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## ACTIVE WELLNESS WITH A VIEW



Lošinj's sea breezes and pine forests enhance the Vitality Center & Spa at Hotel Punta, offering a revitalizing environment for peak wellness. Embrace fresh sea air and vigorous workouts amidst stunning natural beauty. Inspired by Hippocrates, our retreat combines a tranquil spa experience with sports activities and tailored fitness programs for a transformative wellness journey.

### **6 Days Active Renewal Retreat Package**

Elevate your well-being with our "Active Renewal Retreat," a dynamic 5-day package that blends the best of wellness and fitness. Designed for those who want to combine physical activity with deep relaxation, this retreat offers a holistic approach to rejuvenating your body and mind. Whether you're an athlete looking to recover or someone seeking a balanced wellness journey, this package provides the perfect mix of invigorating workouts and soothing spa treatments.

#### **THE PACKAGE INCLUDES:**

- 1 x After-Travel Revive Massage, 45min
- 1 x Fitness Check-up
- 4 x Morning Individual Training Session, 45 min
- 1 x Private Infrared Sauna Session, 30 min
- 2 x Sports Vitality Massage, 45 min
- 1 x Deep Muscle recovery, 50 min
- 1 x Lava Stone Serenity, 60 min

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## DAY 1: ARRIVAL & INTRODUCTION

- Welcome drink at SPA and Program Introduction
- After-Travel Revive Massage

## DAY 2: FITNESS & RELAXATION

- Fitness Check-Up
- Morning Individual Training Session
- Private Infrared Sauna Session
- Sports Vitality Massage

## DAY 3: INTENSIVE FITNESS & RECOVERY

- Morning Individual Training Session
- Deep Musle recovery

## DAY 4: HOLISTIC WELLNESS

- Morning Individual Training Session
- Lava Stone Serenity

## DAY 5: FINAL FITNESS PUSH

- Morning Individual Training Session
- Sports Vitality Massage

**PRICE: € 525,00**

Accommodation, food, beverages and additional special offers are not included in the price.

