PURO VIK WELLNESS



VIK RETREATS

VIK CHILE

MILLAHUE, CHILE



WELLNESS AT VIK RETREATS

At Vik Retreats, wellness is not a destination — it is a way of being, deeply rooted in the breathtaking natural landscapes that surround us. Whether on the beaches and pastures of José Ignacio, Uruguay, or the majestic valleys and mountains of Millahue, Chile, we believe that nature is the greatest healer and the foundation of a balanced life.

NATURE AS OUR GUIDE

Our wellness philosophy is grounded in the profound connection between human vitality and the natural world. Every program at Vik is designed to harness the healing energy of our extraordinary environments — from the crashing waves, ocean breezes, and extraordinary ranch lands of Uruguay to the powerful stillness and expansive vistas of Chile's wine country. Immersion in these pristine settings promotes inner harmony, mindfulness, and renewal.

In Millahue, Chile, Vik's vineyard-covered valleys and over 10,000 acres of natural terrain offer an entirely different yet equally profound landscape for exploration and renewal.

- Hiking through vineyards, valley and hillside trails
- Mountain biking across scenic terrain
- Horseback riding through valleys and ridgelines
- And a variety of outdoor pursuits that awaken the spirit and deepen your connection to the land

PURO VIK *Wellness*

HOLISTIC, FUNCTIONALLY ROOTED PRACTICES

At the heart of each of our state-of-the-art wellness centers lies a focus on functional training — strengthening the body in ways that translate to real-life vitality. Our fitness offerings are dynamic and personalized, combining:

- Yoga for flexibility and mental clarity
- Functional Training
- Personal Training tailored to each guest's goals
- Breathwork and Meditation for inner peace and focus

This comprehensive approach builds strength, resilience, and awareness from the inside out.

TRADITIONS OF GLOBAL HEALING

Our wellness experiences are enriched by time-honored treatments drawn from the world's most respected healing traditions. These include:

- Sauna, Cold Plunge, and Hammam to awaken circulation and restore balance
- Massage therapies for deep release and energetic alignment
- Sound Baths and sensory therapies that recalibrate the nervous system
- Physical Therapy to promote long-term mobility and well-being

Wellness at Vik Retreats is not about escape, but reconnection — to self, to nature, and to the ancient rhythms that sustain us. It is a celebration of vitality, grounded in place and elevated by purpose.



Every modality is offered by expert practitioners in *serene, immersive* settings designed to awaken the senses and deepen the journey toward wellness.

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WELLNESS CENTER INFORMATION & POLICIES

To create a restorative retreat for the body and senses, we kindly ask guests to speak softly and help preserve an atmosphere of relaxation and tranquillity.

WELLNESS ENVIRONMENT

To maintain a peaceful and relaxing atmosphere, we kindly ask guests to keep their voices low and discreet and to ensure that mobile devices remain on silent throughout their visit to the Wellness Center.

SPA RESERVATIONS

We recommend booking your treatment before or upon arrival at the hotel so that we can accommodate your preferences as best as possible.

To fully enjoy your experience, we recommend arriving 10 minutes before your scheduled appointment. In the event of a late arrival, your treatment will still finish at the scheduled time to respect subsequent guests' reservations.

CANCELLATION POLICY

Any changes or cancellations must be requested at least 6 hours before the scheduled appointment. Rescheduling is subject to availability.

Cancellations made with less than 6 hours' notice, as well as missed appointments (no-shows), will incur a charge of 100% of the reserved treatment price.

PREGNANCY & HEALTH CONDITIONS

If you are pregnant or have any health conditions or allergies, we kindly ask you to inform us when making your reservation or before your treatment begins. This will allow us to tailor the experience to your individual needs and ensure your comfort and well-being.



CATEGORY

DEEP REGULATION

Rituals designed to accompany moments of tension, overload and fatigue through the elements of water, touch and breath. Each experience responds to a different need: slowing down, disconnecting, restoring or preparing the body for rest.

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Nervous System Reset Ritual

A ritual designed for moments of sustained tension and overload. A warm immersion prepares the body for a slow, enveloping massage, with particular attention to the areas where tension tends to accumulate. Water, breathing and touch come together to encourage a profound sense of calm, stability and bodily awareness.

