SENSES
MALLORCA
LIVE HEALTHY. LIVE LONGER.

WELCOME TO SENSES

MALLORCA

SENSES RETREAT

SENSES
LUXURY WELLNESS RETREAT CLINIC

The SENSES Wellness Retreat Clinic brings together the top remedial, rejuvenation, weight-loss, and wellness protocols from across the globe in one place. A variety of bespoke services integrates technology with old healing practices for a fully comprehensive and harmonic approach to maximum health and wellbeing, from holistic therapies to modern beauty and anti-aging techniques.

SENSES RETREAT

WE LISTEN to you first at The SENSES. Our objective is to genuinely understand why you've come to see us at the health and wellness retreat, to see you as a whole person with many facets, and to recommend and give the most effective and conservative natural care possible. Education and research, according to the SENSES , are the keys to global wellness. We're on a mission to bring together wellness professionals from across the globe to transform communities, individuals, and the planet's health and wellness. The SENSES Wellness Retreat also offers helpful resources for maintaining your health and wellness long after you leave us.

SENSES RETREAT

„INTEGRATIVE WELLNESS RETREAT CLINIC TO REJUVENATE YOUR HEALTH“

UNIQUE METHOD

Seeking internal and external rejuvenation in serene cycles of nature and solace has been a tradition of mankind since the dawn of civilization. Evidence-based data suggests that a week-long holistic retreat combining leisure, recreational, educational, and therapeutic activities and events improves health, longevity, and overall wellness. Positive attitudes and healthy mindsets assist clients with weight loss and help lower their blood pressure. People who visit rejuvenation retreats and holistic resorts like SENSES can sustain more positive emotions and happier emotional, mental, and physical states after resuming their busy, regimented everyday lives.

A BESPOKE HOLISTIC WELLNESS RETREAT CLINIC FOR RELAXATION AND HEALING

You are offering yourself a highly rewarding and meaningful gift when you schedule time away from home at the best wellness retreat center in 2022. When you land at your holistic retreat destination, you will be welcomed with real warmth and friendliness, and all of your preferences, requirements, and wishes will be acknowledged and followed throughout your stay. Every instant of your stay with the SENSES will be made an exciting, enlightening, and fully pleasant dream come true for you by the highly attentive and professional staff. If this is your first time at a luxury wellness retreat, the caring staff will assist you in completely unplugging and reconnecting with your inner self in the luscious beauty and peaceful, pure glory of all-natural surroundings.

HIGH-QUALIFIED HEALTH AND WELLNESS PROFESSIONALS

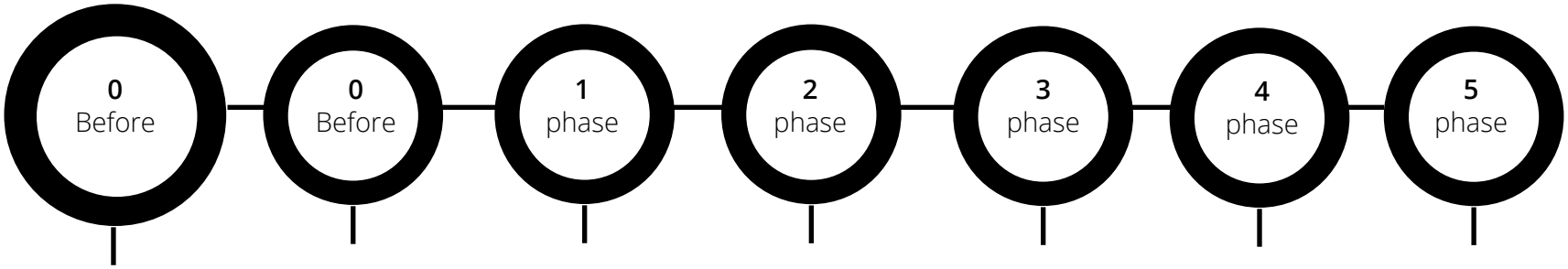
Located at the scenic natural views of Mallorca Spain, the SENSES aspires to give its clients high-quality, client-centered retreat and health care. High-qualified health and wellness professionals make up the team. We work closely on evidence-based approaches. Enhancement of Mental and Physical Wellness, Primary Care, and Women's Health and Wellness Services are just a few of the services we offer.

SENSES RETREAT

PRIVATE 5 STAR LUXURY WELLNESS RETREAT RESIDENCES AND HOSPITALITY

The SENSES is a selection of exquisite private serene spaces, nestled in nature and crafted with care in the most stunning hideaways of Mallorca. Our wellness retreat center will take you on a journey to experience the true essence of distinctive, luxury wellness retreats and bespoke hospitality. The highly valued SENSES provides Luxury Wellness Program and wellness spa retreat, delivering a range of wellness therapies including traditional methods that replenish the mind, body, and spirit. We unlock the destination's true cultural identity and introduce you to its magnificent heritage and inspiring culinary feasts with your private chef. With thoughtfully designed residences, this health retreat offers a sense of unmatched luxury and comfort through space and privacy bringing forth our unflinching commitment to wellness.

LASTING APPROACH



Send Admission Request

Define Treatment Goals

Comprehensive Assessments

Detox & Biochemical Restoration

Individual Goals Treatments

Aftercare

Refresher Visits

SENSES RETREAT

OUR PHILOSOPHY

At SENSES, we understand the process of healing & recovery at the highest standard. We aim to provide a safe space for those living a stressful life and who wish to take some time off and care about themself. We understand the complexity of the body and what is needed to live a long and healthy life. An integrated and holistic approach is provided by a multidisciplinary team, that truly cares about your health and wellbeing. All SENSES retreats are designed to boost your mental and physical energy.

Abdullah Boulad,
Managing Director

THE INTENSIVE RETREAT PROGRAM COSTS

We recommend a 2-3 weeks retreat program to do all medical testing and implement effective treatment.

RESIDENTIAL

> Comprehensive mind and body medical check-up
> Extensive assessment and diagnosis
> Intensive and bespoke timetable adjusted to weekly needs
> 24h medical supervision
> Specific biochemical laboratory testing to determine an individual's biochemical imbalance
> Prescribe an individualized and compounded vitamin, mineral, and nutrient protocol
> Various complementary therapies (equine-assisted therapy, brain training, acupuncture, massages, personal training, and more)
> Exclusive hospitality and luxurious private residence
> Private chef and personalized diet plan addressing weight and health problems with freshly prepared meals
from € 27'500 per week

Any additional person is calculated at **EUR 9'500** per week.

SENSES RETREAT

SUCCESSFUL AND PROVEN HOLISTIC CONCEPT

1. A BESPOKE PROGRAM

2. COMPHREHENSIVE MEDICAL CHECK- UP

3. BIOCHEMICAL RESTORATION

4. HOLISTIC APPROACH

5. PRIVATE LUXURY FACITLTY

6. PERSONAL CHEF & DIET PLAN

SENSES RETREAT

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MALLORCA