

## Optimal Fitness and Energy

*This uplifting programme will help boost stamina and increase physical and mental performance. Not only will you gain more confidence in yourself, you will also gain the tools to ensure you are working out to the very best of your ability. Evidence also points to the considerable mental benefits gained from being active, so you can expect to feel positive and upbeat too!*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
50'	Fitness Consultation	1	1	1
55'	Personal Training Sessions	2	4	7
60'	Magnesium Recovery Massage	1	1	2
60'	Magnesium or Calcium Body Wrap		1	1
20'	Jet Blitz		1	1
30'	Energising Bath			2
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,370 p/p	€ 2,540 p/p	€ 4,150 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Mediterranean-inspired Wellness Menus.