

 WALDORF ASTORIA®
LOS CABOS • PEDREGAL

Natura Bissē
Barcelona

WELLNESS MONTH

This June, wellness unfolds in partnership with Natura Bissē, the Barcelona-born luxury skincare house rooted in the belief that every skin has its own voice.

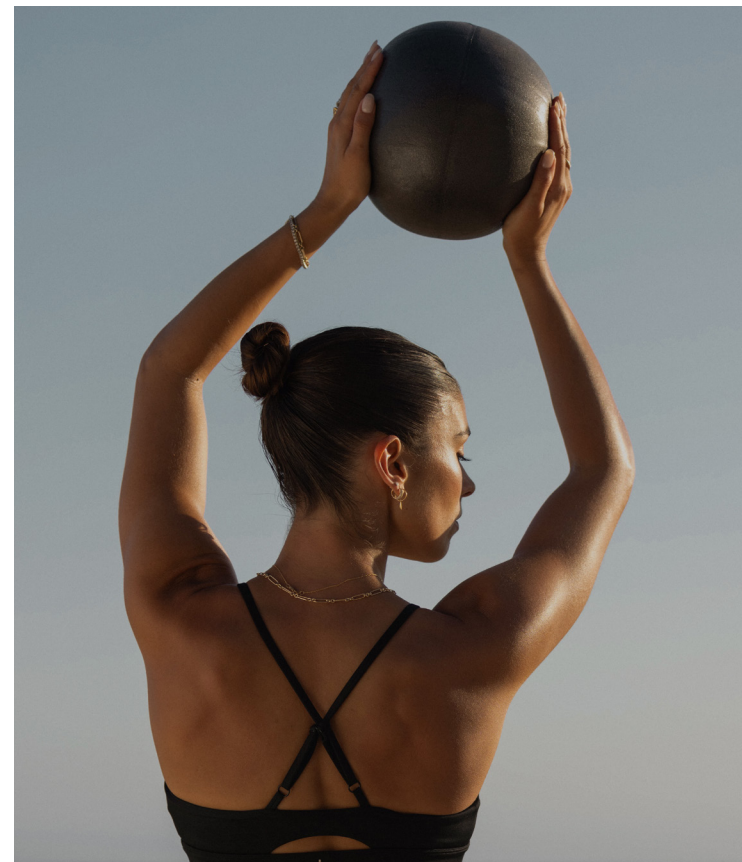
A month of refined treatments where advanced science meets expert human touch, set against the quiet beauty of Pedregal.

JUNE 2026



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Meet us in paradise all June long at Waldorf Astoria Los Cabos Pedregal for restorative weekends with Natura Bissé—a month designed to elevate self-esteem, enhance well-being, and gently lift, reset, and reconnect.

Every Thursday, Friday, and Saturday, settle into a natural rhythm of movement and fitness classes, guided rituals, and spiritual sessions with our Healers-in-Residence, complemented by Mexican folk healing traditions. Skincare masterclasses, poolside moments, and immersive experiences unfold throughout, inviting discovery at every turn.



THE ITINERARY

Yoga Experience

Begin with a warming touch. Before the session, a layer of Natura Bissé's Warming Gel is applied to awaken circulation and gently prepare the body—so you move deeper, feel lighter, and settle into the practice with ease.

Pilates

Ease into the day with a morning Pilates session designed to refresh and restore. With the sound of the ocean in the background, each practice builds strength, deepens flexibility, and improves posture...leaving you feeling aligned, energized, and ready to embrace the day in paradise.

Functional Training

A dynamic full-body training session designed to move with purpose. This functional class focuses on strength, stability, and mobility to build real-world fitness that supports how you live, move, and feel.





Recovery Experience Wellness Bar NaturaBissé Barcelona

A post-workout reset designed to reawaken the body and restore balance. Begin with a cooling ice bath ritual, preceded by a refreshing C+C Vitamin Splash mist—rich in vitamin C to energize and revive the skin. After the cold immersion, restore and refine with targeted cryo, warming, and Lipo Gel applications, supporting recovery, contour, and overall body renewal in one seamless experience.

Bracelet Workshop at Agave Study

Join us for a mindful workshop inspired by the ancient practice of Japa, the repetition of sacred mantras. Using malas as your guide, you'll explore a simple way to quiet the mind, center your energy, and reconnect inward. Create your own bracelet along the way, a personal piece designed to carry intention, presence, and calm with you long after you leave Pedregal.

Diamond Well-living Pool Smoothies NaturaBissé Barcelona

A refreshing poolside ritual, inspired by the Diamond Well-Living dry oils. Indulge in four signature smoothies—each crafted to reflect a different benefit: hydration, revitalization, balance, and relaxation. Blending key actives and sensorial ingredients, each sip becomes a simple way to care from within, connecting inner well-being with outer glow.

