



Medical Tourism  
Packages

# Journey to Balance: Indulge in Wellness and Escape

Prices begin at \$9,000 USD for  
two people.  
(6 days / 4 nights)

In this package you will travel to  
Colombia to engage in a series of  
wellness events and therapies.

[www.medicaltourismpackages.com](http://www.medicaltourismpackages.com)





## Intro

# Get the rejuvenation you need and the tranquility you deserve

### *About the destination*



The capital, Bogotá, is a vibrant metropolis known for its cultural heritage and bustling urban life, while Medellín, often referred to as the "City of Eternal Spring," offers a mild climate and stunning views of surrounding valleys.

The country's diverse geography ranges from tropical rainforests and cloud forests to vast plains and snow-capped peaks, providing a stunning backdrop for a wide variety of outdoor activities. Colombian coffee, one of the best in the world, is just one example of the nation's rich agricultural produce, which includes exotic fruits, fresh seafood, and traditional dishes like arepas, empanadas, and bandeja paisa.



In addition to its natural beauty and vibrant culture, Colombia has emerged as a leading destination for medical tourism, offering state-of-the-art medical facilities and expert practitioners in fields ranging from cosmetic surgery to advanced treatments. With its welcoming people, rich traditions, and modern infrastructure, Colombia is increasingly becoming a top choice for those seeking adventure, wellness, and an authentic South American experience.

# Travel Itinerary

## **Wellness Retreat in the Colombian Andes**

Escape to the peaceful Colombian Andes for a four-night, six-day wellness retreat focused on relaxation, rejuvenation, and nature. Surrounded by breathtaking mountain views, this retreat offers the perfect environment to unwind and reconnect with yourself.

### **Accommodations & Wellness Facilities**

Stay in a tranquil retreat with comfortable accommodations designed for relaxation. Enjoy access to wellness facilities, including spa treatments, thermal baths, and spaces for yoga and meditation, all aimed at promoting your well-being.

### **Nourishing Meals & Exploration**

Savor wholesome, locally-sourced meals that nourish the body. Explore the region with private nature walks or visit local artisan villages to experience the culture and beauty of the Andes.

### **Restorative Practices**

Daily yoga, meditation, and sound therapy will help you relax and recharge. Your schedule will be designed for ample rest, so you can fully focus on your wellness journey.

### **A Peaceful Retreat**

This retreat offers a restorative experience in the tranquil Andes, providing the space for relaxation, reflection, and rejuvenation. This retreat is designed to help you unwind, restore, and rejuvenate in the heart of the Colombian Andes. Let us take care of the details, so you can focus on your well-being.





# Travel Itinerary

## Day 1: Arrival & Welcome

Arrive at El Dorado International Airport, where your private driver will greet you and escort you on a scenic journey into the tranquil Colombian Andes. As you climb into the mountains, take in the misty peaks, lush forests, and cool, fresh air that signal your arrival in a place of true retreat.

Upon reaching your peaceful mountain lodge, check into your private suite — a space designed for rest, comfort, and renewal.

That evening, gather for a welcome dinner featuring nourishing, seasonal cuisine. Afterward, you might relax in your suite, sip herbal tea, or take a quiet stroll under the stars, letting the calm of the Andes set the tone for the days ahead.

## Day 2: Orientation & Mindful Transition

Begin your day with a gentle morning practice — sunrise yoga or guided meditation overlooking the Andean landscape. After a wholesome breakfast, meet your retreat host for a personalized orientation, where your schedule can be shaped to meet your wellness intentions: deep rest, movement, mindfulness, or nature immersion.

The afternoon invites you to explore optional activities such as a nature walk, forest bathing, or time in the retreat's wellness spa. Meals are crafted to support your journey, focusing on balance, nourishment, and local seasonal ingredients.







# Travel Itinerary

## Days 3 & 4: Deep Wellness & Rest

These days are designed for immersive wellness experiences:

- Morning breathwork, yoga, or meditation sessions.
- Restorative treatments such as massages, thermal baths, or sound therapy.
- Guided nature immersion, allowing you to reconnect with the rhythms of the earth.
- Time for stillness — journaling, private reflection, or simply resting in serene surroundings.

Each day's meals are thoughtfully curated to complement your wellness path, using fresh Andean ingredients prepared with simplicity and care.

## Day 5: Morning Wellness & Bogotá Culinary Experience

Begin your final full day with a refreshing wellness session — such as sunrise meditation, breathwork, or gentle yoga — to help you center and reflect on your journey. Enjoy a nourishing breakfast and take some quiet time to relax.

Around midday, you'll head into Bogotá for a curated dining experience at Leo, famed for its innovative tasting menus celebrating Colombian biodiversity, or Chato, known for its vibrant, ingredient-driven contemporary cuisine. Savor an unforgettable meal that immerses you in Bogotá's dynamic culinary scene.

