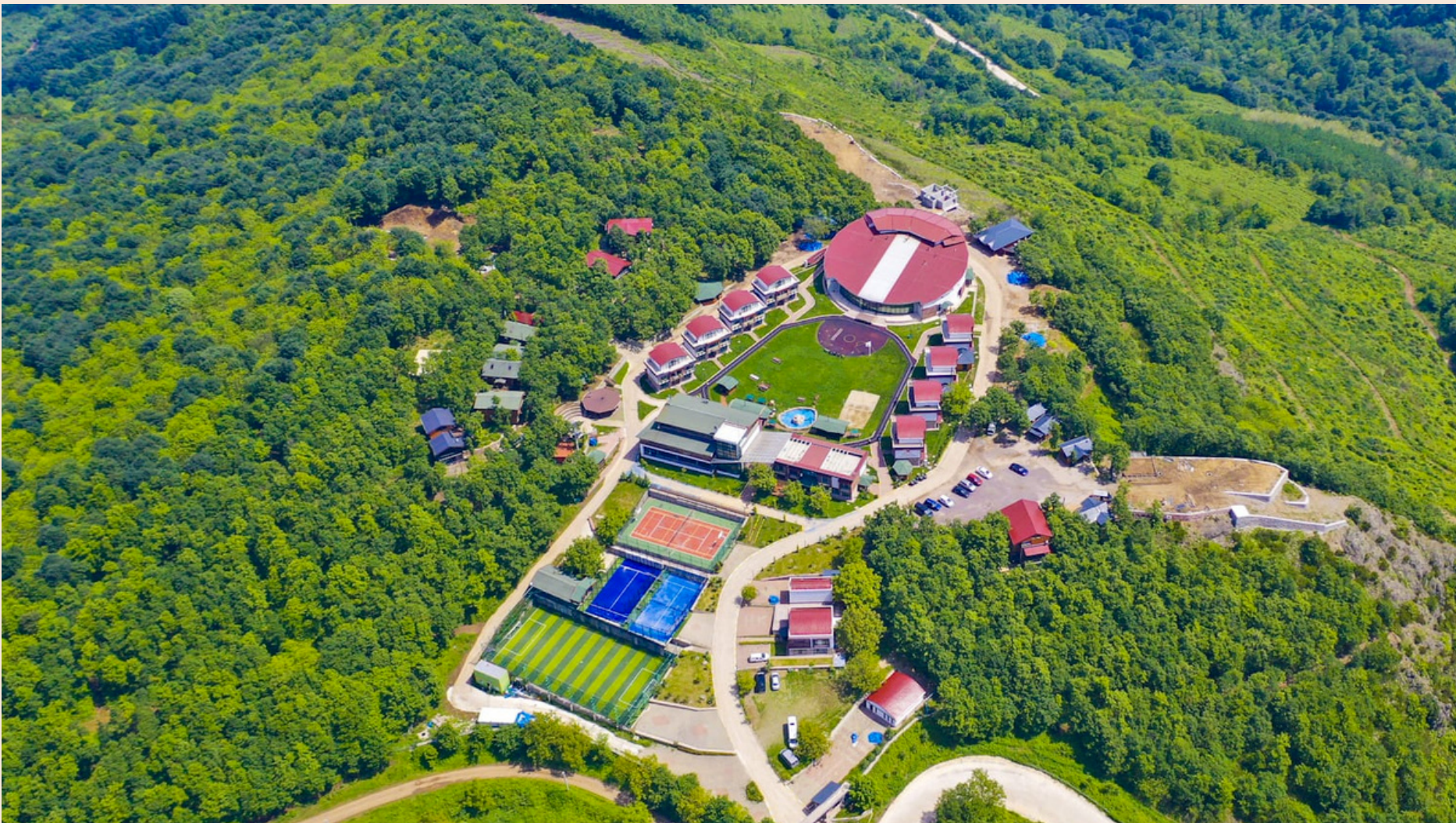




BEST WEIGHT LOSS
CAMP IN EUROPE

MEET HK...



Everything You
Need To Know

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OUR CONCEPT

Brand Story

Here , one of the world's biggest challenges, obesity, is being effectively fought with **completely natural methods** without relying on harmful chemical drugs or risky surgeries. We provide our camp members with fully equipped services, covering everything from **nutrition and fitness to beauty and rejuvenation**. Moreover, with the mental support nad guidance we offer after the camp, we make every effort to ensure that they maintain the healthy weight they achieved



Among The Options...

WHY

HK RESORT



A camp where you can leave behind your emotional, physical, and mental burdens, with strong motivation and personalized support that will guide you to your goal, ensuring you never feel alone, both mentally and physically.