Creating a Colorful Mandala with Fernanda Montiel

A hands-on experience where creativity meets connection. Together with healer-in-residence Fernanda Montiel, collaborate to build a living work of art using flowers, seeds, shells, crystals, and other natural elements—each contribution adding to a shared symbol of unity. More than just art, it's a mindful, energizing activity that sparks self-expression.

Pool Takeover x Natura Bissé | Taste of Summer

Guests are invited to enjoy on-the-go applications of facial and body SPF, featuring Dry Touch Sunscreen Fluid, C+C Vitamin SPF 50 Bi-Phase Invisible Sunscreen, Summer Lotion, and Splash. A light, effortless ritual to stay protected, refreshed, and glowing under the Pedregal sun.

Scrub Workshop Experience

Indulge in a relaxing and creative self-care experience at our Scrub Workshop, where you'll explore the essentials of skincare while crafting your own personalized body scrub using natural, nourishing ingredients. In this hands-on session, you will learn how different elements—like exfoliants, oils, and botanicals—work together to refresh and revitalize your skin, all while blending a custom scent and texture that suits you. It's a soothing, sensory experience that invites you to slow down, get creative, and leave with a product you can enjoy long after the workshop ends.

Moon Ceremony

This offering is for those who seek feel drawn to cosmic connections, finding resonance in the celestial dance of stars and moon. Through studying the lunar cycle, we unveil the profound connection between cosmic rhythms and our emotional landscape. Our ancestors understood life as a tapestry woven with celestial threads, influencing our experiences. Through this exploration, we illuminate your essence and equip you with tools for emotional understanding, nurturing your journey towards daily fulfillment and growth.





Hiking

Take in beautiful surroundings, reconnect with nature, and unwind as our guide leads you along safe, scenic trails. It's the ideal, refreshing way to start your day or reset your mind during your stay.

Glutes & ABS

A focused, high-energy session designed to fire up the lower body and core. This targeted workout strengthens and tones the glutes and abs through controlled, intentional movements that challenge stability, endurance, and form. Feel the burn, embrace the shake—it's where the strength builds.

Yoga Nidra

A deeply restorative guided meditation practice, rooted in the transformative power of yoga. Yoga Nidra is often described as “yogic sleep”—a state of conscious rest where the body relaxes completely while the mind remains gently aware. Through this session, guests are invited into a sense of deep stillness, ease, and inner clarity.

Pure-Air Bubble Facials Natura Bissé

A next-level facial experience within a pure-air cabin, designed to create an ultra-clean, oxygen-rich environment for the skin. This immersive treatment enhances absorption, boosts radiance, and supports deep rejuvenation, while you simply relax inside your own private wellness bubble.

Solstice Ceremony

A celebration of life's turning points—solstices and equinoxes—this ceremony opens with teachings on the cardinal directions, woven with indigenous language, incense blessings, and intention-setting with sacred copal. Together, participants prepare an offering of seeds, flowers, and fruit to return to the sea or earth in gratitude. Rooted in ancestral wisdom, the experience comes alive with the sounds of conch shells, drums, rattles, and coyoles, while copal is burned to cleanse and bless the group and space, creating a powerful, grounding, and shared ceremonial moment.

Body Sculpt

A full-body conditioning class designed to tone, strengthen, and define. This energizing session combines controlled resistance work with dynamic movement to target major muscle groups, improve endurance, and build lean strength. A focused, feel-it-in-every-rep workout that leaves you stronger, more sculpted, and fully activated.

Masterclass C+C BOLEGIANO Natura Bissé

An expert-led journey through a complete skincare ritual with Natura Bissé products, guiding guests step by step through application techniques, product benefits, and professional insights. Learn how to build a personalized routine using the C+C range, with visible, immediate results and lasting impact. A tailored, hands-on experience designed to elevate your skincare knowledge—and your skin.

Breathwork & Meditation

A guided journey inward, using breath as the anchor and awareness as the guide. Move through the body with intention, releasing tension and settling into a deeper sense of ease and presence. As the practice unfolds, arrive in a quiet space of clarity and connection.





Poolside Shoulder & Neck Massages Natura Bissé

A full-body conditioning class designed to tone, strengthen, and define. This energizing session combines controlled resistance work with dynamic movement to target major muscle groups, improve endurance, and build lean strength. A focused, feel-it-in-every-rep workout that leaves you stronger, more sculpted, and fully activated.

Sound Healing

Dive into the transformative realm of sound healing therapy, where the symphony of the universe meets the rhythm of your being. Through carefully curated sound frequencies, we realign your essence, restoring harmony to every cell. Join us in this journey of resonance and renewal, and feel the transformative shift within.

Cacao Ceremony

This indigenous Cacao Ceremony has been crafted to awaken your mind, body, and spirit. Reawaken and deepen your heart-to-heart connection just as our ancestors would as our shaman guides you through this loving ritual, prepared with an aromatic cocoa elixir and fragrant rose petals.

