The Formentera Department of Tourism reports that Formentera Zen concluded yesterday. “Covid-19 safety protocol may have made this an atypical edition”, said Consell president and tourism chief Alejandra Ferrer, “but health and wellness held on to their spot at centre stage”. Describing the aim of the programme as “sweeting the deal for our visitors and stretching out the tourist season”, Ferrer offered kudos to speakers and participants alike and highlighted the significance of their commitment to in the midst of such difficult circumstances.

All told 150 participants came out for the event, which got rolling Friday evening and ran through Sunday with a lineup of talks, clinics and master classes from leaders in health and physical and emotional wellness. President Ferrer, meanwhile, underscored the prestige surrounding Formentera Zen’s collaborators as the event entered its sixth year. Friday’s kickoff centred on a motivational talk titled “Self-esteem for success” by professional psychologist, author, speaker and online leader in personal development Sílvia Congost.

The main event came Saturday with a workshop on the magical combination of exercise and music. The event was led by Cesc Escolà, who is renowned for his appearances on TV programmes like Operación Triunfo. Dietician, nutritionist and “Realfooding” creator Carlos Ríos followed with a talk exhorting participants to return to “real food” and reviewing nutrition and healthy habits. “Batch cooking, healthy and efficient weekly kitchen prep” was at the centre of another clinic on Saturday, and it came courtesy of Paola Freire, a chef and pastry chef at Le Cordon Bleu and creator of “Foodtropia”.

Xuan Lan

For many attendees Saturday afternoon was the most hotly anticipated, for it came with Xuan Lan’s master class “Flow to slow sunset yoga”. Lan is not only an expert on wellness, a teacher and an exponent of a wide range of yoga styles, she is also an author and instructor on Operación Triunfo.

As Sunday got started, participants were treated to a pilates workshop from Claudia Constans, a psychologist, top-ten fashion and healthy-lifestyle influencer and the creator of “Ffitcoco”. A clinic on “FaceFit” came next, which saw Daniela Toro expounding on posture-based solutions to cervical and facial woes. A physiotherapist specialising in face and mouth pain and jaw

disfunction, Toro pioneered the FaceFit method, which incorporates physiotherapy, psychoneuroimmunology, dermapharmacy and cosmetics.

Arturo Álvarez-Bautista followed with a lecture on active cosmetics and the importance of ingredients. Álvarez holds a degree in chemistry and physics, a master's in dermacosmetics and biomaterials for medicine, a PhD in nanomedicine and is the creative mind behind a host of prestigious cosmetic products. For Formentera Zen's closing talk, audiences got key wellness tips and the low-down on healthy habits from Marián García (alias Boticaria García), who holds a PhD in pharmacology and bachelor's in human nutrition, dietetics, optics and optometry.

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