

Echo Ltd – Medical, Fitness & Holistic Tourism Services for businesses and individuals

1. Medical Tourism Programs

- Tailor-made medical travel packages in Egypt (especially dental care, IV Drip therapy)
- Collaboration with certified hospitals, clinics, and wellness centers.
- Coordination of medical appointments, translation, and aftercare services while exploring Egypt tourism destinations.
- Comfortable recovery retreats in natural and cultural destinations.

2. Wellness & Holistic Retreats

- Healing and detox programs blending nutrition, nature, and traditional therapies.
- Yoga, mindfulness, and meditation retreats in the desert, oasis, or by the sea.
- Natural therapy experiences using local ingredients such as herbs, salt lakes, and mineral springs.
- Spiritual and energy healing sessions inspired by local traditions

3. Fitness & Active Holidays

- Fitness and wellness camps in Egypt's Red Sea coast, Sinai, and Siwa Oasis, and Saudi's AlUla, Taif, and Abha.
- Guided walking, hiking, and cycling tours exploring nature and heritage trails.
- Personalized fitness programs combining training, adventure, and relaxation.
- Outdoor experiences promoting healthy lifestyles and local discovery.

4. Rehabilitation & Recovery Programs

- Post-surgery or injury recovery packages designed with medical specialists.
- Physiotherapy and hydrotherapy sessions in certified centers.
- Stress and burnout recovery programs in peaceful wellness resorts.

5. Wellness Consulting & Program Development

- Designing wellness and holistic tourism programs for hotels, resorts, and travel operators.
- Staff training and experience design based on sustainable wellness standards.
- Integration of local culture, cuisine, and healing practices into wellness tourism.

6. Cultural Healing & Community Experiences

- Authentic cultural experiences combining wellness with local traditions.
- Herbal healing, sand baths, and energy-based rituals in Egypt and Saudi Arabia
- Collaborations with local healers, artisans, and community experts to create meaningful experiences like **Cupping therapy and hot sand bathing**.
- Programs that connect travelers with the spirit of the land and its people.