

BAOBAB
WELLNESS



MAJÛ PROGRAMMES



by

NiRama

The protocol

We follow a protocol to obtain optimal results and offer our clients the best experiences.

Initial contact with the client is via email, complying with all the GDPR requirements.

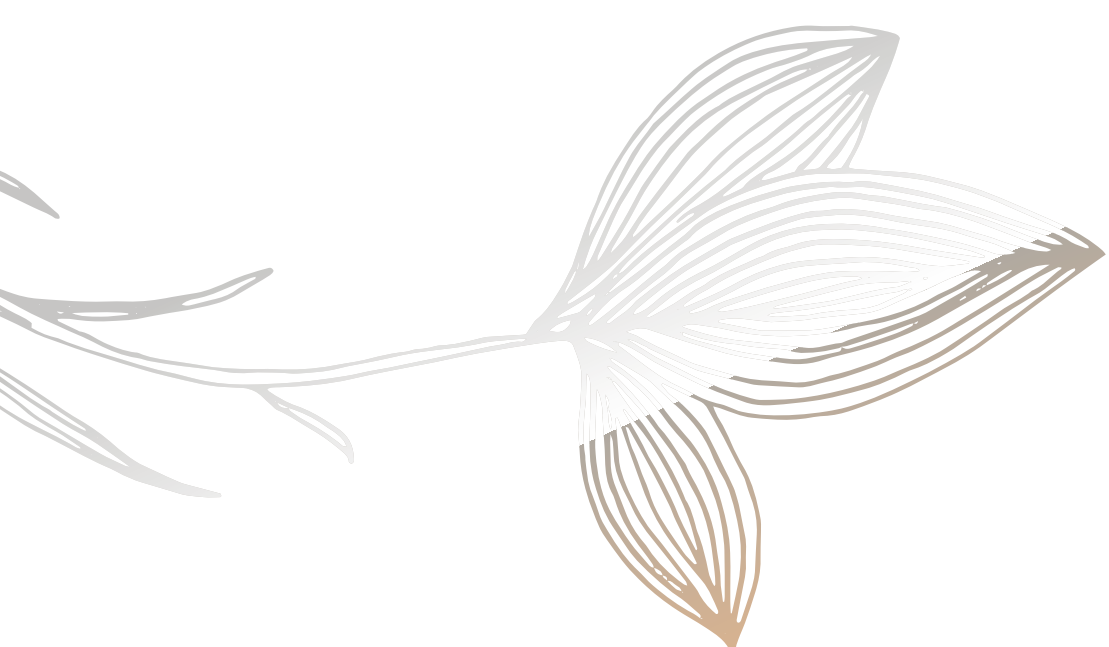
After booking any health, wellness or beauty programme, the client must complete a health questionnaire and, if necessary, send us the results of a recent blood test.

Majÿ reserves the right to adjust the programme (substitute or change specific classes, therapies or treatments) in line with the client's answers to the

questionnaire or blood test results. Such changes will always be made to benefit and cater to the client's needs.

Before arriving at the hotel, the client will receive their complete and personalized programme to review, so that they can communicate any questions.

All programmes can be extended by contacting us by e-mail.



Anti-Ageing / Beauty

5 days / 2.500 €



This programme should be linked to specific daily infusions to improve microcirculation, and therefore body oxygenation and skin luminosity. These treatments have an antioxidant and antimutagenic action, which protects the body from the action of free radicals involved in the ageing process.

DAY 1: PURIFY

Removes impurities from the skin surface, toxins from the cells and, simultaneously oxygenates to allow the body to function at peak performance. Treatment purifies the skin, allowing it to breathe properly again.

- Consultation, meet the team
- Postural Evaluation with Pilates (50 minute private class)
- Purifying Body Treatment (90 minutes)
- Pressotherapy Session (30 minutes)
- Purifying Facial Treatment (90 minutes)

TREATMENT AIMS

- Remove the impact of excesses on the skin

- Purify

- Revitalize

- Address signs of ageing (bags under eyes, dark circles, dehydration, wrinkles...)

- Improve overall physical performance and skin health

DAY 2 - MOISTURISE

Dehydration, cold and dry air are the skin's worst enemies. Good hydration makes the protective barrier stronger and more flexible.

- Dietary Guidelines and Nutritional Advice
- Pilates - Breathing Patterns and Oxygenation (50 minute private class)
- Moisturizing/Nourishing Body Treatment (90 minutes)
- Facial Moisturizing/Nourishing Treatment (90 minutes)

TREATMENT AIMS

- Strengthen skin

- Prevent dryness

- Improve overall appearance

- Prevent the appearance of wrinkles

- Reverse the ageing process

DAY 3 - FIRM

This firming treatment helps regain elasticity and increases skin firmness, for a more defined silhouette and visibly firmer complexion, with improved texture and appearance.

