

D|RESORT

Gocek

# Spring Reset

WITH DIETITIAN MÜGE BOZOK

APRIL 25 - 28

Breakfast, lunch, and dinner will be served at Olives or D'Breeze at the designated times as indicated in your itinerary. Our team will inform you of changes.

We strongly advise you to follow the scheduled meal and snack times.

Your measurements will be taken on the days of your check-in and check-out.

It is recommended that you limit your consumption of soda to one bottle per day from the minibar in your room.

Rest assured that our menus feature dishes made solely from organic ingredients.

We have made a conscious decision to exclude salt from our menus, relying on natural spices and sauces to impart salt flavor.

If you decide not to participate in physical or social activities during the day, please dial 727 from your room phone to notify our D-SPA team.

As part of our program, we encourage you to engage in relaxing activities such as reading articles and books. However, we strongly advise against smoking during your retreat.

We offer a variety of massages and other SPA treatments to complement your program. To schedule an appointment with our D-SPA team, please dial 727 from your room phone.

For dietary inquiries or consultations, please feel free to contact our dietitian Müge Bozok at +90 530 944 12 46 between the hours of 8 am and 9 pm.

Any food and beverages consumed outside the program will be charged as an extra expense upon check-out.

We kindly request that you not disrupt your program-specified dietary itinerary.

**Thank you!**

1<sup>ST</sup> DAY

9 AM - 1 PM	PRELIMINARY EVALUATION WITH DIETITIAN MÜGE BOZOK MUSCLE-FAT ANALYSIS HEALTHY BEVERAGE SETTLING IN ROOMS AND RESTING
2 - 3 PM	<b>LUNCH</b>
3.30 - 4.30 PM	YOGA
4.30 - 5 PM	SNACKS AND HEALTHY TEA TIME
5 - 6 PM	NATURE WALK
7 - 8 PM	<b>DINNER</b>
9.30 PM	NUTRITIONAL SUPPLEMENT & SLEEP TEA

2<sup>ND</sup> DAY

7.45 - 8 AM	REFRESHING DRINK AND MEDITATION
8 - 9.30 AM	NATURE WALK
9.30 - 10.30 AM	<b>HEALTHY BREAKFAST</b>
10.30 - 11.30 AM	SUSTAINABLE NUTRITION TALKS WITH DIETITIAN MÜGE BOZOK
11.30 AM - 12.30 PM	TREATMENTS
12.30 - 1.30 PM	MAT PILATES
1.30 - 2.30 PM	<b>LUNCH</b>
2.30 - 4 PM	FREE TIME FOR D-SPA TREATMENTS
4 - 5.30 PM	TIE-DYE WORKSHOP WITH DENİZ AYDA
5.30 - 6.30 PM	YOGA
7 - 8 PM	<b>DINNER</b>
8.30 - 9.30 PM	INDIAN ACCORDION VOCAL WORKSHOP WITH CAN DEDEOĞLU
9.30 PM	NUTRITIONAL SUPPLEMENT + SLEEP TEA

3<sup>RD</sup> DAY

7.45 - 8 AM	REFRESHING DRINK AND MEDITATION
8 - 9.30 AM	NATURE WALK
9.30 - 10.30 AM	<b>HEALTHY BREAKFAST</b>
10.30 AM - 12.30 PM	FREE TIME FOR D-SPA TREATMENTS
12.30 - 1.30 PM	MAT PILATES
1.30 - 2.30 PM	<b>LUNCH</b>
2.30 - 4 PM	FREE TIME FOR D-SPA TREATMENTS
4 - 4.30 PM	HEALTHY SNACKS WORKSHOP WITH DIETITIAN MÜGE BOZOK & REVNA SARIGÜL
5 - 6 PM	YOGA
7 - 8 PM	<b>DINNER</b>
8.30 - 9.30 PM	ORGANIC CANDLE MAKING WORKSHOP WITH NURISH ATELIER
9.30 PM	NUTRITIONAL SUPPLEMENT & SLEEP TEA

4<sup>TH</sup> DAY

7.45 - 8 AM	REFRESHING DRINK AND MEDITATION
8 - 9.30 AM	NATURE WALK
9.30 - 10.30 AM	<b>HEALTHY BREAKFAST</b>
11 AM - 12.30 PM	FINAL EVALUATION WITH MÜGE BOZOK
12.30 - 1.30 PM	<b>HEALTHY SNACK</b>