

Only Beat | Cardiometabolic Meal Program & Vegan Program & Intermittent Fasting

A powerful transformation experience that starts from the heart, cleansing the entire body and renewing it at the cellular level... Today, common complaints such as fatigue, edema, insulin resistance, abdominal fat accumulation, and chronic inflammation indicate a disruption in cardiometabolic balance.

The OnlyBeat Program is a specialized program that focuses on both the circulatory system and metabolism.

By combining detox, nutrition, intermittent fasting, and advanced technology therapies, the body is deeply cleansed and rebalanced. During the program, the Cardiometabolic Meal Plan is prepared with heart-friendly, anti-inflammatory ingredients and can be applied as a vegan option if preferred. With the intermittent fasting protocol, insulin balance is supported, fat burning is optimized, and the digestive system is rested.



AHĀMA

Only Beat | 3-Day Program

- 2 Dietitian consultations
- 2 Doctor consultations
- 2 Live blood & body composition analyses
- 1 Cellgym
- 1 Hue Light Therapy
- 2 MLX-i Dome
- 1 Red Light Therapy
- 1 Ozone Sauna
- 2 Normatec sessions
- 2 Carol Bike & EWOT
- 1 Algae Body Wrap
- 2 Cryo Wave
- 1 Endospheres Therapy
- 1 Jetpeel Facial
- 1 Massage Therapy

In addition to your personalized therapies, your daily program includes:

- Guided Yoga Therapy
- Group Sound Therapy
- Sunset Rituals at the beach or in nature

Also available:

- Classic Sauna
- Steam Room
- Cold Plunge

Total: 1430 €

Only Beat | 5-Day Program

- 2 Dietitian consultations
- 2 Doctor consultations
- 2 Live blood & body composition analyses
- 3 Interval Hypoxia
- 2 Hue Light Therapy
- 2 MLX-i Dome
- 2 Red Light Therapy
- 3 Normatec sessions
- 3 Carol Bike & EWOT
- 1 Algae Body Wrap
- 2 Cryo Wave
- 2 Endospheres Therapy
- 1 Jetpeel Facial
- 1 Massage Therapy
- 2 Ozone Sauna
- 2 NeuroVizr sessions

In addition to your personalized therapies, your daily program includes:

- Guided Yoga Therapy
- Group Sound Therapy
- Sunset Rituals at the beach or in nature

Also available:

- Classic Sauna
- Steam Room
- Cold Plunge

Total: 2045 €

Only Beat | 7-Day Program

- 3 Dietitian consultations
- 2 Doctor consultations
- 2 Live blood & body composition analyses
- 4 Cellgym
- 2 Hue Light Therapy
- 2 MLX-i Dome
- 3 Red Light Therapy
- 3 Ozone Sauna
- 3 Normatec sessions
- 4 Carol Bike & EWOT
- 2 Algae Body Wrap
- 2 Cryo Wave
- 3 Endospheres Therapy
- 1 Jetpeel Facial
- 1 Medical Facial Treatment
- 2 Massage Therapy

In addition to your personalized therapies, your daily program includes:

- Guided Yoga Therapy
- Group Sound Therapy
- Sunset Rituals at the beach or in nature

Also available:

- Classic Sauna
- Steam Room
- Cold Plunge

Total: 2825 €