

# EDEM CLINIC

UKRAINE

## SPA DAY «RELAXATION»

The Spa Day Relaxation Program from Edem Resort Medical & SPA is designed for those who dream of an island of tranquility and long-awaited relaxation. Ancient Oriental rituals focused on health and beauty will make your mind and body rest. Immersion in the dream world of a perfect relaxation journey imparts the body with all healthy properties of aromatic spices, natural yogurt, fruit and an amazing dance with silk cloth. The results of this Program are relaxation and rebalancing of your body.

### Description of treatment:

### The number of procedures:

- |   |   |
|---|---|
| ▪ Hydro-, phyto- and aromatherapy                             | 1 |
| ▪ Lulur tropical – body care of the islands Java and Bali     | 1 |
| - Lulur massage   |   |
| - Peeling with thermal oligoelements and nuts                 |   |
| - Lulur mask-wrap – moisturizing yogurt and fruit             |   |
| - Toning up   |   |
| ▪ Lulur tropical – facial care of the islands Java and Bali   | 1 |
| - Cleansing, makeup removal                                   |   |
| - Enzyme peeling  |   |
| - Relaxing massage  |   |
| - Natural yogurt mask   |   |
| - Treatment completion with cream according to your skin type |   |
| ▪ Aromatherapy compress                                       | 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:**  
**10 300 UAH**

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