



Hypoxi Programs

Would you like to slim one size in just 4 days?

You can slim 1 size in 4 days with Hypoxi, the "Healthy Body Shaping Method" proven in researches conducted by Hamburg University to be more successful in body fat reduction compared to classic exercise.

Richmond Nua Hypoxi Marathon Program is a local **fat burning** program.

From the areas where fat is stored program aims to destroy the fat storage, eliminate from the body and gain **cm restriction**.

During the program, exercises are done with special hypoxi clothing and machine with the company of Hypoxi coach. Personal calorie Hypoxi Menus are consumed during the program. Beside these menus no other food and beverage should not be consumed. If consumed the result of fat burning will be effected negatively.

The aim is CM restriction of the local areas there for the final results are measured with measuring tape before breakfast on check out day.

Hypoxi training involves a light heart and blood circulation exercise; the equipment should be used only under the surveillance of trained and authorized instructors and only by those who are healthy enough to exercise.

Conditions under which program should be avoided ;

- Under 18 years old and over 60 years old,
- Pregnancy,
- Menstrual period,
- Inflamed varicose veins,
- Severe hypertension or hypotension,
- Inflammations and infections,
- Heart, blood circulation, vein problems,
- Metabolism problems,
- In conditions where support to walk/move is needed,
- Women who have breast implants minimum 2 months ago or who are breast feeding should not use the "**Vacunaut**" or "**Dermologie**" equipment.

5 Night "1 Size in 4 days" Hypoxi Marathon Program

1st Day

19.00 Dinner - Hypoxi menu

2nd Day, 3rd Day, 4th Day and 5th Day Programs

08.00 Body analyze (Second day before breakfast)

08.15 Breakfast - Hypoxi menu

08.45 Naturel hike

10.00 Hypoxi action

11.00 Snack

11.15 Hypoxi action

12.30 Lunch - Hypoxi menu

13.30 Active relaxing

14.30 Hypoxi action

15.30 Snack

15.45 Hypoxi action

16.30 Active relaxing(massage & treatments time)

19.00 Dinner - Hypoxi menu

6th Day

08.00 Body analyze (before breakfast)

08.15 Breakfast - Hypoxi menu

09.45 General evaluation

Departure from hotel

***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	Single	Double
Superior Room	1.230€	2.100 €

Our prices excluding %8 VAT.

The Suite room difference for corner/junior suite is 100€+VAT for per night.

The Suite room difference for senior suite is 150€+VAT for per night.

Due to Wellness and Spa concept, we accept guests above 14 years old.

Hypoxi guests has %20 discount on extras .

4 Night "1 Size in 4 days" Hypoxi Marathon Program

1st ,2nd Day, 3rd Day and 4th Day Programs

- 08.00 Body analyze (First day before breakfast)
- 08.15 Breakfast - Hypoxi menu
- 08.45 Naturel hike
- 10.00 Hypoxi action
- 11.00 Snack
- 11.15 Hypoxi action
- 12.30 Lunch - Hypoxi menu
- 13.30 Active relaxing
- 14.30 Hypoxi action
- 15.30 Snack
- 15.45 Hypoxi action
- 16.30 Active relaxing(massage & treatments time)
- 19.00 Dinner - Hypoxi menu

5th Day

- 08.00 Body analyze (before breakfast)
- 08.15 Breakfast - Hypoxi menu
- 09.45 General evaluation
- Departure from hotel

***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	Single	Double
Superior Room	1.130 €	1.920 €

Our prices excluding %8 VAT.

The Suite room difference for corner/junior suite is 100€+VAT for per night.

The Suite room difference for senior suite is 150€+VAT for per night.

Due to Wellness and Spa concept, we accept guests above 14 years old.

Hypoxi guests has %20 discount on extras .

2 Night Hypoxi Program

1st Day

19.00 Dinner - Hypoxi menu

2nd Day

08.00 Breakfast - Hypoxi menu

08.45 Naturel hike

10.00 Hypoxi action

11.00 Snack

11.15 Hypoxi action

12.30 Lunch - Hypoxi menu

13.30 Active relaxing

14.30 Hypoxi action

15.30 Snack

15.45 Hypoxi action

16.30 Active relaxing(massage & treatments time)

19.00 Dinner - Hypoxi menu

3rd Day

08.00 Breakfast - Hypoxi menu

08.45 Naturel hike

10.00 Hypoxi action

11.00 Snack

11.15 Hypoxi action

12.30 Lunch - Hypoxi menu

13.30 Active relaxing

14.30 Hypoxi action

15.30 Snack

15.45 Hypoxi action

16.30 Active relaxing(massage & treatments time)

Departure from hotel

***Hypoxi Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	Single	Double
Superior Room	565 €	1.020 €

Our prices excluding %8 VAT.

The Suite room difference for corner/junior suite is 100€+VAT for per night.

The Suite room difference for senior suite is 150€+VAT for per night.

Due to Wellness and Spa concept, we accept guests above 14 years old.

Hypoxi guests has %20 discount on extras .

"1 Size in 4 days" Hypoxi Marathon Program without Accommodation

1st Day, 2nd Day, 3rd Day and 4th Day Programs

- 08.00 Body analyze (First day before breakfast)
- 08.15 Breakfast - Hypoxi menu
- 08.45 Naturel hike
- 10.00 Hypoxi action
- 11.00 Snack
- 11.15 Hypoxi action
- 12.30 Lunch - Hypoxi menu
- 13.30 Active relaxing
- 14.30 Hypoxi action
- 15.30 Snack
- 15.45 Hypoxi action
- 16.30 Active relaxing(massage & treatments time)
- 19.00 Dinner - Hypoxi menu

5th Day

- 08.00 Body analyze (before breakfast)

***Hypoxi Marathon Program flow can vary depending on the person's body type.**

Prices

Accommodated Program	
Per Person	950 €

Our prices excluding %18 VAT.

Due to Wellness and Spa concept, we accept guests above 14 years old.

Hypoxi guests has %20 discount on extras .

Daily Hypoxi Program

- ✓ Devices suited for your type are used for daily séance according to direction of Hypoxi expert.
- ✓ For 12 séances of Hypoxi is recommended to be used within 1 month in order to obtain the best results in terms of body shaping.
- ✓ 12 session Hypoxi program including Spa and outdoor pool access.

12 Session	
Per person	555 €

Our prices excluding %18 VAT.

Due to Wellness and Spa concept, we accept guests above 14 years old.

Hypoxi guests has %20 discount on extras .