
360° medi spa
ENCANTO BEACH
Grifid
HOTELS

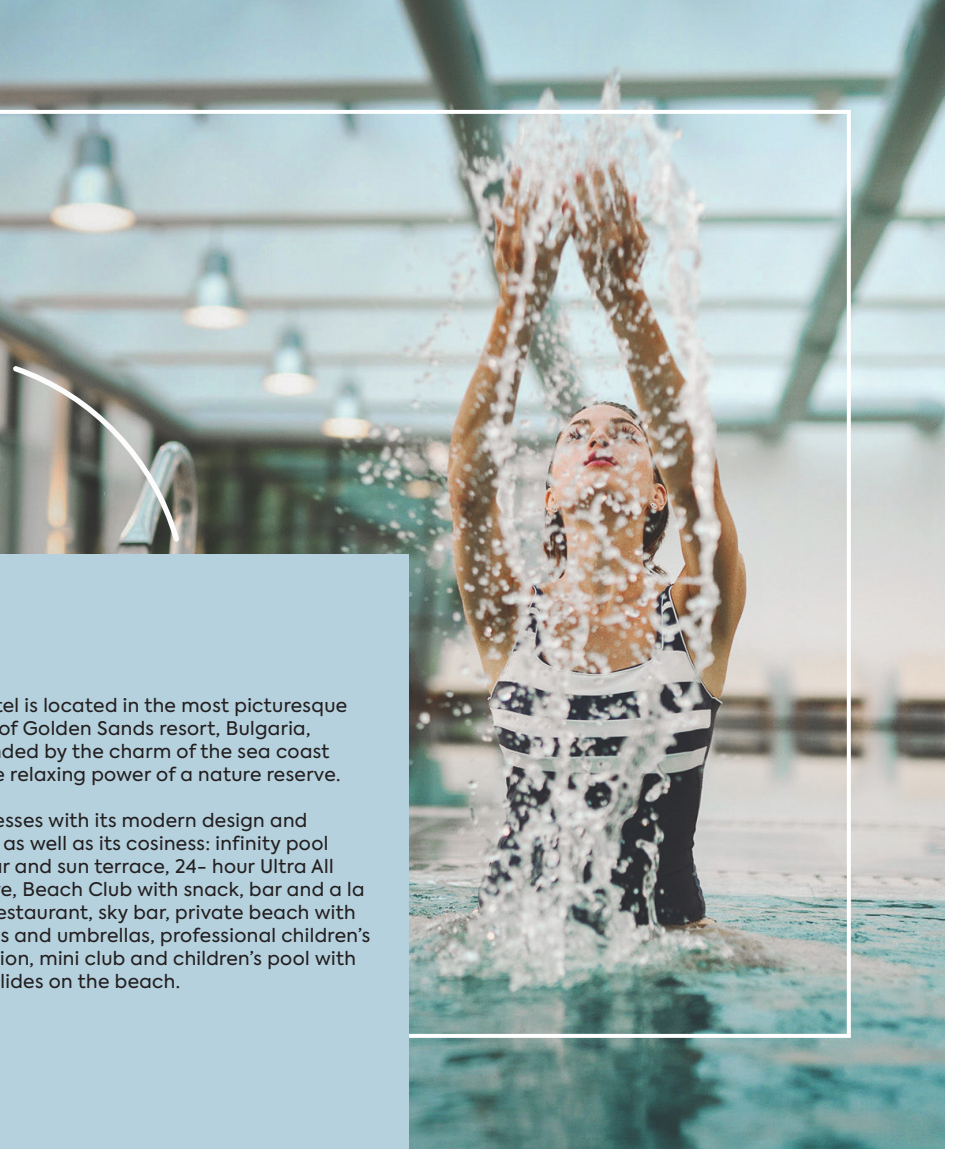
360° medi spa

YOUR PLACE

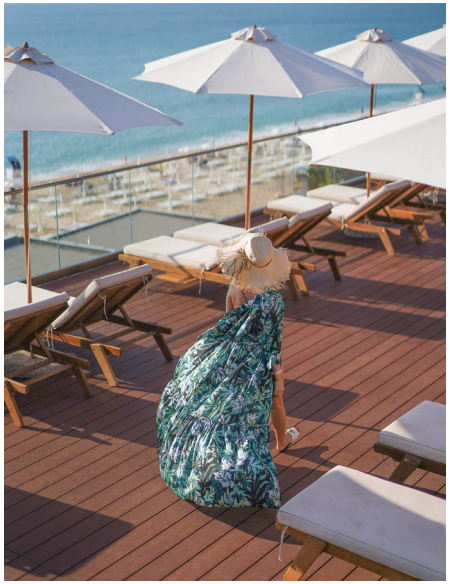
Medi Spa Encanto Beach is your journey to health, where a quality time with your family and a vacation on the beach go hand in hand with taking care of yourself and your health!

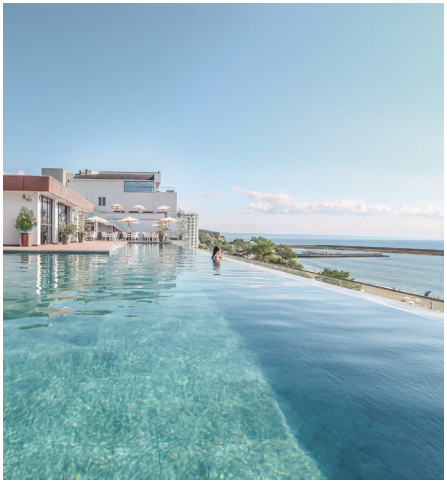
The hotel is located in the most picturesque corner of Golden Sands resort, Bulgaria, surrounded by the charm of the sea coast and the relaxing power of a nature reserve.

It impresses with its modern design and service as well as its cosiness: infinity pool with bar and sun terrace, 24- hour Ultra All Inclusive, Beach Club with snack, bar and a la carte restaurant, sky bar, private beach with sunbeds and umbrellas, professional children's animation, mini club and children's pool with water slides on the beach.















Healthy Nutrition | Balance & Sport | Relaxation | Treatments | Healthy living lectures

360° medi spa



360°
OPPORTUNITIES FOR YOUR HEALTH

Switch off!
Give yourself time!
Forget about the world!

We developed Medi-Spa programs focused on both body care and inner peace and harmony, suitable for everyone, who has only just felt the need to take care even more of himself/herself or has already adapted to this way and made it a lifestyle. A combination of modern equipment with up-to-date detox and wellness concepts.

