



## Melea 10 nights Package - 10 nights

**Accommodation** in a room of your choice as well as individually tailored **healthy meals**, throughout your stay.

**Health questionnaire:** provided via e-mail before arrival.

**Laboratory test:** conducted after arrival.

**Personal consultation with the internist and assistant:** Assessment of the current health status, personal needs, and goals of the guest, as well as the following examinations: blood pressure, arteriographic measurement, AGE (Advanced Glycation End Products), EKG. Duration approximately 1 hour.

**Nutritional advice and individual diet consultation:** Assessment of dietary habits and nutritional status, as well as the creation of a personal nutrition program during the stay. Includes inBody (measurement of body composition). Duration approximately 30 minutes.

**Physiotherapeutic advice:** Analysis of the musculoskeletal system to determine functional movement capabilities and recommendations for physical activities. Duration approximately 30 minutes.



**Fitness profile assessment** under the guidance of a personal trainer: Determination of fitness, muscle building, endurance, and flexibility profiles, as well as the determination of endurance. Duration approximately 30 minutes.

**Facial and hair diagnosis** using the Aramo cosmetic diagnostic device: Analysis of skin type, sebum production, hair follicles, pores, and skin condition, as well as measurement of skin moisture and aging. Duration approximately 30 minutes.

**Compilation of an individually tailored physical, mental, and spiritual program** during the stay, as well as dietary recommendations within the framework of an integrative health proposal.

This package includes also **an exclusive Welnamis experience** as well as **9 treatments**.

**Meditation (mindfulness)** under the guidance of a psychologist, focusing on silent meditation emphasizing mental health in the present moment.

**The use of our Secret Spa section** includes a heated outdoor and indoor pool, Jacuzzi, Kneipp pool, cold plunge pool, as well as two Finnish saunas, an outdoor sauna, a steam bath, an infrared sauna, and a relaxation room with a salt wall. These facilities contribute to restoring the physical and mental balance of our guests.



**We offer a variety of daily programs (included in the package),** allowing you to explore various theories and methods supporting a healthy, balanced lifestyle during your stay. Through workshops and seminars, you have the opportunity to learn the basics of healthy lifestyle, nutrition (cooking class), beauty care, and much more. Practice for example techniques of Yoga, Tai Chi, Nordic Walking, Breath Therapy, Aerobics, Water Gymnastics, etc., under the guidance of our personal trainers. All these activities contribute to finding a changed lifestyle.

Upon departure, you will receive not only a **detailed summary of your consultations** but also suggestions for maintaining or improving your health, including **advice on nutrition and physical fitness at home.**

Our beauty and spa treatments are carried out using exclusive products from the **Alqvimia, Biologique Recherche, and Seed to Skin** brands.