

## MEDICAL AND RELAXATION PACKAGES 2018

(Prices of the packages do not include accommodation)

### 1. MEDICAL PACKAGE

**Contains:** 2 x medical check-up /entrance and final/, 3 medical treatments a day according to doctor's prescription, full board with individual nutrition consultation, medical report. Minimum stay for 7 overnights. Recommended length of stay is 14 days. Price of the package per person and day: **72 EUR**. The package is free of VAT.

**Medical treatments:** classical massage 30', underwater massage 20', reflex massage of the back 20', manual lymphatic drainage 30', Biarritz bath + dry pack 20', Pearl bath + dry pack 20', Carbon dioxide bath + dry pack 20', oxygen inhalation 45', inhalations 15', turf 20', mud pack 20', Pilates 60', individual rehabilitation 20', magnetotherapy 20', distance electrotherapy 15', interference streams 10', diadynamic streams 15', ultrasound 10', parafango 15', paraffin 15', gas insufflations, biopton, solux, bio-magnetic resonance therapy.

### 2. PREVENTIVE MEDICAL PACKAGE

**Contains:** 2 x medical check-up / entrance and final /, 2 medical treatments a day according to doctor's prescription, half board with individual nutrition consultation. Minimum stay for 5 overnights. Recommended length of stay is 14 days. Price of the package per person and day: **40 EUR**. The package is free of VAT.

**Medical treatments:** classical massage 15', underwater massage 20', Biarritz bath + dry pack 20', Pearl bath + dry pack 20', Carbon dioxide bath + dry pack 20', oxygen inhalation 45', inhalations 15', mud pack 20', Pilates 60', individual rehabilitation 20', reflex massage of the back 20', magnetotherapy 20', distance electrotherapy 15', interference streams 10', diadynamic streams 15', ultrasound 10', parafango 15', paraffin 15', gas insufflations, biopton, solux, bio-magnetic resonance therapy.

### 3. Fit & Slim Paket

Recommended length of stay is 14 – 21 nights. Minimum stay for 7 overnights.

Price of the package per person and day: **72 EUR**.

#### Consultations

- entrance and final medical check-up with the doctor, prescription of the treatments, prescription of the reduction diet with consideration of related diagnoses
- consultation with the dietitian, principles of healthy nutrition in terms of weight reduction and related diagnoses
- weight evidence and control, localisation of body fat, determination of BMI and WHR index
- nutrition, especially based on low calorie meals with high biological value, optimal protein intake, with sufficient amount of fibers, fruits, vegetables and other nutrients
- the diet is enriched with drinking cures (from the spa healing spring – Aphrodite)
- the benefit of the Fit & Slim program lies in the weight reduction, regulation and detoxification of the metabolism, learning healthy eating habits, and overall positive attitude of the organism
- consultation with the physiotherapist – principles of physical activity, setting of the training program during the period of the stay with consideration of the health condition, weight and related diagnoses.

## Medical Treatments

Fitness program – min. 1 exercise with fitness trainer per day

- Aqua-Aerobic, Nordic walking, Fit ball exercises, Pilates exercises, Fitness-Training Special aesthetic weight reduction treatments - 1 exercise per day according to doctor's prescription
- Radiofrequency, REACTION (1 per week), LPG- Lipomassage, Vibrosauna, Lymphodrenage, Vacuwell

Additional regeneration treatments – 1 exercise per day according to doctor's prescription

- classical massage 30', underwater massage 20', manual lymphatic drainage 30', oxygen inhalation 45', Carbon dioxide bath + dry pack 20', hydromassage bath, parafango 15', turf 20'
- free entrance into the Water world ( Outside and Inside thermal pools), Sauna world and Fitness

## Healthy meal

- Full board
- reduction diet
- 3 meals choice
- drinking regimen
- fresh bowl of fruit daily

## 4. Relax Spa Sensation

**Contains:** Relaxation treatments and half board (dinner). The price of the package includes 1x bottle of wine or sparkling wine during the vacation. The package contains:

- possibility of breakfast in the room
- possibility to book table in the restaurant during the whole vacation
- jug of water with dinner
- bowl of fresh fruit daily in the room
- maximum adjustment of procedure times with regard to individual requirements of the guest
- massages provided in massage boxes in the Water World and under Aphrodite dome
- personal escort of the client by the masseur to tea after massage
- provision of CO2 procedures in the bathtub with lighted candles
- provision of natural healing water after the mud wrap procedure and vibration sauna as part of the therapy

Minimum length of stay for 2 overnights, maximum for 7 overnights. Price per person/day is **77€** The price of the package incl. VAT.