***4 floors** with different focus | 2300 sq.m*
***32 professionally** equipped treatment rooms*

Aquatic-Floor:
Mud therapy, hydrotherapeutic equipment (hydromassage and electro-galvanic baths, underwater massage, four-chamber bath, dry flotation bed "Jouvence", fango-paraffin, Charcot shower, etc.), lymphatic drainage, colon hydro-therapy

Vitality-Floor:
Various massages and therapies, pressotherapy, large physi-otherapy room (ultrasound, ring magnet, oxygen therapy, light therapy, etc.), cosmetic procedures, beauty salon

9 programs, 4 directions:
Detox, Recovery after Coronavirus, Physiotherapy, Wellness

360° medi spa

HEALTHY NUTRITION

Our body is also our home.
We create the chaos or the comfort in it.

Healthy food is simply a pleasure in Medi Spa Encanto Beach! Menu tailored to your needs and desires, offered in a modern restaurant specializing in healthy nutrition.

GourMED Detox menu:
It is very similar to the practice of fasting. One of its goals is to restore energy from the digestive system and to increase consciousness, to improve immunity, as well as many other health benefits. Precisely developed menus with two variants of caloric intake “850-1050 calories” and “1250-1400 calories”.



FITNESS, SPORT AND INNER BALANCE



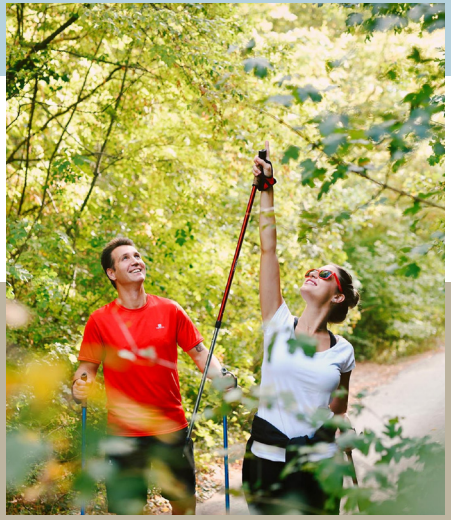
Well-Fit Program

Special sports program for the body and the mind among nature, in water or in a specialized hall. Professional instructors, yoga and meditation techniques.

