

# BELLEVUE

HOTEL / LOŠINJ

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## CAREFREE DREAMS ON THE ISLAND OF VITALITY

A healthy life through healthy sleep  
(minimum of 7 days / 6 nights recommended)

The power and amount of energy each person has significantly depends on his/her body's ability and regeneration during sleep. Lack of sleep is the root cause of the numerous mental and physical stresses we face, conditioned by the rapid pace of modern life. Sleep disorders can be dangerous for our hearts, breathing and nervous systems. Therefore, healthy sleep and how to achieve it is the foundation of this wellness program.

We have created a unique program that uses traditional diagnostic methods and includes treatment with the aid of macrobiotics, acupressure, phytotherapy and many other techniques. Our primary goal is to increase the quality of your sleep.

### LIST OF COMPONENTS – included i price:

- ❖ 1 x Basic laboratory testing
- ❖ 2 x Consultation with our doctor at the beginning and end of the programme
- ❖ 2 x SECA, BMI and BMA analysis – with our nutritionist (begining and follow up)
- ❖ 1 x Dietary analysis – with our nutritionist
- ❖ 1 x Diet plan – 7 days if requested
- ❖ 1 x Ayurvedic coshas treatments
- ❖ 2 x holistic Ayurveda or TCM Spa treatment
- ❖ Chromatherapy bed available daily for active relaxation
- ❖ 5 x Cryotherapy 1-3 min at -140°C for sleep disorders
- ❖ 3 x Yoga exercises with “relaxation for better sleep”
- ❖ Daily group fitness & breathing exercises – to encourage relaxation and positive thinking
- ❖ 3 x 30 min vibration therapy – encourages healing and relaxation
- ❖ 5 x aromatic baths with local healing oils from Island of Lošinj
- ❖ 1 x relaxation massage
- ❖ 1 x detox body scrub
- ❖ Specially produced local teas will be available daily – made with local healing plants that encourage relaxation.

**Individual program price, per person:** 2.000,00 Eur / 15.000,00 Kn

**Group programme price (2-10 persons), per person:** 1.620,00 Eur / 12.150,00

Food, drink and accommodation are not included in the price.

### Period:

May/June and September/Ocober

### Additional services at extra charge:

- ❖ Complete medical examination – upon request and at extra charge
- ❖ Polygraph analysis – sleep diagnostics – upon request and at extra charge