



ANTI-STRESS HEALTH PROGRAM



- Nutritional diagnostics with a professional device for analysis of body-mass composition GAIA,
- Creation of training program under the control of a kinesiologist – cardio-fitness
- Unlimited use of fitness centre
- Corrective exercises for the spine (individual or group) – 1 x 45 min.
- 2x wellness – spa oasis: Jacuzzi, sauna, infrared sauna, steam bath
- 2x solarium
- 1x anti-stress massage
- 1 x Hot stone massage using stones of volcanic origin
- Unlimited use of pools with healing thermal water
- Full board, twin room

for him

PROGRAM PRICE (PACKAGE 4 days/3 nights): 282€ per person

PROGRAM PRICE (PACKAGE 6 days/5 nights): 420€ per person

Additionally: Consultation with a nutritionist and creation of menu, 1x anti-stress or aroma-massage, 2x wellness - spa oasis, 1x corrective exercises for the spine, 2x solarium + body detoxification with oil and salts.

PROGRAM PRICE (PACKAGE 8 days/7 nights): 574€ per person

Additionally: Consultation with a nutritionist and creation of menu, 2x anti-stress or aroma-massage, 4x wellness - spa oasis, 2x corrective exercises for the spine, 2x solarium + body detoxification with oil and salts and facial massage (20 minutes).



ANTI-STRESS HEALTH PROGRAM



- Nutritional diagnostics with a professional device for analysis of body-mass composition GAIA,
- Creation of training program under the control of a kinesiologist – power plate – vibration training
- Unlimited use of fitness centre
- Corrective exercises for the spine (individual or group) – 1 x 45 min.
- 2x wellness – spa oasis: Jacuzzi, sauna, infrared sauna, steam bath
- 2x solarium • 1x body treatment with healing mineral mud – fango (peeling and body firming)
- 1x whole body aroma-massage
- Unlimited use of pools with healing thermal water
- Full board, twin room

for her

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VAT is included in the prices. Prices do not include tourist tax. Tourist tax 1,50€ per day.
Reception registration 1,30€. Pricelist is valid from 01.05.2024.

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