

EXAMPLE PROGRAMME

SKIN BEAUTY – PREMIUM



Your NEWYOU stay with us could soon look like this.
This is an example programme, timings of individual units are subject to change.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
8:00		Skin laboratory				
		Breakfast 7am – 11 am				
10:00			Body sculpting	Infusion		Pore lasering
		Microdermabrasion				Final consultation doctor
12:00			Ozone therapy treatment	Swiss Deluxe Pro collagen facial	Ozone therapy treatment	Farewell
		Lunch 12 noon – 2 pm*				
14:00		Infusion	Lymph drainage massage	Detoxifying Cellulite treatment		Late check-out until 2 pm
	Check-in from 3 pm				Body Retreat	
16:00	Welcome & introduction	Personal training session		Personal training session		
	Initial consultation with doctor		Infrared sauna session		Jet Peel Premium	
	Wellness orientation	Body scrub & wrap		Infrared sauna session		
18:00	Infrared sauna session		Dinner from 6 pm*			

*individual/not included in the price

