



Sandy beaches are nature's gifts that provide us with relaxation, beauty, and endless enjoyment. Three stunning locations where Diaverum has clinics with access to iconic coastal spots include **Costa Blanca** in Spain, **Aracaju** in Brazil, and **Constanța** in Romania.



Costa Blanca

Located along the southeastern coast of Spain, with its crystal-clear turquoise waters and fine golden sand, it's a true paradise. This area is sometimes called the California of Europe, reflecting the large number of people who have moved here from other countries to enjoy **Costa Blanca's** fantastic climate and holiday feel, all year round.

[Find a clinic in Costa Blanca](#)

The capital of the Sergipe State on Brazil's northeast coast, with easy access to Maceió, the capital of Alagoas State and close to the beaches of northern Bahia. If you like being in the middle of nature, **Aracaju's** parks, beaches, rivers and mangroves, among other attractions, will bring it closer to you.



Aracaju

[Find a clinic in Aracaju](#)



Constanța

Traveling to the eastern shores of Romania, you'll discover the charming city of **Constanța**, home to some exquisite sandy beaches. Situated on the Black Sea coast, Constanța offers a unique blend of history, culture, and seaside relaxation. The city's beaches, such as Mamaia Beach, are renown for their fine sand and refreshing waters.

[Find a clinic in Constanța](#)

Easy to remember and prepare: CKD-friendly recipe and fluid tips to keep you nourished and hydrated on your holidays



Fruit Kebab

- 2 small kebab wooden sticks• medium-sized strawberries• 2 medium-sized grapes
- 2 small apple cubes• 2 small pear cubes
- 4 cranberries• 4 fresh mint leaves• fresh lemon juice

Preparation:
Prepare the fruits in the kebab stick in the sequence you prefer and sprinkle the kebabs with some lemon juice to keep the fruit fresh and vibrant.

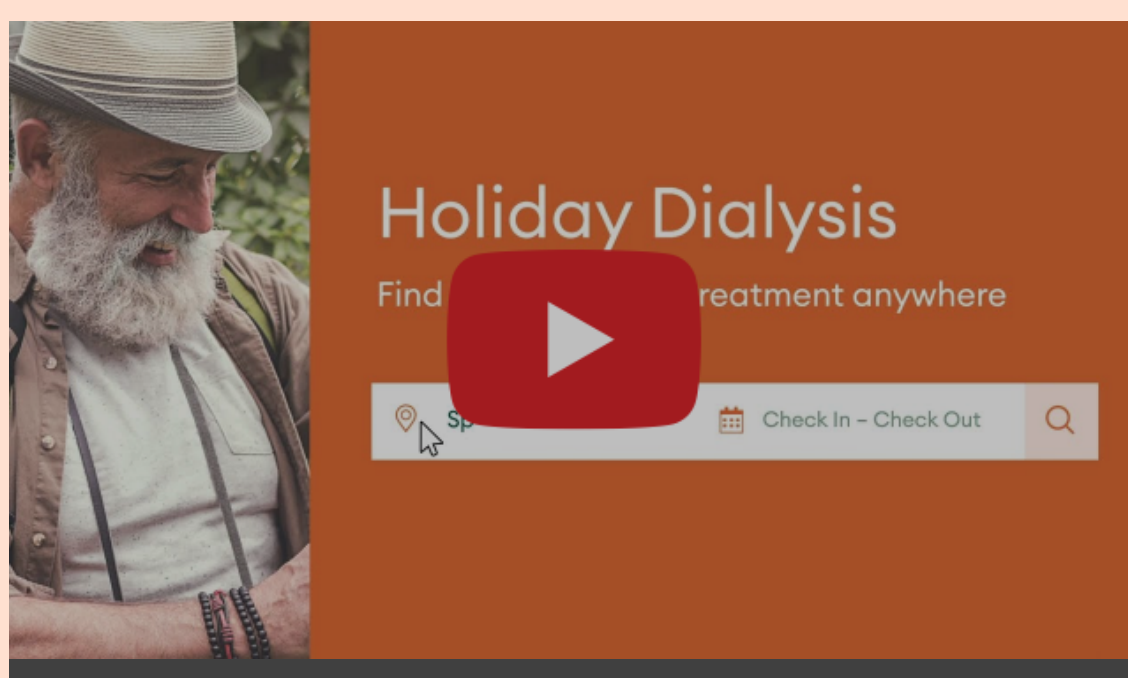
Tips to control your fluid intake

- Try to avoid drinking cold beverages as these can lead to stomach discomfort, digesting difficulties and even stomach cramps
- Alcohol, caffeine and sugary beverages affect your thirst and body's capacity to control fluids
- To stay cool, we recommend wearing a hat or keeping a wet cloth near you to put on your neck/head



[Learn more about nutritional advice for your holiday](#)

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