



BODY SLIM programme

5. 1. – 27. 12. 2020

Grand hotel Rogaška **★★★★SUPERIOR**

Effective, individually adjusted modern slimming.

Programme goals:

Smaller dimension and body weight / burning of fat deposits and acceleration of metabolism / regeneration of tissue and increased elasticity / strengthening of the muscle system and loose body parts / better flexibility.

- Individual exercise plan and professional help.
- Use of methods that give proven results.
- Special power of the drinking cure with Donat Mg.
- Individually planned meals.

The programme comprises:

- 7 | 14 | 21 nights' accommodation with full board
- **Special nutrition with personal prepared and served BODY SLIM menu**, full board included breakfast, morning snack, lunch, afternoon snack and dinner
- Free entry to hotel thermal swimming pool, jacuzzi, saunas and fitness of **VIS VITA Spa & Beauty**
- Once a day towel & sauna sheet in Vis Vita Spa & Beauty
- Use of bathrobe
- Free entry to thermal outdoor and indoor swimming pools of Rogaška Riviera (open from Apr. till Oct.)
- Free Wi-Fi
- Free entry into the Casino HIT Fontana
- Animation programme (Water gymnastic, morning gymnastic, Nordic walking trips, dance...)

The programme BODY SLIM comprises:

- A **general consultation** at the beginning of the programme.
- Detailed **bio impedance tissue analysis** (InBody 570) at the beginning and end of the programme.
- Individually adjusted **diet plan**.
- **Drinking cure with mineral water Donat Mg.**
- **Therapies:**

	7	14	21	days	
	1x	2x	3x	Body peeling and slimming seaweed pack	50 min
	2x	4x	6x	Detox bath	20 min
	3x	6x	9x	Anti-cellulite massage	20 min
	3x	6x	9x	Aroma wrap deep cleansing therapy	40 min
	2x	4x	6x	Pressotherapy	20 min
	1x	2x	3x	Medical deep tissue	50 min

- **Physical activities:** exercise in fitness centre, Tibetan exercises for rejuvenation, Nordic walking, exercise in the water, saunas: infrared, steam and Finnish.



PRICE of the programme included full board and special BODY SLIM - diet

GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR

7 nights / *AD	Double room	Single room	DBL Single use
PREMIUM room	1049 / 100 EUR	1189 / 120 EUR	1259 / 130 EUR
COMFORT room	999 / 90 EUR	1069 / 100 EUR	1139 / 110 EUR
14 nights / *AD	Double room	Single room	DBL Single use
PREMIUM room	2049 / 100 EUR	2329 / 120 EUR	2469 / 130 EUR
COMFORT room	1919 / 90 EUR	2059 / 100 EUR	2199 / 110 EUR
21 nights / *AD	Double room	Single room	DBL Single use
PREMIUM room	2999 / 100 EUR	3419 / 120 EUR	3629 / 130 EUR
COMFORT room	2799 / 90 EUR	3009 / 100 EUR	3219 / 110 EUR

Prices are in EUR and per person / program in double room. VAT is included in price.

*AD – Additional Day / per person per day / half board, without programme in VIS VITA Spa & Beauty.

Extra charges:

- Tourist tax: **2,50 EUR** per person per day for adults, children **1,25 EUR** per person per day.
- **Additional bed for adults** / per person / day / full board, without programme in VIS VITA Spa & Beauty:
 - PREMIUM | COMFORT: **80 EUR**
- Extra charge for rooms with park view / per person per day:
 - PREMIUM | COMFORT: **10 EUR**

General conditions:

The number of rooms is limited. We reserve the rights to change prices. Free cancellation is possible up to 7 days prior to arrival. Prices are valid from 1. 9. 2019.

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