



explore

## BIKE & YOGA

Grab your bike and breeze through the colorful streets of Lima!

Explore the streets and boulevards of Lima's most lively neighborhoods. End the day with a relaxing ocean view Yoga Session at our rooftop.



4 HOURS 30 MINUTES

US\$140

Sáenz Peña 204,  
Barranco, Lima. Perú.  
[hotelb.pe](http://hotelb.pe)



## FOR OUTDOOR LOVERS

A refreshing day  
spent exercising and  
eating well!



## BARRANCO

Grab a Hotel B bike and begin the day pedaling down the Sáenz Peña Boulevard. Here you will be introduced to some of the most emblematic streets of this bohemian district. See the Bridge of Sighs and marvel at the ocean from one of the best viewpoints in town. Afterwards, ride towards Barranco's Main Square, the renewed Heroes Park, and along the Barranco Bay.



## MIRAFLORES

Cross over to Miraflores via La Paz Avenue and follow the bike way that leads to Villena Bridge and the dreamy Miraflores Bay. Here you will see the famous Maria Reiche Park and Larcomar shopping center.



## YOGA SESSION

Back at Hotel B, make your way to The Rooftop for an energizing yoga session overlooking ocean. Finally, recharge your energy with delicious fruit salad and cool ice tea.



# In room massage

## **In room massage**

Pamper yourself with our wellness-enhancing massage therapies.

Indulge and relax with an exclusive in-room spa treatment of your choice by a professional therapist. Ideal for relaxation and stress-release.

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 50 MINUTES

US\$250

## RELAXING MASSAGE

Aims to improve the stress state of the body and to restore physical, mental and emotional balance. The techniques used aim to regain flexibility and deepen the level of relaxation. The massage consists of passively stretching the muscles and applying pressure with the fingers, palms and forearms, along the energy lines of the body.



 60 MINUTES

US\$280

## DEEP TISSUE MASSAGE

This slow and deep massage will stimulate the body tissues. Effective in relieving chronic pain, flexibility problems, and muscle spasms. Helps to eliminate toxins that have accumulated in the muscles, and to have a better blood circulation, bringing with it the necessary oxygen. The body will immediately feel the benefits of this massage and the release of pain and total relaxation.



 60 MINUTES

US\$280

## MASSAGE B

This exclusive massage designed by expert therapists is a combination of different massage techniques. The vital energy that these maneuvers provide are combined with the strength and depth of the massage, which will take you to a state of total well-being.