



KRYSTAL  
GRAND

NUEVO VALLARTA

# Wellness Program



## Start your Day

Exquisite freshly made natural fruit smoothies, with various options including a variety of grains and milks.



## Get Active

In the gym, we have three equipped areas for different activities: weights cardio, yoga area and a hydration bar.



## Relax

With our daily activities: Stretching, yoga, aquaerobics, zumba, volleyball, and relaxation classes.



## Enjoy

The exclusive section in the buffet, dedicated to healthy choices, or in our restaurants with delicious vegan, vegetarian, and gluten-free options



## Renew Yourself

with relaxing massages, deep tissue, hot stones, and couple experiences. Deep-cleansing facials, nourishing, and anti-aging. Body treatments based on exfoliants and masks.



## Detoxify Yourself

Detoxify your body with a sauna and jacuzzi session; it will help release toxins, reduce stress levels, and enhance circulation.