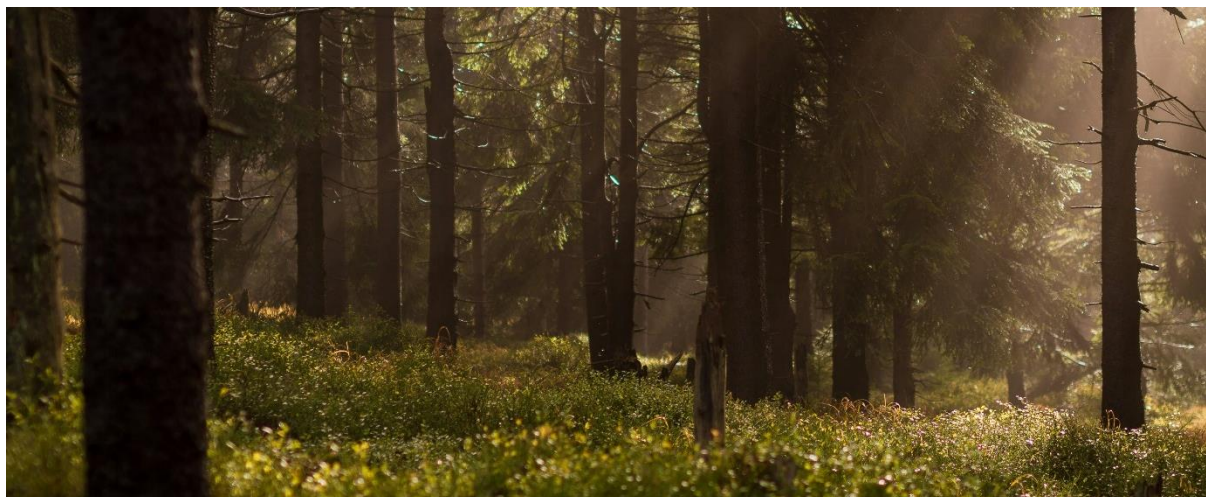




BOOST YOUR IMMUNE SYSTEM WITH THE HEALING POWER OF NATURE!

MARINE MEDICAL CENTER

The Marine Medical Center blends traditional methods with modern medicine, offering certified diagnostic and recovery services. Renowned for its expertise in internal medicine and pediatrics, it incorporates Lošinj's time-honored natural remedies into its health programs. These programs are delivered through holistic care from medical specialists, physiotherapists, and nutritionists, focusing on enhancing overall health, managing stress, and embracing traditional healing practices. The Center offers the services of conventional Western European medical practice, but it also greatly relies on natural healing methods, creating a unique fusion of science and tradition for comprehensive well-being.



THE IMMUNE WEEK

Our immune system is one of the most important parts of our body. It acts as our protective shield against external threats and keeps things in check internally.

Its key roles include:

- Neutralizing harmful substances
- Removing unhealthy changes in the body
- Fighting off microorganisms like viruses, bacteria, and other germs

The immune system plays a vital role in keeping us healthy and living longer. But how can we strengthen or support it? During this week, our goal is to help you develop a lifestyle that boosts your immune system. By the end of your stay, you'll have personalized guidance on how to incorporate these healthy habits into your daily life.

We'll focus on teaching you about proper nutrition, exercises to keep you fit, and ways to reduce stress. Everything is tailored to your individual needs, ensuring that you can take care of your health in the long term.

MARINE MEDICAL CENTER LOŠINJ ISLAND, CROATIA

PROGRAM INCLUDES

1 x Medical Check (MED)
1 x Final medical examination, 30 min (MED)
1 x Initial Nutritional Consultation, 60 min (NUT)
1 x Personalized Diet Plan Recommendation (NUT)
1 x Health Education: Our Immune System - What Is It? What Can It Do?, 30 min
1 x Health Consultation: Personalized Diet Plan & Immune-Boosting Menus, 45 min
1 x Health Education: Stress Relief and Body-Boosting Exercises, 30 min
1 x Health Education: Customized Exercises and Recipes, 30 min
1 x Calming and Relaxing: Head or Foot Welcome Massage + Singing Bowl Therapy, 45 min
3 x Calming and relaxing: For stress reduction and physical wellness + Afternoon Pool Workout, 30 min
1x Calming and relaxing: Pro Sleep Body Massage, 30 min
1x Calming and relaxing: Holistic Massage, 30 min
1x Calming and relaxing: Head or Foot Massage + Singing Bowl Therapy, 45 min
1x Active and passive sweating: Boost your immune system naturally, 90 min
5 x Forest Immersion Experience, 30 min
5 x Evening Seaside Walk - with gentle stretching and relaxation, 30 min

Special offer (additional fee of €180)

1x Immunity IV booster, 60 min (MED)

IMMUNE WEEK PREPARATION

Preparatory analyses (to bring from home):

- CBC (Complete Blood Count)

Preparatory analyzes must be sent to our doctor by email before arrival. They will precisely document the findings for each guest and determine the appropriate steps for optimal care.

Email to: anamarija.margan-sulc@jadranka.hr

PROGRAM

DAY 1

Arrival and welcome drink in the spa with an introduction to the program.

Calming and relaxing

Head or Foot Welcome Massage

Choose a relaxing massage for your head or feet to help you unwind and sleep better. This calming treatment is perfect for ending a long day and supports a healthy immune system by giving your body the rest it needs.