The Facility with the **Highest Number of Certified Sports Trainers in Turkey!** We

provide services with a total of 70 staff members, each an expert in their field and experienced in weight loss processes. Located in the forested area on the slopes of Hamzadağ, it offers a natural reservoir of **excellent air quality**. A comprehensive facility where you can find cutting-edge medical devices and enjoy amenities such as the **indoor pool, sauna, spa, physical therapy and beauty center**.

HOW LONG SHOULD I STAY?

*For the best results, we recommend
staying for 21-30 days minimum*



As this duration ensures optimal progress and lasting results. At the same time, daily or weekly options are also available, after your first 21-Day stay. Whatever your choice, we'll design a plan that fits your goals and **maximizes your transformation.** HK is the only camp in the world where you can stay long-term with high motivation. **The average stay is 3.5 months, and we have members who stay for 6 and 9 months.**



*A JOURNEY FOR
EVERYONE 14 TO 70
YEARS OLD*

Anyone seeking to
lose 5 to 300 pounds
in a **natural**
sustainable way and
achieve full-body
renewal customized
to all fitness levels.

WHO IS THIS FOR?

H K W E I G H T L O S S C A M P

Stay your way

ACCOMMODATION

Enjoy a variety of stay options tailored to your comfort. Choose from Bungalows, Standard Rooms, Standard Plus Rooms, Terrace Rooms, VIP Suites, VIP Bungalows and Deluxe Rooms—all designed for comfort in nature.



H K W E I G H T L O S S C A M P



Nature Meets Comfort

DELUXE & VIP SUITES

Experience ultimate comfort and luxury in our Deluxe Rooms and VIP Suites. Designed for those seeking extra space and exclusive amenities, these rooms offer a premium stay surrounded by nature.



H K W E I G H T L O S S C A M P



FACILITIES

Everything for Your Transformation

DISCOVER

the state-of-the-art fitness centers and training sessions led by certified trainers that provide everything you need to achieve your goals. With a professional and extensive team capable of offering 5 different trainings simultaneously, we conduct 15 different sessions daily.

RELAX

and recharge in our indoor pool, hammam, sauna and spa. Our beauty and rejuvenation services ensure both your body and mind feel refreshed throughout your stay.

ELEVATE

your journey with cutting-edge medical devices used in beauty and spa applications in addition to natural weight-loss support products. Here, every detail is designed for your comfort, progress and ultimate well-being.

H K W E I G H T L O S S C A M P

FITNESS & TRAINING

Push The Limits!

Build strength and stay active with expert-led sessions and top-tier equipment.



H K W E I G H T L O S S C A M P

FITNESS & TRAINING

Tailored Workouts for Every Goal

Achieve your best shape with expert-led sessions and diverse training options designed for all fitness levels.

- Functional Training
- Circuit Training
- Spinning
- Pilates
- Tabata
- Medical Fitness
- Flexibility & Mobility
- Zumba



H K W E I G H T L O S S C A M P

SPA

REJUVENATE YOUR SENSES

Unwind and rejuvenate in our luxurious spa.



Relax and refresh your
body and mind.

H K W E I G H T L O S S C A M P



DETOX

REVITALIZE YOUR
BODY, INVIGORATE
YOUR MIND

CLEANSE & REFRESH

Our personalized detox programs are designed to meet your unique needs, helping you cleanse and refresh.



H K W E I G H T
L O S S C A M P

HANDMADE

We prepare handmade, fresh, daily detox blends to support your journey and boost your energy.

REJUVENATION

REJUVENATE YOUR
BODY WITH ADVANCED
TECHNOLOGY

Experience a revitalizing transformation with cutting-edge devices like Life Cube and CYRO EMS, G9, EMS Magshape Radiofrequency, TECAR, Velashape 3 designed to enhance your body's recovery and promote long-term well-being.

H K W E I G H T L O S S C A M P



WEIGHT LOSS

100% NATURAL — NO
CHEMICALS, NO SURGERY

Achieve your ideal weight with expert guidance, tailored workouts and natural approaches— no risky procedures, just lasting transformation.



INCREDIBLE TRANSFORMATIONS

Witness life-changing results through dedication, expert support, and natural methods. Every journey is a testament to the power of commitment and the right guidance.

HK WEIGHT LOSS CAMP

WEIGHT LOSS

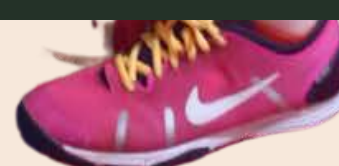
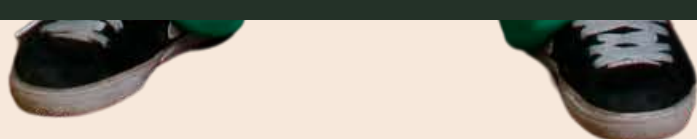
NATURAL, SAFE & SUSTAINABLE

Achieve lasting results with experienced trainers, balanced nutrition and innovative wellness solutions—without the need for risky procedures.



