Vitality Explore express

Vitality *Explore* ***express,*** **a short program to introduce you to the world of Medical Wellness**

We have developed the "***Explore express***" modules to allow our guests the opportunity to experience *Vitality Group* as well as our programs and most importantly to get a brief professional medical input regarding your current health status.

During your stay you will meet with our team members and at least one doctor where our focus will be to understand your individual health situation and how to improve it.

You will also have the freedom to explore the whole resort and participate on on-site activities. Have fun in the beach aqua adventure park, enjoy some company in the beach club or relax in the Spa with indoor and giant outdoor pool.

Your luxury accommodation will leave you with memorable moments when sitting on a super sized terrace in your private Jacuzzi looking directly at the Mediterranean Sea!

***Vitality Explore* – includes:**

- Transfers from: airport – hotel – airport
- 3 nights stay at the **Holiday Hydros Wellness & Spa**
- A full diet of Mediterranean cuisine;
  3x breakfast and 3x dinner
- Use of the facilities in the SPA and fitness areas, the indoor and outdoor pool and the adjoining open spaces.

  *Use of the facilities at the other hotels on the resort, including the Beach Club on the beach, are open from April to October
- This program includes: **medical consulting**, **body massage**, **relaxation massage**, **reflexology massage**, **daily aquagym**, **pilates and stretching** (*alternating*).
- Optional participation in therapies or activities like:

Yoga group sessions, Reikki healing for beginners or advanced, sonic frequency therapy (the magic of steel drum), Zumba, body toning, Latin dance, more dance lessons, air rifle shooting, archery, badminton, tennis, and more…

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	1190	view…
penthouse suite	1490	view…
2 bedroom suite	990 (min. 4 pers.)	view…

October – April

Type	Price in € p.p.	
suite	990	view…
penthouse suite	1290	view…
2 bedroom suite	790 (min. 4 pers.)	view…

Weitere Informationen erhalten Sie hier…