



HOTEL ELBRESIDENZ BAD SCHANDAU

VIVA VITAL & MEDICAL SPA

HEALTHY & FIT



Would you like to feel good again? With this "strict" programme, get your metabolism flowing, strengthen your defences, and improve your vitality. You will receive valuable advice on optimising your energy balance, and find out which areas of your body could be helped by taking an exact bio-energy measurement of the energy paths of your cells. We will also give you tips on how to change your diet, drinking behaviour and exercise pattern to gain a healthier life style. Another advantage: quite incidentally, you can rid yourself of a few extra pounds.

- 7 nights including gourmet breakfast
- 7 evening meals (4 course menu or buffet) in our "Vital" restaurant with highly aromatic, nutritious cuisine and ayurvedic culinary delights
- Diet advice on your acid-alkaline balance
- 3 x revitalising Oxygen-Vital treatment: oxithermia – the healing effect of heat, light and oxygen
- A Vital scan with the specific "Energy Modulation" regeneration treatment
- A gentle detox peeling – beauty from inside
- A detox energy soft pack to stimulate the metabolism
- A brush massage – give the immune system a chance. Any excess must go!
- A personal training session with an individual fitness programme
- Daily access to the Viva Vital SPA with aurora bath, sauna landscape and fitness centre, bathrobe and mineral water

Low season **from € 1021.00** per person in double room with view of the atrium

High season **from € 1,105.00** 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: 15.04.11 - 31.10.11 / 23.12.11 - 01.01.12

Low season: 01.11.11 - 22.12.11 / 01.01.12 - 31.03.12

Hotel Elbresidenz Bad Schandau GmbH • Markt 1 – 11 • 01814 Bad Schandau

Tel.. +49 35022/919-700 • Fax+49 35022/919-710

reservierung@elbresidenz-bad-schandau.de • www.elbresidenz.com