

BOHO

wellness

SERVICES MENU

BOHO WELLNESS

The Story of Boho Wellness

Rooted in Sacred Ground: Past, Present and Future

Long before Boho Club existed, this land had a singular purpose: to help people heal, recover and return stronger to their daily life.

In 1968, on this very site in Marbella, the Swedish forestry industry established Centro Forestal Sueco. This pioneering rehabilitation retreat was created for individuals who had pushed their bodies and minds to the limit. The idea was radical for its time: true recovery required more than treatment. Deep healing required sun, nature, movement, calm and space to breathe.

When Boho Club was born, it wasn't about creating just another hotel. It was about reawakening the soul of the land that had always stood for wellness. We have fully restored the sanctity of our sanctuary with the science of Vastu, ensuring that the sacred energy of this space has been completely restored.

Today, Boho Wellness carries that legacy forward. Where structured rehabilitation once existed, there is now holistic wellbeing. We offer space for balance, vitality, creativity and connection. Wellness is not a trend here. It is our inheritance.

*Welcome. Dig your toes into the green grass, take in the spectacular view of La Concha Mountain and BREATHE.
Ground yourself and allow the tension to fade...
You have arrived.*

MINDFUL Massages

Rituals and healing techniques customized just for you.
Let us welcome you with our signature rituals.

BESPOKE *Individual Massage*

Healing hands to meet you where you are, here and now. Designed to lower cortisol levels and rebalance the mind and body, our therapists are trained in a full spectrum of techniques including: lymphatic drain, prenatal and deep tissue massage. Each session includes breathwork and mindful relaxation.

INDIVIDUAL MASSAGE

30 minutes.....	€110
60 minutes.....	€190
90 minutes.....	€260

IN-ROOM MASSAGE

60 minutes.....	€280
90 minutes.....	€390

THE ESSENTIAL *Upgrade*

The ultimate fix for brain fog and headaches. This targeted Indian head massage focuses exclusively on the scalp, neck, and temples using essential oils to dissolve tension and sharpen the mind.

CRANIAL CLARITY

30 minutes.....	€85
-----------------	-----

We meet you where you are today,
customizing your experience
to help you slow down,
breathe and connect within.



SKIN HEALTH *and Fitness*

Our philosophy begins from the inside out:
Because your skin mirrors your internal health, we blend ancient wisdom
with clean science to address root causes without invasive measures.



THE SACRED SKIN *Facial Ritual*

Every therapy starts with a facial mapping diagnosis to decode how lifestyle impacts your complexion. Through expert touch and high-end botanicals, we prioritize myofascial release to dissolve deep tension. You will leave with a diagnosis, a treatment, and a bespoke derma-fitness plan.

60 minutes..... €190

RADIANCE REBOOT *with Collagen Wave*

Stimulates natural collagen production to lift, firm and tone the skin, enhancing elasticity, and radiance without needles or downtime.

60 minutes..... €200

LPG ENDERMOLOGIE *(Face and Body)*

Uses cutting-edge technology to stimulate circulation, boost collagen production, and visibly reduce cellulite. Leaving skin smoother and beautifully contoured.

45 minutes..... €130

HIGH-PERFORMANCE *Skintex Lab*

A non-invasive skin technology platform powered by multi-technology innovation including resurfacing, oxygen infusion, and cryo-toning. Delivers instant luminosity, deep hydration, and visibly lifted skin.

60 minutes..... €200

EXPRESS *Enhancements*

REJUVENATING
LED MASK
€80

EXPRESS FACIAL
SCULPTA
€80

NOURISHING
FACIAL MASK
€40

BOHO WELLNESS

BIOHACKING AND *Wellness Technology*

Further elevate your health with cutting-edge therapies designed to fully restore balance.

MLW AMPHIBIA WELNAMIS *Healing Bed*

Gentle vibrations and sound frequencies reduce stress and calm the nervous system.

30 minutes.....€55

60 minutes.....€85

RLX SATORI *Experience*

A multi-sensory session of vibration, heat and pressure to relax deeply and realign the body.

30 minutes.....€55

60 minutes.....€85

INFRARED *Sauna*

Far-infrared light gently heats at a cellular level to detox and boost circulation.

30 minutes.....€55

BRASS MONKEY *Ice Bath*

Cold immersion that boosts circulation, reduces inflammation and sharpens mental clarity.

1 session€40

10 sessions€300

FULL BIOHACKING *Circuit*

A powerful contrast therapy ritual combining infrared sauna, steam shower, ice bath and a restorative healing bed. Detoxify, reduce inflammation, boost circulation, and restore balance.

90 minutes.....€150



BOHO WELLNESS *Day Pass*

Unlock Your Vitality: The Ultimate Reset

180 minutes€120

- Energize: Outdoor gym access to strengthen your frame and ignite your metabolism.
- Optimize: Biohacking Circuit — Infrared Sauna, Steam Shower, and Ice Bath.
- Decompress: Head to La Plaza for infused water and grounding.
- Refresh: Luxury showers, premium amenities, and helpful staff.

BOHO WELLNESS

SIGNATURE *Journeys*

Immersive multi-step rituals designed for deep transformation and complete renewal.



SOUL AND SKIN *Boho Wellness Signature Journey*

The ultimate restorative experience. It begins with a Biohacking Healing Bed session, followed by an Infrared Sauna and an optional invigorating Ice Bath. It continues with a renewing Body Scrub and concludes with a full Body Massage. A journey of serenity, comfort, and healing awaits.

150 minutes €300

THE TRAVELER *Journey*

Reclaim your edge and override the physical toll of transit with the Traveler Reset. Your journey begins on a Healing Bed, where binaural beats guide your brain into a Theta state to recalibrate your internal clock. Next, purge altitude-induced inflammation in the Infrared Sauna, followed by a Bespoke Full-Body Massage to melt away stress. Leave totally realigned, energized and resilient.

150 minutes €240

THE SHARED *Ascension Journey - for Two*

Reconnect and realign with a restorative wellness ritual designed for two. Begin with individual Healing Beds and binaural beats to recalibrate your internal rhythms. Continue together in the Infrared Sauna to release tension and restore balance, and conclude with a Bespoke Full Body Couples Massage, bringing both of you into a state of deep relaxation, renewed energy, and complete alignment.

180 minutes €520