Vitality Anti-Aging

Vitality Anti-Aging, **achive more fittness, more health and more beauty, even as you grow older**

Our *Vitality Anti-Aging* program runs for 7-days and is an individual therapy plan developed to restore and maintain good health at all ages. During this program we strive to achieve a more youthful body and mind which emits a positive outward aura.

One of the main tasks of our anti-aging therapy is to compensate for age-related deficits. Restoring hormones to their previous levels is a prerequisite for a better quality, and in many cases, a longer life.

Included in the program we carry out a full body detoxification resulting in an improved performance of your organs, your entire system and which normally has the effect of an increased physical performance.

Nutritional and diet plans are provided which in some cases will include a calorie reduction to achieve optimal weights. Nevertheless all diets meet the required level of nutrients, protein, vitamins, minerals and trace elements guaranteeing your satisfaction & enjoyment during your stay.

Included are; diet plans, balanced lifestyle programs, mental and physical balancing, rest and meditation, emotional harmony and sleep programs.

Our use of supplements such as vitamins, minerals, trace elements, nutrients, phytopharmaceuticals, antioxidants and enzymes not only assist in the reduction of disease but have a preventive effect against stress consequences and **eliminate toxins** and **free radicals**.

Vitality Anti-Aging – includes:

- Transfers from; airport – hotel – airport
- **6** nights stay at the **Holiday Hydros Wellness & Spa**
- A full diet of Mediterranean cuisine;
  6x breakfast and **6**x dinner
- Use of **spa**, **gymnasium**, **pool** and other facilities under medical supervision, **daily aquagym**, **Pilates** and

stretching (*alternating*).

- Participation in the following courses: **Zumba**, **body toning**, **Latin dance**, **dance lessons**, **air rifle shooting**, **archery**, **badminton**, **tennis**
- When required, *Vitality-Anti-Aging* can also include aesthetic medicine methods for wrinkle treatment. (*Filler & Botox*)

Hotel Holiday Hydros:

http://vitalitygroup.es/wp-content/uploads/2018/01/Hotel-Hydros-Holiday-World.mp4

May, June and September (July+August on request)

Type	Price in € p.p.	
suite	2790	view…
penthouse suite	2990	view…
2 bedroom suite	2590 (min. 4 pers.)	view…

October – April

Type	Price in € p.p.	
suite	2390	view…
penthouse suite	2590	view…
2 bedroom suite	2190 (min. 4 pers.)	view…

For further Information and to Reserve: