

Restart



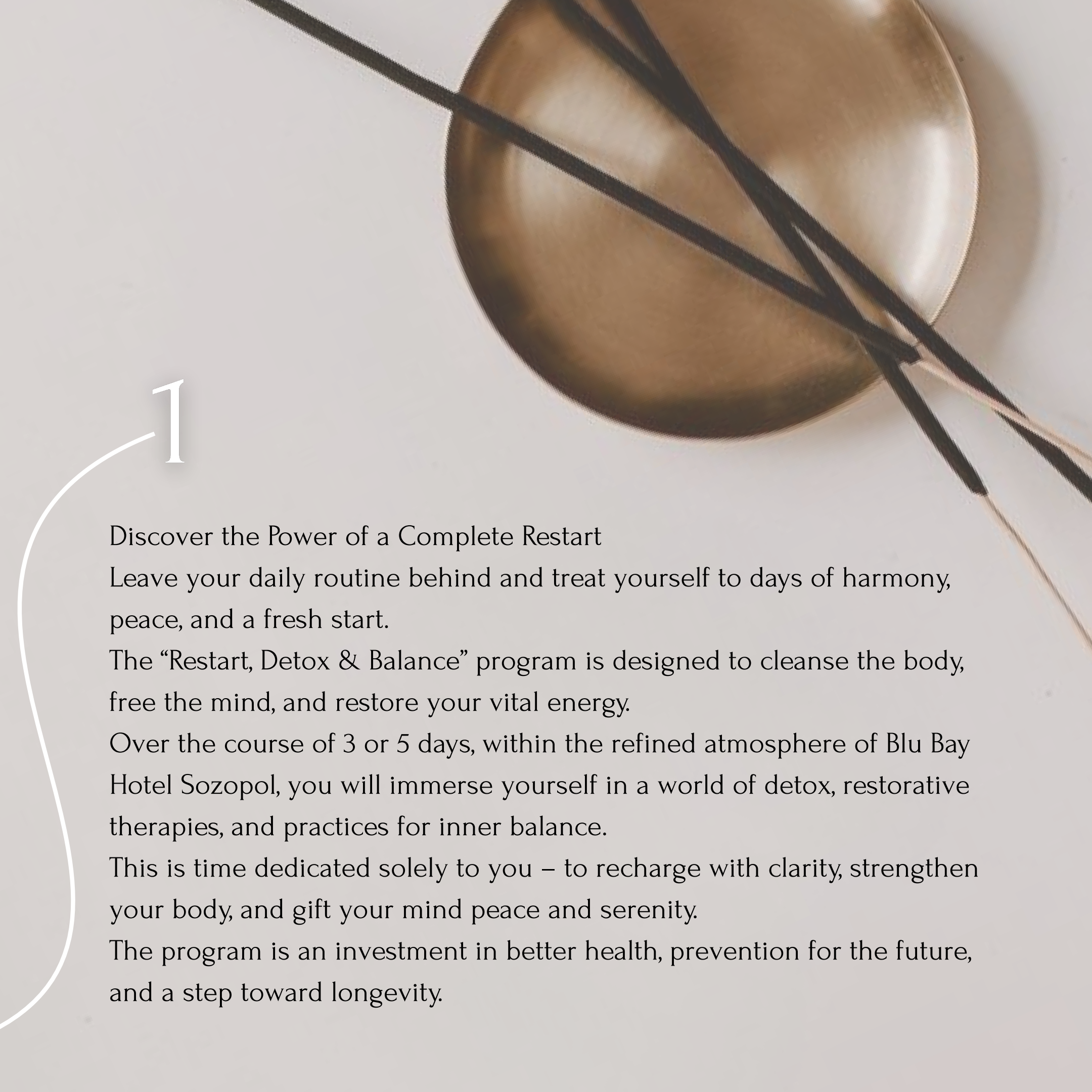
Blu Bay
HOTEL SOZOPOL

Detox

Balance

1 – 8 September 2025

18 – 24 September 2025 (3 day package)



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Discover the Power of a Complete Restart

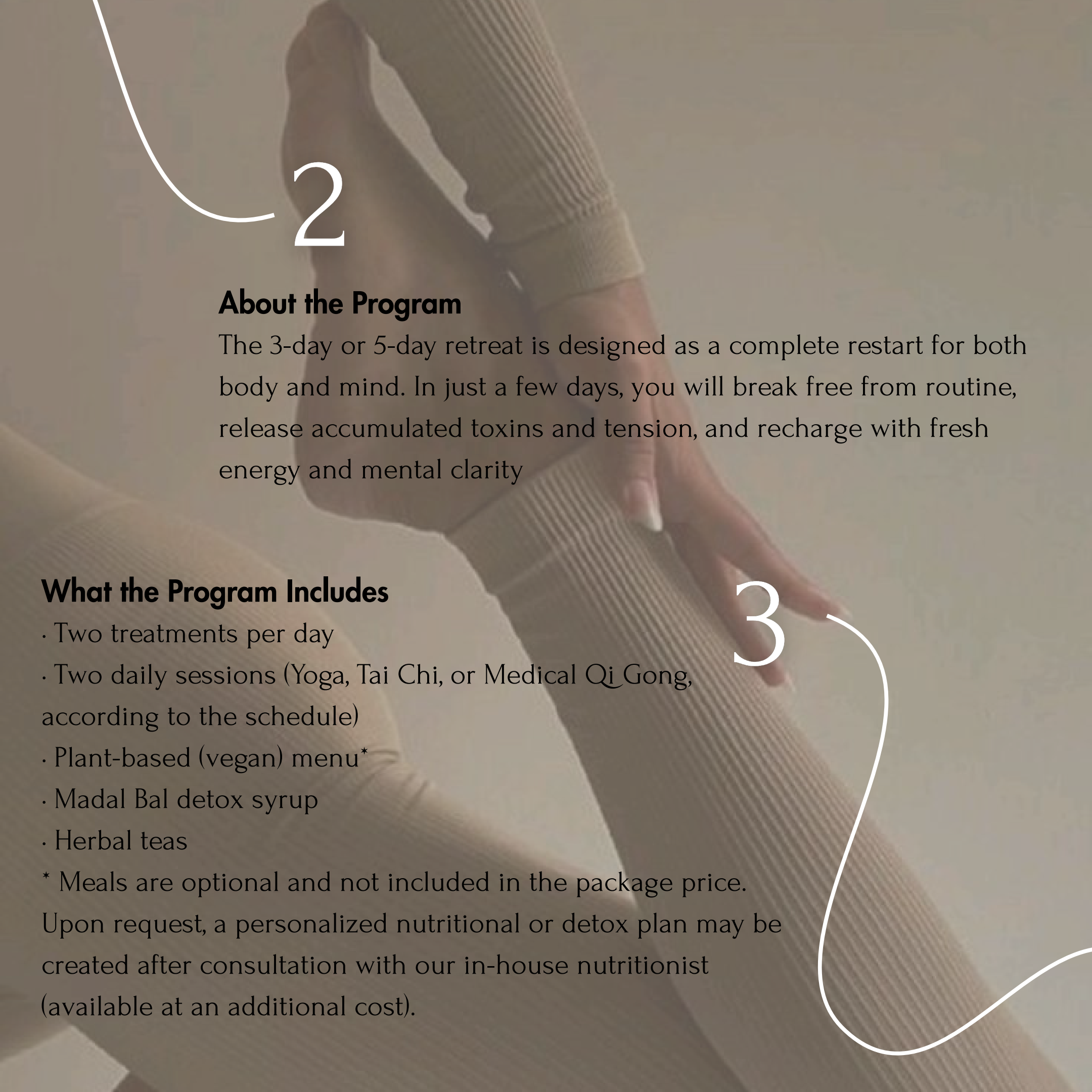
Leave your daily routine behind and treat yourself to days of harmony, peace, and a fresh start.

The “Restart, Detox & Balance” program is designed to cleanse the body, free the mind, and restore your vital energy.

Over the course of 3 or 5 days, within the refined atmosphere of Blu Bay Hotel Sozopol, you will immerse yourself in a world of detox, restorative therapies, and practices for inner balance.

This is time dedicated solely to you – to recharge with clarity, strengthen your body, and gift your mind peace and serenity.

The program is an investment in better health, prevention for the future, and a step toward longevity.