75 MINUTES $215,000 CLP

Digital Decompression Ritual

Created to ease the feeling of sensory overload associated with hyperconnectivity and prolonged screen use. A low-stimulation warm immersion precedes a massage focused on the face, head, neck, shoulders, arms and hands. A sensory pause that invites you to regain clarity, stillness and mental space.

75 MINUTES $195,000 CLP

Vital Reserve Ritual

Designed for moments of exhaustion or low energy. A full-body massage releases accumulated tension before a warm immersion with mineral salts and botanicals. A restorative infusion accompanies the closing moments of this experience, created to restore energy, lightness and vitality.

90 MINUTES $235,000 CLP

Nightfall Sleep Ritual

Designed to ease the transition into rest. A massage featuring slow, enveloping movements focuses on the back, neck, head and feet, while breathing and a low-stimulation environment encourage a gradual slowing down. An experience of deep stillness to close the day and surrender to rest.

60 MINUTES $160,000 CLP

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CATEGORY

BODY MASSAGE

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Body massages designed to address different needs relating to rest, tension, mobility and recovery. Pressure, rhythm and manual techniques are tailored to the body to restore comfort, fluidity and freedom of movement.

Deep Rest Massage

A massage featuring long, fluid movements, gentle to moderate pressure and a slow, unhurried rhythm. Continuous touch helps gradually release tension, guiding the body towards a deep and sustained state of relaxation.

60 MINUTES $160,000 CLP | 90 MINUTES $235,000 CLP

Deep Tissue Massage

A dynamic body massage using medium to firm pressure, combining targeted muscle work with therapist-assisted stretching and specific trigger point techniques. The sequence is tailored to the areas most affected by physical activity, helping to reduce muscle tension, restore flexibility and prepare the body for movement or support its recovery afterwards.

60 MINUTES $180,000 CLP | 90 MINUTES $235,000 CLP



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Lymphatic Flow Massage

A massage using gentle, precise pressure and rhythmic, fluid movements that support the body's natural circulation and drainage processes. The techniques flow progressively and directionally, encouraging a greater sense of fluidity, lightness and bodily comfort.

60 MINUTOS $160.000 CLP | 75 MINUTOS $215.000 CLP

Performance Stretch Massage

A dynamic massage using medium to firm pressure, combining muscle work, compressions and targeted stretching. The sequence is adapted to the body's range of motion and individual needs, with particular attention to the legs, hips, back and shoulders. An experience that helps release muscular overload, restore mobility and bring the body back to a greater sense of freedom of movement.

60 MINUTES $160,000 CLP | 90 MINUTES $195,000 CLP

Breath & Motion Massage

A fluid, enveloping body massage inspired by the continuity and expansiveness of movement. Through long, rhythmic strokes performed with the hands and forearms, the massage flows across the body as one continuous movement, naturally accompanying the breath and encouraging a sense of openness and bodily harmony.

60 MINUTES $160,000 CLP | 90 MINUTES $195,000 CLP

Circadian Pulse Massage

A personalised body massage that adapts pressure, rhythm and areas of focus according to the time of day and individual needs. Inspired by chronobiology and circadian rhythms, each session adjusts its intensity and dynamics to accompany the body's natural daily cycle.

60 MINUTES $160,000 CLP | 90 MINUTES $235,000 CLP

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CATEGORY

WARM BODY

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Body rituals in which warmth, texture and elements of the surrounding landscape are incorporated into manual techniques to ease muscle tension and encourage a sense of rest and restoration. Warm, sensory experiences that connect the body with the natural elements and distinctive identity of Millahue.

Hot Stone Massage

A body massage in which the warmth of the stones blends with the movement of the hands, creating a slow, enveloping experience. The stones glide across the body and rest gently on the skin, delivering sustained warmth that helps ease muscle tension and stiffness. The combination of temperature, weight and touch invites the body to gradually release its state of alertness and surrender to a deep sense of rest and stability.

75 MINUTES $235,000 CLP

Botanical Pinda Ritual

A body ritual performed with warm herbal compresses (pindas), crafted from seasonal herbs from our VIK Zero garden, grape pomace from the vineyard and sea salt from Cáhuil. Through pressure, compression and gliding movements, the pindas gradually release warmth, aroma and texture, easing muscle tension and encouraging deeper, slower breathing. A warm and deeply sensory experience in which botanicals, the vineyard and the mineral richness of the coast meet on the body.

