



## Healing packages

Only now, we are presenting you the special promotional offer for new Therapeutic Packages! Prepared by our doctors and physiotherapists, the therapeutic programs are based on the latest methods of backbone healing and they allow the patients to reach excellent results in curing the traumatic and chronic diseases of this type. Additional medical care along with pro-healthy education are the excellent complementation of our therapeutic packages

**Rehabilitation package** – *directed to people with chronic rachialgia and sacralgia (12 days).*

**The price of stay includes:**

- nights in single and double rooms of the Hotel\*\*\*,
- doctor's consultation,
- multimedia mechanic therapy of backbone,
- unlimited access to all additional physiotherapeutic treatments with doctor's consent,
- objective medical reports with the estimation of curing effect presented by means of computer hardware,
- aerobic in the swimming pool,
- Satellite TV
- HB board
- wire Internet in the rooms and in WiFi technology in all free spaces,

**Average cost of the stay and therapy amounts von 97€ per day in double room per one person and 106€ in single room.**

**Strengthening package** – directed to people who want to strengthen their backbone condition by means of traditional methods (12 - 14 days).

**The price of stay includes:**

- doctor's consultations,
- 4 physiotherapeutic treatments per day with doctor's consent
- aerobic in the swimming pool,
- nights in single and double rooms of the Hotel\*\*\*, equipped with wire Internet and in WiFi technology in all free spaces,
- Satellite TV
- HB board

Average cost of the stay and therapy amounts 76€ per day in double room per one person, and 85€ in single room.

**People applying for the therapy should take with themselves:**

- medical history and documentation (information cards of hospitalization and others related to the disease),
- training clothes, sport shoes and swimming costume.

***\* all packages are available with reservation of minimum one day beforehand***

## **Healthy packages Wellness**

Only now, we are presenting you the special promotional offer for **new** Healthy Packages – Wellness! These packages are directed to those people who want to influence on their physical state in full consciousness. The research shows that single trainings conducted on the multimedia equipment tergumed®, on particular parts of back and backbone are even more efficient to 150% than common functional trainings. **It is possible thanks to integrated measurements of multimedia equipment controlled by Biofeedback system (controlling the**

muscle strength) together with documentation of the management report for progress quality and standardisation.

**Package: "Health & Fitness" – for good condition (1-2 days).**

- Zebris diagnosis – full three-dimensional diagnosis of backbone in order to examine its general condition
- Consultation with a doctor in order to interpret and estimate the diagnosis report
- Introductory strengthening training preceding with additional test for coordination of backbone muscles strength at all planes of motion
- Set of treatments for strengthening the backbone condition
  1. aqua fitness (min. 10 people) or bath with hydro-massage
  2. hydro-massage with pearl
  3. classical massage

**Package price: 190 PLN/day + 50% of price for the next day**

**Package: „Health & SPA”– active leisure together with cosmetic treatments (1-2 days)**

- Zebris diagnosis – full three-dimensional diagnosis of backbone in order to examine its general condition.
- Consultation with a doctor in order to interpret and estimate the diagnosis report
- Introductory strengthening training preceding with additional test for coordination of motion and backbone muscles strength at all planes of motion.
- Proposal of 3 treatments SPA in the price of 2 with renowned cosmetics from Clarins or Thalgo company.
  1. Face treatment – deep skin moisturizing
  2. Body treatment – skin moisturizing
  3. Therapeutic mud bath

**Package price: 440PLN/day + 50% for the next day on the equipment for backbone preventive treatment.**

***\* all packages are available with minimum one day beforehand***