

Slim Week

Lose weight at Santa Katarina

Too busy for sports? Unable to resist those sweet temptations?

At Santa Katarina we will teach you how to eat healthily, how to exercise correctly, and how to relax - really and fully.

Each day's program is planned to ensure that you won't go hungry, whilst losing weight.






You have to experience it to believe it!

You won't recognise yourself.

- In and Out diagnostic reading of your body with the InBody 720
- An individual fitness program
- Fitness sessions 3 times a day
- Healthy and well-balanced food
- Lectures and consultations with our nutritionist and sports instructor.

... a new you

At Santa Katarina you can choose from the following programs:

-  Days of Absolute Relaxation - why not try it?
-  Body & Mind – Yoga at Santa Katarina
-  Beauty & Lifestyle - be magnificent
-  Slim Week – lose weight at Santa Katarina
-  A Romantic Weekend

The Slim Week program includes:

-  Accommodation for 7 nights all inclusive, with a nutritious, balanced diet 5 times a day
-  3 sessions of fitness and activity a day
-  In - and Out diagnostic test with the InBody 720
-  30 minutes of Thai massage
-  30 minutes of aromatherapeutic massage
-  Full access to the wellness centre in line with your program
-  Lectures and consultations with our nutritionist and sports instructor

Prices from EUR 489

The program has been devised by our professional Ing. Ivan Mach, Csc.

GOLF CLUB TELČ



stella mccartney



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