Big fitness room with a panoramic view

Equipped with Technogym's KINESIS STATION series. A spacious hall with mirrors and views of Golden Sands Nature Park, equipped for various group activities.





SPA CIRCUIT

Daily use of the area.

Three saunas - aroma with infrared and two Finnish, steam bath, Hammam, Ice fountain, shock shower, Kneipp path, heated indoor and aquatic pools with glass windows and views of the sea, relax zone.













EXPERIENCE WITH MANY POSSIBILITES

PROGRAMS WITH ACCOMMODATION

Optimally designed programs with accommodation in a sea view room included in the price: slippers, bathrobe, daily refill of the mini bar and a pillow menu.

Children up to the age of 13 stay for free in a room with two adults.

DETOX AND WEIGHT LOSS 7 DAYS

FIT AND SLIM 5 DAYS

BEAUTY AND BALANCE 3 DAYS

SPA AND RELAX 2 DAYS

360° medi spa



PACKAGE OF TREATMENTS

A great opportunity for quality time with the family or stolen moments for yourself: a combination of a summer holiday on the beach and a health and wellness trip.
Add your chosen package of treatments to your preferred type of Ultra All Inclusive accommodation in GRIFID Encanto Beach.

RECOVERY AFTER CORONAVIRUS

IMMUNE CARE FOR YOU &
RECOVER AND ENERGIZE

PHYSIOTHERAPY

REGAIN YOUR POWER

WELLNESS

RENEW YOURSELF & EMBRACE YOUR BEAUTY

DETOX & WEIGHT LOSS

7 days
Cleanse, recharge and say "Thank you" to your body with our 360° approach: a combination of treatments, sports and healthy nutrition.
Optimizes the natural detoxification and improves emotional, physical and mental balance.

Purification
of the body from the toxins accumulated in the liver and digestive system

Release
by reducing the level of stress in the body

Weight loss
achieving optimal weight in a healthy way while cleansing the body

RECOMMENDED FOR:
- High levels of stress, chronic fatigue and feelings of depression
- Excessive food, indigestion, consumption of coffee, alcohol and tobacco or just bad eating habits
- Desire to detoxify the body
- People with reduced physiological detoxification capacity

THE PROGRAM INCLUDES:
1 x Initial consultation with an expert in nutrition
1 x Nutritional follow-up consultation
1 x Bio impedance analysis
3 x Partial mud/fango application (25 min.)
2 x Algae salt hydromassage bath (20 min.)
3 x Partial massage (20 min.)
3 x Charcot shower (12 min.)
3 x Detox foot patches
1 x Colon hydrotherapy
(after doctor's prescription) (50 min.)
5 x Inhalation with sea water (10 min.)
1 x Pressotherapy (20 min.)
1 x Manual lymphatic drainage massage (20 min.)
Detox tea on days with treatments

** The program is for adults only and is offered together with accommodation in a sea view room.*







WELLNESS PACKAGES

From natural Bulgarian cosmetics and organic products from the sea, to well established international brands to rejuvenate the body and relax your mind.

Care
for the beauty and the balance between body, mind and soul

Nourishing
the skin in depth and supporting its natural ability to heal and recover

Anti-age effect
by stimulating skin cells

Improvement
of skin flexibility and elasticity, toning, smoothing and moisturizing

RECOMMENDED FOR:
- People who do not pursue a specific health goal, but are concerned about their lifestyle and well-being
- People who want to disconnect from their busy everyday life, relax and take care of their body

360° medi spa

RENEW YOURSELF
1 x Whole body exfoliationin in dry flotation bed "Jouvence" (15 min.)
2 x Seaweed bath with organic tea (30 min.)
1 x Full body mask with Voya Organic cosmetics in dry flotation bed "Jouvence" (30 min.)
1 x Back or anti-cellulite massage (30 min.)
1 x Laminaria partial body mask (hips + abdomen or back + hands) or Back and scalp massage with Algae oil from Voya Organic cosmetics (45 min.)
1 x Facial massage (including peeling) (35 min.)
1 x Seaweed face mask and scalp massage (25 min.)
1 x Body and foot massage (90 min.)
1 x Restorative anti-age facial therapy with Laminaria (75 min.)



