



DETOX & BALANCE PROGRAMME

YOUR PATH TO SUSTAINABLE WEIGHT CONTROL

The „DETOX & BALANCE „ programme of the Falkensteiner Spa Resort Mariánské Lázně was developed in cooperation with highly qualified and practice-oriented nutritional consultants, in coordination with the hotel's medical management and the kitchen management.

Our specialised kitchen team prepares the programme for a minimum stay of 7 nights/8 days. For optimal success, a stay of 2 – 3 weeks is recommended.

The programme has been designed, counting with your full involvement and active participation. Our culinary offer includes 3 meals, plus unlimited served beverages such as flavoured water, tea, herbal teas and coffee. Following the recommendations learned and the principles of sustainable nutrition with sufficient exercise will allow for further controlled and sustainable weight loss even after departure.

Process and preparation

Immediately after booking, you will receive detailed information for the ideal preparation before arrival, as well as a medical questionnaire, which should be sent to us at least 5 days before arrival to spamanager.marienbad@falkensteiner.com. 2 days before the start of the journey, the important phase of adjusting your metabolism begins, during which we will assist you with detailed recommendations and recipe suggestions. This will ensure the optimal effect of the programme.

Arrival

On arrival you will receive an appointment for the first detailed consultation with the doctor, including some diagnostic measures. With the help of the bio-impedance analysis and immediately after receiving the measurement results, the individually adapted treatment programme for the first week of your stay will be drawn up. You will also receive detailed guidelines for breakfast, lunch and dinner.

*If interested – Halal option available.





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Contents

- Specially prepared room on arrival (coffee, tea, water, sugar-free drinks)
- Overnight stay in the booked room category
- Initial consultation with the doctor
- Body measurements, laboratory diagnostics, ECG, bio-impedance analysis and subsequent evaluation
- Individualised plan with a selection of supportive treatments such as physiotherapies, physical treatments and therapeutic baths
- Specific recommendations for physical activities with personal guidance from a qualified trainer, such as strength training, exercises (in-house and outdoor), water therapies as well as tips for general well-being, recovery and regeneration
- Food and beverage planning with precise recommendations for breakfast and lunch
- Served multi-course dinner tailored to you
- Flavoured water, tea and coffee included
- 2 additional medical consultations each week
- Final consultation with the doctor at the end of the stay
- Optional: Nutritional consultation online with appointment scheduling (not included in the package price)

Our fine-tuned DETOX & BALANCE programme helps you regulate your weight with the aim of increasing your physical fitness and adopting a sustainable healthy lifestyle.

