

# Vitality Burnout

*Vitality* Burnout, a program to reactivate, recover and revitalize both your physical and mental energies

In today's fast moving, high energy lifestyles, we can often be left with excessive stress causing physical and emotional exhaustion. Many attribute this to poor health or lack of rest, while the real underlying issue is that we are experiencing Burnout.

Our *Vitality Burnout* program initiates with an in-depth analysis of your symptoms together their causes and allows us an in depth understanding of both your medical and psychological conditions. With this cognition we then tailor our treatments for both prevention and cure.

**Initial tests carried out;** pathogenesis, occupational situation, lifestyle, laboratory diagnostics of stress parameters, hormone analysis, detection of deficiencies in minerals, vitamins, trace elements,

Each individualized program contains daily exercises, relaxation methods, mental training, supplement treatment, intravenous infusions to compensate for deficits and improve the metabolism of mitochondria and energy production.

***Vitality Burnout* – also includes:**

- Transfers from; airport – hotel – airport
- 6 nights stay at the **Holiday Hydros Wellness & Spa**
- A full diet of Mediterranean cuisine;  
6x breakfast and 6x dinner
- Use of **spa, gymnasium, pool** and other facilities under medical supervision, **daily aquagym, Pilates** and **stretching (alternating)**.
- Optional participation in lots of different courses and

activities: Yoga group sessions, Reikki healing, sonic frequency meditation (the magic of steel drums), Zumba, body toning, Latin dance, dance lessons, air rifle shooting, archery, badminton, tennis

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	2590	<a href="#">view...</a>
penthouse suite	2790	<a href="#">view...</a>
2 bedroom suite	2390 (min. 4 pers.)	<a href="#">view...</a>

### October – April

Type	Price in € p.p.	
suite	2390	<a href="#">view...</a>
penthouse suite	2590	<a href="#">view...</a>
2 bedroom suite	2190 (min. 4 pers.)	<a href="#">view...</a>

**For further Information and to Reserve:**