EMBRACE YOUR BEAUTY
3 x Full body wrap with seaweed in dry flotation bed "Jouvence" (30 min.)
2 x Aromatherapeutic hydromassage bathtub (15 min.)
3 x Pressotherapy (20 min.)
2 x Seaweed therapy in dry flotation bed "Jouvence" (20 min.)
1 x Full body peeling (20 min.)
Herbal tea on days with treatments

** The program is offered as an Extra service to the preferred type of accommodation on Ultra All Inclusive in GRIFID Encanto Beach (with a minimum stay of 6 nights).*



RECOVERY
AFTER CORONAVIRUS

Whether you struggle with a difficult and slow recovery or want to be better protected from the daily exposure to Coronavirus, our two treatment packages will help you:

- *To improve the normal function of the lungs, minimize the negative effects of the virus and the general weakness of the body:* ***IMMUNE CARE FOR YOU***

- *To restore physical activity and immune balance and return to the previous rhythm of life:*
- ***RECOVER AND ENERGIZE***

Relief
elimination of the long-term effects and symptoms of Coronavirus through an integrative, multidisciplinary approach

Recovery
of the body and spirit and increase of the body's defences

Improvement
of the blood circulation and encouragement of the body to get rid of toxins

Energy balance
feel completely rested and full of energy

When and for whom are the packages effective?
- From 40 days to 6 months after Coronavirus infection
- For prevention

IMMUNE CARE FOR YOU
SUITABLE FOR:
- Increasing physical endurance and vitality
- Improving the general condition of the whole organism
- Strengthening the immunity
- Improving lung function
- Restoration of physical and mental health
- Improving the quality of life

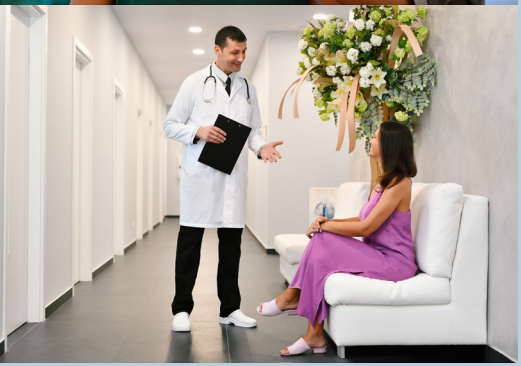
THE PACKAGE INCLUDES:
1 x Medical examination with oxygen saturation measurement
3 x Inhalation with chamomile, soda and/or with sea water (12 min.)
2 x Oxygen therapy twice a day x 20 min. with herbal tea (40 min.)
3 x Warm lye compress on the chest (15 min.)
2 x Bioptron light therapy (12 min.)
2 x Lung segment massage with herbs (15 min.)
2 x Mud application on the chest (20 min.)
2 x Warm aroma whirlpool bath with chamomile extract (36°) (20 min.)
1 x Vibration massage (machine) (20 min.)
3 x Individual therapeutic respiratory exercises (20 min.)
2 x Healing movement therapy on the beach (40 min.)
5 x Kneipp path (12 min.)
5 x Infrared, aroma or herbal sauna

RECOVER AND ENERGIZE
SUITABLE FOR:
- Better immune function, energy balance and mental strength
- Reducing fatigue and exhaustion
- Prevention of infections
- Elimination of non-functional cells
- Inhibiting the development of allergies
- Maintaining good intestinal health

