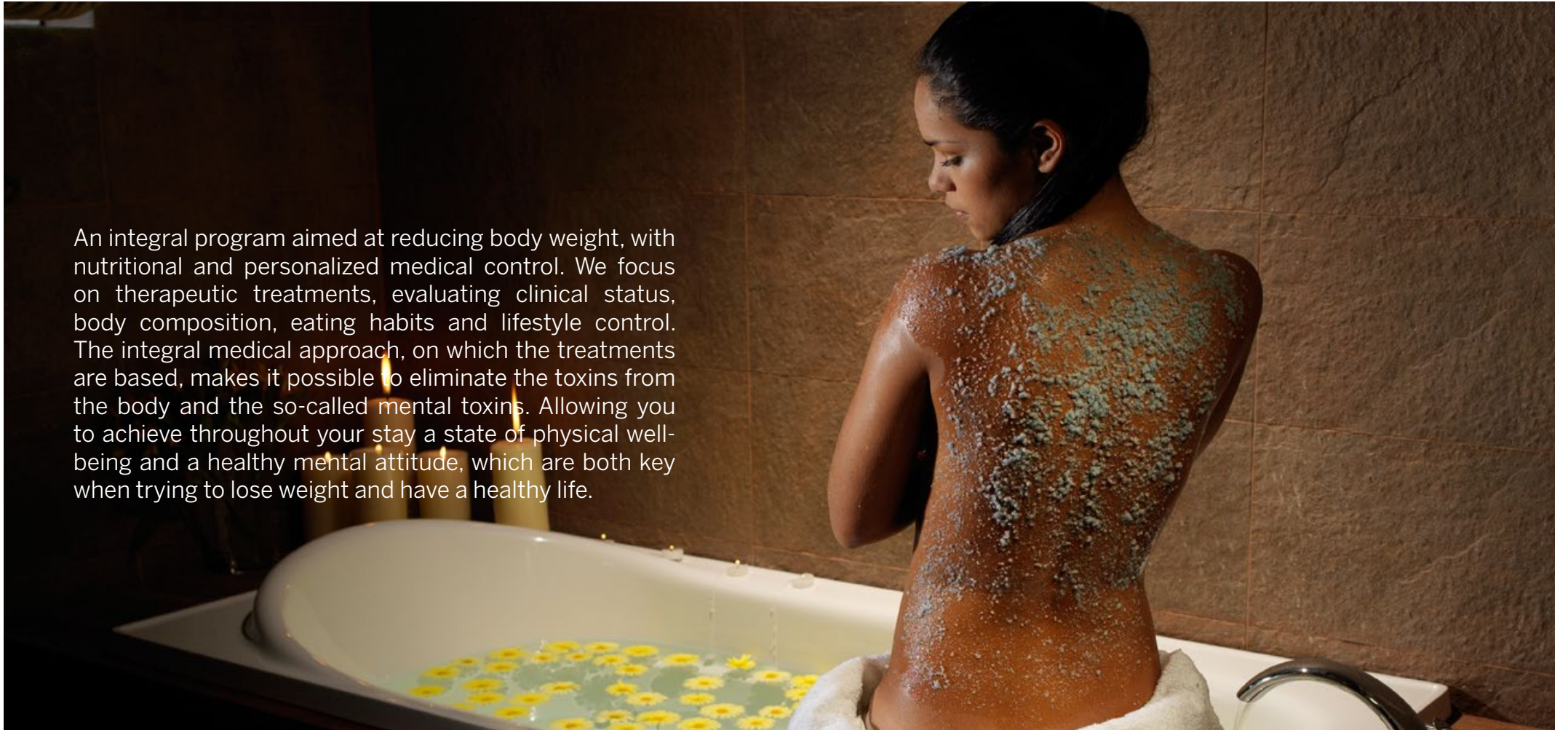
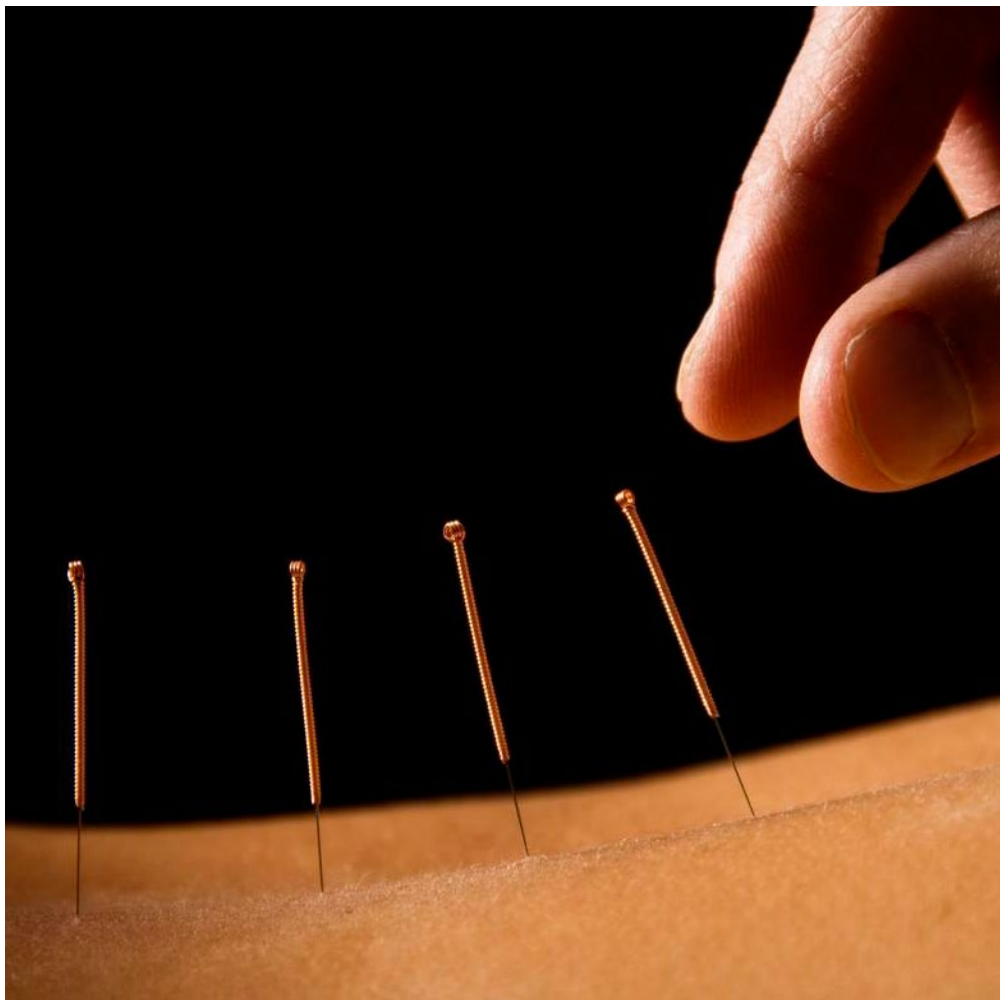




