

MIND & BODY SHAKER PROGRAMME

Price

€59

Try this highly efficient fitness programme, prepared by our professionals. This programme will allow you to unwind, to achieve perfect relaxation and to regain a pleasant feeling of lightness and freshness. You will be full of energy and ready for new challenges.

What is awaiting you:

1. Before you exercise, we will prepare a low-calorie drink for you to support fat burning.

LEAN GREEN FRESH COCKTAIL

- Grapefruit* – „fat burner“
- Blueberries* – a powerful antioxidant
- Pumpkin* – the biggest help in weight loss
- Curly kale* – cleansing the liver of toxins
- Black tea* – high-caffeine content



2.

BOOST & DETOX (CARDIO EXERCISE)

- ◆ We will provide you with a heart monitor for the precise checking of your heart rate during exercise.
- ◆ We will help you set the fitness machine according to your individual needs and preferences.



3.

HEAVY LEG REVIVER (30 min)

- ◆ Prevents muscle cramps
- ◆ Releases the most stressed muscles
- ◆ Starts the correct lymph flow
- ◆ Supports detoxification processes in the body



4.

The programme will finalize with guided sauna experience with a sauna master.

INTENSIVE SAUNA EXPERIENCE

- ◆ Effective and correct sauna bathing will help the body to get rid of impurities.
- ◆ It ensures proper blood circulation and improves overall health.