LONG TERM SUPPORT

We focus on building sustainable habits and offering continuous guidance, ensuring you maintain your progress and enjoy lasting results long after your journey with us.



H K WEIGHT LOSS CAMP

RESTAURANT

HEALTHY, DELICIOUS
DINING FOR EVERY PALATE

Our standard menus are designed to provide a balanced, nutrient-rich selection of dishes, tailored to meet the needs of every guest.

PROTEIN MENUS

For those focused on muscle building or higher protein intake, our special protein menus offer lean meats, plant-based protein options, and nutrient-dense meals to enhance your fitness results.

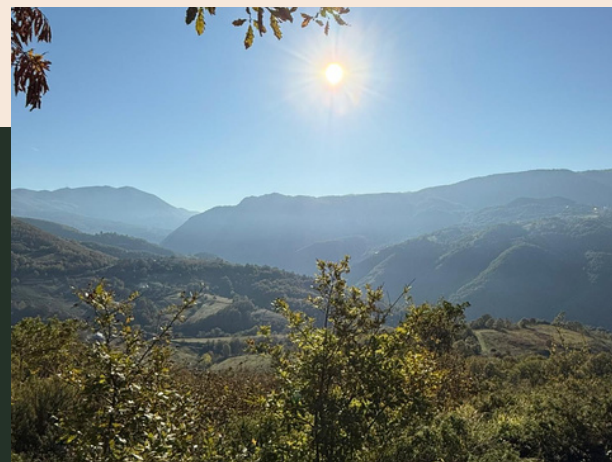


HK WEIGHT
LOSS CAMP

NATURE

IMMERSE YOURSELF IN TRANQUILITY AND FRESH AIR

Under the supervision of our professional trainers, we organize short, medium, and long-distance nature walks every morning, covering 5 mil (3 km), 8 mil (5 km) and 11 mil (7 km). We benefit from the healing power of nature on different trails, achieving physical, mental, and spiritual transformation while boosting your well-being.



H K W E I G H T L O S S C A M P

HK RULES

RESPECT, HEALTH, AND WELLNESS... NON-NEGOTIABLES

To maintain a positive and healthy environment, the following activities are strictly prohibited:

- Smoking (except in designed areas)
- Alcohol consumption
- Bringing food from outside
- Any behavior that disrupts the well-being of others



H K W E I G H T L O S S C A M P

PRICING

FLEXIBLE PACKAGES TO SUIT YOUR NEEDS

We offer flexible packages to ensure you get the most out of your wellness journey, customized to fit your individual needs and goals.

STANDARD PACK

- Standard + Room
- 8x Massage Therapy
- 8x Physical Therapy
- 8x Beauty Sessions
- 8x Life Cube Sessions
- 8X PT Sessions

\$ 7000

PREMIUM PACK

- VIP Suit Room
- 12x Massage Therapy
- 12x Physical Therapy
- 12x Beauty Sessions
- 12x Life Cube Sessions
- 12X PT Sessions

\$ 9000

HK WEIGHT LOSS CAMP



TESTIMONIALS

REAL STORIES, REAL TRANSFORMATIONS

Hear from our members who have embraced the journey, achieved their goals, and transformed their lives with our expert guidance and supportive environment.

H K W E I G H T L O S S C A M P

MY LIFE CHANGED...

"After joining HK, I realized the value of a healthy lifestyle. I didn't just lose weight; I also felt myself grow mentally."



NUR, FROM ENGLAND

I CAN NOW TIE MY SHOES

"Since joining HK and losing the weight, bending down and getting up has become much easier for me. Being able to tie my shoes on my own makes me incredibly happy."



NUSRET, FROM BELGIUM

DISCOVERED MYSELF AT HK

At HK, while losing double-digit weight, I also discovered myself through the activities. I used to be someone who couldn't speak in front of a crowd, but I even sang songs at karaoke events. It was so much fun!

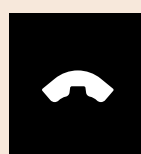


SEDA, FROM TURKEY

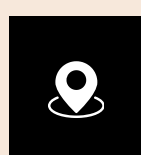
GET IN TOUCH

Have questions or need more information? Feel free to reach out to us and we'll be happy to assist you on your journey to wellness.

CONTACT INFORMATION



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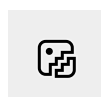


HK WEIGHT LOSS CAMP

SOCIAL MEDIA



@hk.resort



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Our camp is built on a 400-acre forest area.