# EDEM CLINIC

UKRAINE

## «ANTI-STRESS WEEKEND SPA» PROGRAM *3 days*

Cleansing and regenerating balneological treatment sessions, SPA rituals, moisturizing mousses as well as nourishing components of herbs and spices, natural yoghurt; exclusive massage practices and fitness training sessions; dietic food involve a variety of sensations and tastes of daily recreation.

Contributing to recovery after a busy everyday life, rejuvenation and restoration of your body energy, balancing of bonds between the body, brains and spirit, the Program is intended for men and women who know the value of time and take care of their health.

| Diagnostics: | The number of procedures: |
|---|---|
| ▪ Opatra Skin Analyzer 3D skin diagnostics | 1 |

**Procedures:**

| | |
|---|---|
| ▪ Hydro-, phyto- and aromatherapy | 1 |
| ▪ Mud treatment and phytotherapy with floating | 1 |
| ▪ Energy hydromassage (Vichy shower) | 1 |
| ▪ SPA capsule session with peat wrap | 1 |
| ▪ Energy massage (Vichy shower) | 1 |
| ▪ SPA prevention master advice | 1 |
| ▪ Local SPA Body Ritual | 1 |
| ▪ Remineralizing sea wrap | 1 |
| ▪ Massage with linen bags, Tibet Massage | 1 |
| ▪ Lulur tropical – body care of the islands Java and Bali | 1 |
| ▪ Lulur tropical – facial care of the islands Java and Bali | 1 |
| ▪ Fly yoga/SUP | 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:**
**37 050 UAH**

#edemyouself   #edemclinic   #detoxofmind
dr_bashkirtsev