



PALÁCIO ESTORIL
HOTEL, GOLF & WELLNESS



SLIMMING PACKAGE

SEVEN-NIGHT SLIMMING PROGRAMME

The Hotel Palácio Estoril and the Estoril Wellness Center have created a weight-loss programme especially for you. Based on a balanced diet and regular physical exercise, the programme comprises exclusive treatments at the Wellness Center. Your personalized regime begins with a complete physical and nutritional appreciation which will be monitored throughout your stay.

YOUR SEVEN-NIGHT SLIMMING PACKAGE INCLUDES

- 7 nights accommodation in a Superior Double Room at Palácio Estoril Hotel, Golf & Spa
- Airport Transfers
- Full Board personalized meal plan including 6 calorie-controlled meals per day. Breakfast, morning snack, lunch, afternoon tea, dinner, late-night snack.
- Access to the Dynamic Pool. HydroBanyan Circuit – Hammam, sauna, Jacuzzi, sensation showers, Turkish baths, jets, hydromassage
- Use of fully-equipped gym facilities with expert supervision by a qualified personal trainer.
- Free access to the Estoril Wellness Center daily group Fitness group activities including: Pilates, Yoga, Zumba, Balance, Localized, Dance, HydroBike, HydroGym and Hydrotherapy (upon availability).

SLIMMING PROGRAM, PER PERSON

- Two Nutrition Consultations (initial and final)
- Physical Fitness Evaluation
- Two Personal Training Sessions in the Gym OR Outdoor
- Aesthetician assessment
- Two Sothys Slimming body cares
- One Vichy Shower Massage
- One Immersion Bath with bubble and underwater massage
- One Jet shower
- One Lymphatic Drainage
- Daily Outdoor Walk by the Sea (promenade walk Estoril/Cascais/Estoril)
- Daily Fitness Group activities
- Daily HydroBanyan Circuit

2017 PRICES
PER PERSON

Single	€ 2.400
Double	€ 2.000

(EXCEPT PERIOD FROM 15TH JULY TO 30TH SEPTEMBER)

DETAILED INFORMATION

Nutrition Consultation - The individual nutrition advice session will begin with a short assessment including body mass index, waist hip ratio and body fat percentage. The nutritionist also may ask you detailed questions to determine your current eating habits and give advice on how they can be improved. The aim of the program is to motivate you into improving your nutritional lifestyle, not just whilst you are with us, but when you return home as well.

Physical Fitness Evaluation - During this physical assessment the instructor will conduct a screening to determine your fitness level and if you have any risk factors. Following the session they will also discuss your goals and design you a personalized plan to help you achieve them.

Personal Training Session – This personal training session will be done in our fully equipped gym or at the beautiful surroundings such as the walking distance beach or the Casino beautiful gardens.

Aesthetician Assessment – The qualified Sothys aesthetician will take your measurements and evaluate the type of cellulite to determine the specially tailored slimming and firmness body treatments for you.

Slimming Body Cares – Sothys has the Silhouette program with 5 cabin cares for Slimming, firming and anti-cellulite program. After the assessment the aesthetician will propose 2 of those specific cares.

Vichy Shower Massage with moisturizing milk – Enjoy the incredible feeling of a relaxing deep tissue massage, while experiencing the soft cares of warm shower waters over your body.

Immersion Bath with bubble and underwater massage - Unwind in a warm hydromassage bath while a therapist performs a powerful underwater massage. Specially recommended to treat anxiety, muscle tension, circulatory problems and cellulite.

Jet Shower – This is a high impact jet massage. The hydro-therapist uses a powerful jet spray and regulates the pressure to perform the body treatment. A great way to release muscle tension, circulatory deficiencies and decongest areas of fat and cellulite.

Lymphatic Drainage Massage – Manual Lymphatic drainage is a gentle massage technique that aims to stimulate the lymphatic system into eliminating excess fluids and harmful toxins from the body.

