



Enjoy Mediterranean, 14 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, who will prescribe 14-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
- Free afternoon
- Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness)
- Dinner in konoba with *Dalmatian klapa - klapa is optional, dependable on a number of people - (traditional Dalmatian a cappella band) – restaurant with traditional Dalmatian food and atmosphere



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 I (guided meditation, aromatherapy, crystal healing session, rejuvenation & relaxation therapy)
- Free evening



Day 3

- Mediterranean breakfast
 - Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness)
 - Relaxing and detox day – wellness and spa – indoor/outdoor pool, range of services: various massages, pilings and body treatments, saunas, jacuzzi, whirlpool, Kneipp therapy, cold showers, waterbeds, gym... + Mediterranean lunch in Zadar
 - Free night
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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

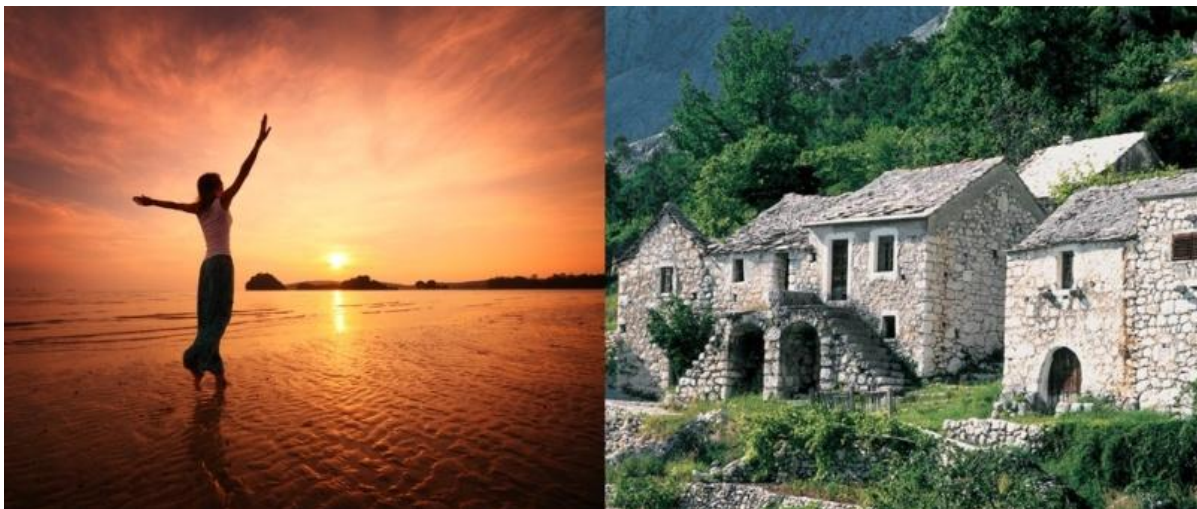
- Mediterranean breakfast
- Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness)
- Visit to Split market and fish market for Mediterranean food
- Cooking show – Prepare your own healthy meal under the guidance of nutritionist and chef – *Association of Chefs from Mediterranean and European Region*
- Lunch
- Wellness and beauty afternoon: Enjoy Health beauty afternoon: face (radiofrequency, massage, mask), body (relax massage 1 h, peeling, choco mask), hands and feet (manicure and pedicure)

(Optional – dermal fillers and teeth whitening)
- Modern Mediterranean dinner and wine in the centre of the city



