatic drainage | 60'
Dinner

DAY 2

Breakfast
Morning yoga
Snack
Personal training session
Lunch
Indiba body treatment | 60'
Dinner

DAY 3

Breakfast
Morning yoga
Snack
HIIT masterclass
Lunch
Snack
Cold body wraps | 60'
Dinner

DAY 4

Breakfast
Morning yoga
Nutritionist consultation
Snack
Check-out

7 DAYS

DAY 1

Check-in, tour of La Zambra and Mood Spa
Initial assessment
Bioimpedance study
Health consultation & acupuncture session | 75'
Programme review
Dinner

DAY 2

Breakfast
Morning yoga
Snack
Personal training
Lunch
Snack
Lymphatic drainage
Dinner

DAY 3

Breakfast
Morning yoga
Snack
HIIT masterclass
Lunch
Snack
Cold body wraps | 60'
Dinner

DAY 4

Breakfast
Morning yoga
Snack
Lymphatic drainage | 60'
Lunch
Snack
Body Gua Sha | 60'
Dinner

DAY 5

Breakfast
Morning yoga
Snack
Personal training
Lunch
Acupuncture
Snack
Dinner

DAY 6

Breakfast
Morning yoga
Snack
Self-guided training session
Lunch
Snack
Indiba bodytreatment | 60'
Dinner

DAY 7

Breakfast
Morning yoga
Detox smoothie
Self-guided training session
Nutritionist consultation
Check-out

All programmes are presented as a general guide and are personalised according to your individual needs.

SCULPT & ENERGISE

→ RESTORE & RENEW

Holistic Detox Programmes

RESTORE & RENEW

PROCESS

Reduce inflammation naturally while promoting calm, clarity, and deep wellbeing from a place of inner balance. Restore and purify body and mind, cultivating a lasting sense of serenity and renewal.

BENEFITS

Reduces inflammation and optimises metabolic function.

Balances the nervous system and improves sleep quality.

Encourages the elimination of toxins and retained fluids.

Restores energy and mental focus.

ADDED VALUES

10% off Spa product purchases, supplements, and additional treatments.

Special discounts on accommodation, with parking and Kids Club included.

External guests may book the Kids Club at an additional cost.

SCHEDULE

Choose between a 4- or 7-day programme, with schedules tailored to your specific needs.

PRICE

Program from 312,5€/day

Program + Accommodation from 570€/day

DISCOVER

SCULPT & ENERGISE

→ RESTORE & RENEW

4 DAYS

DAY 1

Check-in + tour of La Zambra and Mood Spa
Nutritionist consultation
Bioimpedance study
Health consultation & acupuncture session | 75'
Programme review
Lymphatic drainage | 60'
Dinner

DAY 2

Breakfast
Morning yoga
Detox smoothie
Lunch
Snack
Body Gua Sha
Dinner

DAY 3

Breakfast
Morning yoga
Snack
Personal training
Lunch
Snack
Cold body wraps | 60'
Dinner

DAY 4

Breakfast
Morning yoga
Detox smoothie
Nutritionist consultation
Check-out

7 DAYS

DAY 1

Check-in + tour of La Zambra and Mood Spa
Nutritionist consultation
Bioimpedance study
Health consultation & acupuncture session | 75'
Programme review
Dinner

DAY 2

Breakfast
Morning yoga
Detox smoothie
Lunch
Snack
Body Gua Sha
Dinner

DAY 3

Breakfast
Morning yoga
Snack
Personal training
Lunch
Snack
Cold body wraps | 60'
Dinner

DAY 4

Breakfast
Morning yoga
Detox smoothie
Lunch
Snack
Lymphatic drainage
Dinner

DAY 5

Breakfast
Morning yoga
Snack
Shiatsu | 60 min
Lunch
Snack
Acupuncture
Dinner

DAY 6

Breakfast
Morning yoga
Snack
Lunch
Detox smoothie
Indiba body treatment | 60'
Dinner

DAY 7

Breakfast
Morning yoga
Detox smoothie
Nutricionist
Check-out

All programmes are presented as a general guide and are personalised according to your individual needs.

TAKE THIS TIME *FOR*
YOURSELF TO ACHIEVE
YOUR BEST SELF.

Your can find more information about our programmes on our [website](#).

For personalised information and reservations, contact us at spa@lazambrahotel.com
or by WhatsApp at **+34 608 45 63 68**



LA ZAMBRA

lazambrahotel.com