



**IMMOT Crete by Mediterranean Eucrasia
for
Weight management and Metabolic rebalancing**

Six Senses Spa and Mediterranean Eucrasia offers a customized weight management and metabolic rebalancing program including weight loss techniques, antioxidant Mediterranean dietary plans, clinical tests combined with optional wellness activities to improve health on all levels.

Our team of experts will advise you thoroughly and will provide you with an individual program tailored to your needs

Basic results of **IMMOT Crete** are:

- Acute balance of metabolic antioxidant capacity
- Neutralize the catabolic stress hormones
- Increase stamina
- Stimulate the skin and improve elasticity and firmness
- Weight loss.

Your program:

- Hormonal, biochemical, blood count and adipose cytokines scanning
- Cellular stress scanning
- Ergo-physiological scanning that detects lactate zones, metabolic rates, respiratory conditions
- Two consultations with our expert nutritionist
- One on line consultation with Mediterranean Eucrasia specialist in pathology, diabetes and metabolism.
- Full board “tailored” dietary plan based on traditional Cretan recipes, using the purest, organic, local herbs and plants carrying therapeutic qualities.
- Two Functional snacks per day. Clinically proven that reduce inflammation, improves circulation and balance cellular stress.
- Fitness consultation
- Two personal training sessions/ week
- Four Six Senses detox treatments/week
- Follow up: after completion of your program, we will host you for one month in a specialized personalized internet environment, where all of test results and expert consultations will be available.

Six Senses Spa at porto Elounda

porto elounda GOLF & SPA RESORT, 72053 Elounda, Crete Greece

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Standard inclusions:

- Daily access to the indoor and outdoor thalassotherapy pool
- Daily access to all Wellness activities such as Yoga ,Core body training
- Daily access to sauna , Caldarium and Steam bath

Team of experts:

- Mr. George Leon, expert on metabolic Physical and Nutritional Biochemistry
- Dr. Ioannis Charizanis, MD. Specialist in pathology, diabetes and metabolism
- Dr. Marianna Kyriazi, MD. Biopathologist/Microbiologist
- Six Senses Spa at porto elounda, team of therapists, physiotherapists and fitness instructors.

Total price for a 7 night program: 3,659 Euro per person.

Total price for a 14 night program: 4,939 Euro per person.

Notes and conditions:

- Program is valid for the months of season 2018.
- Guests will be required to complete a "life-style" consultation form for any spa treatment.
- Doctors Medical consultation is via skype.
- Nutritionist consultation.
- Above rates quoted in EURO, inclusive of 24% VAT.
- Spa and doctors consultation should be taken within 24 hours upon arrival at the resort.