

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.

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.

Procedures:

The number of procedures:

▪ Hydro-, phyto- and aromatherapy	1
▪ Mud treatment and phytotherapy with floating	1
▪ Energy hydromassage (Vichy shower)	1
▪ Energy hydromassage (Charcot's shower)	1
▪ SPA prevention master advice	1
▪ Local SPA Body Ritual	1
▪ Massage with linen bags, Tibet Massage	1
▪ Vedic Practice of Sadhu	1
▪ Local Spa Mono Rituals Calming	1
▪ «Super food care» - Omega complex (face)	1
▪ Fly-yoga/SUP fitness/stretching + Breathing Techniques	1

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 restaurant for balanced meals during the program
- No floating accommodation rate

Note:

- The Program cost excludes accommodation.

**The total investment in your health:
38 100 UAH**

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