

DETOX & HEALTHY WEIGHT

Intensive version

MEDICAL SERVICES	7 days	Per additional week	7 days	Per additional week
General health examination	1	-	1	-
Advanced Preventive Diagnostic	1	-	1	-
<ul style="list-style-type: none"> · Body Composition Analysis · 3D Body Scanner · Measurement of Vital Signs · Cognitive Domain Test · Analysis of cardiovascular status and nervous system activity · Measurement of advanced glycation product accumulation 				
Initial laboratory test	1	-	1	-
Oxytest, oxidative stress test to determine the level of oxidation in the body	1	-	1	-
General medical consultation at the beginning of the programme	1	-	1	-
General medical consultation at the end of the programme	1	-	1	-
Regenerative medicine consultation	-	-	1	-
Revitalising medicine consultation	1	-	1	-
Consultation with well-ageing expert	-	-	1	-
Derma-aesthetic consultation	1	-	1	-
Cleanse Detox serum	-	-	2	-
Weight Control serum	-	-	-	1
Weight control follow-up through body composition analysis	2	3	2	3
3D Body scanner at the end of the programme	1	-	1	-
Dental Health Diagnostics by Digital Imaging	-	-	1	-
Dietary supplement Be Slim	1	-	1	-
HEALTHY NUTRITION				
Consultation with an expert in nutrition and natural therapies	1	-	1	-
Nutrition plan adapted to your needs	1	1	1	1
Natural therapeutic drinks, based on prescription	1	1	1	1
Mindful eating session	1	-	1	-
Nutritional follow-up consultation during your stay	1	1	1	1
Personalised health plan	1	-	1	-
Healthy group cooking class at The Chef's Studio	1	1	1	1
NATURAL THERAPIES				
Integrated bioenergy assesment with electromagnetic evaluation	-	-	1	-
Diagnostic session of traditional Chinese medicine, including acupuncture treatment	1	-	-	-
Acupuncture session	1	2	2	2
Colon hydrotherapy session	2	1	2	1
WELLNESS				
Underwater therapy	2	2	2	2
High-tech treatment session, based on individual objectives and needs: Indiba or Icoone	1	2	2	2
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	2	2	3	2
SHA Detox therapy	2	2	2	2
Cryotherapy session	1	1	2	1
Intensive sculpting body wrap	1	1	1	1
Pressotherapy session	-	-	1	2
Vela Shape treatment, 1 zone	-	1	1	1
Access to the Hydrotherapy Circuit, based on prescription (sauna, Roman baths, Turkish baths, cold plunge pool, hydrotherapy pool, lap lane, foot baths, bithermal showers, ice fountain, therapeutic water jets)				
PHYSICAL PERFORMANCE				
Introductory fitness evaluation with a personal trainer	1	-	1	-
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	1	2	2	2
Group training sessions, adapted to your optimal weight objective and needs	2	2	2	2
HEALTHY LIVING ACADEMY				
Access to complimentary group activities: talks, holistic classes, training, walks and healthy cooking classes, among others				