

# *Favorite to pick:*

## **FITNESS INTENSIVE TO PICK**

- **Fitness check-up (Diagnostic), 1x15 min**
- **Unique corrective exercise training session, 2x45 min**  
Personalized program for shaping and strengthening the body per the client's choice

OR

- **Fitness check-up (Diagnostic), 1x15 min**
- **Outdoor Fit Small Group, 3x45 min**  
Personal Training (2-5 persons)

OR

- **Fitness check-up (Diagnostic), 1x15 min**
- **Easy Hike / Nordic walking, 2x90 min**  
Easy Hiking / Nordic walking
- **Interval Training in the nature, 2x45 min**  
Small Group - Personal Training (2-5 persons)

## **SPA TO PICK**

- **Full Body Stone Scrub, 1x25 min**  
Your therapist will gently rub pure sea salt mixed with organic olive oil and a few drops of cold pressed essential oil of your choice to soften, detox and moisturize the skin.
- **Organic À la Carte - A Holistic Oil Massage, 1x25 min**  
The treatment generally promotes relief from chronic pain, migraines, insomnia, allergies and other common ailments.

OR

- **Life Force - Sports therapeutic massage, 2x25 min**  
Feel your energy awaken with this full-body sports tissue massage, featuring ancient therapeutic techniques, acupuncture point stimulation and light stretching.



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OR

- **Sea Salt Eco Body Scrub, 1x25 min**  
Your therapist will gently rub pure sea salt mixed with organic olive oil and a few drops of cold pressed essential oil of your choice to soften, detox and moisturize the skin.
- **Velostyle Drainage Massage, 1x25 min**  
A relaxing stress-relief massage, which uses elements of lymphatic drainage (mild pressure that loosens the muscles and increases flexibility).

OR

- **Anti-Cellulite Massage, 2x25 min**  
The main reason for cellulite development is poor circulation. It is caused by problems with blood and lymph circulation and increased toxins in fat tissue. The Anti-Cellulite Massage improves blood and lymph circulation and helps to fill tissue with detoxifying oxygen.

#### MEDICAL TO PICK

- **Initial medical skin check-up, 1x45 min**  
Moles inspection

#### NUTRI TO PICK

- **Body Composition Analysis SECA mBCA, 2x15 min**  
The medical Body Composition Analyser (mBCA) by Seca, breaks down your weight into components relevant to the practice of medicine. Namely, Fat Mass and Fat-Free Mass, Body Water (made up of extracellular water and intracellular water) and Skeletal Muscle Mass. Measurements are processed by six analytical modules and presented in easy-to-understand graphics.
- **Nutrition Menu Plan 1 week**  
Choose between 1500/1800/2000 kcal.



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