

## QUITS

**Make a wish, and let us help you make it come true! Anti-nicotine & other mild addiction wellness program**

The goal of QUITs program is to help you clean in a natural, healthy way, and to recover the mind and body through physiological function of your lungs and other organs.

Our program 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.

This program thus contains various techniques, treatments and food supplements to allow individuals to combine and add elements into their own personalised addiction free-detox plan.

### LIST OF SERVICES – included in the price:

- ❖ General MD medical consultation with examination
- ❖ 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
- ❖ 1 x CryoSauna 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 60-90 min
- ❖ 2 x Life coaching sessions
- ❖ Initial Consultation with Acupuncture Practitioner
- ❖ 2 x Vibration therapy – Tibetan sound healing for holistic well-being 30 min
- ❖ 1 x Detox Body Wrap & Scrub followed by hydro detox bath 60 min

- ❖ 1 x Relaxing massage 50 min
- ❖ Physical fitness test and training with a personal trainer 45 min
- ❖ 2 x Morning Yoga & Meditation sessions
- ❖ Daily access to Chromotherapy, saunas, cold plunge pool and additional relaxation hot marble beds
- ❖ Dietary supplements – *Pharmos Nature*, at a doctor's recommendation, at a 15% discount
- ❖ Various daily activities: includes body fitness, walking, cycling, Stand up paddle

**Individual program price, per person:** 819,00 EUR / 6.060,00 HRK

Meals, drinks except detox spa drinks, and accommodation are not included in the price.

Supplement for full board as per your diet plan 272 EUR / 2.010 HRK for 6 days\*

\*Start with lunch and finish with dinner

#### **Additional services at an extra charge:**

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