



## SPECIAL OFFER DETOX PLAN

Available from October to December 2024

### 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

5 DAYS  
4 NIGHTS

6 DAYS  
5 NIGHTS

FROM  
**548€**  
per person\*  
**FULL BOARD**

Ask for more information.  
depending on the selected  
plan, type of rooms or dates

971 380 150  
hola@alfonshotel.com

Discover our facilities  
and services  
on our website

www.alfonshotel.com

\*Variable amount depending on the days of the selected plan. The package is paid upon admission and, in case of dropout, there is no refund.

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





# SCHEDULES DETOX PLAN

*Detail and planning by days*

1ST DAY	ARRIVAL DAY & START OF THE PLAN
12.00h	Entrance and arrangement of rooms
13.00h	Nutritionist
14.00h	Meal
14.30h	Leisure
17.00h	GYM - Functional training
18.00h	Snack
18.15h	Bike ride
19.15h	Leisure
20.30h	Dinner

INTERMEDIATE DAYS	WHOLE DAYS OF DETOX PLAN
7.30h	Detox shake
7.45h	Morning walk
9.15h	Detox shake
9.30h	GYM - Functional training
10.30h	SPA
11.30h	Massage
12.30h	Tea on terrace
14.00h	Meal
14.30h	Leisure
17.00h	GYM - Mobility and active stretching
18.00h	Snack
18.15h	Bike ride
19.15h	Leisure
20.30h	Dinner

ÚLTIMA JORNADA	ÚLTIMO DÍA & FIN DEL PLAN
7.30h	Breakfast
7.45h	Morning walk
9.15h	Detox shake
9.30h	GYM - Functional training
11.00h	Nutritionist
12.00h	Check out

- El número de jornadas intermedias variará según la opción de días y noches que se haya contratado.
- Los horarios de los masajes podrán modificarse según la demanda, al igual que las visitas de la nutricionista.
- El pack contratado solo incluye una sesión de masaje. Las sesiones de masaje que se quieran realizar de forma adicional deberán abonarse con coste extra en el alojamiento.