Tibetan Bowl Therapy

Rooted in ancient Tibetan Buddhism, this therapy uses the resonant vibrations of instruments to promote deep relaxation and meditation. The soothing sounds are believed to stimulate the immune system, resulting in stress reduction and relaxation to support overall health and well-being.

Dinner: Nutritionist's recommendation

DAY 2

Initial Nutritional Consultation

This consultation includes a SECA device measurement, an analysis of your eating habits, and a complete health check-up.

Breakfast: Nutritionist's recommendation

Personalized Diet Plan - Follow-Up Consultation

After your assessment, we'll provide personalized recommendations to improve your diet and eating habits. We'll discuss any supplements you might need and set goals for reaching your ideal weight, health, and fitness levels.

Medical Checks

We start with a thorough physical exam to understand your current health. Using important diagnostic tools like an ECG and a detailed abdominal ultrasound, we get a clear picture of your health. These advanced screenings help us check key indicators like blood pressure and blood sugar levels, ensuring your well-being.

Health Education: Our Immune System

What Is It? What Can It Do?

Lunch: Nutritionist's recommendation

Calming and relaxing

Afternoon Pool Workout

Join us for a refreshing afternoon pool workout that helps reduce stress and boost your well-being. This gentle water exercise relaxes you while improving your strength, flexibility, and overall fitness.

Dinner: Nutritionist's recommendation

Evening Seaside Walk

With gentle stretching and relaxation.

Forest Immersion Experience

Step into the healing atmosphere of a pine forest for a guided well-being session. Enjoy a peaceful walk through the woods, where you'll connect with nature, relax deeply, and rejuvenate. This experience helps reduce stress, clear your mind, and strengthen your immune system.

Breakfast: Nutritionist's recommendation

Lunch: Nutritionist's recommendation

Calming and Relaxing: Pro Sleep Body Massage

Experience deep relaxation with this soothing massage. Gentle movements and calming essential oils help your mind and body unwind, promoting restful sleep. This treatment is perfect for recovering from jet lag, easing sleep troubles, and relieving stress.

Dinner: Nutritionist's recommendation

Evening Seaside Walk**Forest Immersion Experience**

Immerse yourself in the healing environment of a pine forest.

Breakfast: Nutritionist's recommendation

Health Education: Stress Relief and Body-Boosting Exercises

Learn simple exercises to reduce stress and improve your well-being.

Lunch: Nutritionist's Recommendation

Calming and relaxing**Afternoon Pool Workout**

Join us for a refreshing afternoon pool workout that helps reduce stress and boost your well-being. This gentle water exercise relaxes you while improving your strength, flexibility, and overall fitness.

Holistic Massage

Enjoy a personalized massage experience that combines the best therapeutic techniques with essential oils. Choose from refreshing lemon, calming lavender, energizing pine, or purifying myrtle to create a relaxing and rejuvenating massage tailored just for you.

Dinner: Nutritionist's recommendation

Evening Seaside Walk

Forest Immersion Experience

Breakfast: Nutritionist's recommendation

Health Consultation: Personalized Diet Plan & Immune-Boosting Menus

Get a personalized consultation to learn about healthy eating and create meals that boost your immune system.

Lunch: nutritionist's recommendation

Active and Passive Sweating: Boost your immune system naturally

Start with a refreshing 1-hour walk, then relax in the IR or Finnish sauna. The sauna's gentle heat helps improve circulation, detoxify your body, and strengthen your immune system, keeping you healthy and resilient.

Calming and relaxing**Head or Foot Massage**

Choose a relaxing massage for your head or feet to help you unwind and sleep better. This calming treatment is perfect for ending a long day and supports a healthy immune system by giving your body the rest it needs.

Tibetan Bowl Therapy

Rooted in ancient Tibetan Buddhism, this therapy uses the resonant vibrations of instruments to promote deep relaxation and meditation. The soothing sounds are believed to stimulate the immune system, resulting in stress reduction and relaxation to support overall health and well-being.

Dinner: nutritionist's recommendation

Evening Seaside Walk**Forest Immersion Experience**

Immerse yourself in the healing environment of a pine forest.

Breakfast: nutritionist's recommendation

Final Medical Consultation

In this session, we'll review your progress, check if you've met your health goals, and give you personalized tips for maintaining your well-being.

Health Education: Customized Exercises and Recipes

Join us for a group discussion where you'll get personalized exercises and recipes to help you build a healthier lifestyle at home.

Lunch: nutritionist's recommendation

Calming and relaxing: Afternoon Pool Workout

Dinner: nutritionist's recommendation

Evening Seaside Walk

Forest Immersion Experience

Immerse yourself in the healing environment of a pine forest.

Breakfast: nutritionist's recommendation

Journey home

**Option to enhance the program with our special offer at an extra charge*

Immunity IV Booster

Immunity IV Booster: This intravenous cocktail delivers key vitamins and minerals to help strengthen your immune system, making it an absolute trend in our medical offer. Vitamins B5 and B6 support your body's ability to fight infections, while the hydration boost helps you feel refreshed and energized. The treatment is administered in the MMC medical office, in a relaxed atmosphere under the supervision of a physician. Patients have reported pleasant drowsiness during the treatment and a feeling of refreshment and increased energy afterward.

Minimum stay: 7 days (Hotel Punta 4* or Hotel Bellevue 5*)

Price: €1050

Accommodation, food, beverages and additional special offers are not included in the price.