

**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 Formula Massage	1	1
Decontracting thermal mud/anti-cellulite thermal mud	1	3
Pre-sports massage	1	1
Facial cleansing with silk sonik	1	1
Post-sports massage	1	1
Decontracting massage	/	1
Venus Legacy 1 / Sport Face and Body Treatment	/	1
Abhyanga massage	/	1
Pinda Sweda 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

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**NUTRITIONAL EDUCATION**

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Adjusting energy intake to the new lifestyle

1

1

Particularly anti-oxidant diet

1

1

Daily meals 3 per day

9

21

Daily snacks 2 per day

6

14