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## DETOX & BALANCE

FALKENSTEINER.COM



BY FALKENSTEINER  
SPA RESORT MARIÁNSKÉ LÁZNĚ



## Holistic relaxation with a lasting effect

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In our traditional house, you will experience the splendour of bygone times at first hand and spend your stay in a sublime Art Nouveau building. Here, a pampering wellness programme and a professional medical centre await you for your well-being and convalescence.

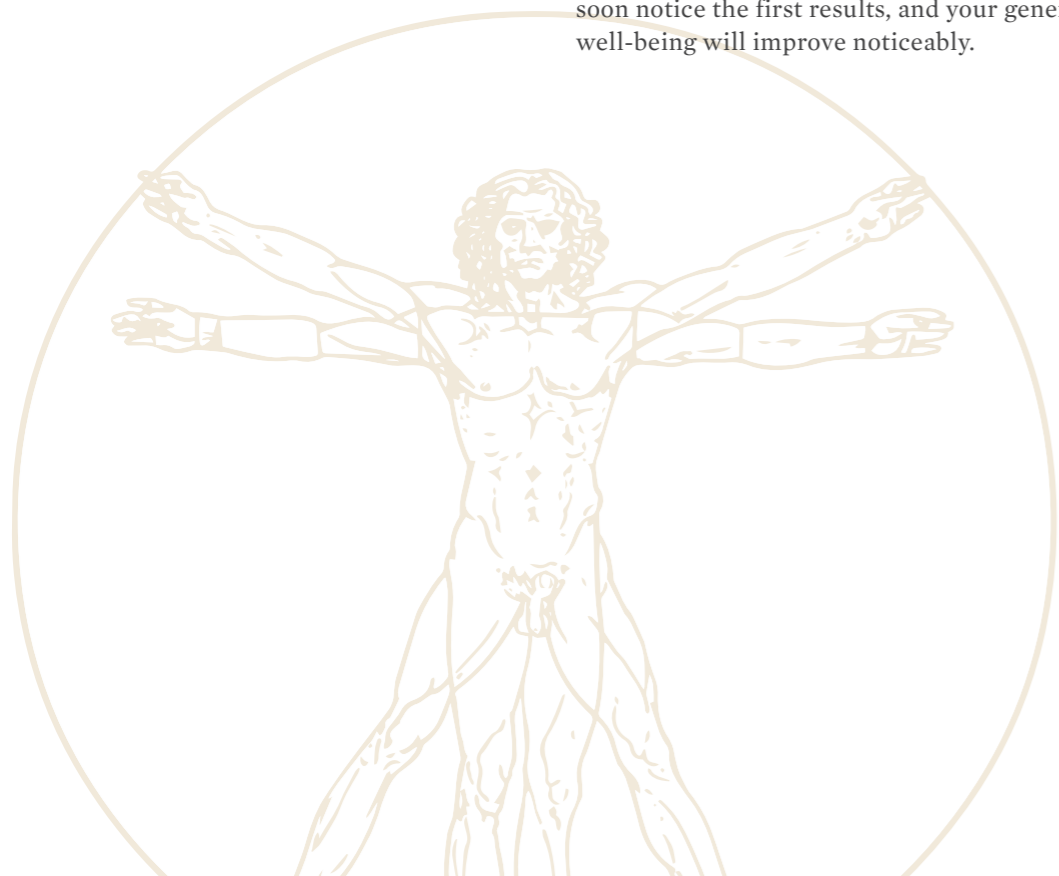
Enjoy a relaxing time-out in Mariánské Lázně – whether to maintain or regain your health.

## Recommendations for optimal weight loss success

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The **DETOX & BALANCE** programme of the Falkensteiner Spa Resort Mariánské Lázně, with its unique combination of dietary recommendations, physical exercise, and specific tips, offers the ideal basis for reducing weight and improving health factors such as blood sugar, blood pressure, fat metabolism and liver values.

Following our recommendations is crucial to the success of the programme. You will soon notice the first results, and your general well-being will improve noticeably.



