



**THERMANA**  
HOTELS | SPA | RESORTS | CONFERENCES

# WELLNESS BOOTCAMP PROGRAM

## **\*TEAM BUILDING OPTION\***

**THE PROGRAM CAN ALSO BE TAILORED TO THE NEEDS OF DIFFERENT GROUPS.**

<b>Hotel</b>	<b>4 days/3 nights</b>	<b>6 days/5 nights</b>	<b>8 days/7 nights</b>	<b>Extra day</b>
<b>Thermana Park Laško****superior</b>	<b>747 €</b>	<b>1.245 €</b>	<b>1.743 €</b>	<b>249 €</b>

Prices are per one person. Tourist tax is not included in price and it is 2,50 €/person/night. Registration fee is 2 €/person. Other supplements by the regular price list.

- **INDIVIDUALIZED INTENSIVE TRAINING PROGRAM**
- **PERSONALIZED AND BALANCED MENU OF FRESH AND DELICIOUS FOOD**
- **WIDE RANGE OF THERAPIES AND MASSAGES FOR DETOXIFICATION AND REGENERATION OF YOUR BODY**
- **WEIGHT LOSS PROGRAM WITH A WELLNESS TOUCH**

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## WANT TO LOSE WEIGHT, BUT DO NOT KNOW HOW TO DEAL WITH IT?

## YOU ALREADY LOST SOME WEIGHT, BUT NEED AN EXTRA BOOST?

## WANT TO SPEND AN ACTIVE WEEK WITH YOUR PARTNER?

Wellness BootCamp program is your choice for a healthy and active lifestyle. It is an intensive training program with proper nutrition, therapies and massages. With our approach you will discover how to lose weight in a sustainable way. Trainings are adapted to your condition in order to improve tonification of your body, improve your stance and revive your body and soul.

For appropriate start and the best assessment of the intensity of training within your body capacity, you will be examined by our physiotherapist. All this will be analyzed by personal trainer who will familiarize you with your situation and present the activity plan. The main event in the day will be training. Your trainer will guide you twice a day through different kind of training. Program is supported by an appropriate and balanced meal plan that includes healthy, fresh and delicious food. As a part of massage and therapies, you can enjoy drinking fresh herbal tea and thermal water.

**Choose our balanced and carefully designed program of training, diet, therapies and massages. Combination of all those factors leads to your improved metabolism, optimized body and healthy and sustained weight loss.**

- PROGRAM INCLUDES:**
- full board by diet plan,
  - unlimited access to swimming pools,
  - saunas and fitness center,
  - preparation of a diet plan,
  - consultation with physiotherapist,
  - trainer (except first and last day),
  - twice a day – massage or therapy\* (except first and last day),
  - Range of massages or therapies: detox with hemp, aromawickel, reflex zone foot massage, maderotherapy, biostimulation of body, Pantha Rei reduction of liquids and cellulite, Pantha Rei rejuvenation drainage, Naranga Kizhi, sports back massage.