



HOTEL ELBRESIDENZ BAD SCHANDAU
VIVA VITAL & MEDICAL SPA

REBALANCING –
FIND NEW STRENGTH!



Do you need peace, to relax and get an energy boost? This intensive short programme has been totally geared towards your needs. Two selected treatments such as the relaxing head-acupressure massage and the stimulating, massaging alkaline hydro-bath with its gentle, purifying effect will give you renewed energy. You will receive dietary advice on the five food elements that are required for your metabolism and type, and on those which tend to block the internal functions ... providing greater effectiveness, inner peace and joy of life.

- 3 nights including gourmet breakfast
- 3 evening meals (4 course menu or buffet) in our "Vital" restaurant with highly aromatic, nutritious cuisine and ayurvedic culinary delights
- An energising head acupressure massage
- Dietary advice on the 5 elements
- An alkaline hydro-bath with a gentle massage
- Daily access to the Viva Vital SPA with aurora bath, sauna landscape and fitness centre, bathrobe and mineral water

Our special offer as a Medical Wellness Hotel: if desired, and subject to availability, a free introductory consultation with our doctor.

Low season: **from € 343.00** per person in a double room with a view of the atrium

High season: **from € 370.00** per person in double room with view of the atrium

Supplements per person:

single room supplement: € 15.00 per night • extra night including Vital evening from € 83.00 per person

Tip (optional): Vital full-board with a refreshing lunch offer: € 16.00 per person per day

High season: 01.04.10 - 31.10.10 / 23.12.10 - 02.01.11

Low season: 01.11.10 - 22.12.10 / 03.01.11 - 14.04.11