

Press Information

Simple & Easy: Access SpaDreams travel guides today

Frankfurt, May, 2015. Thanks to the attractive programmes designed by the team of Wellness and Health travel specialists, SpaDreams guests can access all travel guides from a click of a button, and find out extra information about each treatment.

Creating a webpage so all visitors can access all travel guides all 6 different types of treatment that give you that extra knowledge to decide which health programme to take whilst booking your holiday. These programmes are as followed:

- **Ayurveda:** Ancient remedies, to harmonise the body, mind & soul
- **Authentic Yoga:** physical, mental, and spiritual practice & discipline
- **Dead Sea:** For skin problems (eczema, psoriasis)
- **Fasting (Detox):** Giving your body a cleanse.
- **Fango Therapy:** Helps arthritis and fibromyalgia also reduces stress
- **Sri Lanka:** The home of Ayurveda & Yoga

All 6 programmes give you an in depth insight to the treatment what it can do, the practices involved and recommendations to selected hotels which are the most effective for that specific programme. It's always a good idea to get a little insight to a resort & programme before you book a Health & Wellness holiday, so that is exactly what SpaDreams is doing for all clients, making it easier for you & in fact giving you the opportunity to gain some knowledge in a treatment like Fango Therapy!

The 6 guides are available via this link: <https://www.spadreams.com/service/travelguides/> Where you can either download the PDF where you can save it to your device or in fact just view it online for a quick analysis. Either way you will benefit from our free, quick and easy to read guides.

Additionally you can find all hotels, treatments & programmes via: www.spadreams.com

Press Information

About SpaDreams

SpaDreams is the international brand of FIT Reisen, the largest tour operator specialised in Health and Wellness travel, with corporate headquarters in Frankfurt-am-Main. With its high quality, diverse range, good value for money and personalised service, FIT Reisen has not only established itself as the market leader in this segment, but was also voted the most innovative Health tourism organiser in 2014. For almost 40 years, FIT Reisen has been known for the combination of healthy holidays with attractive beauty, fitness and leisure offers. Today, FIT Reisen and SpaDreams offer more than 2200 different spa, health, beauty, Ayurveda, Yoga and spa trips for your perfect dream holiday; with more than 500 hotels and more than 220 destinations in more than 40 countries.

This and other press releases, as well as additional information and pictures to the offers of SpaDreams under:

www.spadreams.com/press-area/press-releases/

Please note: The photographic material may only be used in connection with travel of FIT Gesellschaft fuer gesundes Reisen mbH (SpaDreams) and the hotels shown. Any use beyond, requires the prior written approval and subject to charges. The transfer of the photographic material to third parties is prohibited.