

# EDEM CLINIC

UKRAINE

## «RE-ENERGY» PROGRAM 3 days

The Program is intended for those who feel like taking a small break to boost their stamina and improve their health. This Program includes the most efficient regeneration methods developed by our Eden Resort Medical Center. It also offers special meals comprising wholesome and light dishes which are cooked in line with healthy nutrition principles.

### Procedures:

### The number of procedures:

▪ Hydro-, phyto- and aromatherapy	2
▪ Mud treatment and phytotherapy with floating	2
▪ Energy hydromassage	2
▪ Manual lymph drainage massage	1
▪ Multistructural modeling therapy	1
▪ Pressotherapy	1
▪ Ayurvedic facial ritual according to your Dosha type	1
▪ Psychoemotional computer harmonization with aromatherapy in a salt room	2

### Dietetics and nutrition:

▪ Healthy Life nutrition menu	3
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### 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, an ice fountain and a phytobar)
- Group fitness training classes (Scandinavian walk, training with Black Roll, aquaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)
- No floating accommodation rate

### Note:

- The Program cost excludes accommodation.
- The Program excludes doctor's advice which is however recommended prior to the Program beginning.
- The recommended number of nights for the Program is 4.

**The total investment in your health:  
31 000 UAH**

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