

EDEM CLINIC

UKRAINE

«PRODUCTIVITY» PROGRAM 3 days

The program is designed to provide a quick repair of the health spent on complex and hard work, to fill the emotional component of life. It's recommended for workaholics, people in the early stages of emotional burnout, initial presentations of chronic fatigue syndrome. The program is conducted under the supervision of the therapist.

A specially selected balneological complex with hydromassage baths and restorative pelotherapy will allow the prompt balancing of dystonic presentations. The complex of massages will weaken muscle spasms, restore the balance between sympathetic and parasympathetic nervous systems. Intravenous ozonation of blood will allow you to feel the biorevitalization of the body, stimulate the immune system and the processes of reparation.

Description of treatment:

The number of procedures:

▪ Hydro-, phyto-, aromatherapy	2
▪ Mud- and phytotherapy with floating	2
▪ Energy hydromassage (Charcot's shower)	2
▪ Session of the psychotherapist	1
▪ San Shiro massage	1
▪ Deep body massage (60 min)	1
▪ Sports massage	1
▪ Functional Body Reset	1
▪ Outdoor training (vineyard / fruit garden / garden / stables)	2
▪ Personal fitness training (Fly-yoga / SUP)	1
▪ Ozone therapy (biorevitalization of the organism)	2

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, aquaerobics, TRX, Bit Zone, morning gymnastics, Fly yoga)
- We recommend visiting the Panorama balanced nutrition restaurant during the program

Note:

- The Program cost excludes accommodation.

The total investment in your health:
47 200 UAH

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