EDEM CLINIC

UKRAINE

PROGRAM «BODY DETOX (body aesthetics program)» 3 days

The program of deep influence on the structure of the body improves skin elasticity, tone and contours, prevents skin aging. The purpose of the program is to maximally influence the metabolic correction of the connective tissue of the skin to improve and increase the rate of regeneration of its structural elements by inhibiting the processes of biodegradation of collagen and its disorganization. Thanks to a combination of restorative procedures, we eliminate the harmful effects of photoaging, improper lifestyle, stress and hypodynamics. The silhouette of your body will improve, the skin will get a healthy look and physiological relief. The program uses a combination of physical, temperature, pharmaceutical, natural factors in methods, doses and multiplicity for maximum effect. In compiling this program, the Chief Physician of Edem Clinic took into account the most popular and effective methods of recovery used by our guests in the express preparation for important events. A very important factor in achieving success in achieving the desired result is strict adherence to a combination of procedures, medication, exercise and special nutrition. The program is supervised by dermatologists Edem Clinic, who, if necessary, will offer additional procedures on body aesthetics.

Diagnostics:	**The number of procedures:**
▪ Dermatologist consultation	1

Procedures:

▪ Author's detox peeling (skin peeling + Vichy shower)	1
▪ Underwater manual relaxing hydromassage	1
▪ Underwater manual toning hydromassage	2
▪ Session in the SPA capsule (detoxification)	1
▪ Session in a SPA capsule with wrapping (cleansing)	1
▪ Complex hardware modeling therapy	2
▪ Vitamin dropper of detox type	3
▪ Personal training with a trainer (rhythmic and passive stretching)	2

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 and a phytobar)
- Group fitness training classes (Scandinavian walk, training with Black Roll, aquaaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)

Note:
- The Program cost excludes accommodation.

The total investment in your health:
56 200 UAH

#edemyouself #edemclinic #detoxofmind
dr_bashkirtsev