

BELLEVUE DETOX

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

The goal of the Spa Clinic Detox is to help you cleanse your body in a natural, healthy way, and to recover the physiological function of your organs.

Our programme is led by a team of successful doctors and specialised 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 adopt a healthy lifestyle.

The detox programme offered by the Bellevue Spa Clinic contains a great number of group exercises and activities.

All programmes are tailor-made to suit your needs.

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

Do you want to focus more on healing 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!

Most of our programmes are done outside on the seashore or in the nearby pine forest – breath in exceptionally refined air rich with aerosol and infused by aromatic scents from over 1000 healing plants of the island of Lošinj.

The programme includes:

- Healthy balanced diet plan
- Medical examination
- Chromotherapy
- Physical therapy
- Holistic therapy
- Outdoor fitness training

The programme also includes additional tests and advanced relaxation techniques.

LIST OF SERVICES – included in the price:

- ❖ General consultation with examination
- ❖ Initial consultation with a nutritionist on natural therapies and healthy eating habits
- ❖ Spa Clinic plan for your balanced and healthy diet – recommended by our nutritionist
- ❖ Second nutritionist consultation, including a Mediterranean Diet workshop
- ❖ 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
- ❖ 1 x Cryosauna for circulation, 1–3 min at -140°
- ❖ 1 x Liver and gallbladder detox – whole day process
- ❖ 5 x Hiking through pine forests
- ❖ 1 x Life coaching with consultations
- ❖ 1 x Shiatsu/acupressure treatment 50 min
- ❖ 2 x Detox & Alkaline Hydro Bath 30 min
- ❖ 1 x Vibration massage – Tibetan sound healing 60 min
- ❖ 1 x Detox Body Wrap & Scrub 50 min
- ❖ 2 x Massage – deep massage, relaxing massage, lymphatic drainage or shiatsu massage 50 min
- ❖ Physical fitness test and training with a personal trainer 35 min
- ❖ Daily “Body and Mind” sessions – sound bath, yoga, meditation, chi-pranayama, relaxation techniques, etc. 30 min
- ❖ Various daily Spa Clinic activities: body fitness, walking, cycling, healthy cooking classes...
- ❖ Daily access to saunas, Turkish bath, hot tubs, seawater swimming pools, experience showers, cold water pool, and much more

Individual programme price, per person: EUR 1140 / HRK 8436

Accommodation and meals are not included in the price.

Supplement for full board as per diet plan (lunch, dinner + 2 snacks or drinks)

EUR 272 / HRK 2010 during the programme

Additional services at extra charge:

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