FULL WEEKEND SCHEDULE

THURSDAYS,
4TH, 11TH, 18TH, 25TH

- 8:00 a.m. **Yoga**
- 9:00 a.m. **Functional Training**
- 8:00 a.m.-11:00 a.m. **Recovery Experience + Wellness Bar**
- 12:00 p.m. **Bracelet Workshop at Agave Study**
- 12:00 p.m. **Smoothie Bar by the pool** Natura Bissé
(Thursday, 11TH)
- 12:00 p.m. **Pool Takeover** Natura Bissé
(Thursday, 18TH, 25TH)
- 12:00 p.m. **Mandala by Fernanda Montiel** (Thursday, 25TH)
- 2:00 p.m. - 4:00 p.m. **Pure Air Bubble Facials by Natura Bissé Skin Expert** Natura Bissé
- 5:00 p.m. **Scrub Workshop Experience** Natura Bissé
(Thursday, 4TH, 11TH, 18TH)
- 5:00 p.m. **Moon Ceremony at Pai Pai**
(Thursday, 25TH)

FRIDAY,
5TH, 12TH, 19TH, 26TH

- 7:00 a.m. **Hiking**
- 8:00 a.m. **Pilates**
- 9:00 a.m. **Glutes & ABS** Natura Bissé
- 8:00 a.m.-11:00 a.m. **Recovery Experience + Wellness Bar** Natura Bissé
- 12:00 p.m. **Pool Takeover** Natura Bissé
(Friday, 5TH, 12TH, 19TH)
- 12:00 p.m. **Bracelet Workshop at Agave Study** (Friday, 26TH)
- 2:00 p.m. - 4:00 p.m. **Pure Air Bubble Facials by Natura Bissé Skin Expert** Natura Bissé
- 5:00 p.m. **Yoga Nidra at Pai Pai**
(Friday, 5TH, 12TH, 19TH)
- 5:00 p.m. **Solstice Ceremony Ritual at Pai Pai**
(Friday, 26TH)

SATURDAY, JUNE
JUNE 6TH, 13TH, 20TH, 27TH

- 7:00 a.m. **Hiking**
- 8:00 a.m. **Yoga**
- 9:00 a.m. **Body Sculpt**
- 8:00 a.m.-11:00 a.m. **Recovery Experience + Wellness Bar** Natura Bissé
- 12:00 p.m. **Skincare Masterclass at Agave Study** Natura Bissé
- 5:00 p.m. **Sound Healing Experience at Pai Pai**
(Saturday, 6TH, 13TH, 20TH)
- 5:00 p.m. **Cacao Ceremony Experience at Pai Pai**
(Saturday, 27TH)





WALDORF ASTORIA LOS CABOS PEDREGAL

At Waldorf Astoria Los Cabos Pedregal, every stay is shaped by the spirit of Pedregal—where the desert meets the Pacific, and time feels softly unhurried. Since 2019, the resort has been honored with consecutive Forbes 5-Star recognition, a reflection of its enduring commitment to exceptional service, intuitive care, and a deep sense of place.

Guided by the moon, the sea, and the land, Waldorf Astoria Los Cabos Pedregal is rooted in the traditions that came before us—honoring ancient healing practices passed down through generations. Here, the phases of the moon, the restorative power of the ocean, and the richness of Mexican folk healing come together in experiences designed to ground, restore, and renew.

This dedication to craft and care is reflected in continued recognition, including Smart Meetings Smart Stars: Best Hotel Spa (June 2025) and Organic Spa Magazine’s 2025 Wellness Travel Award for Best Couples Getaway—each a testament to the way Pedregal continues to redefine wellness in paradise.

NATURA BISSÉ

Natura Bissé is a globally renowned luxury skincare company founded in Barcelona in 1979. Today, it is passionately led by the second generation of the Fisas family. With the expertise of skilled aestheticians, the brand recognizes every skin has its own voice. The skincare line embodies this belief by fusing pioneering technology with the most delicate human touch to develop award-winning products and transformative spa treatments.

Proven by neuroscience, the brand’s experiences are designed to improve self-esteem and increase well-being by nearly 70%. The constant pursuit of excellence has led Natura Bissé to receive numerous awards including a four-peat recognition (2018–2021, 2025) as the “World Best Spa Brand” at the World Spa Awards TM and “Best Spa Product Brand” at the Luxury Spa Edit Awards 2025. Globally, Natura Bissé continues to expand its footprint in the most distinguished luxury retailers and best-in-class spas. To date, Natura Bissé has presence in over 60 countries with subsidiaries in Spain, United States, Mexico, United Kingdom and China.

True to its commitment to give back, Natura Bissé is determined to satisfy today’s needs without compromising the future by balancing environmental care, social well-being, and economic growth. Since 2008, the brand has collaborated with the Ricardo Fisas Natura Bissé Foundation to enhance the well-being of those most vulnerable.



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For further details and to book your wellness getaway in paradise,
please contact SJDWA.SPA@waldorfastoria.com

Limited availability.

<https://www.waldorfastorialoscabospedregal.com/wellness/wellness-month/>