

# BREMONT HEALTH PACKS

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Vèrtex 360 presents packs at the Bremon Boutique Hotel in Cardona, designed so that hotel guests can enjoy different experiences focused on improving health and wellbeing. There are different types of packs to meet the needs of a diverse public. Thus, the packs include different themes to make your stay in Cardona an enriching experience that will undoubtedly help to enhance both physical and mental wellbeing.

We invite you to discover our packs:



RELAX



TAKE CARE  
OF YOURSELF



GET  
TRAINED



# RELAX PACK

This pack offers two services:

1. A relaxing massage session per person to choose from:

- Essential oils
- Cardona salt
- Hot and cold stones

Duration: 65 minutes

2. A yoga session in nature, in the surroundings of Cardona

Duration: 1 hour



# TAKE CARE OF YOURSELF PACK

This pack offers three services:

1. A decontracting massage or lymphatic drainage session

Duration: 65 minutes

2. A hiking session in nature, in the surroundings of Cardona

Duration: 1-2 hours

3. A nutrition session to learn how to eat a healthy diet

Duration: 1 hour





# GET TRAINED PACK

This pack offers two services:

1. A decontracting massage or lymphatic drainage session

Duration: 45 minutes

2. A hiking or running session in nature, in the surroundings of Cardona

Duration: 1-2 hours



# MTB TRAINING PACK

This pack offers two services:

1. A decontracting massage or lymphatic drainage session

Duration: 45 minutes

2. A bike ride in nature, in the surroundings of Cardona, with the possibility of renting the bikes

Duration: 2-3 hours





THANK YOU!