Afterward, return to your hotel or retreat for a restful evening, closing the day with a perfect blend of wellness and cultural discovery.

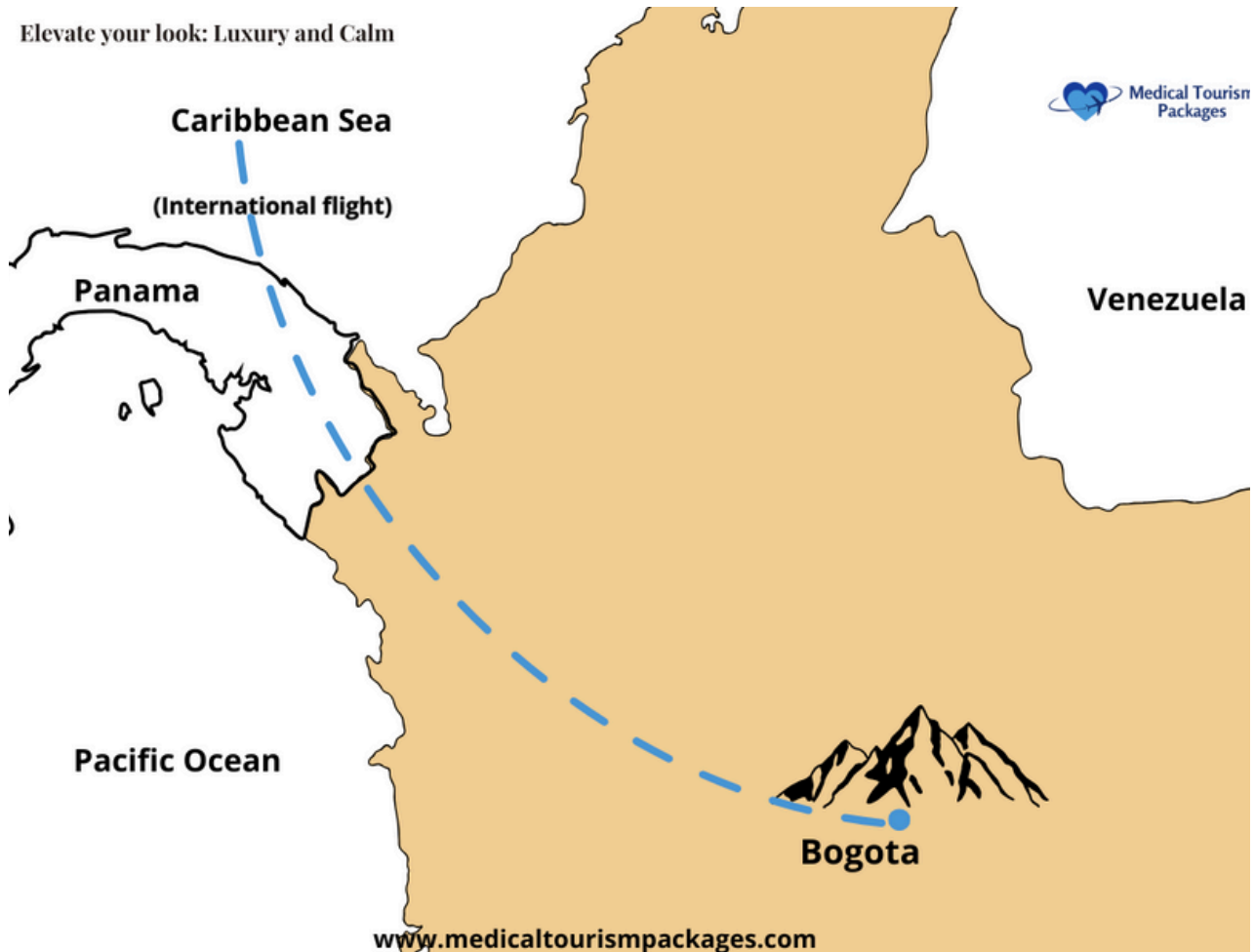






# Journey

Elevate your look: Luxury and Calm



## Reference Map

### Day 6: Departure & Gentle Farewell

After a relaxed breakfast, take time for a final walk or quiet moment before check-out. Your private driver will accompany you back to Bogotá, with the option for a brief stop at a local artisan market or scenic viewpoint, time permitting.

At El Dorado Airport, you'll be assisted smoothly through departure, carrying home the deep calm and rejuvenation of your Andean retreat.



## ***What's included***

### **Travel Itinerary:**

Accommodation

Transport

Translation

Food (three meals a day)

The welcome dinner

Local tours in Bogota

Dinner at Leo or Chato

Travel insurance

All wellness treatments and  
therapies for two people







# Contact us

Our customer service  
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8:00am - 6:0pm, Mon- Sat

## Contact

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