

EDEM CLINIC

UKRAINE

«ORIENTAL STYLE WEEKEND» PROGRAM *3 day*

A unique trip around the corners of the Country of Edem where the variety of senses, tastes, sounds and aroma are discovered. We will introduce you to the ancient system of knowledge that contribute to the improvement of health, both physical and mental, eliminate stress and depression, restore the inner Tao.

An oriental style weekend is a program, that is filled with therapeutic sessions. Light herbal fragrances of ubtan and oils will give you the freshness in every Ayurvedic ritual, that provide a soft and delicate action, the result of which is total relaxation. After these sessions your skin will be renewed and glowing, smooth and velvet.

"So, what is the secret?," you would ask. Everything is simple – the components of herbs, esters, extracts, therapeutic mud and oils activate metabolic processes through the skin contact, as a result of this the process of body detoxification is activated and general well-being is improved.

All sessions of the program are aimed at restoring the body's natural state of health.

Description of treatment:

The number of procedures:

- | | |
|---|---|
| ▪ Hydro-, phyto- and aromatherapy | 1 |
| ▪ Mud and phytotherapy with floating | 1 |
| ▪ Energy massage (Charcot shower) | 1 |
| ▪ Consultation and supervision of SPA prevention-specialist | 1 |
| ▪ Ayurvedic peeling - "Udvardana ritual" | 1 |
| ▪ Thai aroma massage | 1 |
| ▪ Shiatsu | 1 |
| ▪ Detox of the mind (body and mind harmonization) | 1 |

Dietetics and nutrition:

- | | |
|-------------------------------|---|
| ▪ Healthy Life nutrition menu | 3 |
| ▪ Detox phytotherapy | |

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, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)
- No floating accommodation rate

Note:

- The Program cost excludes accommodation.

The total investment in your health:
27 800 UAH

#edemyouself #edemclinic #detoxofmind
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