

# EDEM CLINIC

UKRAINE

## SPA DAY «REGENERATION»

Dedicate this day to your fight against the toxins of the internal and external environment of the body and get rewarded with detoxifying and rejuvenating effects for the whole body. Peat is a substance rich in bioactive elements, which is known worldwide owing to exceptional regenerative properties. It promotes blood circulation in tissues and warming up of the whole body. The Program helps reduce weight, decreases puffiness and lymphostasis, cleanses the body of toxins and promotes an active metabolism. We recommend our diet therapy which is developed in line with the latest trends of the science of nutrition.

### Description of treatment:

### The number of procedures:

- Detoxifying peat wrap \_\_\_\_\_ 1
  - Peeling with thermal oligoelements and nuts
  - Lymphatic drainage massage
  - Wrap with peat and essential oils
  - Reactivation massage
  - Treatment completion with lotion
- Hydro, phyto and aromatherapy \_\_\_\_\_ 1
- Energy hydromassage (Charcot's shower) \_\_\_\_\_ 1
- Peat Thermal SPA Face – a treatment session with peat \_\_\_\_\_ 1
  - Cleansing, makeup removal
  - Enzyme peeling
  - Peat-based mask
  - Treatment completion with cream according to your skin type
- SPA care for hands. Moisturizing and mineralization \_\_\_\_\_ 1

### 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 SPA Day may be offered with and without lodging.
- It is recommended to supplement the SPA Day with the Detox nutrition (5 times a day).

**The total investment in your health:**  
**10 750 UAH**

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