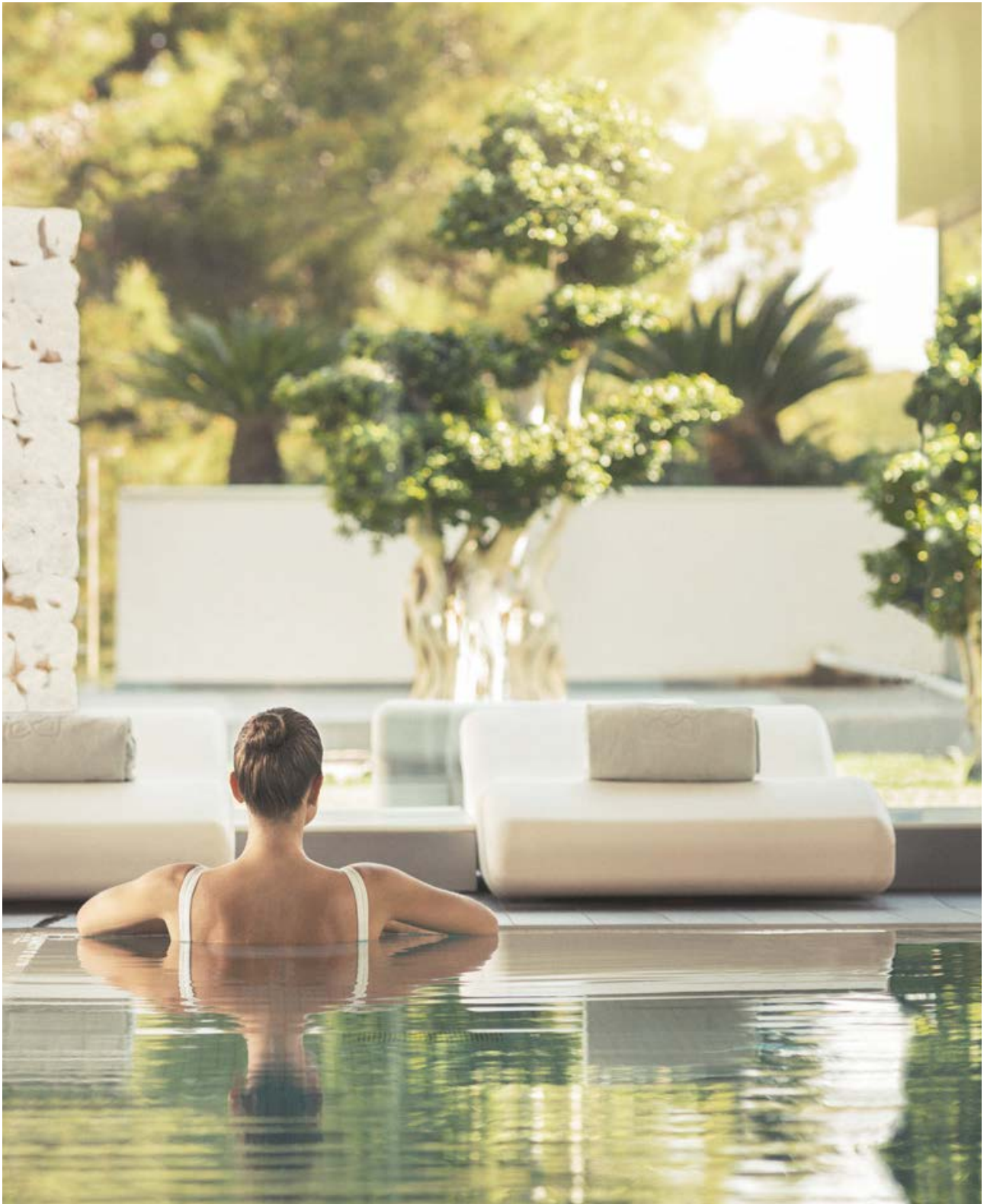


# Rebalance

Mind and body in perfect harmony



## Programme content

<b>MEDICAL SERVICES</b>	<b>4 days</b>	<b>7 days</b>	<b>14 days</b>
General health examination	✓	✓	✓
Initial laboratory test	-	✓	✓
General medical consultation at the beginning of the programme	✓	✓	✓
General medical consultation at the end of the programme	-	✓	✓
Revitalising medicine consultation	✓	✓	✓
Ozone therapy session with GAH intravenous	-	-	2
Derma-aesthetic consultation, featuring the most advanced technology for non-invasive diagnosis	-	✓	✓
<b>HEALTHY NUTRITION</b>			
Consultation with an expert in nutrition and natural therapies	✓	✓	✓
Nutrition plan adapted to your needs	✓	✓	✓
Natural therapeutic drinks, based on prescription	✓	✓	✓
Nutritional follow-up consultation during your stay	-	✓	✓
Personalized health plan	-	✓	✓
<b>NATURAL THERAPIES</b>			
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
Colon hydrotherapy session	-	1	2
Osteopathy or physiotherapy consultation and session	-	1	2
<b>WELLNESS</b>			
Traditional massage or oriental therapy session, based on your needs: deep tissue massage, relaxing massage, cranio-cervical massage or shiatsu	1	1	2
Aquatic therapy session, based on individual needs: watsu, cranio-cervical water massage, underwater massage or hydroenergetic cure detox	1	1	2
High-tech treatment session, based on individual objectives and needs: Indiba, Icoone or LPG or electro lymphatic drainage	1	1	2
SHA Detox massage	✓	✓	✓
Foaming enzyme facial treatment	✓	✓	✓
Pressotherapy session	1	2	2
Cryotherapy session	-	1	3
Nuat boran, thai massage	-	-	✓
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)	✓	✓	✓

<b>MIND AND BODY</b>	<b>4 days</b>	<b>7 days</b>	<b>14 days</b>
Private session, based on your needs: yoga, meditation, mindfulness, chi-kung or pranayama techniques	1	1	2
<b>FITNESS</b>			
Introductory fitness evaluation with a personal trainer	✓	✓	✓
Fitness session with a personal trainer, may include some of these disciplines: stretching, kinesis, body-tone, aquagym, TRX, HIIT or pilates mat	-	-	2
<b>HEALTHY LIVING ACADEMY</b>			
Complimentary access to group activities: talks, holistic classes, training, walks and healthy cooking classes, among others	✓	✓	✓

