

**3 DAYS      7 DAYS**

**HEALTH CHECK-UPS - HEALTH**

Analysis of medical history	1	1
Complete analysis of oxidative stress	1	1
Personalised blood tests	1	1
Resting ECG	1	1
General medical examination	1	1
Complete Abdomen and Thyroid Ultrasound	1	1
Echocolor Doppler Supra Aortic Trunks	1	1
Specialist thermal and physical medicine examination	1	1
Specialist nutritional and postural examination with initial and final plicometry	1	1

**BEAUTY-THERMAL TREATMENTS**

Consulting with the Spa Therapist	1	1
Body scrub with thermal shower	1	1
Long Life Massage formula	1	1
Decontracting thermal mud/anti-cellulite thermal mud	1	4
Invigorating massage	1	1
Jet Peel Antiaging	1	1
Hot stone massage	1	1
Abhyanga Ayurvedic Massage	/	1
Venus Legacy 2	/	1
Lomi Lomi massage	/	1
Bamboo Massage	/	1
Access to the Health SPA	1	1

**SPORTING ACTIVITY - WELL BEING**

Physical activity in the gym 2 sessions daily	6	14
Yoga 1 session per day with Holistic Activity	3	7
Physical activity in water	6	14

**3 DAYS      7 DAYS**

---

**NUTRITIONAL EDUCATION**

---

Formulation of a customized nutrition programme

1

1

---

Daily meals 3 per day

9

21

---

Daily snacks 2 per day

6

14

---