GROUP WELLNESS PROGRAM
Let us guide you through a journey of wellbeing with our wellness packages specially designed for groups and gatherings.
PERSONALIZED 5 ELEMENTS PROGRAM

Design your ideal program by choosing any of the classes offered under each Element in many locations.

AIR
YOGA AND MEDITATION

FIRE
FITNESS
Core Workouts. Cardio Weightlifting. Basic Calisthenics. HIIT workouts

EARTH
HOLISTIC WORKSHOPS
Crystals & Gemstones. Essential Oils. Mandala Flower Making

WATER
POOL ACTIVITIES
SUP Yoga. Pool Yoga. Aqua Spinning

SOUL
WELLNESS GROUP EVENTS
Personalized Wellness Activity
Personalized Retreats
CONVENTION GROUPS

Selected break times to enhance your coffee break

- Spa Mobile
- Healthy Coffee Break
- Xocolat Experience
- Larimar Stone Break
- Pranayama Breathing Time
- Stretching Session
- Personalize theme coffee break

Duration: 10 to 30 mins
**EATING | WELL+EVENTS | ACTIVITIES & WORKSHOPS**

- Vegan Cooking Classes
- Magic of Spices Ayurveda Eating
- Artisanal Beer Fest
- Yoga & Wine Tasting
- Xocolat Experience
- Larimar Experience
- Wellness Morning
- Full Moon Celebration
- Private Lobby Pool Party
WATER CIRCUIT INCLUDES:

- Private Circuit Experience
- Jacuzzi
- Sauna
- Steam
- Healthy Canapes and Fruits
- Mimosas
- 5 minutes shiatsu chair massage

2.5 hrs | Up to 15 people
Treat your group with a small pampering section with a spa mobile experience.

Includes: Personalized mini spa Service menu, with a duration of 5 or 10 minutes, according to your needs and free time. Includes: Healthy amenities and Essential Oil mini rollon.

**Menu Options**
- Back massage
- Hands massage
- Foot massage
- Eyebrow wax
- Nail Color removal
- Classic Manicure
- Expresso Facial
- Gel Manicure

*Some services may require 15 minutes.*
YHI SPA SERVICES
20 services per hour | 200 services per day | Personalized Menu

- For 50 spa services pre-booked before your arrival, includes 1 shiatsu chair massage in the group check-in.
- For 100 spa services pre-booked before your arrival, includes 2 shiatsu chair massage in the group check-in and 2 US$150 spa certificate.
- For 300 spa services pre-booked before your arrival, includes 2 shiatsu chair massage in the group check-in and 8 US$150 spa certificate.
- For 500+ spa services pre-booked before your arrival, includes 2 shiatsu chair massage in the group check-in and 12 US$150 spa certificate.
WELLNESS GOODIES FOR IN-ROOM GROUP AMENITIES

- White Tea Repelent
- Mikado
- Aromatherapy
- Sleep Ritual
- Body and Face Kit
- Yhi Spa & Moringaia Amenities
WE LOOK FORWARD TO PLAN YOUR GROUP!

jhon.benjamin.acosta@melia.com
arabelle.Rosario@melia.com
ana.Tejero@melia.com
809-221-1290