



RELAXATION AND REHABILITATION CENTRUM SPA & WELLNESS - THERMO - BALNEO - PRICE LIST

€65 - 4 Treatments package per day according to the guest's choice

**€75 - 5 Treatments package per day according to the guest's choice
or doctor's or hotel medical staff recommendation**

Medical Performance

EUR

- * Entry medical diagnostic or examination to 30 min. (not included in package) extra charge 35,00
- * Medical check-up to 20 min. (not included in package) extra charge 25,00
- * Medical consultation up to 10min. (not included in package) extra charge 17,00
- * EKG calm status
- Blood pressure measurement 7 x
- * Ergo metrical training (blood pressure and heart beat check)

Physical Therapy

- * 1 hour under ergo meter load by prof. Arden
- * Individual inhalation 15 min.
- * Electronic or ultrasonic treatment
- * Magnetic field treatment
- * Gas injection - 1 session
- Dry gas bath 30 min.
- Solux
- Solarium 10 min.
- Roman spa (sauna, sanarium, steam bath, plunge pool) 1 hour
(Plunge pool with fresh flow natural water - without chlorides)

Rehabilitation Bath Treatments

Hotel Esplanade is using mineral water with CO2 „St. Maria - Eva“

- Carbon dioxide natural bath with CO2 additives 20 min.
- Relaxation bath with aroma oils or mineral additives 20 min.
- Underwater pressure manual massage 20 min.
- Hydroxer bath, 230 jets - relaxation and massage bath 20 min.
- * Mineral slime peat bath 20 min.
- Underwater automatic full body bath 20 min.

Procedures marked with * do require medical examination

Rehabilitation Wraps

- * Mineral full body slime peat wrap (legs, arms, back) 20 min.
- * Partial mineral slime peat wrap (back) 20 min.
- Paraffin hands wrap
- Paraffin legs wrap

Rehabilitation Exercise

- Swimming pool group exercise 20 min.
- Individual therapeutic gymnastics 20 min.
- Fitness - 18 professional gym machines (Grünn Profi)

Rehabilitation Massages

- Pearl flesh and fell massage in the swimming pool 15 min.
- Underwater pressure manual massage 20 min.
- Hydroxer bath, 230 jets - relaxation and massage bath 20min
- Classic partial massage 25 min.
- * Reflex massage (back) 25 min.
- Reflexology foot massage 25 min.
- Honey massage 25 min.
- Manual lymphatic drainage (legs) 25 min.
- Manual lymphatic drainage (arms) 25 min.
- Manual lymphatic drainage (chest) 25 min.
- Manual lymphatic drainage (back) 25 min.

Specialized Rehabilitation Women Treatments

- * Presojet - lymphatic device drainage 25 min.
- Dermajet - deep tissue massage with ultrasonic therapy 25 min.
- Thermojet - ultraviolet glow with heating therapy 25 min.

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Additional spa & wellness & rehabilitation treatments can be ordered according to the attached price list.

A M B A S S A D O R G R O U P



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