- Consultation (doubts, questions, sensations)
- Pilates session with machines to rejuvenate posture (50 minute private class)
- Firming/Tightening body treatment (90 minutes)
- Pressotherapy session (30 minutes)
- Firming/Tightening facial treatment (90 minutes)
- Reiki Session (30 minutes)

TREATMENT AIMS

- Address flaccidity
- Improve elasticity and tone
- Increase collagen production
- Stimulate tissue to help new fibre formation
- Improve blood flow and muscle tone

DAY 4 - REVITALISE / VITAMIN C

Vitamin C is a great ally when it comes to fighting and preventing skin ageing. It plays an important role in elastin and collagen production. These proteins act like cellular glue, giving our body shape and support.

The vitamin C in our treatments comes from guarana, not citrus fruits, so it has no photo-sensitising effects.

- Pilates session with machines to rejuvenate posture (50 minutes private class)
- Revitalizing body treatment (90 minutes)
- Pressotherapy session (30 minutes)
- Revitalizing facial treatment (90 minutes)

TREATMENT AIMS

- Prevent oxidative processes in the body
- Reduce and prevent excess skin pigmentation with a clarifying and brightening effect
- Reduce low-level cellular inflammation
- Stimulate collagen production
- Strengthen the immune system

DAY 5 - BEAUTY

- Pilates session with machines to rejuvenate posture (50 minute private class)
- Hairdressing appointment
- Manicure and pedicure
- Final consultation, advice, personalized product gift pack





Anti-Cellulite / Slimming / Firming

Minimum - 10 days / 3.500 €

Recommended stay - 15 days / 4.995 €

This programme should be linked to specific daily organic herbal infusions to detoxify the body, mind and emotions. It helps cleanse the body, purify the liver and improve kidney function. Drinking herbal infusions revitalizes the body and creates beauty from within.

THE AIM OF THE ANTI-CELLULITE PACK

- Encourages the elimination of liquids
- Improves lymphatic and venous circulation
- Eliminates toxins
- Reduces tissue inflammation
- Activates the dissolution of body fat
- Reduces the orange peel effect

THE AIM OF THE SLIMMING PACK

- Eliminates toxins
- Mobilises and activates the dissolution of adipose tissue
- Reduces volume
- Defines the silhouette
- Smoothens body tissue

THE AIM OF THE FIRMING PACK

- Combats flaccidity
- Improves tone and elasticity
- Increases collagen production
- Stimulates tissue to encourage new fibre formation
- Improves circulation and muscle tone



Anti-Cellulite / Slimming / Firming



DAY 1

- Consultation, introduction to the equipment
- Pilates session with machines focused on toning the muscles (50 minute private class)
- Intensive Aromatherapy body treatment (90 minutes)
- Pressure therapy session (40 minutes)

DAY 3

- Pilates session with machines to eliminate liquids and activate circulation (50 minute private class)
- Drainage treatment (90 minutes)
- Pressure therapy session (40 minutes)

DAY 5

- Consultation (doubts, questions, sensations)
- Pilates session with machines to eliminate liquids and activate the circulation (50 minute private class)
- Circulation therapy (60 minutes)
- Electrostimulation session (40 minutes)

DAY 7

- Pilates session with machines tailored to progress (50 minute private class)
- Anti-cellulite/Slimming/Firming treatment (90 minutes)
- Electrostimulation session (30 minutes)

DAY 9-10/15

Treatments will be personalised according to results.

Final day: consultation, advice, personalised product gift pack.

DAY 2

- Pilates session with machines for intense work on the buttocks and legs (50 minute private class)
- Dietary guidelines and nutritional advice
- Personalised meso-digital deep massage (110 minutes)
- Electrostimulation session (40 minutes)

DAY 4

- Pilates session with machines for deep abdominal strengthening (50 minute private class)
- Personalised meso-digital deep massage (110 minutes)
- Pressure therapy session (40 minutes)

DAY 6

- Pilates session with machines tailored to progress (50 minute private class)
- Personalised meso-digital deep massage (110 minutes)
- Pressure therapy session (40 minutes)

DAY 8

- Pilates session with machines tailored to progress (50 minute private class)
- Personalised meso-digital deep massage (110 minutes)
- Pressure therapy session (30 minutes)

Balancing & Regeneration

6 days / 1.950 €

This programme should be linked to specific daily organic herbal teas to nourish the body, mind and emotions. When the body is in harmony, you are in good health. Foods, herbs and spices help your balance.

