

BELLEVUE

HOTEL / LOŠINJ

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BELLEVUE DETOX

Breathe Lošinj! Detox and breathe free on the island of vitality.
(minimum of 7 days / 6 nights recommended)

The goal of the *Spa Clinic* Detox 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 founded on a unique “step-by-step” plan that will track you throughout your stay at the *Spa Clinic*. Our goal is to help you accept a healthy lifestyle.

The 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.

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

Do you want to work in a group or alone? We 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.

LIST OF SERVICES – included in the price:

- ❖ General MD medical consultation with examination – including spirometry
- ❖ Initial EKG
- ❖ Initial laboratory test
- ❖ Initial consulting with a nutritionist on natural therapies and healthy dietary habits
- ❖ Spa Clinic plan for your balanced and healthy diet – recommended by our nutritionist
- ❖ Second nutritionist consultation, including a workshop entitled “I will stop smoking and gaining weight!” if needed
- ❖ Detox therapeutic beverages – available all day, every day at the Spa Clinic
- ❖ Consultation with a dermatologist on skin health and effective anti-aging treatments
- ❖ Consultation on skin aesthetics – advanced technology for non-invasive aesthetic procedures
- ❖ 3 x cryotherapy for circulation, 1-3min at -140°
- ❖ 5 x hiking through pine forests in air enriched with sea aerosols and drops of essential oils from aromatic herbs
- ❖ 1 x Acupressure or cupping treatment
- ❖ 1 x Ayurveda SPA treatment
- ❖ 2 x Vibration therapy – Tibetan sound healing for holistic well-being
- ❖ 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
- ❖ Various daily Spa Clinic activities: includes body fitness, walking, cycling, healthy cooking classes...
- ❖ Daily access to saunas, Turkish baths, hot tubs, seawater swimming pools, experience showers, cold water pool, and much more

Individual program price, per person: 2.600 EUR / 19.500,00 KN

Group Programme price (2-10 pax), per person: 2.390.00 EUR /17.900,00 KN

Accommodation is not included in the price

Additional services at extra charge:

- ❖ Traditional Chinese medicine consultation – includes acupuncture and herbal therapy
- ❖ Medical examination with Ultra Sound and full lab test
- ❖ Consultation on medicines for revitalisation
- ❖ Medical estimation of capillary health and suggested treatments to improve circulation
- ❖ Consultation on skin aesthetics – advanced technology for non-invasive aesthetic procedures