

Optimal Weight

Regulate the metabolism in a healthy and lasting way



Programme content

MEDICAL SERVICES	7 days	14 days	21 days
General health examination	✓	✓	✓
Initial laboratory test	✓	✓	✓
Ending laboratory test	-	✓	✓
Basic hormonal profile	-	✓	✓
Intestinal dysbiosis test	-	-	✓
General medical consultation at the beginning and at the end of the programme	✓	✓	✓
Revitalising medicine consultation*	✓	✓	✓
Regenerative medicine consultation*	✓	✓	✓
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	✓	✓	✓
Dental health diagnosis by digital imaging	✓	✓	✓
Dietary supplement Be Slim by SHA	✓	✓	✓
HEALTHY NUTRITION			
Consultation with an expert in nutrition and natural therapies	✓	✓	✓
Nutrition plan adapted to your needs	✓	✓	✓
Natural therapeutic drinks, based on prescription	✓	✓	✓
Mindful eating session	✓	✓	✓
Nutritional follow-up consultation during your stay	1	2	3
Personalized health plan	✓	✓	✓
Healthy group cooking class at The Chef's Studio	-	1	2
NATURAL THERAPIES			
Traditional Chinese Medicine consultation and treatment based on prescription: acupuncture, laser acupuncture or electromagnetic heat lamp	✓	✓	✓
Traditional Chinese Medicine treatment session, based on prescription	1	2	3
Colon hydrotherapy session	2	3	4
WELLNESS			
Underwater massage	3	4	5
High-tech treatment sessions, based on individual objectives and needs: Indiba, Icoone or LPG	2	3	3
Hydroenergetic cure detox, consisting in hydroaromatherapy, fitomudtherapy and hidrojet	1	3	3
Lymphatic drainage or anti-cellulite massage, based on your needs	1	2	3
Cryotherapy session	2	2	3
Shrinking Violet body wrap treatment	1	1	2
Pressotherapy session	1	2	3
Slim & Fit body treatment	-	✓	✓
Thalasso body treatment	-	✓	✓
Vela Shape treatment, 1 zone	-	-	✓

*Free consultation, not valued in the price of the programme

WELLNESS

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)

7 days 14 days 21 days

✓ ✓ ✓

FITNESS

Introductory fitness evaluation with a personal trainer

✓ ✓ ✓

Fitness session with a personal trainer, based on your optimal weight objective and needs

4 7 10

Group training sessions, adapted to your optimal weight objective and needs

2 2 3

Outdoor workout session (2h length)

- 1 2

HEALTHY LIVING ACADEMY

Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others

✓ ✓ ✓



7 days

3.600€

14 days

6.200€

21 days

8.800€