

Have you tried the 16:8 diet?

TOP FIT & SLIM 16:8 programme

1.9. – 22. 12. 2024 and 5.1. – 21. 12.2025
v Grand Hotel Rogaska☆☆☆☆SUPERIOR

BENEFITS OF INTERMITTENT FASTING

- 1. You regulate eating and fasting according to your schedule.** If skipping breakfast doesn't suit you, you can eat from seven in the morning until three in the afternoon, then skip dinner. You can drink black coffee and tea while fasting, because the caffeine will curb hunger, making it easier to fast.
- 2. Since all the energy (i.e. calories) is consumed in a shorter time,** one of the advantages is also the fact that you can eat slightly larger meals, and as a result you will be more full than if you ate three smaller meals throughout the day. Of course, this does not mean bashing! You can only be a little more lenient.
- 3. Even if you skip breakfast,** you can still eat the foods you would normally eat at breakfast and love, just put them off until lunch.
- 4. When you get through the first week of fasting, you won't feel hungry** and you'll wonder why you enjoyed that missed meal all these years.
- 5. Less bloating,** your thoughts will be clearer and your head and body will be lighter.



The programme comprises:

- 7 | 14 | 21 nights' accommodation
- **Special diet and scheduled meals with an intermittent diet,** the catering service includes meals according to the schedule, which you will get acquainted with upon arrival at the hotel
- 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 (in summer season)
- Free Wi-Fi
- Free entry into the Casino HIT Fontana
- Animation programme (Water gymnastic, morning gymnastic, Nordic walking trips, dance...)

The programme TOP FIT& SLIM comprises:

- **General consultation with a SPA therapist** at the beginning of the program (possibility of consultation with a specialist doctor for an additional fee)
- Detailed **bio impedance tissue analysis** (InBody 570) at the beginning and each 3rd day
- Individually adjusted **diet plan.**
- **Drinking cure with healthy mineral water Donat.**
- **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
	12x	24x	36x		

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

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A PROGRAM with a special period-adjusted diet and therapies included

GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR

7 nights	Double room	Single use room
COMFORT PREMIUM room	1.501 EUR	1.676 EUR
14 nights	Double room	Single use room
COMFORT PREMIUM room	2.903 EUR	3.253 EUR
21 nights	Double room	Single use room
COMFORT PREMIUM room	4.255 EUR	4.780 EUR

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

LOYALTY CARD SPECIAL OFFER

When starting to use the program, on the first Sunday of every month

-10% discount

Extra charges:

- Tourist tax: **3,00 EUR** / person per day for adults, children **1,50 EUR** / person per day
- Registration fee: **2,50 EUR** / person / arrival or registration (adults and children from 12 years onwards)
- Supplement for consultation with a specialist doctor (after prior reservation): **60 EUR**
- Extra charge for rooms with park view / per person per day: **10 EUR**
- Surcharge for Premium Suite | park **70 EUR** / person per day | Single use **120 EUR** / person per day

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.
- In case of cancellation from one to 6 days prior to arrival, we charge 30% of total amount of reservation.
- In case of cancellation on the day of arrival, shortening of the reservation or no-show, the full amount of the reservation will be charged.
- Cancellation policy and Special offers are valid according PRICE LIST 2025 (valid from 5. 1. – 21. 12. 2025).
- Other surcharges are valid according regular Price list 2025.
- Prices are valid from 1. 8. 2024.

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