

# Vitality Man

## *Vitality* Man, focus on prostate

One of the most common age- and lifestyle-related diseases in the male body is **prostate cancer**. This program is for men of any age who already know or want to understand the importance of prevention, check ups or early treatment of everything related to their prostate.

With this program we will provide a detailed examination of the prostate with laboratory analysis, hormonal status, general and urological assessment, optional ultrasound of the abdomen, pelvis and the prostate – in case of diseases and some treatments need to be carried out, these will be undertaken in our state of the art hospital.

Diagnosis, vitality concept, prostate analysis and treatment, therapies and wellness treatments will take place in our resort.\*

### **Main focus during this program:**

- Review of current state of the prostate
- Laboratory analysis and hormonal status
- Urological examination and optional ultrasound examination of the abdomen, pelvis and prostate. In case of the detection of a disease a specialised treatment will be offered to take place in our hospital itself, followed by regenerative and preventive treatments in the resort
- Dailymotion or health care training program
- Daily implementation of relaxation methods and mental training
- Special programs for strengthening the pelvic floor
- Supplement treatment
- Special diet program, consulting about specific future diets

### ***Vitality Man* – 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
- **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	<a href="#">view...</a>
penthouse suite	2990	<a href="#">view...</a>
2 bedroom suite	2490 (min. 4 pers.)	<a href="#">view...</a>

### October – April

Type	Price in € p.p.	
suite	2590	<a href="#">view...</a>
penthouse suite	2790	<a href="#">view...</a>
2 bedroom suite	2290 (min. 4 pers.)	<a href="#">view...</a>

**For further Information and to Reserve:**