



WELLNESS PROGRAMS



Perfect encounter between Health and Wellness in a cultural, ancestral and magical destination, where the "Pachamama (Mother Earth)" and the "Apus (Spirits of the mountains)" are transformed into the deepest power, healing from the heart and achieving balance between mind, body and soul. Healthy lifestyles are not a requirement but a "philosophy of life".



Unplugging yourself is possible...

Immerse yourself in the Sacred Valley of the Incas where you will visit a healing temple between mountains and green fields. Unno Spa proposes programs for health and wellness in a sanctuary of spiritual regeneration and renewal, which will allow you a truly harmonious reconnection with yourself.

Our programs have been specially designed by a team of physicians committed to you and focused on our primary goal, which is to lead you to a comprehensive life-changing experience, based on energy, nutritional and beauty balance





Stress often becomes a very heavy burden, being a driver of various diseases in our body and mind. Therefore, Unno Spa invites you to take time for rest, tranquility and reflection. Where healing in complicity with conventional and ancestral medicine come together in a personalized program, bringing you to the encounter of your integral well-being with mystical rituals, wraps in coca leaves, massages with local essential oils and ancestral sounds that will transport you deep inside your being, achieving vitality and total restoration of your body, mind and spirit.

Post-program benefits:

- Have a strong sense of purpose in life.
- You will focus on the present.
- Your creative skills will increase.
- Balance your endocrine system, which controls your metabolism

DAY 1

- Evaluation by the specialist in complementary medicine.
- Nutritional assessment.
- Hyperbaric Chamber Session.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ritual Unno: Combination techniques with massages and essential oils of muña and coca, to recover the integral well-being.
- Healthy nutrition.

DAY 2

- Yoga and meditation session.
- Reading Coca Leaves.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Shirodhara.
- Source of Life Hydrotherapy.
- Body Exfoliation with Maras Salts.
- Facial Treatment with Aromatherapy.
- Interview by the specialist in complementary medicine.
- Healthy nutrition.

DAY 3

- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Mystical stone bed massage.
- Final evaluation by the specialist in complementary medicine.
- Experience in the Biohuerto.



Price per person: **US\$ 768**

Price for two people: **US\$ 1,306**

Includes Taxes and I.G.V

DAY 1

- Evaluation by the specialist in complementary medicine.
- Nutritional assessment.
- Hyperbaric Chamber Session.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ritual Unno: Combination techniques with massages and essential oils of muña and coca, to recover the integral well-being.
- Healthy nutrition.

DAY 2

- Yoga and meditation session.
- Reading Coca Leaves.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Shirodhara.
- Source of Life Hydrotherapy.
- Body Exfoliation with Maras Salts.
- Facial Treatment with Aromatherapy.
- Interview with the specialist in complementary medicine.
- Healthy nutrition.

DAY 3

- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Mystical stone bed massage.
- Wellness Experience Activity.
- Andean Massage (Hot Stones and Herbal Pindas).
- Healthy nutrition.

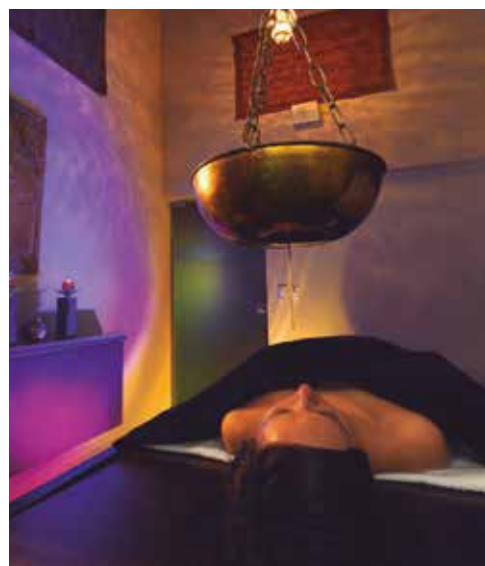
DAY 4

- Yoga session.
- Psychologist evaluation.
- Hyperbaric chamber.
- Massage of tired legs.
- Hyperthermia bath (previous evaluation).
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ayurvedic massage.
- Alignment of Chakras.
- Healthy nutrition.

DAY 5

- Yoga session.
- Psychologist evaluation.
- Hyperbaric chamber.
- Massage of tired legs.
- Hyperthermia bath (previous evaluation).
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ayurvedic massage.
- Alignment of Chakras.
- Healthy nutrition.

Price per person: **US\$ 1,408** | Price for two people: **US\$ 2,355**
Includes Taxes and I.G.V



Embrace and recharge yourself with the energy of the Sacred Valley of the Incas, as you feel your soul smile and rejuvenate your spirit through a luxurious program.

Our specialists in Complementary Alternative Medicine have experience in different services that will help you to take out all the potential of beauty in a healthy and harmonious way, increasing the physical and emotional well-being, entering in contact with yourself through energetic rituals to recover the lost balance, as well as Anti-Age treatments like the oxygen capsule that will regenerate your cells and tissues, nutritional plans and meditation sessions.

