

WELLNESS FOR ALL

HVD Reina del Mar • Summer 2026

True luxury is not just a space. True luxury is the way you feel.

What is Wellness for All?

Wellness for All is a signature concept by HVD Reina del Mar for complete physical, mental and emotional wellbeing – across all generations. Activities for kids, teens and adults work together as one wellness ecosystem, where everyone finds their own space for recovery, movement and inner balance.

Adults

Yoga • Aufguss • Thermal concept

Ages 13–18

Forever Well – wellness for teens

Ages 5–12

Kids' yoga • Meditation • Parents

Wellness rituals for adults

The adult programmes are designed as a premium experience for deep recovery:

- **Yoga and mindfulness** – specially developed practices for releasing tension, improving concentration and quality of sleep
- **Aufguss ceremonies** – a sensory sauna experience combining heat, aromatherapy and detoxification techniques
- **Personalised thermal concept** – a dedicated wellness bracelet guides the guest through an individually curated sequence of saunas, steam baths, salt rooms and relaxation zones

Wellness for teens – Forever Well (ages 13–18)

6 days a week – a specially designed programme for building healthy habits:

1. **Yoga and meditation** – concentration, stress management, inner balance
2. **First steps in fitness** – motor skills, aerobic activity, muscle strength
3. **Meditative and breathing practices** – forest bathing, Tibetan bowls, mandala drawing
4. **Digital detox** – life beyond the screens, mindfulness and connection with nature
5. **Skin care** – daily rituals and healthy hygiene habits
6. **Guided tour of the SPA centre** – an introduction to the world of wellness for the young

Kids and parents

- **Yoga for kids (ages 5–12)** – practices for concentration, coordination and calm
- **Meditative and breathing practices** for kids and parents
- **“Parenting School” class** – communicating with teenagers, emotional intelligence, quality family time

Weekly schedule

Activity	Days	Time	Location
For adults and all guests			
Yoga	Monday – Saturday	09:30	Well Fit beach platform
Meditation and breathing practices	Monday – Wednesday	18:00	Well Fit beach platform
Forever Well – teens (ages 13–18)			
Teen fitness	Monday and Saturday	11:00	Fitness centre
Intro to skin care – class	Tuesday	11:00	SPA Reception
Meditative mandalas – drawing class	Tuesday and Thursday	18:00	Well Fit beach platform
In the nature – for teens	Thursday	11:00	Well Fit beach platform
Digital detox – class	Saturday	11:00	Well Fit beach platform
Kids and parents			
Yoga for kids	Monday – Friday	17:00	Well Fit beach platform
Parenting school – class	Friday	11:00	Well Fit beach platform

Important information

- The teen programme is designed for young people aged 13–18
- Some activities require advance registration
- Certain practices require written parental consent and/or the presence of a parent

Wellness for All – our way of creating a place where every generation can feel better – physically, emotionally and mentally.
