

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:
47 600 UAH

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