Find the balance between beauty, rejuvenation and energy required for the integrity of your whole body

Post-program benefits::

- Strengthen your self esteem
- Learn to lead a healthier lifestyle.
- Improve your immune status.
- Increase longevity.

DAY 1

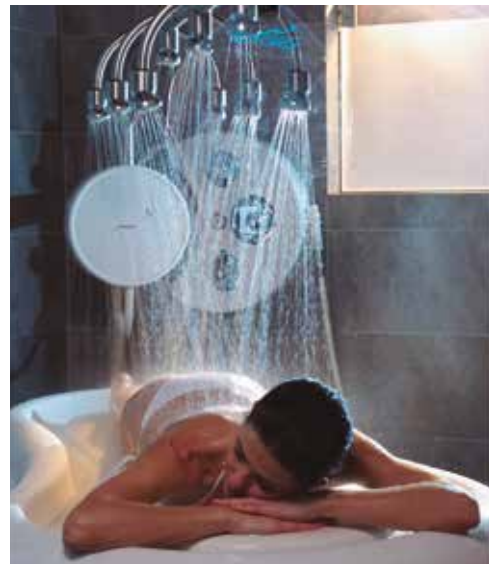
- Evaluation by the specialist in complementary medicine.
- Nutritional assessment.
- Hyperbaric Chamber Session.
- Facial Cosmetic Acupuncture.
- Cusqueño Chocolate Ritual.
- Healthy nutrition.

DAY 2

- Facial acupuncture.
- Craniofacial massage.
- Anti - Age Facial Treatment.
- Pilates session.
- Exfoliation in Vichy Shower.
- Cavitation Program.
- Anti-cellulite modeling massage.
- Visceral massage.
- Wrap with medicinal herbs from Biohuerto.
- Healthy nutrition.

DAY 3

- Reading Coca Leaves.
- Andean Purification Ritual.
- Final evaluation by the specialist in complementary medicine.
- Outdoor lunch with ancestral live sounds.
- Healthy nutrition.



Price per person: **US\$ 768**

Price for two people: **US\$ 1,305**

Includes Taxes and I.G.V

ENERGY RECOVERY PROGRAM

TREATMENT
3 DAYS

A very special program designed for your recovery and convalescence, in an inspiring environment with the ancestral and medicinal essence of Aranwa Sacred Valley.

Revitalize and regenerate your healthy spirit with exercises for the inner smile, water circuits, Chinese medicine and rituals of "Payment to the Pachamama" that will allow you in a short time to improve your physical and mental health. Recharge your energy and transform it into your life force.

Post-program benefits:

- You will restore your vital energy.
- Learn to lead a healthier lifestyle
- Strengthen your physical and emotional state.
- Balance your endocrine system, which controls your metabolism

DAY 1

- Evaluation by the specialist in complementary medicine.
- Nutritional assessment.
- Hyperbaric Chamber Session.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Andean Massage (Hot Stones and Herbal Pindas).
- Healthy nutrition.

DAY 2

- Toning exercise (Personal Trainer).
- Andean Ritual Cleaning - Energy with plants in the region.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Source of Life Hydrotherapy.
- Lodarium with Andean mud for detoxification.
- Circulatory Massage.
- Lymphatic drainage with appliances.
- Healthy nutrition..

DAY 3

- Toning exercise (Personal Trainer).
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ritual of Payment to the land.
- Final evaluation by the specialist in complementary medicine.
- Healthy nutrition.



Price per person: **US\$ 960** | Price for two people: **US\$ 1,690**
Includes Taxes and I.G.V

DAY 1

- Evaluation by the specialist in complementary medicine.
- Nutritional assessment.
- Hyperbaric Chamber Session.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Andean Massage (Hot Stones and Herbal Pindas).
- Healthy nutrition.

DAY 2

- Toning exercise (Personal Trainer).
- Andean Ritual Cleaning - Energy with plants in the region.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Source of Life Hydrotherapy.
- Lodarium with Andean mud for detoxification.
- Circulatory Massage.
- Lymphatic drainage with appliances.
- Healthy nutrition.

DAY 3

- Toning exercise (Personal Trainer).
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ritual of Payment to the land.
- Meditation session in Wayra and Yaku rooms.
- Hyperbaric chamber session.
- Ayurvedic massage with four hands.
- Shirodhara.
- Healthy lifestyle workshop.
- Healthy nutrition.

DAY 4

- Toning exercise (Personal Trainer).
- Ai Chi Watsu.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Shiatsu.
- Hyperbaric chamber session.
- Exfoliation in Vichy Shower.
- Deep cleansing facial treatment with Muña mask.
- Alignment of Chakras + Music therapy.
- Healthy nutrition.

DAY 5

- Breathing toning exercise.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Ritual Unno: Combination techniques with massages and essential oils of muña and coca, to recover the integral well-being.
- Final evaluation by the specialist in complementary medicine.
- Pachamanca experience.
- Healthy nutrition.

