Vitality Medical Elementary

Vitality *Medical Elementary,* **benefit from a week of stress free analyses and assessments of your body whilst on holiday**

The goal of this program is to medically examine your health status performing several medical tests (incl. blood, urine, hormonal status, etc…) WITHOUT causing unnecessary stress to our guests and WITHIN the most possible comfortable environment of a luxury holiday. This is one of the big keypoints and advantages of `Medical Wellness` vs. clinical stays!

All test results (for detailed description please request our `Medical Check Up` brochure in our contact form) will be explained to you, followed by a symptomatic treatment/wellness plan for the rest of your stay and beyond.

You will receive a fully valid anamnesis (*medical report*) including higher health risk assessments.

Your accommodation will be a luxury private suite with a super sized terrace on which you will find your own Jacuzzi with direct sea views to the beautiful Mediterranean Sea.

***Vitality Medical Elementary* – 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 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*
- Professional Medical Check-Up, medical consulting, therapy plan and revision
- Daily aquagym in group and exercise and strengthening

therapies in group or with personal coach and relaxation therapies in group.

- Foot or head massage
- Two muscular sports massages.
- An individualised nutritional plan (*special diet/supplements or recipe e.g. alkaline, gluten free, etc*)

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	2490	view…
penthouse suite	2690	view…
2 bedroom suite	2290 (min. 4 pers.)	view…

October – April

Type	Price in € p.p.	
suite	2290	view…
penthouse suite	2490	view…
2 bedroom suite	2090 (min. 4 pers.)	view…

For further Information and to Reserve: