

Our Programs



Vitality

Explore *express* (4 days, 3 nights)

- Discover our resort
- Find out everything about our Medical Wellness programs
- Try some of our applications
- Get to know the Costa del Sol and its unique healing climate



Vitality

Explore (7 days, 6 nights)

- Discover our resort
- Find out everything about our Medical Wellness programs
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Validity

Medical Elementary (7 days, 6 nights)

- Medical check-up
- Medical consultation and therapy plan
- Customized applications and training
- Personal nutrition program (also for weight loss)



Validity

Man (7 days, 6 nights)

- General urological examination
- Laboratory analysis and hormone status
- Medical application plan and consultation
- Pelvic Floor Program



Validity

Detox (7 Days, 6 Nights)

- Detoxification and purification of the body
- Detoxification of your organs
- Increased regeneration processes
- A change to a healthy diet, including alkaline diet, prevention of cancer and other common diseases



Vitality

Burnout (7 days, 6 nights)

- Medical analysis of lifestyle and occupational situation
- Analysis of individual symptoms and their pathogenesis
- Laboratory analysis of stress parameters, nutrient deficiencies and hormonal status
- Medically based therapies to restore energy resources physically and mentally



Vitality

Anti-Aging (7 Days, 6 Nights)

- Medical analysis of lifestyle and occupational situation
- Analysis of individual symptoms and their pathogenesis
- Laboratory analysis of stress parameters, nutrient deficiencies and hormonal status
- Medically based therapies and beauty treatments to restore energy resources and rejuvenate



Vitality Beauty (7 Days, 6 Nights)

- Medical and dermatological examination (main focus on face)
- Cosmetic analysis, detoxification and rejuvenating of face
- Full body treatments for the overall well being
- Anti-Face-Wrinkle treatments with medically approved fillers or botox



Vitality Rehab (7 Days, 6 Nights)

- For anyone who had major injuries, surgery or body weakening therapies (like chemo/radio treatments)
- Complete physical examination including laboratory diagnostics
- Symptom-related treatment plan
- Medical measures to speed up the healing process



Validity

Sport Rehabilitation (7 Days, 6

Nights)

- For anyone after or with injuries from sports – hobbyists, amateurs or professionals
- Complete physical scan
- Tests to determine physical performance
- Pulmonary function test
- Sports scientific examination and recommendation for healing enhancing treatments and individual training programs with adapted nutrition



Validity

Anti-Pain (7 Days, 6 Nights)

- For people with chronicle pain symptoms (e.g. Fibromyalgia, Arthritis, etc.)
- Comprehensive medical history and complete examination
- Neurological special examination
- Creation of an individual therapy plan
- Various wellness treatments



Vitality

Create (7 Days minimum)

- For those who already have updated medical check-up reports
- We create together with you YOUR own personal program
- Flexibly designed by experts for your individual requirements