



# BENESSERE

AT THE BILTMORE

## A Mediterranean Recipe for a Healthy Life



### **BENESSERE DAY PACKAGE**

Kick start your health regimen with a full day of Benessere at The Biltmore. Every Monday The Biltmore will feature a different Comprehensive Day Package that consists of a fitness class, a spa treatment, a culinary class and a leisurely end to your day poolside with a select fresh juice or smoothie from SUCCO Juice Bar.

Select from the following packages:

### **ENERGY PACKAGE**

Spinning Class  
50 min Therapeutic Deep Tissue Massage  
Healthy Italian Cooking Class  
Green Lemonade

### **DETOX PACKAGE**

Spinning  
Organic Seaweed Leaf Cocoon  
Seasonal Cooking Class  
Alkalizer Juice

### **ZEN PACKAGE**

Yoga Class  
50 min Five Star Ayurvedic Treatment  
Vegan Cooking Class  
Green Smoothie

### **PRICE**

\$325/package (inclusive of all tax and gratuity)