

# Holistic Anti-Aging Program

**The three-, five- and seven- night program includes one-time or multiple sessions of the following:**

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|---|--------------|
| - Wellness Screening  | 30 min       |
| - Choice of a private activity as Training, Hiking, Pilates or Yoga | 60 min       |
| - Private Meditation or Pranayama                                   | 30 min       |
| - Colonic Cleansing   | 60 min       |
| - Colonic Rejuvenation  | 120 min      |
| - Muscle Recovery Session (NormaTec)                                | 30 min       |
| - Personal Consultation   | 30 min       |
| - Skin analysis   | 30 min       |
| - Facial (cleansing, restoring, nourishing)                         | 60 or 90 min |
| - Detox body treatment  | 90 min       |
| - Volcanic Glacial Treatment  | 90 min       |
| - Personalised body treatment                                       | 90 min       |
| - Program wrap up with HAAC ambassador                              | 30 min       |
| - Group wellness activities   |              |
| - Access to hydrotherapy experiences                                |              |
| - Full board Wellbeing Menu   |              |

## **All programmes also contain:**

- Blue light blocking sunglasses
- Green Ethnies supplements & Six Senses notebooklet