



📍 Costa Blanca, Spain
🕒 7 days / 6 nights
👤 Small group

Luxury Fitness & Detox Retreat

This all-inclusive 6-night luxury boot camp and detox retreat, set in a beautiful coastal resort complex on the Costa Blanca near Alicante, will leave you relaxed, invigorated & pampered with daily yoga, Pilates, core, HIIT, circuits at the beach, guided hikes plus delicious nutritious food.



Experience Highlights

- Access to the on-site spa, sauna, indoor & outdoor pools and gym
- Pre & post-retreat support for maximum results
- Enjoy luxury accommodation at award-winning venue and spa



What's included

- 6 nights of luxury accommodation
- Private 1-2-1 health & wellness check upon arrival
- Arrival day welcome dinner & 5-day full light detox board with breakfast, lunch, dinner and snacks
- 5-day targeted fitness program including daily yoga, pilates, circuit training at the beach, HIIT, core strength training, swiss ball, BOX FIT, stunning guided walks/hikes and meditation class
- Unlimited water, herbal infusions and organic teas
- Complimentary use of the on-site Wellness Spa with pool, sauna, jacuzzi, treatment rooms and gym.
- A scheduled return airport transfer

