Packages Day

Our Day Spa offerings have been developed for people who want to make the most of a short visit. Specifically selected treatments and friendly atmosphere will let your body recuperate quickly and regain the powers to face daily challenges.

**There are four Day Spa packages to choose from:**

**Unleash the Beauty**:

- relaxing body treatment (peeling, massage),

- aromatic underwater massage with revitalizing oils,

- facial care treatment with a relaxing massage,

- sauna + whirlpool bath,

- cup of cleansing tea.

Package price: PLN 210.00

**For Men:**

- hot stone & rock crystal massage,

- relaxing hydro massage with ozone therapy and aromatic oils,

- sauna + whirlpool bath,

- cup of relaxing tea.

Package price: PLN 245.00

**Sensual Relaxation for Two:**

- one-hour relaxing massage in the SPA Zone (peeling, massage),

- sauna + whirlpool bath,

- cup of relaxing tea.

Package price: PLN 370.00 per two.

**Overcome pain Come for a 7-day Manual Therapy Stay Indications:**

1. Problems with the spine and peripheral joints (hips, shoulders and knees);

2. Headaches, vertigoes and migraines;

3. Sciatica;

4. Discopathy and related conditions. This is what we offer you during a 7-day Manual Therapy Stay:

• Medical consultation covering your medical history, examination and diagnosis

• 24h medical care

• Professional team of therapists

• 6 treatments according to doctor’s recommendations (therapeutic massage, hydrotherapy and physical therapy)\*

• 3 manual therapy treatments\*

• 2 kinesiotaping\*

• 5 specialist exercises

• 5 group relaxation exercises

• Accommodation in double room

• Full board (3 meals a day) Please bring your current test results along: the discharge papers, X-ray photos, CT scan, MRI scan \*Treatments are prescribed by the doctor at the time of consultation. Other treatments are available at an extra charge according to the current price list. Package price:

PLN 1 190,00

Come for a **2 – week** and **3-week Rehabilitation Stay**

Early rehabilitation of stroke patients is essential to regain lost or diminished functions and to return to normal, independent life**.**

**Start immediately to achieve the best results!**

Our extensive diagnostic and treatment facilities and highly-specialised medical personnel are at your service.

## The RS Package offers you:

-      Accommodation in double room

-      Full board

-      Medical consultation

-      Everyday doctor’s rounds

-      24h medical care

-      15 x individual specialist exercises\*

-      15 x active and passive exercises

-      15 x therapeutic partial massage

-      30 x physical therapy treatments

**3 – week package price: PLN 3 190,00**

**2 – week package price: PLN 2 090,00**

**\***Treatments are prescribed by the doctor at the time of consultation. Other treatments are available at an extra charge according to the current price list.

## Caregiver Stays

You may come with a caregiver of your choice. The caregiver will also enjoy a full-board accommodation and will stay in your room. A nurse will instruct the caregiver about the necessary care and assistance in everyday activities. Physiotherapists will tell them about the exercises and how to help the patient do routine tasks correctly. Caregivers may seek psychological consultation and take advantage of treatments at an extra charge.

**Price for caregivers (3 week stay): PLN 1 600,00**

**Price for caregivers (2 week stay): PLN 1 040,00**

## Cardio Programs – we care for your heart

**The purpose of**the Programs is to provide rehabilitation to heart-attack patients, patients after cardiac surgeries, patients with pacemakers, patients with ischemic heart disease or suffering from hypertension. Those patients should not be left to their own devices. They should have the option to take up rehabilitation at any time to sustain the results of received treatments, stop the development of their diseases, restore their psychomotor abilities and to be able to return to active life.

Choose a Cardio Program that fits your needs:

### Stationary Rehabilitation – 2- and 3-week stays, comprising:

-        Medical consultations

-        Doctor’s rounds

-        24-hour medical care

-        Individual psychological session or a group relaxation therapy

-        ECG graph with comments

-        3 treatments a day from Monday to Saturday1

-        Nordic Walking for cardiac patients

-        Accommodation in double room

-        Full board

**Price of a 2-week stay:  PLN 1 590,00**

**Price of a 3-week stay:  PLN 2 390,00**

### Daily Rehabilitation comprising:

**„Healthy heart”**

- Medical consultation

- ECG graph with comments

- 10 x cardiac gymnastics

**Price:  PLN 240,00**

**„Heart under control”**

- Medical consultation

- Treadmil stress test

- ECG graph with comments

- 10 x cycle ergometer stress test with ECG monitoring

**Price:  PLN 520,00**

1Treatments are prescribed by the doctor at the time of consultation.

Please bring your curent test results along (heart echo scan and stress test). If you do not have them you can do the tests on the spot at an extra charge.

**Cardiodiagnostics.**Our ECG Lab offers the following tests and examinations:

|  |
| --- |
| \*Heart echo scanning with colour Doppler imaging |
| \*ECG |
| \*ECG Holter monitoring |
| \*Holter with blood pressure measurement |
| \*Specialist advice |
| \*Treadmill stress test |
| \*Cycle ergometer stress test |