

BELLEVUE

HOTEL / LOŠINJ

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NICOTINE FREE-DETOX PROGRAMME

Make a wish, and let us help you make it come true!

(minimum of 7 days / 6 nights recommended)

The goal of the *Spa Clinic* Nicotine Free programme is to help you clean in a natural, healthy way, and to recover the physiological function of your lungs and other organs.

Our programme is led by a team of successful doctors and specialized therapists. The process is based on a unique “step-by-step” plan that will monitor you throughout your stay at the *Spa Clinic*. Our goal is to help you accept a healthy lifestyle and rest from nicotine.

The nicotine free-detox programme offered by *Bellevue Spa Clinic* contains a great number of group exercises and activities. The groups are small, consisting of 4 to 6 participants. The goal is to enable support and help in a group of people with the same goal.

This programme thus contains various techniques, treatments and workshops to allow individuals to combine and add elements into their own personalised nicotine free-detox plan.

Do you want to work in a group or alone? You can do both! Do you want to focus more on healing aspects and detoxification? We can make it happen! Do you want to get fit and follow a personalised, rigorous hour-by-hour plan? We can do it all. All we need is your willpower!

Cardiovascular and respiratory examinations are mandatory.

You can combine all other components of our programme:

Balanced, healthy diet plan, phototherapy, chromotherapy, acupuncture, physical therapy, oxygen therapy, fitness training.

The programme also includes additional tests and advanced relaxation techniques.

LIST OF SERVICES – included in the price:

- ❖ General MD medical consultation with examination – including spirometry and carboxyhemoglobin analysis
- ❖ Initial ECG
- ❖ Initial laboratory test
- ❖ Initial consulting with a nutritionist on natural therapies, healthy dietary habits and BMA measurement
- ❖ *Spa Clinic* plan for your balanced and healthy diet – recommended by our nutritionist
- ❖ Second nutritionist consultation
- ❖ Detox therapeutic beverages – available all day, every day at the *Spa Clinic*
- ❖ Consultation with a dermatologist on skin health and effective anti-aging treatments
- ❖ 3 x Cryotherapy for circulation, 1-3 min at -140°C
- ❖ 5 x Hiking through pine forests in the air enriched with sea aerosols and drops of essential oils from aromatic herbs
- ❖ 3 x Life coaching sessions
- ❖ 2 x Detox bath
- ❖ 1 x Acupressure or cupping treatment
- ❖ 1 x Ayurvedic medical therapy
- ❖ 2 x Vibration therapy – Tibetan sound healing for holistic well-being, 30 min
- ❖ 1 x *Detox Body Wrap & Scrub*
- ❖ 2 x Massage – deep massage, relaxing massage, lymphatic drainage or shiatsu massage
- ❖ Physical fitness test and training with a personal trainer
- ❖ Daily “Body and Mind” sessions – sound bath, yoga, meditation, *chi-pranayama*, relaxation techniques, etc.
- ❖ Phototherapy, detox and additional equipment, daily dietary supplements – *Pharmos Natur*, at a doctor’s recommendation, at a 15% discount
- ❖ Various daily activities: includes body fitness, walking, cycling, healthy cooking
- ❖ Daily access to saunas, Turkish baths, hot tubs, seawater swimming pools, experience showers, cold water pool.

Individual program price, per person: EUR 2,600.00 / HRK 19,500.00

Group Programme price (2-10 persons), per person: EUR 2,390.00 / HRK 17,900.00

Food, drink and accommodation are not included in the price

Additional services at an extra charge:

- ❖ Traditional Chinese medicine consultation – includes acupuncture and herbal therapy
- ❖ Medical examination with Ultra Sound and full lab test
- ❖ Ozone session with GAH, only at a doctor's recommendation
- ❖ Consultation on skin aesthetics – advanced technology for non-invasive aesthetic procedures