

BELLEVUE

HOTEL / LOŠINJ

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Bellevue Luxury Boot Camp

(based on 6 nights / 7 days)

Boost your metabolism and kick-start your fitness journey at the luxurious 5* Hotel Bellevue on the island of Lošinj, Croatia, where you'll have fun while exercising in the beautiful outdoors Fit Zone. Boost your body image by immersing yourself in a physically and mentally uplifting experience. Surpass your fitness goals with daily personal training sessions as you learn invaluable information on how to continue your training at home. Soothe your muscles with a variety of re-energising spa treatments and embrace our state-of-the-art luxury spa. Energise and cleanse yourself with exceptionally healthy Mediterranean cuisine as you come ever closer to the healthy lifestyle of your dreams.

LIST OF SERVICES – included in the price:

- ❖ 1 x Nutrition Lifestyle with SECA BMI and BMA measurements – eating habits and energy consumption consultations (initial programme 60 min)
- ❖ 1 x SECA BMI and BMA follow-up at the end of the programme 20 min
- ❖ 1 x Fitness evaluation with our kinesiologist 15 min
- ❖ 1 x Semi-personal training sessions 45 min
- ❖ 5 x Morning yoga & meditation training sessions 60 min
- ❖ 1 x Intensive sports massage 30 min
- ❖ 1 x CryoSauna and gym exercise machine programme 35 min
- ❖ 1 x Body scrub followed by alkaline or detox hydro massage bath 50 min
- ❖ 6 x Outdoor fitness activities or a Workout in the Fitness Zone 90 min
- ❖ 1 x Hiking or biking to the surrounding viewpoints with your trainer 60–90 min
- ❖ 1 x Guided kayak or SUP tour / exercise with group 45–90 min
- ❖ Daily access to group sport sessions as per the programme
- ❖ Bottled still water in your room and daily detox tea at the spa
- ❖ Unlimited access to spa facilities, steam room, saunas, hot tub, seawater swimming pools
- ❖ Fruit and fruit-infused water in the Relaxation Spa Wet Area

Individual price per programme: EUR 671 / HRK 4963

Meals, drinks and accommodation are not included in the price

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

EUR 272 / HRK 2010 for 6 days