### Medical treatments:

- **2 nights:** 1x foot reflexology massage / 30 min./, 1x exclusive body massage / 45 min./, 1x LPG Liftmassage
- **3 nights:** 1x manual lymphatic drainage / 30 min./, 1x exclusive body massage / 45 min./, 1x oxygen mesotherapy / 30 min./, 1x foot reflexology massage, 1x Atlantis bath/ 20 min./

- **4 nights:** 1 x aromatic oil massage / 30 min./, 1x exclusive body massage / 45 min./, 1x mesotransduction / 60 min./, 1x Himalayan salt ritual, 1x vibro sauna / 30 min./, 1x CO2 bath / 20 min./
- **5 nights:** 1x Japanese relaxation massage / 30 min./, 1x exclusive body massage / 45 min./, 1x Lava stone massage / 60 min./, 1x LPG Liftmassage with colagene mask / 50 min./, 1x malibu cocktail massage /60 min./, 1x vibro sauna / 30 min./, 1x Atlantis bath / 20 min./
- **6 nights:** 1x bamboo massage / 45 min./, 2x exclusive body massage / 45 min./,1x Lava stone massage / 60 min./,1x mesotransduction / 60 min./,1x Atlantis bath / 20 min./, 1x CO2 bath / 20 min./, 1x Luxury Spa ritual / 60 min./
- **7 nights:** 1x bamboo massage / 45 min./, 2x exclusive body massage / 45 min./, 1x malibu cocktail massage /60 min./, 1x oxygen mesotherapy, 1x LPG Liftmassage with colagene mask / 50 min./, 2x CO2 bath / 20 min./,1x vibro sauna / 30 min./,1x Luxury Spa ritual / 60 min./
- Stays 7 and more overnights – we offer as bonus 1x Atlantis bath/ 20 min./

## 6. Relax Exclusive

**Contains:** relaxation treatments and half board (dinner). The package includes fresh bowl of fruit daily. Minimum stay for 2 overnights, maximum but 8 overnights. Price of the package per person and day: **58 EUR** The package is incl. VAT.

### Medical treatments:

- **2 overnights** - 1 x aromatic oil massage / 30 min /, 1 x exclusive full body massage / 45 min /, 1 x vibro sauna, 1 x carbon-dioxide bath
- **3 overnights** - 1 x aromatic oil massage / 30 min /, 1 x exclusive full body massage / 45 min /, 1 x vibrosauna, 1 x carbon-dioxide bath, 1 x lymphodrenage / 30 min /, 1 x foot reflexology massage / 30 min /
- **4 overnights** - 1 x aromatic oil massage / 30 min /, 1 x oxygen therapy, 1 x exclusive full body exclusive massage / 45 min /, 1 x vibrosauna, 2 x carbo-dioxide bath, 1 x manual lymphatic drainage / 30 min /, 1 x oxygen mesotherapy – face and decollete / 30 min /
- **5 overnights** - 1 x aromatic oil massage / 30 min /, 1 x oxygen therapy, 1 x exclusive full body massage / 45 min /, 2 x vibro sauna, 2 x carbo-dioxide bath, 1 x lymphodrenage / 30 min /, 1 x anti-stress facial massage / 30 min /, 1 x face and neck oxygen mezotherapy / 30 min /
- **6 overnights** - 1 x aromatic oil massage / 30 min /, 2 x oxygen therapy, 2 x exclusive full body massage / 45 min /, 2 x vibro sauna, 2 x carbo-dioxide bath, 1 x manual lymphatic drainage / 30 min /, 1 x face and neck oxygen mesotherapy/ 30 min /, 1x foot reflexology massage /30 min /
- **7 overnights** - 1 x aromatic oil massage / 30 min /, 2 x oxygen therapy, 2 x exclusive full body massage / 45 min /, 2 x vibro sauna, 2 x carbon dioxide bath, 1 x manual lymphatic drainage/ 30 min /, 2 x face and neck oxygen mesotherapy / 30 min /, 1 x underwater massage / 20 min /, 1x active lift /60 min/,
- **8 overnights** - 1 x aromatic oil massage / 30 min /, 3 x oxygen therapy, 2 x exclusive full body massage / 45 min /, 3 x vibro sauna, 2 x carbon dioxide bath, 1 x manual lymphatic drainage / 30 min /, 2 x face and neck oxygen mesotherapy / 30 min /, 1 x underwater massage / 20 min /,1x foot reflexology massage /30 min/
- **Stays 7 and more overnights** – we offer as bonus 1x Atlantis bath/ 20 min./

