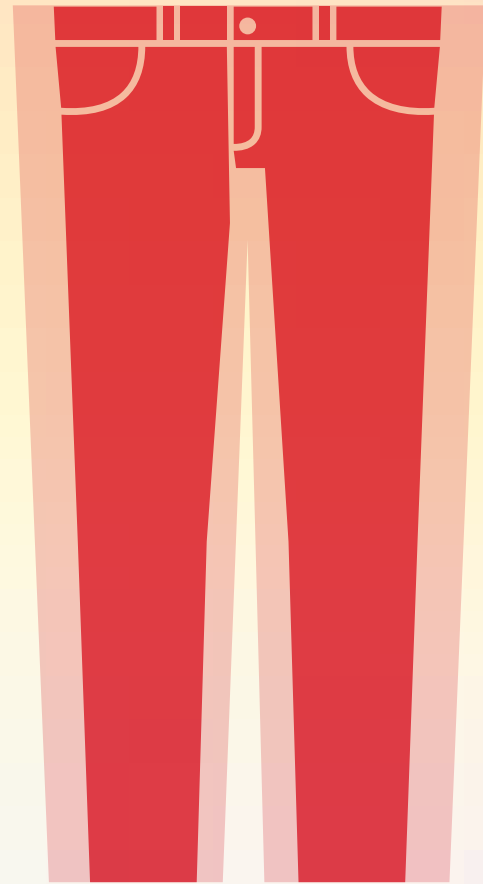




design your body



**DROP 1 SIZE,
ONLY IN 4 DAYS!**

Richmondnua
wellness-spa



ÖZGE TAŞDELEN KUTLUALP / Purchasing Manager

I completed the 4-day Marathon Program with surprising results.
I will recommend the program to everyone.

MELTEM AYDIN / Company Partner

I lost 2 kilos and got 19 cm slimmer in 4 days...
It was worth coming from Adana.
I was very happy and peaceful. Thank you for this program.

SABA TÜMER / Journalist - TV Presenter

A miracle was needed for my body to get into shape,
slimmer, smoother and lose weight in such a short time
as 4 days. Hypoxi program made it possible.



With Hypoxi, the world's newest
"Healthy Body Shaping Method,"
you can drop 1 size in 4 days.

Hypoxi programs affect the abdominal and lower abdominal areas. When accompanied by the nutrition program, Hypoxi exercises that last 4 hours a day and are performed in the mornings and afternoons allow slimming up to 30 cm in shape.

Trainer S120

For the excess fats in the lower body, the muscles are exercised by cycling in a closed cabin and the blood flow is speeded up with low and high pressure practice. Removing fats from problematic areas gets easier.

Low pressure - Vacuum / High pressure - Compression / Intended fat burn occurs. / Blood flow in problematic areas is speeded up.

Why Hypoxi?

Hypoxi is a very natural procedure in which exercise and vacuum therapy methods are used and it doesn't carry the risks that surgeries do. It is applied with a special Hypoxi menu created by taking the calorie values into consideration. Since it is a program designed for burning fat only, the rate of slimness will depend on the total amount of fat in one's body.

All the pressure and vacuum values that will be used during the marathon program are programmed by a Hypoxi expert after the participant's skin, vascular and body structure are analyzed.



Duration
30
minutes

Suggestions for Hypoxi participants

While using the Hypoxi tools, we suggest you to wear loose, comfortable light sweat suits and t-shirts, athletic socks, sneakers and underwear that don't have beads and embroidery on it and are not rough.

Accessories such as rings, necklaces, bracelets, anklets, belts, hair clips, etc. should be taken off while using Hypoxi devices.

Vacunaut

Vacunaut is designed for people who have problems and excess fat around their belly and waist. While walking briskly on the treadmill, the parts located on the stomach area of the special suit you wear burn fats by working in low and high pressure modes.

Fatty acids are gradually activated / Muscles in the belly use the excess fats in this area as energy / This is one of the healthiest cardio methods with pressure and vacuum support.



Duration
45
minutes

(Marathon
Program)

Duration
30
minutes

(Session)

Spa access and activities

The guest attending the Hypoxi Marathon Program should not stay in the environments with high temperature. High temperature is exhausting and it prevents fat burning when the sugar in metabolism is activated by the heat.

Program-appropriate cares and activities

Jet Pools, Water Beds, Day Dream, Tepidarium, Laconium, cares that don't contain temperature change and heat, meditation, mild and short walks around the hotel, massages and cares promoting Hypoxi's effect.

Inappropriate cares and activities

Herbal Steam Bath, Osman Steam Bath, Salt Inhalation Steam Bath, Loft Sauna, Traditional Turkish Bath, Nuvola, Nua Spirit, Bio Sauna, hot bath therapy.

Trainer L250

L250, which is parallel to S120, has been specifically designed for those who want to do exercises in a comfortable position. For the cycling therapy- done in vertical position, the aim is to benefit from both the pressure effect and the gravity.

While the muscles are exercised by cycling in a closed cabin, the blood flow is speeded up through the exertion of low and high-pressure. Thus, the removal of fats from problematic areas is facilitated.

Low pressure - Vacuum / With sudden pressure variances, it supports the weak vein / Provides slimming starting from the hips and gets the legs in shape / It accelerates the removal of the tissue fluids from the body.



Duration
30
minutes

Who **can't** attend the Hypoxi Program?

Children aged under 18 and adults aged over 55 / Women with a weight of 105 kg and more / Men with a weight of 115 kg and more / Persons with a hip circumference of more than 105 cm / Persons who have been in a strict diet program for the last one month / Pregnant women / Women in their first phases of menstruation or menopause / Persons with diseased and inflamed varicose veins / Persons with severe hypertension or hypotension / Persons with heart, blood circulation, vascular diseases / Persons with severe metabolism diseases / Persons who have to carry a support aid to move.

*8 weeks after a C-section, S120 and L250, which are cycling only tools, can be used.

The use of "Vacuanut" and "Dermologie" devices included in Hypoxi Marathon Program is not appropriate for women who have had breast implants inserted within the last 2 months or for breastfeeding mothers.

Our guests who have attended the Marathon Program should wait for at least 4 weeks to join the next program.

Dermologie

By exerting target specific and regular pressure and vacuum, it gives the skin elasticity as well as a smooth and clean look. In addition to its benefits for the skin, it offers a unique opportunity of relaxation and removes the fats that were activated by other devices with lymph drainage from the body.

It tightens the skin and connective tissues /
It gives the skin elasticity, accelerates the metabolism and activates the fat cells /
It removes the fluids and toxins / It boosts the tissue metabolism / It renews the skin by activating it.



Duration
20
minutes

Special Hypoxi menus

During the Marathon Program, customized Hypoxi nutrition menus are provided. Alternatives included in the Hypoxi menu are created to suit different tastes. No food should be consumed other than those offered in the program.

Things to be avoided during Hypoxi

Tea, coffee, green tea, beverages containing caffeine / Chewing gum - because it increases the stomach acid / Orange juice and similar fruit juices / Soda pop, fruity soda pop, coke and similar fizzy and well-sugared beverages / Alcoholic beverages

*Drop **1** size,
only in **4** days!*

Program Options

Accommodated Hypoxi Marathon Program

The program includes the dinner on check-in day; Hypoxi Program, Hypoxi nutrition menu and Spa access for the other days. 20% discount is offered for massages and cares.

Non-Accommodated Hypoxi Marathon Program

The program includes Hypoxi nutrition menu and Spa access. 20% discount is offered for massages and cares.

Please contact the **Spa Reception (2210-2211)** for detailed information about the program and prices.



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