### AT EVERY MEAL:

#### **Eat plenty of vegetables:**

At least 2 large handfuls of e.g. vegetable flan, grilled vegetables, salads, etc.

#### **Eat something containing protein at every meal:**

e.g. pulses, meat, fish, eggs, dairy products

### BETWEEN MEALS:

#### **Keep at least 5 hours between meals.**

Weight loss is only possible with controlled insulin levels. Meal breaks will regulate both your blood sugar and insulin levels to a normal level. This will facilitate your weight loss success!

#### **Do not eat anything in between meals (not even fruit!)**

### DAILY:

#### **Limit fruit to 2 small handfuls daily**

(e.g. 1 apple + 2 tangerines)

#### **Limit high-fat foods**

such as nuts, seeds to 2 tablespoons daily and avoid fried products completely.

#### **Eat only 3 meals a day:**

breakfast, lunch, dinner.

This will limit your calorie intake!

#### **Abstain completely from soft drinks**

such as cola and lemonade, as well as juices and alcoholic beverages.

#### **Drink at least 2 litres of calorie- and sugar-free drinks daily!**

These are allowed at any time, even between meals. Ask our doctor which of the many spring waters of Mariánské Lázně are suitable for you. Drink the recommended amount of these, and otherwise mineral water and unsweetened teas, which are served to you at all times without limit in the restaurant and bar.

#### **Treat yourself to a small dessert**

in the evening but forego it at lunchtime.

## Breakfast & Lunch Guide

Our fine tuned **DETOX & BALANCE** programme helps you to regulate your weight with the aim of increasing your physical fitness and adopting a sustainably healthy lifestyle.

The following recommendations by the renowned nutritionist and depth psychologist Ms Anja Schneider, bring about a gentle change in your metabolism and enable continuous weight control without cravings and yo-yo effect.

### CONTINENTAL BREAKFAST:



**1** small roll  
or **1** slice of bread



**30 g** salmon  
or **1** egg  
or **30 g** cheese  
or **30 g** ham



**2 tsp** jam



**1 tsp** butter



**1** large bowl of vegetables  
(tomatoes, cucumbers,  
peppers)



**1** small bowl of fruit



Tea or coffee  
(without sugar)



### SUPERFOOD BREAKFAST:



**20 g** oatmeal



**150 g** natural yoghurt  
or quark



**1 tsp** linseed



**5 tbsp** berries  
of your choice



**1** small bowl of fruit



**1** small portion of shakshuka



Tea or coffee  
(without sugar)



### GOURMET BREAKFAST:



**1** small waffle



**100 g** natural yoghurt



**1** slice of crispbread



**1/2 tsp** butter



**1** slice of cheese/  
ham/salmon



Tea or coffee  
(without sugar)



## LUNCH:

Our Good4U Lunch offers you plenty of choice. This guide will help you put together a nutritious and varied lunch.



### Warm dish of the day



### Choice of raw food buffet

**1 large plate of salad with 2 tbsp salad dressing**  
(lettuce, tomatoes, cucumber etc.)

**+1 salad topping**  
1 tbsp cheese cubes or  
1 tbsp sunflower seeds (or similar)

**+2 tbsp couscous salad**  
(or rice, noodles or potato)  
or 2 small slices baguette

**+2 ladles of clear soup with vegetables**

50% fibre

25% protein

25% carbohydrates



## DINNERS:

Our team will spoil you with a tailored menu. Treat yourself to a 30 gram piece of cheese from the buffet 2x a week.

## Mariánské Lázně – enchanted spa town

Mariánské Lázně is one of the most beautiful spa towns in Europe and is one of the eleven exceptional spa towns from seven countries that have been included in the UNESCO World Heritage List as „Great Spa Towns of Europe“.

Mariánské Lázně is an enchanting town full of parks, classicist and Empire houses, magnificent buildings, pavilions and colonnades in the middle of the Slavkovský forest nature reserve. There are over 40 natural healing springs and since June 2023 the city has also been a climatic health resort. It is a place where history and modern lifestyle are intertwined, a place where you can combine a pleasant holiday with a spa stay.

*Welcome Home!*