75 MINUTES $235,000 CLP

Mineral Clay Body Ritual

A body ritual inspired by STONEVIK and the mineral strength of the surrounding landscape, combining massage with targeted applications of warm clay. Its dense texture retains and transfers heat over time, encouraging microcirculation and helping to ease muscle tension and stiffness. The clay's lasting presence, temperature and weight create an experience of deep grounding and containment, in which warmth, density and texture define the character of the ritual.

75 MINUTES $250,000 CLP

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CATEGORY

BATHING & IMMERSION

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Immersion baths in which water, temperature and elements of the surrounding landscape come together to create sensory experiences of pause, renewal and rest. Each ritual expresses its own identity through the vineyard, the mineral richness of the coast or the botanicals from our garden.

VIK Wine Bath

A warm immersion inspired by VIK's winemaking heritage, enriched with wine lees naturally rich in antioxidant polyphenols. This expression of the grape is incorporated into the water, creating an intimate and sensory experience that softens the skin, enhances its radiance and leaves a pleasant feeling of nourishment, renewal and vitality.

45 MINUTES $140,000 CLP

Cáhuil Mineral Awakening

Sea salt from Cáhuil, harvested by hand in the Pacific coastal salt flats through an ancestral tradition, meets the fresh botanicals from our garden in a mineral bath designed to awaken the senses and prepare the body for movement. The salt's mineral richness and the fresh notes of herbs transform the water into a revitalising experience that awakens sensory awareness and renews the body's energy.

45 MINUTES $110,000 CLP



Botanical Rest Bath

A botanical bath prepared with seasonal herbs from our garden, which slowly release their aromas and delicate nuances into the warm water. Temperature, botanicals and gentle aromatic notes create a low-stimulation sensory experience, encouraging a gradual slowing down and a state of reduced internal activation.

45 MINUTES $110,000 CLP

CATEGORY

TARGETED WELLNESS

PURO VIK *Wellness*

Targeted rituals that address specific areas of physical, mental and sensory tension through reflexology and craniofacial techniques. Each experience responds to a distinct intention: releasing localised tension, encouraging inner comfort, allowing the mind to rest or preparing the body for deeper relaxation.

Rooting

A carefully designed foot reflexology sequence to restore grounding, stability and bodily awareness. Deep, measured pressure is applied to reflex zones associated with breathing, the spine, lower back and hips, helping to release tension in the soles of the feet and enhance awareness of the body's central axis and points of support. An experience that invites fuller breathing and reinforces a sense of balance and bodily connection.

45 MINUTES $140,000 CLP

Quiet Sole

Quiet Sole works through the feet to create a pause when the mind remains active and attention feels overwhelmed. A gentle, low-intensity foot reflexology sequence, carefully designed for moments of mental and sensory fatigue. Through soft, precise pressure on reflex zones associated with the head, eyes and senses, it encourages mental rest and a gradual reduction in sensory overload. A refreshing experience that restores clarity, mental space and sensory repose.

45 MINUTES $140,000 CLP

Digestive Flow

Digestive Flow accompanies moments of abdominal discomfort through a foot reflexology sequence designed around the digestive system. Using warm, continuous and directional touch, the sequence works on reflex zones associated with digestive processes, incorporating a specific pathway along the colon to encourage a greater sense of internal fluidity. An experience designed to restore a feeling of abdominal comfort.

45 MINUTES $140,000 CLP

Jaw Release

Jaw Release addresses accumulated tension in the jaw, face and neck through a carefully measured craniofacial sequence. The treatment begins by preparing the cervical area and base of the skull before focusing on the jaw muscles and temples, incorporating gradual pressure, releasing techniques and breathing. An experience designed to ease stiffness, reduce the sensation of pressure and restore greater freedom of movement to the jaw and facial expression.

45 MINUTES $140,000 CLP

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Head Clarity

Head Clarity is designed for moments of mental overload and eye fatigue associated with intensive visual and digital demands. Through gentle pressure and slow movements across the upper neck, base of the skull, face, eye contour and scalp, it helps release tension and allows the eyes to rest. An experience designed to restore perceptual clarity and reduce sensory overload.

