

HOTEL ELBRESIDENZ BAD SCHANDAU

VIVA VITAL & MEDICAL SPA

VITAL-DIET 7 DAYS



The unique combination of holistic treatments for the body and soul and a fantastic countryside experience in the mild climate of the Elbtal will help you to regenerate and let go. The Vital-Diet is a way of taking time out to gain a new body consciousness and invigorate the senses and take a new direction to feel stronger and freer.

- 7 nightly including diet meals according to the diet plan (Clear vegetable soups and vegetable and fruit juices)
- Daily dietary supplements, mineral water and alkaline teas
- Food to build you up in accordance with Buchinger & Lützner recommendations
- Breakfast on the 7th day / healthy full evening meal on the 6th day
- Regular care by our qualified dietary adviser
- Medical dietary introductory consultation with case history
- Advice on diet, health and exercise
- Introduction to alkaline foot baths to purify and detoxify
- Colonic irrigation if advised
- Three warm and damp straw wraps
- Exercise and relaxation training as per the offer (e.g. aqua gymnastics)
- Daily access to the Viva Vital SPA with aurora bath, sauna landscape, and fitness centre, bathrobe

Low season **from € 853.00** per person in a double room with a view of the atrium

High season **from € 916.00** per person in a double room with a view of the atrium

Optional: diet supplement day from €72,00 per Person in a double room

Supplements per person:

single room supplement: € 15.00 per night • Additional night including breakfast from € 60.00 per person

High season: 01.04.10 – 31.10.10 / 23.12.10 – 02.11.11

Low season: 01.11.10 – 22.12.10 / 03.01.11 – 14.04.11