

EDEM CLINIC

UKRAINE

«FITHEALTH» PROGRAM 3 days

It is one of most effective express programs, which incorporates the most productive techniques of modern fitness. It is an integrated approach of this Program, coupled with medical diagnostics, which allows to make an individual progress and choose the shortest way to achieve results. The Program is appropriate for both untrained persons and professional athletes. It allows to succeed in losing weight, sports rehabilitation, development of relevant techniques in physical exercising and promotion of one's posture as well as local impacts on problem or desired zones.

The Program is focused on the following:

- Weight correction and metabolic process improvement
- Local impacts on desired or problem zones
- Strengthening the muscle corset of the back
- Achievement of individual results, a nice aesthetic figure and a feeling of well-being
- Harmonious development of a person to achieve ease of body and mind.

* At the beginning of the Program you are recommended to consult a doctor. The Program cost excludes such consultation.

Procedures:

The number of procedures:

▪ Functional physical fitness assessment	1
▪ Individual training classes in line with dedicated techniques of rehabilitation doctors	3
▪ Hydro-, phyto- and aromatherapy (mineral sports and remedial baths: sulfur and sports baths)	2
▪ Mud treatment and phytotherapy with floating	1
▪ Energy hydromassage (Charcot's shower – sports treatment)	3
▪ Sports and restorative massage of various muscle groups during a training session	3
▪ Massage of the head hair coat and cervical collar zone	1
▪ Connective tissue massage	1
▪ Belly massage (combination of manual, mechanical and contrast techniques)	1

Dietetics and nutrition:

▪ Nutraceutical support (adaptogens, vitamins, amino-acid mixtures)	
▪ Healthy Life nutrition menu	3

Additional options:

- 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)
- Group fitness training classes (Scandinavian walk, training with Black Roll, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)

Note:

- The Program cost excludes accommodation.

The total investment in your health:
57 800 UAH

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