

EXAMPLE PROGRAMME

SMART AGING

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
8:00					
		Breakfast 7am - 11 am			
		Skin analysis & laboratory			Pore lasering
10:00		Vitamin-shot infusion	Geneo Ultimate Skin treatment	haki® Purna treatment	Final consultation doctor
		Ozone therapy treatment			
12:00		Nutritional advice	Yoga session	Yoga session	Farewell
		Lunch 12 noon - 2 pm*			
14:00					Late check-out until 2 pm
		Yoga session		Vitamin-shot infusion	
16:00	Check-in from 3 pm		Aqua Floating		
	Welcome & introduction			Ozone therapy treatment	
	Initial consultation with doctor	Tamina Flow massage	Ozone therapy treatment		
	Wellness orientation	Infrared sauna session		Infrared sauna session	
18:00		Dinner from 6 pm*			

*individual/not included in the price