Price per person: **US\$ 1,600** | Price for two people: **US\$ 2,739**
Includes Taxes and I.G.V



Lose weight feeling good!

Physical well-being and a healthy mental attitude are keys to losing weight and having a healthy life. The comprehensive medical approach, on which the different services offered at Unno Spa are based, makes it possible to remove toxins from your body and so-called mental toxins. During the program, you will enjoy an exquisite menu personalized by our Chef, maintain exercise routines touring the most beautiful areas of Aranwa Sacred Valley, receive the best treatments in high-tech machines and have detoxification rituals that will give you energetic and spiritual support.

Post-program benefits

- Reduce the risk of developing chronic disease.
 - You will get a healthier lifestyle.
 - You will lose weight.
 - Strengthen your self-esteem.
- Evaluation by the specialist in complementary medicine.
 - Nutritional assessment.
 - INBODY 520 body diagnosis.
 - Hyperbaric Chamber Session.
 - Integral disconnection massage.
 - Healthy nutrition.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

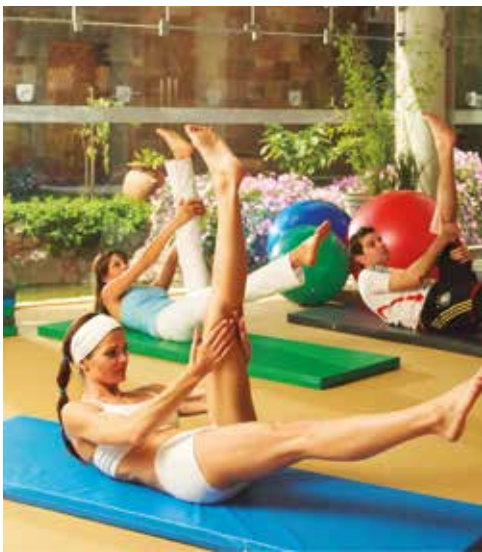
- Fitness session (personal trainer)
- Cavitation program
- Massage with reducing substances
- Lymphatic drainage with aparotology
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion)
- Source of Life Hydrotherapy
- Lodarium with Andean mud for detoxification
- Lymphatic drainage with aparotology
- Healthy nutrition

- Toning exercises (Personal Trainer).
- Cavitation program.
- Massage with reducing substances.
- Lymphatic drainage with aparotology.
- Hyperbaric Chamber Session.
- Second nutritional evaluation.
- Andean Purification Ritual.
- Mystical stone bed massage.
- Healthy nutrition

- Toning exercises (Personal Trainer).
- Cavitation program.
- Massage with reducing substances.
- Lymphatic drainage with aparotology.
- Outdoor Psychologist Evaluation.
- Traditional Chinese Med (Acupuncture or auriculotherapy or moxibustion).
- Source of Life Hydrotherapy.
- Healthy nutrition.

- Massage with reducing substances.
- Detox Wrap - Anti-cellulite.
- Final evaluation by the specialist in complementary medicine.
- Final evaluation Psychologist outdoors.
- Final Nutritional Evaluation.
- Healthy nutrition.

Price per person:: **US\$ 1,664** | Price for two people: **US\$ 2,868**
Includes Taxes and I.G.V





Booking System

1. Reservations: Unno Spa Wellness Programmes must be booked at least 30 days in advance through our booking centre.

2. Opening hours: Programs can start any day of the week. The activities are distributed during the morning and afternoon. If you have any preference in terms of opening hours, you must communicate this when booking. In the event of the guest's delay, Unno Spa cannot guarantee the complete spa service and cabin treatments.

3. Cancellations: All cancellations must be made in writing (by mail or fax). A 50% cancellation fee will be charged for any Unno Spa treatment or program. Cancellation after 36 hours will incur the full 100% charge for the treatment or program.

Bathroom Material

For your comfort, Unno Spa will provide you with a robe, towels, sandals and amenities. You will have a secure locker available for all your personal belongings during your stay.

Admissions

For safety reasons, children will not be accepted into wellness programs.

Persons with external wounds or any bandaged or plastered limb are not admitted.

Please let us know, when making your reservation at Unno Spa, of any health conditions, allergies or injuries that could affect your treatment with us.

Spa label

UNNO SPA is a sanctuary of relaxation and peace for all our guests. Keep silence please and respect the privacy of others by talking quietly or simply enjoying the silence. We ask you to refrain from using telephones or electronic devices.

For your safety and well-being, respect the established guidelines:

To avoid slipping, it is necessary to walk carefully, as the floor is wet.

Running is prohibited.

It is necessary to use the stairs and the handrail to get in and out of the Jacuzzis.

It is forbidden to jump or dive into the water in the Jacuzzis.

Responsibility

Unno Spa will not assume responsibility for the loss of valuables nor for incidents that may result from non-compliance with regulations or incorrect use of facilities and services.

In this sense, accidents caused by slips are the guest's responsibility and the incorrect monitoring of the regulations will result in the immediate cancellation of admission.

