



MICROBIOME - THE ORGAN YOU DIDN'T KNOW YOU HAD

ABOUT MARINE MEDICAL CENTER

The Marine Medical Center blends traditional methods with modern medicine, offering certified diagnostic and recovery services. Renowned for its expertise in internal medicine and pediatrics, it incorporates Lošinj's time-honored natural remedies into its health programs. These programs are delivered through holistic care from medical specialists, physiotherapists, and nutritionists, focusing on enhancing overall health, managing stress, and embracing traditional healing practices. The Center offers the services of conventional Western European medical practice, but it also greatly relies on natural healing methods, creating a unique fusion of science and tradition for comprehensive well-being.



THE MICROBIOME WEEK

Did you know that your body hosts about ten times as many microorganisms as its own cells, impacting health and disease? These microbes, totaling around 1.5 kg, play a crucial role in your well-being. Meet microbiomes, bacteria found mainly in the gut, but also on the skin and other areas.

It's time to explore the role of our body's "hidden organ" during Microbiome Week. Our detailed program focuses on optimizing your microbiome through personalized diet and lifestyle changes based on a pre-week microbiome assessment.

Learn about healthy eating and exercises that support a balanced microbiome to improve your overall well-being. By the end of the week, you'll have the knowledge and habits to integrate these changes into your daily life, promoting long-term health.

Programs are individually developed for each guest.

PROGRAM INCLUDES

- 1 x Medical Checks (MED)
- 1 x Vital blood analyses (MED)
- 1 x Final medical consultation, 30 min (MED)
- 1 x Initial Nutritional Consultation, 60 min (NUT)
- 1 x Personalized Diet Plan Recommendation (NUT)
- 1 x Health Education: How to feed my microbiome, 30 min (NUT)
- 1 x Health Education: Lecture in nature - The Power of Omega-3 Fatty Acids, 45 min (NUT)
- 1 x Health Education: Lecture in Nature - New Roommates, Natural Probiotics, 45 min (NUT)
- 1 x Health Education: Lecture in nature - Plant Powers, Polyphenols, 45 min (NUT)
- 1 x Health Education: Lecture in Nature - Omega-3 fatty acids, 45 min (NUT)
- 1 x Spa leisure time: Welcome Massage Foot Toe-Ga, 30 min (SPA)
- 2 x Spa leisure time (50min): IR or Finnish sauna + Gut-Healing Massage, 30 min (SPA)
- 1 x Balanced Well-Being Workouts, 30 min (FIT)
- 2 x Afternoon Pool Workout, 30 min (FIT)
- 5 x Forest Bathing & Breathing Well-Being Experiences, 30 min (FIT / SPA)
- 5 x Digestive Ease Goodnight Hike, 30 min (FIT / SPA)

MICROBIOME WEEK PREPARATION

Preparatory analyses (to bring from home):

- CBC (Complete Blood Count)

Preparatory analyzes must be sent to our doctor by email before arrival. They will precisely document the findings for each guest and determine the appropriate steps for optimal care.

Email to: anamarija.margan-sulc@jadranka.hr

PROGRAM

DAY 1

Welcome drink in the spa with an introduction to the program.

Spa leisure time

Welcome Massage Foot Toe-Ga.

Dinner: Nutritionist's recommendation.

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

DAY 2

Initial Nutritional Consultation

This consultation includes a SECA device measurement, an analysis of your eating habits, and a complete health check-up.

Breakfast: Nutritionist's recommendation

Personalized Diet Plan Follow-Up

After your initial assessment, our nutritionist will provide tailored advice to improve your diet and eating habits. We'll address any supplement needs and set goals for your health and wellness. Based on your microbiome results, you'll receive a custom diet plan focusing on prebiotics, probiotics, and balanced nutrition to support gut health and overall well-being.

Medical Consultation

We begin with a detailed physical exam to check your health. Using tools like an ECG and abdominal ultrasound, we get a clear picture of your health. These tests help us check important things like blood pressure and blood sugar levels, ensuring we have all the information needed to support your well-being.

Health Education: How to feed my microbiome

Lecture about the microbiome and the influence of nutrition.

