

# EDEM CLINIC

UKRAINE

## «MENTAL HEALTH» PROGRAM 3 days

Each of us strives for the harmony of soul and body, preservation of an internal resource, productivity, feeling of happiness in all aspects of life, and being filled with bright emotions in every moment of existence. Often, we begin to feel life passing by us, our bodies and minds moving at different speeds, and sometimes we seem to stop, being unable to move, while not stopping our everyday marathon of affairs. These feelings lead to moral and physical exhaustion.

The Mental Health program is based on psychotherapeutic techniques, respiratory practices, yoga therapy, and restorative procedures for the body, with which the effect of integrity is achieved. Through the program, the balance of the spiritual and corporeal is restored, which gives us an inexhaustible source of energy, namely the feeling of a filled life, and deprives us of the waiting syndrome.

Going through the Edem Clinic program, you will feel the authenticity of the touches, restore the perception of smells, tastes, and sounds, get to know the world around you and yourself in a new way! Once again, you will feel the power in yourself, the desire and energy to realize dreams and reach new heights. You will be saturated with cheerfulness, openness, spontaneity, and creativity anew!

### Consultations and diagnostics:

### The number of procedures:

- SPA prevention master advice \_\_\_\_\_ 1
- Consultation and psychotherapist session \_\_\_\_\_ 1

### Procedures:

- Massage Local SPA «Relaxation» \_\_\_\_\_ 1
- Thai Yoga massage (60 min) \_\_\_\_\_ 1
- Hydro, phyto and aromatherapy \_\_\_\_\_ 3
- Mud and phytotherapy with floating \_\_\_\_\_ 2
- SPA capsule session with peat wrap \_\_\_\_\_ 1
- Energy shower (sport Charcot's shower) \_\_\_\_\_ 3
- Mineralizing sea care \_\_\_\_\_ 1
- Relaxation and Drainage Facial Massage \_\_\_\_\_ 1
- A session with a psychotherapist (optional activities: «Awareness 'Taste Life in a New Way'», «Ease 'Breathe in a New Way'», «The Step 'Go Beyond Limits'») \_\_\_\_\_ 1
- A yoga session with a therapist (optional classes: Respiratory Practices, Sound Healing, Yoga Therapy) \_\_\_\_\_ 1

### Dietetics and nutrition:

- Healthy Life nutrition menu \_\_\_\_\_ 3

### 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)
- No floating accommodation rate

Note:

- The Program cost excludes accommodation.

**The total investment in your health:  
43 400 UAH**

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