

VIA VITALITÉ

WHEN VISITING VIA VITALITÉ, YOU WILL NEED:

1. Shoes and clothing for gym classes
2. Weather-appropriate walking shoes and clothing (preferably two sets)
3. Clothing for the swimming pool and sauna, pool slippers
4. Personal hygiene items
5. Medicines you take regularly
6. A smartwatch for monitoring your heart rate (optional)

Feel free to leave your jewellery and evening gowns at home