



## Enjoy Mediterranean, 7 Days

Tailor Made Healthy Holiday / Wellness Retreat

**Mediterranean lifestyle is one of the healthiest. Besides healthier and more balanced body and soul, it affects our beauty too, our skin, weight and fitness level.**

We offer you a package in the heart of **Croatian Mediterranean – Split**. The largest Dalmatian city, Split, modern coastal Mediterranean town which was elected as the most alluring heritage site to live in from those on the UNESCO's World Heritage List, has developed out of palace of Roman Emperor Diocletian. He chose, out of the whole mighty and grand Roman Empire, a little town under the Marjan hill to spend his retirement days because of the sulphuric waters and medicinal mud that was a natural heal for the rheumatic diseases. So, we may say that Diocletian was our first health enjoying Dalmatia and Mediterranean tourist 2000 years ago!

Why is Mediterranean lifestyle healthy and recommended for all groups of people, regardless of their age, medical condition and lifestyle? What do we offer to you? What are the results of great vacation with no stress or invasive medical procedures?



## Day 1

(it will be adjusted according to arrival time)

- Check in 5\* Hotel *Park*, near the centre of Split and on the beach
- Meeting and conversation with nutritionist, who will prescribe 7-day healthy Mediterranean meals – How to eat healthy and enjoy the food? How to detox your body? - Workshop and quiz with nutritionist on the subject of Mediterranean diet and detoxification
- Mediterranean lunch in the hotel prepared by hotels chefs under the supervision of nutritionist
- The Complete You by Dora Duplančić (guided meditation, aromatherapy, crystal healing session, rejuvenation & relaxation therapy)
- Free evening



## Day 2

- Mediterranean breakfast
- Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness)
- Split city tour – visit to Split centre with the licensed guide with different, interested view to Split's sites – story of Split – visit to Split market and fish market, the traditional centres of Mediterranean life
- Mediterranean lunch in the hotel prepared by hotels chefs according to nutritionist's menu

- The Complete You by Dora Duplančić part II (guided meditation, aromatherapy, crystal healing session, rejuvenation & relaxation therapy)
- Dinner in konoba, restaurant with traditional Dalmatian food and atmosphere with Dalmatian klapa (traditional Dalmatian a cappella band) – klapa is optional, dependable on a number of people.



## Day 4

- Mediterranean breakfast
  - Visit, explore and enjoy Dubrovnik
- Departure / Return Time: 07.45/19.00  
Included in price: transportation, guide
- Free night



## Day 5

- Mediterranean breakfast
  - Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness)
  - Visit to Split market and fish market for Mediterranean food
  - Cooking show – Prepare your own healthy meal under the guidance of nutritionists and chef – *Association of Chefs from Mediterranean and European Regions*
  - Lunch
  - Beauty and anti-aging afternoon: Enjoy Health beauty afternoon: face (radiofrequency, massage, mask), body (relax massage 1 h, peeling, choco mask), hands and feet (manicure and pedicure)
- Optional – other anti-aging beauty treatments*
- Time for party: Mystery Murder dinner / Modern Mediterranean dinner and wine in the centre of the city



## Day 6

- Mediterranean breakfast
- Recreation on Marjan with physiotherapist and coach, enjoying the nature, Marjan tour, biking possible

- No stress zone – enjoying Mediterranean no stress lifestyle, drinking coffee and chit-chat with organizers
- Mediterranean lunch in the hotel prepared by hotels chefs according to nutritionst's menu
- Zinfandel Origin Wine Tour (transport to Kaštela, entrance tickets to 2 museums and 3 wineries, 6 X wine tasting with local delicacies and licensed guide
- Free night

## Day 7

- Mediterranean breakfast
- Departure



**PRICE: from 2.138,00 EUR / person**

### **Price includes:**

Accommodation with breakfast and lunch in hotel 5\* *Park*, double bedroom (it is possible to pay extra for a single room), in the centre of Split for 6 nights, services of consultation, nutrition menu lunches and cooking show by nutritionist, The Complete You by Dora Duplančić, 5 x physical exercises and recreation with professional physiotherapist, wellness & spa services – packages by choice; 2 dinners with a drink or 1 dinner with a drink and Mystery Murder Night Dinner; Trip to Dubrovnik with the transportation and guide; City tour Split, Zinfandel Origin Wine Tour (transport to Kaštela, entrance tickets to 2 museums and 3

wineries, 6 x wine tasting with local delicacies and licensed guide), Beauty & anti aging afternoon: (face (radiofrequency, massage, mask), body (relax massage 1 h, peeling, choco mask), hands and feet (manicure and pedicure), transfers through destination, full insurance package – travel insurance, health insurance, accident insurance, baggage insurance and travel cancellation insurance

**Price doesn't include:**

Plane tickets (will be included by the departure destination and travel time); Transfers from and to airport; Transfer to and from Zadar; Other services then ordered in wellness & spa centre – facial treatments, other massages, body treatments, spa rituals...; Rent-a bike; Other various beauty and anti aging treatments than the one mentioned in programme; Teeth whitening; Genetics Tests; Salt room

**Please, let us know if you would like to include any of this not including services in your packages.**

**Also, any other service you would like to include, and is not mentioned in this programme, we would be very glad to offer it, if it's possible. Make your wish list!**

\*All trips can be replaced with some other trip at your wish. At your wish, we can include additional trips

\*\*We can ensure you medical treatments at your choice

**Payment**

30 % per person on the day of reservation

The rest of the money 10 days prior the arrival.

**Terms of cancellation:**

If the rest of the sum isn't paid 10 days prior the arrival, it will be considered that the reservation is cancelled. If the reservation isn't cancelled prior to the agreed term, advance in amount of 30% per person will not be returned to the client.

Last minute arrangements must be paid as a lump sum on the reservation day.

**Transportation:** plane, it will be organized and included in the price after the reservation of programme

**Programme period:** 1.11.2016. – 31.3.2017

1.4. – 31.5. 2016. and 1.10.– 31.10.2016 programme is also available, but with slightly higher price because of the hotel prices .

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