



**"If you're tired, learn to rest — not to quit."
Rest is part of your treatment too.**

Soundialys

Living with chronic kidney disease can take a real toll — physically, emotionally, and mentally.

Dialysis is essential for your health, but also is taking a break to give your body and mind the peace they need.

Rest by the sea — without missing your treatments.

At Soundialys, a Dialysis Center in Puerto Vallarta, we believe rest and healing can go hand in hand.

Imagine getting your dialysis sessions while soaking in the calm and beauty of the ocean.

Here, you can stay on track with your treatment without giving up the joy of a beach-side getaway.

Why is good rest so important?

- It strengthens your immune system
- Boosts your mood and energy
- Helps your body recover after each dialysis session
- Reduces stress and anxiety
- Improves your sleep — and your treatment outcomes

Healthcare by the *Sea*

Remember: Resting isn't quitting — it's recharging so you can keep going, stronger.



5 Tips for a Better Rest:

1. Stick to a regular sleep schedule
2. Create a Relaxing Bedtime Routine
3. Avoid heavy meals before bedtime
4. Try breathing exercises or relaxation techniques
5. If you can, treat yourself to a few days by the sea — ocean air and sunshine are food for the soul



Puerto Vallarta
Health & Wellness

VALID UNTIL: JUNE 30TH, 2026

\$15
USD*OFF
COUPON
VOUCHER



Soundialys[®]
Don't let Dialysis stop you!



Discount applies to each appointment when **scheduling 4+ dialysis treatments** with us during your trip to Puerto Vallarta. *Terms & conditions apply. **<TDJUL30-25>**



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