



Luminaries in Bloom

PABLO OLABE

Ippo Therapies at the Thalasso Spa

FROM 5TH TO 20TH APRIL



Join us for a year-long journey of holistic wellbeing, embracing an evolved vision of wellness rooted in the connection between wholeness and relaxed action — a state where ease and intention harmonise.

Each month, our experts, or Luminaries in Bloom, will help you nurture not just the body, but the mind and spirit, creating space for you to blossom with deep restoration, inner balance, and a renewed sense of personal vitality.

IPPO Therapies

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

WATER DREAM



60 MIN, €320 p.p.^{VAT inc.} | 90 MIN, €460 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.

BENEFITS:

Relieves mental and physical stress
Increases flexibility and body mobility
Induces deep relaxation

Awakens overall body awareness
Improves sleep quality
Reduces muscle tension and contractures

AQUA ELASTIC



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.

BENEFITS:

Relieves muscle pain
Reduces mental and physical stress
Stimulates movement autonomy

Promotes movement coordination
Improves body elasticity
Activates balance reactions

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

