



Luminaries in Bloom

PABLO OLABE

IPPO Therapies at the Thalasso Spa

FROM 7TH TO 16TH AUGUST



IPPO Therapies

IPPO introduces three exclusive aquatic techniques at our Thalasso seawater pool, whose main objective is to naturally stimulate wellbeing and healthy regeneration through the body's free movement.

WATER DREAM Private session

30 MIN, €180 p.p.^{VAT inc.}

60 MIN, €320 p.p.^{VAT inc.}

Free your body and mind and awaken your natural wellbeing.

An exclusive aquatic therapy combining massage, mobilisation, and stretching to induce a deep relaxation experience for both body and mind, creating a unique effect of wellbeing and profound relaxation.

AQUA ELASTIC Private session

60 MIN, €320 p.p.^{VAT inc.}

Feel your natural movement and activate your physical balance.

As an extraordinary complement to Water Dream, this therapy stimulates the body's autonomy and natural reactions through pain-free movements in water, promoting new elasticity and overall balance.

LYMPH AQUA MASSAGE Private session

30 MIN, €180 p.p.^{VAT inc.}

60 MIN, €320 p.p.^{VAT inc.}

Feel your body become lighter and restore its natural flow.

As a specialised aquatic therapy, it combines manual underwater lymphatic drainage with gentle body-contouring techniques to stimulate circulation, support the body's natural lymphatic function and promote a renewed feeling of lightness and overall wellbeing.

BENEFITS:

Induces deep relaxation · Relieves mental and physical stress
Improves body mobility and flexibility · Stimulates circulation and lymphatic flow
Enhances overall body awareness and balance
Reduces muscular pain and fluid retention

Pablo, a PhD in Aquatic Physiotherapy, is a Professor of Anatomy at UCAM and an expert in aquatic therapies. His passion for water led to the creation of IPPO, an evidence-based model that promotes prevention, treatment, and wellbeing through water.

To book: ☎ 3 / (+34) 952 822 211 / wellness@marbellaclub.com