



ASOCIACION TURISMO Y SALUD  
COSTA DEL SOL

# INTEGRAL HANDS REJUVENATION



**Your Holidays under the Sun and at the Beach, Exercise in Spa or indoor pool, TechnoGym, Healthy Menus and taking care of your HANDS by our Professionals.**

[www.institutomedicomiramar.com](http://www.institutomedicomiramar.com)



# INTEGRAL HANDS REJUVENATION

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From October to June – 22 days – Half or Full Pension



**Including: One hour from Monday to Friday**

- Healthywalking, 5 Weekly Sessions
- Tecnogym, 5 Weekly Sessions
- AquaGym, 5 Weekly Sessions

+ Healthy Menú, Half or Full Pension

+ **Non surgical Skin treatments:**

**Integral Back hands Rejuvenation with:**

- Elimination of pigmentation and lentigines on the back of the hands. (It is done easily by using Q-switched lasers of different wavelengths)
- Implants on the back of the hands of: Calcium Hydroxyapatite (Radiesse), Hyaluronic Acid (Juvederm Ultra) or Polyactic Acid (Sculptra)

**Available at:**

- ⇒ Hotel Molina Lario ★★★★★ (Málaga)
- ⇒ Hotel Guadalmina ★★★★★ (Marbella)
- ⇒ Los Monteros ★★★★★ GL (Marbella)

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This is a Combined PROGRAMME of Hotel, Healthy Menus, Daily exercises with Physical Fitness Monitor and non surgical Skin Treatments performed by the best Aesthetic Specialists, Members of our Association.

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**BOOKING**