45 MINUTES $140,000 CLP

Cranial Rest

Cranial Rest begins with one of the most instinctive forms of relaxation: the comforting touch of the head. Slow techniques, gradual pressure and continuous contact work across the base of the skull, nape and scalp, releasing tension and progressively reducing sensory overload. A deeply comforting experience that invites the mind to let go and enter a state of complete, enveloping rest.

45 MINUTES $140,000 CLP

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CATEGORY

FACIALS

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Pruina de Vid Facial

An intensive comfort facial for sensitive, reactive or visibly stressed skin. Inspired by pruina, the fine natural coating that protects grape skins, this treatment combines botanical mists, fresh and lightweight textures, carefully calibrated hydration and a slow, delicate facial massage. The gentle touch soothes feelings of tightness and restores comfort and softness, leaving the skin protected, balanced and visibly rested.

75 MINUTES $235,000 CLP

Vine Skin Hydration Facial

Designed for dehydrated, dry, dull or fatigued skin, this treatment restores hydration, freshness and softness to the face. Inspired by grape skin as a natural reservoir of water and vitality, it combines multi-layer hydration, botanical textures, a repairing mask and an enveloping facial massage that enhances comfort and relieves feelings of tightness. The skin regains its suppleness, with a fresh and revitalised appearance.

75 MINUTES $235,000 CLP

Harvest Glow Facial

For dull, fatigued skin or skin showing visible loss of firmness, Harvest Glow enhances radiance and revitalises facial expression. Inspired by harvest season as the moment when grapes reach their fullest expression, it combines antioxidant botanical actives, nourishing textures, a manual lifting massage and targeted eye contour care. The skin regains vitality, with a firmer, brighter and renewed appearance.

75 MINUTES $235,000 CLP

Mineral Clay Facial

For congested skin, uneven texture or skin in need of restoring balance, Mineral Clay Facial purifies and refines the appearance of the face. Inspired by the mineral depth of the earth that nourishes the vine, it combines a mineral clay application with botanical textures and restorative hydration, creating an experience of deep cleansing and renewal. The skin regains softness and balance, with a more even texture and a fresh, renewed appearance.

75 MINUTES $235,000 CLP

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Botanical Steam Facial

For fatigued, congested skin or skin exposed to environmental stress, this facial offers a gentle purifying treatment and sensory renewal. Inspired by the wind that moves through the vineyard, it combines aromatic botanical steam, lightweight mists and delicate textures that prepare the skin and soften the appearance of fatigue. The face regains a more rested and radiant appearance, accompanied by a pleasant feeling of lightness and wellbeing.

75 MINUTES $235,000 CLP

Slow Renewal Facial

For dry, mature or fatigued skin, the Slow Renewal Facial offers a gradual renewal treatment designed to restore nourishment, softness and vitality. Inspired by time as a force of transformation, it combines gentle exfoliation with nourishing botanical textures, an extended facial massage and a mask that rests on the skin to enhance comfort. The face regains softness and improved texture, with a nourished, rested and renewed appearance.

75 MINUTES $235,000 CLP



CATEGORY

RECOVERY

PURO VIK *Wellness*

Experiences that incorporate wellness technology to support physical recovery after exertion, travel, or extended periods of activity. Through controlled stimulation techniques, these experiences aim to enhance physical comfort and promote a renewed sense of vitality and well-being.

Leg Recovery Compression

This therapy uses sequential compression boots to relieve feelings of heaviness and overload in the legs. Through rhythmic cycles of pressure and release, it encourages a gradual sense of relief, lightness and rest. Particularly recommended after walks, horseback riding, physical activity or long journeys, it restores a pleasant feeling of comfort and ease.

45 MINUTES $140,000 CLP



CATEGORY

YOGA

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Morning Yoga - PRIVATE INDIVIDUAL SESSION

A private yoga practice designed to begin the day through mindful movement and breathing. The session is adapted to individual levels and needs, creating a balanced progression that mobilises the body and prepares it for the activities ahead. A personalised experience to awaken energy, presence and bodily integration.

60 MINUTES $160,000 CLP

Morning Yoga - PRIVATE SESSION FOR TWO

A private yoga practice designed to share the beginning of the day through mindful movement and breathing. The session is adapted to both participants' levels and needs, creating a balanced progression that mobilises the body and encourages a shared experience of presence. A space to awaken energy, bodily integration and connection through movement.

60 MINUTES $230,000 CLP





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