THE PACKAGE INCLUDES:
1 x Medical examination
1 x Basal Metabolic rate analysis
1 x Lymphatic drainage with herbal oil (50 min.)
1 x Foot reflexology (20 min.)
1 x Vacuum massage (machine) (20 min.)
1 x Whirlpool bath with seaweed (20 min.)
2 x Herbal bath with underwater massage (20 min.)
2 x Body former (20 min.)
1 x Magnet therapy (15 min.)
2 x Partial mud application + Charcot shower (20 min.)
3 x Oxygen therapy twice a day x 20 min. with herbal tea (40 min.)
1 x Seaweed therapy in dry flotation bed "Jouvence" (50 min.)
2 x Healing movement therapy on the beach (40 min.)
3 x Individual fitness session with personal trainer (30 min.)
5 x Kneipp path (12 min.)
5 x Infrared, aroma or herbal sauna







REGAIN YOUR POWER
PHYSIOTHERAPY PACKAGE

Developed by a team of established medical professionals, following the latest achievements and trends in balneology. We use the healing power of natural resources and the capabilities of the modern wellness equipment to improve your overall physical health.

Increase
of the overall vitality of the body

Stimulation
of the healing processes

Delay
of the aging processes

Pleasure
from the movements of the body

RECOMMENDED FOR:
- Musculoskeletal disorders, musculoskeletal pain, arthritis, osteoarthritis or rheumatic diseases
- Recovery after fractures, dislocations, limb surgeries

THE PACKAGE INCLUDES:
1 x Medical examination
5 x Physiotherapy treatment (15 min.)
3 x Partial mud / fango application in dry flotation bed "Jouvence" (25 min.)
2 x Hydromassage bathtub (20 min.)
3 x Partial massage (20 min.)
2 x Warm lye application or cold chestnuts compress (20 min.)
5 x Therapeutic group water gymnastics (20 min.)

** The packages are offered as an Extra service to the preferred type of accommodation on Ultra All Inclusive in GRIFID Encanto Beach (with a minimum stay of 6 nights). For optimal results, we recommend alternating stays with a program and regime at home.*





360° medi spa



SHORT PROGRAMS

According to your needs and convenience

Every time you are challenged to make a different choice from your currently established cycle of daily habits, a new experience awaits.
Our goal is that these little challenges and new behaviours give a rise to new simple solutions in your normal everyday life and reveal a path to larger and more effective personal changes.

FIT AND SLIM
5 days

Tonus
increase the level of physical activity, muscle strength and joint functionality

Weight loss
weight optimization and body tightening

SUITABLE FOR:
- Anyone who needs daily exercise even during a holiday
- People who want to improve their condition or appearance, as well as feel better physically and mentally in a healthy way
- Achieving better and longer lasting results thanks to the combination sport activities: outdoor, in water and gym, as well as under the supervision of fitness and sports instructors

THE PROGRAM INCLUDES:
1 x Introductory fitness evaluation and morning session with personal trainer (30 min.)
1 x Algae Bath (20 min.)
1 x Partial mud/fango application (25 min.)
1 x Charcot shower (12 min.)
1 x Partial sport massage (20 min.)
1 x Pressotherapy (20 min.)

BEAUTY & BALANCE
3 days

To provoke ourselves
and find a new way to take care of ourselves

Care
for the whole body and mind

Recovery
of inner balance and harmony

SUITABLE FOR:
- People who want to break away, relax and do something for themselves, combining great location and activities with wellness treatments

THE PROGRAM INCLUDES:
1 x Bio impedance analysis
1 x Bath with underwater massage (20 min.)
1 x Moisturizing face mask in dry flotation bed "Jouvence" (20 min.)



SPA & RELAX
2 days

Escape
from daily stress with time for yourself

Stimulation
of the immune system

Perfect relaxation
in an ideal setting for active holiday

SUITABLE FOR:
- People who do not pursue a specific health goal, but are concerned about improving their lifestyle and well-being.

THE PROGRAM INCLUDES:
1 Medical spa procedure per guest, per day with a choice from:
1 x Scalp and shoulder massage (15 min.)
1 x Charcot shower (12 min.)
1 x Foot reflexology with herbs (15 min.)
1 x Hydromassage bath (20 min.)

** All short programs have the option of replacing the standard All-inclusive meal with a healthy GourMED Detox menu (free; in advance with our call centre or upon check-in) and have accommodation in a sea view room included in the price.*



@encantowellness

+359 700 20 909
book@grifidhotels.com
grifidhotels.com

Grifid
HOTELS