

EDEM CLINIC

UKRAINE

«EXPRESS DETOX» 3 days PROGRAM

The Ph.D Bashkirtsev Signature Express Detox Program is designed for those seeking a rapid reset without prolonged dietary restrictions. In just three days, the body receives comprehensive support, helping reduce feelings of heaviness, restore fluid and electrolyte balance, boost energy levels, and improve mental clarity.

The program is based on scientifically validated principles, carefully adapted into a short-format protocol to deliver noticeable results within the shortest possible time. It combines the benefits of molecular hydrogen therapy, hydrotherapy, phytotherapy, gentle lymphatic drainage techniques, and supportive detox nutrition.

This intensive yet gentle program offers an effective way to cleanse the body and restore a feeling of lightness while fitting seamlessly into a modern lifestyle.

Procedures:

The number of procedures:

- Author's detox complex: _____ 3
 - hydrotherapy, phytotherapy, aromatherapy
 - Body wrap with an organic gel mixture of seaweed, including a floating treatment
 - massage (manual techniques)
- Group Fitness Sessions
(Nordic walking, Black Roll training, Aqua Aerobics, TRX, Bit Zone, Morning Exercise, Fly Yoga) _____ 6

Dietetics and Nutrition:

- Nutrition according to the Detox method _____ 3
- Detox Herbal Therapy _____ 6

Additional options:

- Personalized selection of vitamins and trace minerals based on clinical condition and nutritional deficiencies.
- Visiting a SPA zone (a swimming pool, a gym, a Roman sauna, a bath, a Finnish sauna, armchairs hammam, a hydromassage mini swimming pool, Swiss shower (circular shower), Kneip track and a phytobar).

The total investment in your health:
48 450 UAH

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