



DETOX programme

5. 1. – 27. 12. 2020

Grand hotel Rogaska☆☆☆☆SUPERIOR

This carefully planned programme for detoxification is due to the drinking treatment with the water Donat Mg unique in the world. The diet programme is based on cleansing the body; it accelerates the elimination of harmful substances from the body and improves the energy balance. The mineral drinking water contributes to the smooth functioning of the digestive system, promotes cleansing the bowels and normalizes the acid-alkaline balance.

The programme comprises:

- 7 | 14 nights accommodation with full board
- **Special nutrition with personal prepared and served DETOX 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 Rogaska 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 DETOX 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 Donat Mg mineral water.**
- **Therapies:**

	7	14	days	
	1x	2x		Body peeling
	2x	4x		Detox bath
	2x	4x		Mineral bath
	1x	2x		Pack with seaweed
	2x	4x		Detox massage
	2x	4x		Pressotherapy
	1x	2x		Aromatherapy for detoxification
				20 min
				20 min
				20+20 min
				30 min
				30 min
				20 min
				30 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 DETOX - diet

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7 nights / *AD	Double room	Single room	DBL Single use
PREMIUM room	999 / 100 EUR	1139 / 120 EUR	1209 / 130 EUR
COMFORT room	919 / 90 EUR	989 / 100 EUR	1059 / 110 EUR
14 nights / *AD	Double room	Single room	DBL Single use
PREMIUM room	1889 / 100 EUR	2169 / 120 EUR	2309 / 130 EUR
COMFORT room	1759 / 90 EUR	1899 / 100 EUR	2039 / 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 / full 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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