

Relax & Balance

Rediscover **your inner balance** with mind-body relaxation techniques and yogic breathing.

6 DAYS

- Nutrition: Detox or Biolight, subject to medical visit
- Blood analysis
- 1 Bioenergetic check-up
- 2 Floating therapy
- 1 Total relax treatment
- 1 Yoga massage
- 6 Biofeedback
- 2 Vitamin-vital infusion complex
- 4 Bioenergetic treatments
- 2 Yoga one-to-one
- 6 Energy massages
- 6 Hydro-mud therapy including three phases:
  - ✓ Hydro-aroma therapy sessions
  - ✓ Phyto-mud therapy sessions
  - ✓ Hydro-jet sessions
- Energetic awakening in the morning
- Relaxation in the pool, sauna, and hammam area
- Fitness and indoor group physical activities
- E-bikes and outdoor group physical activities

Prices from **€ 5,200.00**

Room accommodation not included

Extra: 3 compulsory medical visits **€ 332.00**

Visit
Control
Assistance

Suite













Junior Suite









Single and double rooms









