

asaya

dynamic aging

	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	2
Skin Analysis 30 min.	1	1
Sturm Lift Facial 30 min.	2	3
Radiance Facial Including	1	1
Healthy Lunch	2	3
Personal Training	2	3
Detox Massage Lymphatic Drainage 60 min.	2	3
Dr. Barbara Sturm Super Skin Anti-Aging Supplement	1	1
Anti-Aging Facial Peeling 30 min.	–	1
Steam Bath Peeling Scrub 30 min.	–	1
Antioxidant Detox Juices 3 times a Day	daily	daily

Discover the Dynamic Aging program at Asaya Spa! It's more than just a wellness program - it's your personal journey to rejuvenated vitality and well-being. Our program is a harmonious combination of revitalising therapies, antioxidant facials, relaxing massages and soothing sauna and steam baths. All of this is accompanied by nutritious meals that pamper body and soul. The benefits? Improved mental clarity, increased physical stamina and a more balanced pace of life. Leave stress behind and enjoy an improved quality of sleep. Asaya Spa's Dynamic Aging program is not just an experience, it's a transformative journey and a wise choice for your well-being. Think of it as your own personal investment in a healthier, happier life.