



DETOX

Cleanse and Shine with Sea-Tox

BELLEVUE

HOTEL / LOŠINJ



SEA-TOX AT SPA CLINIC BELLEVUE

Hotel Bellevue launches its signature Sea-Tox; an immersive detox programme designed to promote the body's self-cleansing process through detoxifying foods, movement-driven activities and targeted spa treatments, all supported by state-of-the-art medical technology.

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The island of Lošinj has long held the power to heal. Due to a unique synthesis of rare and exclusive healing climatic factors, the pristine oasis was ordained an 'Island of Wellness' over 125 years ago. Boasting century old pine forests, over 1000 species of healing plants, sunshine and detoxifying sea water make Lošinj a naturally exceptional destination for rejuvenation.

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The pillar of the Sea-Tox programme taps into the purification properties of Lošinj's sea water which contains a super-potent cocktail of minerals, saline and plankton to enhance the function of our major detoxification organs: the liver, skin, colon, and lymphatic system. Sea-Tox aims to deeply cleanse the body, balancing hormones, alleviating inflammation, activating cellular regeneration, slowing oxidative stress, and increasing energy.

The Nature Cure.

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DETOXIFYING CUISINE

The Sea-Tox diet is based on detoxifying, anti-inflammatory, alkalising and anti-glycating nutrient-dense foods. Super broths, cold pressed juices, fresh fruits and vegetables, sea nutrients, grains, legumes and lean proteins excluding alcohol, caffeine, processed sugars facilitate the cleansing and restoring process from the inside out.



SEAWATER THERAPY

The sea water in Losinj is special. Warm gulf streams create a fertile environment for over 800 species of micro-algae, coupled with unusually high concentrations of saline, calcium and magnesium, make our waters powerfully detoxifying on a cellular level.



SPA TREATMENTS

Integrative hands-on therapies play an important role in the Sea-Tox programme. Your treatments, such as lymphatic drainage vacuum and cryotherapy, focus on assisting the body to excrete metabolic toxins and encourage cellular regeneration during your detox.



FITNESS

Based on your goals, we will customise your movement and fitness schedule. Activities include circuit training, functional fitness, yoga, hiking, biking, gym-based weight training and plenty of fresh-air fitness. Balancing sessions of meditation, mindfulness, and breath-work round out our body and mind approach. SUP's and Kayaks are available.

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MEDICAL SUPPORT

Our aim is to provide a gentle, sacred and safe place to allow for transformation: physically, mentally and energetically. Our doctors are available to support throughout your stay. Blood markers are detailed at the start and completion of your detox to quantify results. (7,14 or more days only)

The Programme

Available in three, seven or fourteen day packages, Sea-Tox is curated to encourage the body to reach optimal functioning equilibrium. The process of cleansing begins with a comprehensive medical consultation and blood panel. After assessment, your fully-personalised detox will include: a cleansing diet tailored to your needs and detoxification goals, healing broths, herbal supplements, tonics and tinctures, daily fitness sessions, sea-water based therapies and daily detox spa treatments.

Recommended For:

Sea-Tox is a gentle detox programme beneficial for everyone but particularly effective for those with-

- ~ Unhealthy lifestyle habits
- ~ Excessive use of tobacco, alcohol, medicines
- ~ Poor diet
- ~ Subjected to high levels of stress or pollution
- ~ Over a healthy personal weight

Programme Benefits:

- ~ Excretion of metabolic wastes
- ~ Increased energy
- ~ Clarity of thought
- ~ Improved function of major physiological detoxification organs
- ~ Weight loss
- ~ Restore hormonal balance
- ~ Decreased systemic inflammation
- ~ Repair of vital tissues on a cellular level
- ~ Heightened level of overall health and wellbeing

3 days

Mini Sea-Tox - starting from €600

Begin to feel changes associated with detoxing. Lighter in mind and body. Water and toxin elimination. A good place to start.

7 days

Classic Sea-Tox - starting from €1950

Discernible results in energy levels, clarity of mind, and weight loss. Physiological detoxification process fully activated.

14 days

Advanced Sea-Tox - starting from €3200

Optimal results. Overall wellbeing improved. Organ function improved. Notable weight loss. Energy levels greatly increased. Brightness of skin and eyes. Stabilised moods and mental sharpness.

The Programme Includes:

	3 days	7 days	14 days
▶ Medical consultation with doctor	-	2	2
▶ Full blood panel	-	*	*
▶ Total body composition analysis - SECA	1	2	2
▶ Healing broths and cold pressed juices	*	*	*
▶ Detoxifying cuisine	*	*	*
▶ Herbal supplements	*	*	*
▶ Supportive tonics, tinctures and superfoods	*	*	*
▶ Deep Cold therapy- Cryosauna	2	3	7
▶ Exemia total body slimming and toning (machine)	-	3	5
▶ Personal training with kinesiologist	-	2	2
▶ Daily Fitness activities	*	*	*
▶ Detox spa treatments	3	7	12
▶ Hydro-thermal therapy	*	*	*
▶ Sea-water therapy	2	5	7
▶ Mind- body sessions	-	2	5



From the outside Hotel Bellevue is minimalistic, boasting sleek designs with white hues. From the inside, the hotel opens to a lavishly decorated atrium, exuding a unique airiness and energy. The soft tones of the meticulously designed furniture and lighting make Hotel Bellevue an excellent retreat for relaxation and comfort during your detox.

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Čikat 9, HR-51550 Mali Lošinj
T. +385 (0) 51 661 101
bellevue@losinj-hotels.com
www.Losinj-hotels.com

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