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About the Program

The 3-day or 5-day retreat is designed as a complete restart for both body and mind. In just a few days, you will break free from routine, release accumulated toxins and tension, and recharge with fresh energy and mental clarity

What the Program Includes

- Two treatments per day
- Two daily sessions (Yoga, Tai Chi, or Medical Qi Gong, according to the schedule)
- Plant-based (vegan) menu*
- Madal Bal detox syrup
- Herbal teas

* Meals are optional and not included in the package price.

Upon request, a personalized nutritional or detox plan may be created after consultation with our in-house nutritionist (available at an additional cost).

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Nutrition & Detox

- A specially curated menu designed to ease the body, stimulate cleansing, and provide valuable nutrients.
- Madal Bal syrup – supports daily energy, boosts metabolism, and supplies essential vitamins and minerals.

Visible results include:

- a sense of lightness,
- improved tone,
- a boost of fresh energy.

Additional benefits: preventive health support, cellular rejuvenation, and longevity enhancement

Practices for Balance & Energy

- Tai Chi & Wellness Medical Qi Gong – smooth, accessible movements that restore vitality, strengthen the body, and bring inner calm.
- Breathing exercises – improve focus, increase oxygen intake, and enhance mental clarity.
- Short meditative moments – to calm the mind and restore emotional balance.
- Yoga practices:
 - oVinyasa Yoga & Pranayama – activating energy, mobility, and vitality.
 - oYin Yoga – gentle poses and breathing techniques for relaxation, better sleep, and inner balance.

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Restorative Treatments

The program includes therapies designed to support the body and create a sense of lightness and harmony:

- Signature massages – to relax muscles, stimulate circulation, and relieve fatigue.
 - Osteopathy – for freer movement and physical comfort.
 - Chi Nei Tsang – abdominal massage for tension release and digestive support.
 - Biomagnetism – to regulate inner balance and increase energy.
 - Sound therapy with Tibetan bowls – for deep relaxation and harmonization of the mind.
 - Udvartana – Ayurvedic massage with a herbal paste made from powders and oils, cleansing the skin, stimulating circulation, and supporting weight loss.
- * Treatments may be adapted to the individual condition and preferences of each participant. Substitutions or modifications are available upon request to ensure maximum comfort and effect

Duration & Benefits

3-day program – a quick restart, leaving fatigue and stress behind, returning refreshed and recharged.

5-day program – a deeper cleanse and recovery, more time for balance, and long-lasting impact on vitality and energy

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Restart, Detox & Balance

Blu Bay Hotel Sozopol

Period: September 1 – 8, 2025

Accommodation

DBL Deluxe Garden View – single

3-day package

1604 EUR

5-day package

2516 EUR

DBL Deluxe Garden View – double

2284 EUR

3646 EUR

Supplements

- Deluxe Sea View – 40 EUR / night
- Studio Sea View – 90 EUR / night
- Apartment Sea View – 150 EUR / night
- Child up to 11.99 yrs . – free (no treatments)
- Child 12+ yrs. + adult on extra bed – €60 / night (no treatments)

Period: September 18 – 24, 2025 (3 days only)

Accommodation

DBL Deluxe Garden View - single 1270 EUR

DBL Deluxe Garden View – double 1950 EUR

Supplements

- Deluxe Sea View – 40 EUR / night
- Studio Sea View – 90 EUR / night
- Apartment Sea View – 150 EUR / night
- Child up to 11.99 yrs . – free (no treatments)
- Child 12+ yrs. + adult on extra bed – 60 EUR / night (no treatments)

All Package Rates Include:

- Accommodation in DBL Deluxe Garden View Room
- 4 or 6 overnights with breakfast for 1 or 2 adults (depending on package)
- VAT (9%) and city tax
- High-speed Wi-Fi in rooms and public areas
- Nespresso coffee machine with capsules
- Rooftop pool with loungers, umbrellas, and towels
- Access to fitness (Technogym), sauna, and steam bath

Lectures & Talks

- Regenerative Medicine – Healing from the Inside Out

Imagine your body healing itself from within – regenerative medicine makes this possible. Not only addressing symptoms, but restoring the body to live a longer, healthier, and more vital life.

Modern regenerative tools:

- Stem cells – to repair damaged tissues.
- Exosomes – messengers of cellular communication.
- Peptides – stimulating natural self-repair.
- Tai Chi & Medical Qi Gong – practices for mind and body.
- Yoga Philosophy – understanding and the path to harmony.

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