

NEWS ON HEALTH



Programmes



Food



Nature



People

PROGRAMMES

AUTUMN Mediterranean Detox



Autumn is an ideal time to go through a detoxification programme.

You'll be needing energy for the long winter days.

Cleanse your body so you can take vitamins for getting extra energy!

A MEDITERRANEAN DETOX WILL BOOST YOUR ENERGY!

We recommend the Mulier Mediterranean Detox Programme, if you have:

- a feeling of tiredness and demotivation
- chronic fatigue syndrome
- skin problems
- candida infections
- stomach bloating
- loss of memory
- problems with indigestion
- excessive weight gain or weight loss
- a tendency towards premature aging
- insomnia
- the need for extra energy for yourself, your family or your job

Detox programme under professional guidance.

Detox programme, you'll love it!

FOOD

AUTUMN Seasonal Food



It's essential to eat **seasonal** food, meaning mostly vegetables and fruits.

AUTUMN brings us such treasures and these include **grapes, apples, plums, tangerines, pomegranates, quince, walnuts, almonds, beans, peppers, potatoes, apples, spinach, chard, collards, lemon, grapefruit, olive oil, honey, mushrooms, fish, goat milk, cheese, chestnuts...**

AUTUMN MENU

Breakfast: Bruschettes with fresh goat cheese, oregano and olive oil

Snack: Walnuts and apples

Lunch: Sardines fried in lemon

Recipe: Place the sardines in olive oil and add 2 cloves of garlic, cut and add round slices of lemon and a little rosemary. Add a little water and cook for about 20 min. Serve with rice with ham.

Snack: Chestnuts

Dinner: Baked potato slices with bark and a little bacon on it

NATURE

AUTUMN swimming



The most beautiful swimming season is in Autumn.

Enjoy the warm seawater, mild sunshine, fresh air and autumn colours.

We offer **NATURAL KNEIPP BATHS** under professional guidance.

Enjoy the aromatic sauna bathing in the sea Give your circulation a boost.

You can optimize your energy levels even more with mud wraps and lymphatic drainage.

ORDER your individual tailor-made programme by emailing us at info@healthwellnesscroatia.com

AUTUMN Activities



THE BEAUTIFUL DALMATIAN MOUNTAINS

Mountaineering on Velebit in the fresh alpine air while enjoying views of the islands will give you a new dose of health.

You'll be able to sense the **sage** and **heather** all around you.

Make some tea on your own using fresh plants that you'll find.

We offer **Mountaineering Tours** to suit your age and physique:

- Hike on the *Educational Route* from the entrance of Velika Paklenica National Park (a 1 degree of difficulty) organised for the Metabolic Balance programme
- The *Velika Paklenica Canyon Route* with a lunch break (a 3.5 degree of difficulty) organised for the Weight Loss programme
- The *Adventure Rujno Route* (a 5 degree of difficulty) organised for the Food/Nature/Adventure programme
- *The Velika Paklenica Canyon Route* (a 1.5 degree of difficulty) organised for the Mediterranean Detox programme
- The *short version Business Team Building Route* - (a 2 degree of difficulty) organised for the Staying Healthy in Business programme
- The *long version Business Team Building Route*– (a 1.5 degree of difficulty) organised for the Staying Healthy in Business programme
- The route difficulty is graded from 1 (the easiest) to 5 (the most difficult)

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