



Enjoy Summer Mediterranean

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.

And what about summer in Mediterranean? Sea, salt, pines, pleasures - living healthy is so easy!

We offer you a 7 – day 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!

And since Split is surrounded with islands and is in the middle of **Croatian coast**, we will take you and show you all treasures of summer Mediterranean Croatia. Enjoy!

from 2 to 6 persons



Day 1

(it will be adjusted depended on the arrival time)

- Check in – depended on the time of arrival, the best option is to come a night/day before
- Meeting and conversation with nutritionist who will prescribe 7-day healthy Mediterranean meals – How to eat healthy? How to detox your body?*
- Little school of cooking Mediterranean healthy meals – Cook your own lunch under the supervision of nutritionist
- Afternoon - Going to the beach
- Free night



Day 2

- Mediterranean breakfast
- Physical exercises 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
- Dinner in konoba – restaurant with traditional Dalmatian food and authentic atmosphere



Day 3

- Mediterranean breakfast
- Speed boat Tour – Blue Cave – Vis – Hvar

Included in price: speedboat, skipper, breakfast & refreshment, tubes & snorkels

This full day tour takes you first to the Blue Cave on the island of Biševo, where we spend 40 minutes. After that we cruise to the Green cave for one swim. Then it's off to Stiniva Beach (on the island of Vis) for another hour of gorgeous swimming at protected beach. For lunch (on your own), we'll speed back to the lavender island of Hvar, where you will have 2 hours for yourself to enjoy Hvar Town and its rich Renaissance history. Afterwards, we'll go on a cruise around the Pakleni islands archipelago with a half hour or so for swimming in a secluded bay. Then we'll head back to Split, arriving around 19.00 h

- Free night



Day 4

- Mediterranean breakfast
- Split city /Diocletian's palace tour
- Lunch at the restaurant in the centre of the city (included in the price)
- Biking and swim on Marjan park-forest and natural recreational site in Split
- Recreation on Marjan with physiotherapist
- Modern Mediterranean dinner and cocktail in the centre of the city



Day 5

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

Dubrovnik UNESCO Tour takes you to famous walled city of Dubrovnik, a UNESCO World Heritage site. On our way there, we'll stop in Ston, world widely known for its famous fresh oysters – where you have enough time to enjoy the delicacy if you want to.. We will arrive to to Dubrovnik before noon. The locally guided tour lasts for about

an hour and a half and you get to visit monumental Pile Gate, located at the top of Stradun, the splendid main promenade street of the Old Town, the Franciscan Monastery, whose cloister is one of the most magnificent sites in the city and then to the house of the oldest pharmacy in Europe opened in 1317, and the Sponza Palace, notable for its portico with columns and elaborate stone carvings which today houses the State Archives. Our tour ends with a visit to the Cathedral which was built on the ruins of a 12thC church but then destroyed by the great earthquake of 1667. Afterward you have enough time to re-visit the main attractions of the Old Town and enjoy a local cafe or the many shops. After that, we are going back to Split.

- Free night



Day 6

- Mediterranean breakfast
- Trogir Walking Tour

Included in price: Official tour guide, 1,5 hour guided tour

Walk throughout the history of this UNESCO protected treasure. At the shore starts your journey through the history. Walk along the Trogir`s beautiful narrow street and the guide will take you into the past time by retelling the stories and legends of Trogir. Greek, Roman, Venetian history on a small Island connected to one, make this one of the most interesting historic oasis on the Adriatic Sea. On the entrance in to the St. Lawrence Cathedral you will see its majestic portal of Radovan, the most significant medieval portal on this part of Europe. We continue our tour with visit of the Palace of Cipico with its unique and noteworthy features, which was home from one of the

Trogir's most prominent families. Afterwards we will come to Tower of Kamerlengo, which was the Venetian governor's palace. We will see the masterpieces of local sculptors and many of them who came here to participate in creating the history of this town. While strolling through this interesting city which is on UNESCO World Heritage List, this tour will give you the best introduction of its importance and impressive sights

- Mediterranean lunch made by host
- 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

- Wine & Cheese night – not included in price

Day 7

- Breakfast
- Physical exercises with physiotherapist on the beach & swimming
- Mediterranean lunch in restaurant (included in price)
- Free afternoon
- Departure



PRICE: 1.258 EUR / person

Price includes:

Bed & breakfast in private accommodation in the centre of town for 6 nights. Any additional night is 30 EUR/person; services of consultation, nutrition menu and cooking show by nutritionist; 3 x physical exercises and recreation with professional physiotherapist, wellness & spa services – outdoor pool, saunas, jacuzzi massage: Decleor Aroma Body Massage or Medical massage 50 min (for any additional services please let us know and we will include it in the price); 2 dinners with a drink, 4 lunches with a drink, Speed Boat Tour Blue Cave – Vis – Hvar which include speedboat, skipper, breakfast & refreshment, tubes & snorkels; Trip to Dubrovnik with the transportation and guide; City tour Split, City tour Trogir with licensed guide, Beauty Afternoon treatments transfers through destination, full insurance package – travel insurance, health insurance, accident insurance, baggage insurance and travel cancellation insurance

Price doesn't include:

Plane tickets; Transportation from and to airport; Transport to and from Zadar; Licensed guide for City Split Tour (price is the same for the whole group, so it depends on a number of people); Other services than pool, sauna, 1 massage and salt room in wellness & spa centre – facial treatments, other massages, body treatments, spa rituals; Rent-a bike; Other various beauty treatments than the one mentioned in programme Dermal filler; Teeth whitening Wine & Cheese night

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 you, 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.

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