WEIGHT CONTROL
Sacred Valley of the Inkas

An integral program aimed at reducing body weight, with nutritional and personalized medical control. We focus on therapeutic treatments, evaluating clinical status, body composition, eating habits and lifestyle control. The integral medical approach, on which the treatments are based, makes it possible to eliminate the toxins from the body and the so-called mental toxins. Allowing you to achieve throughout your stay a state of physical well-being and a healthy mental attitude, which are both key when trying to lose weight and have a healthy life.





Day 1: ACUPUNCTURE – AURICULOTHERAPY OR MOXIBUSTION

You will be picked up from the city of Cusco and transferred to Aranwa Sacred Valley Hotel. You will undergo a medical-nutritional evaluation made by a specialist in alternative and complementary medicine.

The rest of the day will be at your leisure.

Activity of the Day	: Acupuncture, Auriculotherapy or Moxibustion
Meals	: Lunch - Dinner (Healthy Food)
Hotel	: Aranwa Valle Sagrado Hotel & Wellness
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F





Day 2: HYPERBARIC CHAMBER SESSION – YOGA CLASS - STEAM - DRY SAUNA – REDUCE CELULITIS – THERMO REDUCER MASSAGE

On this day you will have the following Wellness activities: A hyperbaric chamber session, you'll enter by breathing a high concentrated oxygen through a mask, allowing you to experience the benefits obtained through hypoxia. Then, you will have a corporal diagnose through a machine called INBODY 520, this is a body composition analyser. Then, you will have a skin diagnose "Aramos TS" (diagnosis of facial hydration, depth of expression lines, spots and hair aging).

Later on, you will have a yoga class, strengthening your body, mind, and soul through the practice of breathing and meditation. Afterwards, there will be a steam and dry sauna for you to relax prior your next activity, this being a cavitation liposuction without surgery, this will reduce cellulitis, corporal volume due to the retention of water and fat areas in your natural body form. Then, you will have a thermo-reducer massage to diminish the corporal weight and then a decongestive massage to relieve your body from any pain.

Activity of the Day	: A hyperbaric chamber session yoga class - Yoga class - Thermo-reducer massage
Meals	: Breakfast - Lunch - Dinner (Healthy Food)
Hotel	: Aranwa Valle Sagrado Hotel & Wellness
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F



Day 3: PRESSOTHERAPY TREATMENT - ANTI-AGE REJUVENATION -HERBAL MASSAGE BODY

On this day you will have the following Wellness activities: A pressotherapy treatment, with the purpose of activating the lymphatic system to improve the circulation around the body. Then, an anti-age rejuvenation treatment, which will make you feel younger in no time.

Finally, you will have a massage of herbal pindas, consisting of screen bags with herbal scents, medicinal plants, and essential oils. This will be gently applied in a unique way to your body.

At the end of your last activity, transfer to Cusco city.

Activity of the Day	: Pressotherapy treatment - Antiage rejuvenation - Herbal massage
Meals	: Breakfast (Healthy food)





PERU
wellness
TRAVEL



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