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Hypoxi Programs

Would you like to slim one size in just 4 days?

You can slim 1 size in 4 days with Hypoxi, the "Healthy Body Shaping Method" proven in researches conducted by Hamburg University to be more successful in body fat reduction compared to classic exercise.

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5 Night "1 Size in 4 days" Hypoxi Marathon Program

1st Day

18.30 Dinner - Hypoxi menu

2nd Day, 3rd Day, 4th Day and 5th Day Programs

08.40 Body analyze
09.00 Breakfast - Hypoxi menu
09.30 Walking by the lake - 20 minute.
10.00 Hypoxi Marathon Program – S 120 and L 250 30 minute, Vacunaut 45 minute
11.15 Snack
11.40 Dermologie -20 minute
12.00 Lunch - Hypoxi menu
13.00 Free time (resting after lunch)
14.30 Hypoxi Marathon Program - 105 minute
16.00 Snack
16.30 Dermologie -20 minute
17.00 Free time (massage & treatments time)
18.30 Dinner - Hypoxi menu
21.30 Snack

6th Day

08.40 Body analyze (before breakfast)
09.00 Breakfast - Hypoxi menu
Departure from hotel

***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	Weekends	Weekdays
Superior Room	1.530 €	2.680 €
Corner & Junior Suite Room	2.225 €	3.375 €
Senior Suite Room	2.640 €	3.795 €

Our prices excluding %8 VAT.
On account of our Wellness-SPA concept, only guests aged 14 and over can be admitted.

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"1 Size in 4 days" Hypoxi Marathon Program without Accommodation

1st Day, 2nd Day, 3rd Day and 4th Day Programs

08.40 Body analyze
09.00 Breakfast - Hypoxi menu
09.30 Walking by the lake - 20 minute.
10.00 Hypoxi Marathon Program – S 120 and L 250 30 minute, Vacunaut 45 minute
11.15 Snack
11.40 Dermologie -20 minute
12.00 Lunch - Hypoxi menu
13.00 Free time (resting after lunch)
14.30 Hypoxi Marathon Program - S 120 and L 250 30 minute, Vacunaut 45 minute
16.00 Snack
16.30 Dermologie -20 minute
17.00 Free time (massage & treatments time)
18.30 Dinner - Hypoxi menu
21.30 Snack

5th Day

08.40 Body analyze (before breakfast)

***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	
Per Person	950 €

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2 Night Hypoxi Program

1st Day

18.30 Dinner - Hypoxi menu

2nd Day

08.30 Walking by the lake - 20 minute
09.00 Breakfast - Hypoxi menu
09.30 Hypoxi Marathon Program – S 120 and L 250 30 minute, Vacunaut 45 minute
11.00 Snack
11.30 Mat work with fitness coach– 30 minute
12.00 Dermologie -20 minute
12.30 Lunch - Hypoxi menu
13.00 Free time (resting after lunch)
14.30 Hypoxi Marathon Program - S 120 and L 250 30 minute, Vacunaut 45 minute
16.00 Snack
16.30 Mat work with fitness coach– 30 minute
17.00 Dermologie -20 minute
17.30 Free time (massage & treatments time)
19.30 Dinner - Hypoxi menu
21.30 Snack

3rd Day

08.30 Walking by the lake - 20 minute
09.00 Breakfast - Hypoxi menu
09.30 Hypoxi Marathon Program – S 120 and L 250 30 minute, Vacunaut 45 minute
11.00 Snack
11.30 Mat work with fitness coach– 30 minute
12.00 Dermologie -20 minute
12.30 Lunch - Hypoxi menu
13.00 Free time (resting after lunch)
14.30 Hypoxi Marathon Program - S 120 and L 250 30 minute, Vacunaut 45 minute
16.00 Snack
16.30 Mat work with fitness coach– 30 minute
17.00 Dermologie -20 minute
17.30 Free time (massage & treatments time)
Departure from hotel

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***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	Weekends	Weekdays
Superior Room	715 €	1.280 €
Corner & Junior Suite Room	995 €	1.560 €
Senior Suite Room	1.185 €	1.750 €

Our prices excluding %8 VAT.
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Daily Hypoxi Program

- ✓ Devices suited for your type are used for daily séance according to direction of Hypoxi expert.
- ✓ For 12 séances of Hypoxi is recommended to be used within 1 month in order to obtain the best results in terms of body shaping.
- ✓ 12 session Hypoxi program including Spa and outdoor pool access.

12 Session	
Per person	555 €

Our prices excluding %8 VAT.
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