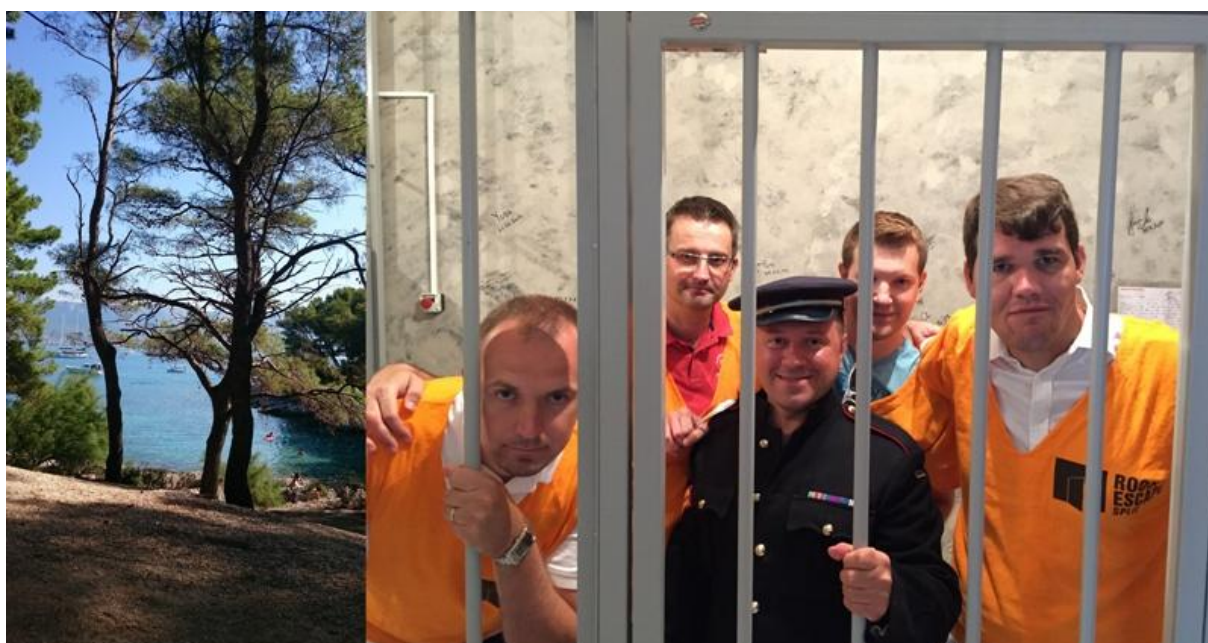
Day 6

- 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 nutritionist's menu
- Detox & Anti aging & Beauty Afternoon: Hydrocolon, Deep Regeneration facial treatment (Manual facial cleansing, Radiofrequency, Dermabrasion, Carboxy therapy), Dermal Fillers & Botox (optional), Massage
- Time for party: Mystery Murder dinner / Modern Mediterranean dinner and wine in the centre of the city



Day 7

- Mediterranean breakfast
- Gym and relaxing exercises with the professional coach
- One day trip to rural household in Srijane, where you can enjoy traditional meals and way of life of Dalmatian Hinterland, learn about local tradition and relax in the fresh air and magnificent landscape.
- Free evening



Day 8

- Mediterranean breakfast
- Recreation on Marjan with physiotherapist and coach, enjoying the nature, Marjan tour, biking possible
- Mediterranean lunch in the hotel prepared by hotels chefs
- Fun afternoon – RoomEscape team games
- Dinner in konoba – restaurant with traditional Dalmatian food and atmosphere



Day 9

- Mediterranean breakfast
- Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness), yoga or pilates on the beach
- Relaxing and detox day – wellness and spa – indoor/outdoor pool, range of services: various massages, pilings and body treatments, saunas, jacuzzi, whirlpool, Kneipp therapy, cold showers, waterbeds, gym... + Mediterranean lunch
- Party time: Party with Dalmatian snacks and music



Day 10

- Mediterranean breakfast
- Physical exercise with physiotherapist on the beach for a half an hour (adjusted to all kind of physical fitness), yoga or pilates on the beach
- 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 nutritionist'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)
- Dalmatian dinner in Kaštela



Day 11

- Mediterranean breakfast
- Cooking show – Visit to local market for ingredients - Prepare your own healthy meal under the guidance of nutritionist and chef – *Association of Chefs from Mediterranean and European Regions*
- Lunch
- The Complete You by Dora Duplančić (guided meditation, aromatherapy, crystal healing session, rejuvenation & relaxation therapy)
- Free night



Day 12

- Mediterranean breakfast
- Visit to Krka Waterfalls, Šibenik and Trogir

Departure / Return Time: 08.00/19.00

Included in price: transportation, guide, entry ticket to NP

- Free night



Day 13

- Mediterranean breakfast
- Recreation on Marjan with physiotherapist and coach, enjoying the nature, Marjan tour, biking possible
- Mediterranean lunch in the hotel prepared by hotels chefs according to nutritionist's menu
- Detox & Anti aging & Beauty Afternoon: Hydrocolon, Beauty Afternoon Package: face (radiofrequency, massage, mask), body (relax massage 1 h, peeling, choco mask), hands and feet (manicure and pedicure)
- *Final Dance Night – Dancing and dinner in Hotel Park - optional - depends on a number of people or a dinner

Day 14

- Mediterranean breakfast
- Departure



PRICE: from 4.275,00 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 13 nights, services of consultation, nutrition menu and cooking show by nutritionist, *The Complete You* by Dora Duplančić; 11 x physical exercises and recreation with professional physiotherapist, 2 X wellness & spa services – indoor & outdoor pool, gym, saunas, jacuzzi, massage 50 min, Decleor aroma localized wrap 60 min (for any additional services please let us know and we will include it in the price); 7 dinners with a drink and other show details, Trip to Dubrovnik with the transportation and guide; City tour Split, Trip to Krka Waterfalls, Šibenik and Trogir with the transportation, guide and entry ticket to NP; 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), Trip to rural household with the transport, lunch and all other activities, EscapeRoom games, beauty & detox & anti aging treatments: 2 x Beauty Afternoon (face (radiofrequency, massage, mask), body (relax massage 1 h, peeling, choco mask), hands and feet (manicure and pedicure), 2 x Hydrocolon, Deep Regeneration treatment; 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 than arranged in wellness & spa centre; Rent-a bike; Other various beauty treatments than the one mentioned in programme; Dermal filler, botox; 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.

If the number of persons is less than 12, organizer has the right to cancel the programme 5 days prior the programme start. Organizer must inform the clients about the cancelation 5 days prior the start of the programme and return the total paid sum.

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

Minimum number of persons: 15

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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