

EDEM CLINIC

UKRAINE

«SPA DETOX» PROGRAM 3 day

The "SPA Detox" program is a modern express course on healing, which is based on the processes of relaxation and purification of the body.

The program is designed in the way that first you restore harmony with your inner spiritual world, and then activate all your physical strength. As you will have a wellness complex of physiotherapeutic treatment using water, seaweeds, therapeutic peat and healing esters.

The 3 day "SPA Detox" program is a unique set of natural and healthful therapeutic treatment, which will start the process of detoxification and accumulation of vital forces. Having returned to everyday life, you will always have this knowledge at your disposal, which you can use daily for your benefit.

We guarantee that before you know it, there will be a different person in front of the mirror. With the power regained and thoughts renewed a whole life journey can be changed.

Description of treatment:

The number of procedures:

| | |
|---|---|
| ▪ Hydro, phyto and aromatherapy | 1 |
| ▪ Mud and phytotherapy with floating | 1 |
| ▪ Energy hydromassage (Vichy shower) | 2 |
| ▪ Energy hydromassage (Charcot's shower) | 2 |
| ▪ Manual underwater hydromassage (lymph drainage type) | 1 |
| ▪ Consultation and supervision of the SPA prevention specialist | 1 |
| ▪ Deep massage of the body | 1 |
| ▪ SPA-capsule session (Detox program) with infrared light on the face | 1 |
| ▪ Bliss Lotus | 1 |
| ▪ Ayurvedic ritual - UdvarVishesh | 1 |
| ▪ Mineral waters | 1 |

Dietetics and nutrition:

| | |
|------------------------|---|
| ▪ Detox 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:
31 850 UAH**

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