



## SPECIAL OFFER DETOX PLAN

OCTOBER AND NOVEMBER 2025

### Welcome to our exclusive Alfons Hotel Detox Plan!

A program designed to help you break bad dynamics, detoxify your body and acquire new healthy habits that will improve your health and well-being.

Enjoy the idyllic surroundings of Menorca, the perfect place for complete physical and mental purification. Discover the best version of yourself by recharging your body and mind in a unique environment.

We are waiting for you at Alfons Hotel!

### CHOOSE THE PLAN OPTION THAT BEST SUITS YOU:

4 DAYS  
3 NIGHTS  
**555€**

5 DAYS  
4 NIGHTS  
**649€**

6 DAYS  
5 NIGHTS  
**765€**

- Offers valid for stays during [October and November 2025](#), subject to availability.
- [Price per person](#) in a double room. Request a quote for single occupancy.
- [Flex Rate: allows date changes subject to availability](#) and free cancellation up to 48 hours prior to arrival.
- Ask for a [Special Discount for Groups](#) of at least 10 people.
- [Transfer service from the airport](#) can be arranged for groups or individual travelers.

With the support of our specialized team, you will have access to a comprehensive plan that includes:

- Full board accommodation
- Access to the SPA (jacuzzi, steam bath and hydromassage showers)
- Access to the GYM (functional area and cardio area)
- Access to bicycles available
- DETOX session and diet supervised by a nutritionist
- Personal/group training sessions
- Outdoor activities
- A relaxing body massage de-contracting



## BENEFITS DETOX PLAN



**DETOX SMOOTHIE** natural fruit + plant-based milk + oats. Provides a combination of nutrients that promote overall health and well-being. This smoothie offers vitamins, minerals, antioxidants, fiber, and energy, as well as potential benefits for digestion, cardiovascular health, and brain function.



**MORNING WALK** a lovely daily excursion along different sections of *Camí de Cavalls* to discover and see the different landscapes of Menorca.



**GYM - FUNCTIONAL TRAINING** with a personal trainer who will adapt the exercises to each person's needs and physical condition, offering a program to achieve goals safely and effectively.



**SPA - WELLNESS** where you can enjoy a well-deserved rest after a workout in the hotel's gym. This space is designed to promote stress relief, muscle relaxation, detoxification, and revitalization through a sauna, steam bath, jacuzzi, hydromassage shower, and massage area.



**MASSAGES** discover the positive effect massages can have on your mood. Techniques offered by our professional masseuse, so your moment of pause and total relaxation is a reality.



**DETOX MEALS & DINNERS** 100% natural, they are based on vegetable broths and vegetable creams/purees. This diet promotes hydration, improves digestion, and helps strengthen the immune system and protect against disease because they are important sources of essential nutrients for the body.



**DETOX TEA AND INFUSIONS ON THE TERRACE...** and our own locally filtered waters, which are essential for hydration and proper body function because they are rich in antioxidants and improve cardiovascular health. They are also available for free consumption throughout your stay.



**GYM - MOBILITY AND ACTIVE STRETCHING** these exercises prepare the body for activity and improve flexibility, injury prevention, increased joint range of motion, and improved physical performance by reducing stiffness.



**BIKE RIDE** offers numerous benefits for physical and mental health, including improved cardiovascular health, muscle strengthening, calorie burning, and stress reduction.



**DETOX SNACK** based on sugar-free gelatin or natural yogurt that provides benefits such as improved digestion thanks to the probiotics in yogurt and the fiber in gelatin, as well as being a source of collagen that helps maintain healthy skin, bones, and joints.

# PLANNING AND SCHEDULES DETOX PLAN

DAY 1	ARRIVAL DAY & PLAN START	DAY 2	FULL-DAY DETOX PLAN	DAY 3	FULL-DAY DETOX PLAN
12:00 PM	Check-in and room arrangement	7:30 AM	Detox smoothie	7:30 AM	Detox smoothie
1:00 PM	Nutritionist	7:45 AM	Morning walk	7:45 AM	Morning walk
2:00 PM	Lunch	9:15 AM	Detox smoothie	9:15 AM	Detox smoothie
2:30 PM	Free time	9:30 AM	GYM - Functional training	9:30 AM	GYM - Functional training
5:00 PM	GYM - Functional training	10:30 AM	SPA	10:30 AM	SPA
6:00 PM	Snack	11:30 AM	Massage	11:30 AM	Massage
6:15 PM	Bike ride	12:30 AM	Tea on the terrace	12:30 AM	Tea on the terrace
7:15 PM	Free time	2:00 PM	Lunch	2:00 PM	Lunch
8:30 PM	Dinner	2:30 PM	Free time	2:30 PM	Free time
		5:00 PM	GYM - Mobility and active stretching	5:00 PM	GYM - Mobility and active stretching
		6:00 PM	Snack	6:00 PM	Snack
		6:15 PM	Bike ride	6:15 PM	Bike ride
		7:15 PM	Free time	7:15 PM	Free time
		8:30 PM	Dinner	8:30 PM	Dinner

DAY 4	FULL-DAY DETOX PLAN	DAY 5	DÍA ENTERO DE PLAN DÉTOX	DAY 6	LAST DAY & PLAN FINISH
7:30 AM	Detox smoothie	7:30 AM	Detox smoothie	7:30 AM	Detox smoothie
7:45 AM	Morning walk	7:45 AM	Morning walk	7:45 AM	Morning walk
9:15 AM	Detox smoothie	9:15 AM	Detox smoothie	9:15 AM	Detox smoothie
9:30 AM	GYM - Functional training	9:30 AM	GYM - Functional training	9:30 AM	GYM - Functional training
10:30 AM	SPA	10:30 AM	SPA	11:00 AM	Nutritionist
11:30 AM	Massage	11:30 AM	Massage	12:00 AM	Check out
12:30 AM	Tea on the terrace	12:30 AM	Tea on the terrace		
2:00 PM	Lunch	2:00 PM	Lunch		
2:30 PM	Free time	2:30 PM	Free time		
5:00 PM	GYM - Mobility and active stretching	5:00 PM	GYM - Mobility and active stretching		
6:00 PM	Snack	6:00 PM	Snack		
6:15 PM	Bike ride	6:15 PM	Bike ride		
7:15 PM	Free time	7:15 PM	Free time		
8:30 PM	Dinner	8:30 PM	Dinner		

- The number of intermediate sessions will vary depending on the days and nights booked.
- Massage times may be modified based on demand, as may nutritionist visits.
- The package includes two massages. Additional massage sessions must be paid for at an extra cost at the accommodation.