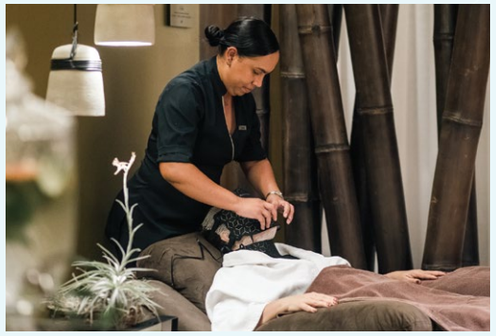
Wellness Moment







★ **YOGA & SOUNDBATH**

8, 14, 23, 26, 28 & 30/DEC | 8:45 A.M.

HARMONY & WELL-BEING
COP 85,000

Renew body and mind through yoga, live music, and the harmony of sound healing. A moment of serenity in paradise.

★ **MEDITATION & SOUND HEALING**

7, 13, 22, 24, 27 & 29/DEC | 8:45 A.M.

A JOURNEY TOWARD INNER CALM
COP 85,000

Let yourself be embraced by the serenity of the Caribbean in a meditation and sound healing experience designed to reconnect you with your essence and restore inner balance.

*Subject to changes and modifications based on availability · Advance reservation required · For prices and further information: concierge.baru@sofitel.com

★ **HONEY & CACAO HEART RITUAL**

SOFITEL SPA | 80 MIN. | COP 592,000 PER PERSON **NOV 26 – JAN 31**

Celebrate love with a ritual for two that combines the sweetness of honey, facial care, and a cacao oil massage. A wellness experience designed to reconnect and indulge the senses.

★ **CHRISTMAS BY THE SEA**

BEACH PALAPA | 11:30 A.M. – 3:30 P.M. | COP 265,000 **NOV 26 – JAN 31**

Let yourself be embraced by the Caribbean breeze with a relaxing back, arm, and neck massage, complemented by aromatherapy and a complimentary beverage. A moment of serenity by the sea.

★ **BONJOUR LES ENFANTS**

KIDS CLUB | 11:30 A.M. – 1:30 P.M. | COP 85,000 **EVERY SATURDAY**
CHILDREN AGES 4 TO 10

A creative wellness experience where little ones make their own facial mask and enjoy a gentle hand and foot massage.

★ **A MOMENT TO RENEW YOUR ENERGY**

SOFITEL SPA | 8:30 A.M. – 11:00 A.M. | COP 220,000 **NOV 26 – JAN 31**

Treat yourself to a wellness pause with access to the wet areas, a relaxing 20-minute foot ritual, and a healthy shot. A moment to revitalize body and mind.

★ **RESTFUL SLEEP**

SOFITEL SPA | 8:30 A.M. – 11:00 A.M. | COP 360,000 **NOV 26 – JAN 31**

A 70-minute serenity ritual combining massage, aromatherapy, exfoliation, and access to the wet areas to release tension and restore well-being.

★ Reserve this experience
concierge.baru@sofitel.com
WhatsApp +57 324 5566511
Subject to availability.

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