PACK AIMS

- Purify and expel toxins from the body
- Balance and soothe body and mind
- Unblock and relax the nervous system
- Energy renewal
- Activate and balance the metabolism
- Reduce inflammatory, oxidative and congestive processes

DAY 1

- Consultation, meet the team
- Evaluation and postural assessment, basic
- Pilates exercises (50 minute private class)
- Udvartana therapy (120 minutes)

DAY 3

- Consultation (doubts, questions, sensations)
- Pilates for neck mobility and shoulder correction (50 minute private class)
- Champi therapy (50 minutes)

DAY 5

- Pilates stretching class with machines covering all of the muscles (50 minute private class)
- Personalised Rasayana Facial Therapy (90-120 minutes)

DAY 2

- Dietary guidelines and nutritional advice
- The importance of breathing to address stress, with specific Pilates exercises (50 minute private lesson)
- Abhyanga pinda massage (120 minutes)

DAY 4

- The importance of breathing to address stress using Pilates (specific exercises, 50 minute private lesson)
- Marma Abhyanga therapy (120 minutes)

DAY 6

- The importance of breathing to address stress using the Pilates Method (50 minute private lesson)
- Abhyanga massage (120 minutes)
- Last day: consultation, advice, personalised product gift pack





Back Pain Prevention and Recovery with pilates

5 days / 2.400 €

10 days / 4.500 €

Following assessment and diagnosis, infrared sessions may be added to the treatments.

DAY 1

- Consultation, introduction to the equipment, pack delivery
- Evaluation and postural assessment, basic
- Pilates exercises (50 minute private class)
- The importance of breathing to address back pain with the specific Pilates exercises (50 minute private class)
- Ayurvedic pain relief therapy (60 minutes)
- Infrared session (20 minutes) - optional

DAY 3

- Stretching all the muscles with Pilates machines (50 minute private class)
- Pilates with machines for deep abdominal work to stabilise the lumbar spine (50 minute private class)
- Ayurvedic anti-inflammatory therapy (120 minutes)
- Infrared session (20 minutes) - optional

DAY 5

- Pilates with machines (50 minute private class)
- Stretching and relaxation of deep muscles with Pilates machines (50 minute private class)
- Integral Ayurvedic Abhyanga massage (120 minutes)

DAY 2

- Decompression of the vertebrae and lengthening of the spine with specific Pilates exercises (50 minute private class)
- Pilates session with machines for neck mobility and shoulder correction (50 minute private lesson)
- Personalised Deep Ayurvedic therapy (90 minutes)
- Infrared session (20 minutes) - optional

DAY 4

- Pilates with machines to strengthen the whole body, and achieve good back posture (50 minute private class)
- Pilates with machines for conscious muscular activation of the gluteus to stabilise the pelvis and spine (50 minute private lesson)
- Personalised deep therapy (90 minutes)
- Infrared session (20 minutes) - optional

DAY 6-10

- Treatments will be personalised in line with results
- Final day: consultation, advice, personalised products gift pack

Sinusitis Special

6 days / 895 €

This programme should be linked to daily intake of specific organic herbal teas.

The package includes extra products to complement the cabin treatment.

- Consultation, meet the team
- Dietary guidelines, nutritional advice, delivery of the complementary pack.

PACK AIMS

- Purify and expel toxins from the body
- Reduce inflammatory and congestive processes
- Unblock and relax the nervous system
- Soothe pain and craniofacial pressure
- Energy renewal

Duration of therapy (60 minutes)

- Cervical decongestant and craniofacial massage
- Digito-acupressure facial massage
- Ayurvedic Nirama detoxifying and decongesting mask
- Personalised finishing cream
- Final day: consultation, advice, personalised products gift pack for follow-up treatment at home.

Psoriasis Special

6 days /

Localised Psoriasis - 645 €

Extensive Psoriasis - 1.025 €

The programme should be linked to the daily intake of specific organic herbal teas.

The package includes extra products to complement the cabin treatment.

- Consultation, meet the team

Therapy duration:

For localized psoriasis – 50 minutes

For extensive psoriasis - 5 sessions x 90 minutes, 1 session x 120 minutes

- Exfoliation, wrap and personalized hydration formulated according to the client's needs and the severity of the inflammatory process

- Final day: consultation, advice, personalized products gift pack for follow-up treatment at home

Dietary guidelines, nutritional advice, complementary pack.

- Consultation, presentation of the team

- Dietary Guidelines, Nutritional Advice, delivery of the Complementary Pack.

PACK AIMS

- Purify and expel toxins from the body

- Reduce skin inflammation processes

- Activate the circulatory system

- Decrease organic body temperature

- Unblock and relax the nervous system

- Energy renewal

Migraines Special

6 days / 995 €

Programme should be linked to daily intake of specific organic herbal infusions.

Package includes extra products to complement the massage treatments.

- Treatments last 50-60 minutes and 120 minutes, in line with the client's needs:

- Ayurvedic Champi massage (50-60 minutes)

- Mastaka-Greva Ayurvedic massage (50-60 minutes)

- Abhyanga Ayurvedic massage (120 minutes)

- Final day: consultation, advice, personalized product gift pack for follow-up treatment at home

- Consultation, meet the team

- Dietary guidelines, nutritional advice, delivery of the complementary pack.

PACK AIMS

- Relieve pain and craniofacial pressure

- Unblock and relax the nervous system

- Reduce inflammatory and congestive processes

- Balance and comfort the body and mind

- Energy renewal