## 7. Relax Classic

**Contains:** relaxation treatments and half board (dinner). Minimum stay for 2 overnights, maximum but 8 overnights. Price of the package per person and day: **44 EUR**. The package is free of VAT.

**Medical treatments:**

- **2 nights** - 1x pearl bath, 1 x classical massage / 30 min /, 1 x foot reflexology massage / 30 min /
- **3 nights** - 1x pearl bath, 1 x classical massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/, 1 x foot reflexology massage / 30 min /
- **4 nights** - 1x pearl bath, 1 x classical massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/, 1 x underwater massage / 30 min /, 1 x foot reflexology massage / 30 min /
- **5 nights** - 1x pearl bath, 2 x classica massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/, 1 x underwater massage / 30 min /, 1 x foot reflexology massage / 30 min /
- **6 nights** – 1 x Biarritz bath, 1x pearl bath, 1 x classical massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/ , 1 x underwater massage / 30 min /, 1 x foot reflexology massage / 30 min /, 1 x lava stone massage / 45 min /
- **7 nights** - 1 x Biarritz bath, 1x pearl bath, 2 x classical massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/, 1 x underwater massage / 30 min /, 1 x foot reflexology massage / 30 min /, 1 x lava stone massage / 45 min /
- **8 nights** - 1 x Biarritz bath, 1x pearl bath, 2 x classical massage / 30 min /, 1 x aromatherapeutic oil massage /30 min/, 2 x underwater massage / 30 min /, 1 x foot reflexology massage / 30 min /, 1 x lava stone massage
- Stays 7 and more overnights – we offer as bonus 1x Atlantis bath/ 20 min./

## 8. Aphrodite Beauty

**Contains:** wellness and beauty treatments and half board (dinner). The package includes fresh bowl of fruit daily. Minimum stay for 2 overnights, maximum but 5 overnights. Price of the package per person and day: **73 EUR**. The package is incl. VAT.

**Medical treatments:**

- **2 nights** - 1x Luxury Spa ritual / 60 min /, 1 x LPG Liftmassage / 40 min /, 1 x Swedish massage / 60 min /
- **3 nights** - 1x manual body lymphatic drainage / 30 min /, 1 x face and neck oxygen mezo therapy / 30 min /, 1 x Lifting express / 30 min /, 1x Luxury Spa ritual / 60 min /
- **4 nights** - 1x vibro sauna, 1 x microdermabrasion / 30 min /, 1 x wellness pedicure / 90 min /, 1 x facial mesotransduction / 60 min /, 1x Himalayan salt ritual, 1 x LPG lipomassage / 35 min /
- **5 nights** - 1x manual body lymphatic drainage / 30 min /, 1 x microdermabrasion with mask / 60 min /, 1 x japanesse manicure / 45 min /, 1 x face and neck oxygen mezo therapy / 30 min /, 1 x LPG lipomassage / 35 min /, 1 x exclusive full body massage / 45 min /, 1 x wellness pedicure / 90 min /

## 9. Senior Vital

**Contains:** Accommodation with half-board (dinner) in hotels Mala Fatra, Villa Flora or Villa Margareta, 7x 3-hours entrance into Water world, 3x classical massage /15 min./. The length of the stay is 7 overnights.

Price per person in double room is **295 Eur**.

Price per person in single room is **303 Eur**. The package is free of VAT.

Any of the abovementioned packages can be prepared at extra charge as romantic package exclusively for 2 persons.



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