



GUILT-FREE GOURMET DELIGHT

Taste the Luxury, Feel the Balance - No Guilt, Just Pure Enjoyment!

Guilt-Free Gourmet Delight is an exclusive nutritional counseling program where guests can indulge without fear or guilt in exquisite New Year's gourmet experiences. Based on personalized consultations, our nutritionist will design menu recommendations featuring delicious and healthy dishes at the hotel's restaurant. These recommendations focus on balanced nutrient intake, allowing guests to enjoy gourmet delicacies without excessive calorie consumption.

After lavish holiday indulgence, it's time to start your New Year's resolutions. Begin with the **New Year, New Me** consultation and recommendations from our nutritionist.

THE PROGRAM INCLUDES:

SATURDAY, DECEMBER 28, 2024

1. Personalized Nutritional Consultation:

- Includes an analysis of current health status, dietary habits, and goals.

2. SECA Device Measurement:

- A comprehensive body composition analysis. (This device provides insights into subcutaneous and visceral fat, body water percentage, hydration status, muscle mass, and segmental muscle mass distribution. It also offers information on fitness status and energy expenditure).

3. Creation of a Recommended Personalized Menu:

- Based on the available menus at the hotel restaurant.

THURSDAY, JANUARY 2, 2025

4. New Year, New Me - Final Consultation:

- Guidance on selecting a plan that best suits your New Year's resolutions and lifestyle.

We often fear indulging in exquisite gourmet experiences, worried that it might ruin everything we've worked hard to achieve. The very title of the program invites guests to enjoy the luxurious holiday feast at our hotel without feeling guilty. But how? The answer lies with our nutritionist.

PRICE: 230€

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