Lunch: Nutritionist's recommendation

Balanced Well-Being Workouts

Join us for exercises that boost gut health, reduce stress, and improve overall fitness.

Dinner: Nutritionist's recommendation

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

Forest Immersion Experience

Enjoy a peaceful morning walk in a pine forest with a guided wellbeing session. Practice mindful walking and breathing exercises to boost digestion, relaxation, and overall health. This calming experience helps reduce stress, clear your mind, and strengthen your immune system while connecting with nature.

Breakfast: Nutritionist's recommendation

Health Talk in Nature: The Power of Omega-3 Fatty Acids

Join our nutritionist for a relaxing walk in the serene pine forest as we discuss the benefits of Omega-3 fatty acids. Learn how these essential nutrients support heart health, boost brain function, and improve overall well-being. Get practical tips on adding Omega-3s to your diet while enjoying the peaceful natural surroundings.

Lunch: Nutritionist's recommendation

Spa Leisure Time: IR or Finnish Sauna + Gut-Healing Massage

Enjoy a relaxing experience with a choice of Infrared or Finnish sauna, followed by a 30-minute Gut-Healing Massage. The massage helps with digestion and stress relief, while the sauna detoxifies your skin and improves circulation. Feel relaxed and rejuvenated with this soothing combination.

Dinner: Nutritionist's recommendation

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

Forest Immersion Experience

Immerse yourself in the tranquil embrace of a pine forest during an early morning guided forest experience.

Breakfast: Nutritionist's recommendation

Health Education: Nature Walk & Probiotics Lecture

Join us for a guided hike through the serene pine forest by the sea. Learn from a nutritionist about the benefits of natural probiotics for gut health and immunity. Discover practical tips for adding probiotics to your diet while enjoying the calming natural surroundings.

Lunch: Nutritionist's recommendation

Afternoon Pool Workout

For stress reduction and physical wellness.

Dinner: Nutritionist's recommendation

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

Forest Immersion Experience

Immerse yourself in the tranquil embrace of a pine forest during an early morning guided forest experience.

Breakfast: Nutritionist's recommendation

Health Talk in Nature: Plant Powers & Polyphenols

Join us for a relaxing hike through the pine forest by the sea with a nutritionist. Learn about the benefits of polyphenols in plants for heart health and inflammation. Discover how to add these healthy foods to your diet while enjoying the peaceful natural surroundings.

Lunch: Nutritionist's recommendation

Spa Leisure Time - 50 min: IR or Finnish Sauna + Gut-Healing Massage

Enjoy a relaxing spa session featuring a Gut-Healing Massage and time in the Infrared or Finnish sauna. The massage helps with digestion and stress relief, while the sauna aids in detoxifying your skin and improving circulation for a more refreshed and glowing you.

Dinner: Nutritionist's recommendation

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

Forest Immersion Experience

Immerse yourself in the tranquil embrace of a pine forest during an early morning guided forest experience.

Breakfast: Nutritionist's recommendation

Final Medical Consultation

This session reviews your health progress and makes sure all your goals are met. We'll provide personalized advice for continuing your well-being journey.

Health Education: Nature Walk - Omega-3 Fatty Acids

Join our nutritionist for a relaxing walk through the peaceful pine forest by the sea. Learn about the benefits of Omega-3 fatty acids for heart health, brain function, and overall well-being. At the end, you'll get personalized exercises and recipes to help you maintain a healthier lifestyle at home

Lunch: Nutritionist's recommendation

Afternoon Pool Workout

For stress reduction and physical wellness

Dinner: Nutritionist's recommendation

Digestive Ease Goodnight Hike

Take a relaxing post-dinner walk along the calm coastline to help with digestion and refresh your senses.

Forest Immersion Experience

Immerse yourself in the tranquil embrace of a pine forest during an early morning guided forest experience.

Breakfast: Nutritionist's recommendation

Journey home

*Daily Group Fitness Classes: Join group classes targeting stress reduction and holistic wellness, enhancing physical fitness and mental relaxation.

Minimum stay: 7 days (Hotel Punta 4* or Hotel Bellevue 5*)

Price: €1050

Accommodation, food, beverages and additional special offers are not included in the price.