



Punta

★★★★

Vitality Hotel

www.losinj-hotels.com

Know thyself. Socrates

VITALITY PROGRAMS

FITNESS, SPORT, YOGA

POWER FIT

- 1x Fitness Check-up (Diagnostic) - Lifestyle & Health consultations (15 min)
- 1x Outdoor Fit, Small Group - Personal Training (2-5 persons, 45 min)
- 1x Outdoor Body Weight Training, Small Group - Personal Training (2-5 persons, 45 min)
- 2x Power Hike Easy Hiking / Nordic walking (90 min)
- 1x Pick out your favorite NUTRI or SPA or FITNESS intensive program

Price per person: EUR 158,00 / HRK 1.185,60

EASY FIT

- 1x Fitness Check-up (Diagnostic) Lifestyle & Health consultations 15 min
- 1x Breathing Exercise ReSpiro - exercises 45 min
- 1x Interval Training in the nature, Small Group - Personal Training (2-5 persons, 45 min)
- 2x Easy Hiking / Nordic walking, group activity - 90 min
- 1x Pick out your favorite NUTRI or SPA or FITNESS intensive program

Price per person: EUR 158,00 / HRK 1185,60



YOGA FLOW

1x Fitness Check-up (Diagnostic) - Lifestyle & Health consultation 15 min

2x YOGA Vinyasa Flow - Small Group - Personal Training (2-5 persons, 45 min)

2x Easy Hiking / Nordic walking - Group activity 90 min

1x Pick out your favorite* NUTRI or SPA or FITNESS intensive program

Price per person: EUR 158,00 / HRK 1.185,60

SPA

IMMORTELE & VITALITY

1x Full Body Stone Scrub - 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. 25 min

1x Immortelle - An Anti-Aging Massage which Boosts your Vitality - Massage with immortelle oil which results in mental and physical relaxation and improved skin quality, elasticity and tone. 25 min

1x Pick out your favorite* FITNESS or NUTRI or SPA intensive program

Price per person: EUR 158,00 / HRK 1.185,60



Punta
★★★★

Vitality Hotel

www.losinj-hotels.com

NATURE KNOWS

1x EXPRESS PURE NATUR - Aloe vera face treatment. Enjoy the holistic beauty care based on 100% organic aloe vera plants. It provides rejuvenating, soft and smooth looking skin. 45 min

1x Velostyle Drainage Massage. A relaxing stress-relief massage, which uses elements of lymphatic drainage (mild pressure that loosens the muscles and increases flexibility). 45 min

1x Pick out your favorite* FITNESS or NUTRI or SPA intensive program

Price per person: EUR 158,00 / HRK 1.185,60

MEDICAL / HEALING

FIT CHECK

1x *Fitness check-up (Diagnostic) 15 min*

1X *Specialist check-up + EKG 50 min*

1X *Specialist follow-up 25 min*

1x *Pick out your favorite* FITNESS or NUTRI or SPA program*

Price per person: EUR 268,48 / HRK 2.013,60



Punta
★★★★
Vitality Hotel

www.losinj-hotels.com

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.



Punta
★★★★
Vitality Hotel

www.losinj-hotels.com

OR

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

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



Punta
★★★★
Vitality Hotel

www.losinj-hotels.com

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.
- **NutritionMenu Plan 1 week**
Choose between 1500/1800/2000 kcal.



Punta
★★★★

Vitality Hotel

www.losinj-hotels.com