

Wellness Spa Programmes



WWW.SPA-RESORTS.CZ

Weight Loss Programme *Change yourself with pleasure*

Consumerism, bad eating habits and little movement are the results of living in the modern society. The slimming cure is suitable for the treatment of the overweight and for the people suffering from eating disorders and health disorders resulting from being overweight. Classic spa treatment proves rich experiences and excellent preventive and curative effects in the treatment of stomach disorders as well as disorders of the digestive tract.

A low fat diet combined with an increased vitamin and mineral food content, which is provided during your stay at the doctor's recommendation, is aimed at the reduction of overweight. Important parts of the treatment are regular walks in the surrounding grounds and forests of the spa. Visits to the fitness club as well as biking are recommended.



THE TREATMENT INCLUDES:

- Lymphodrainage
- Myostimulator
- Group remedial exercises in the gym
- Group remedial exercises in the swimming pool with mineral water
- Sauna
- Aqua therapy – mineral baths – bubble or carbon, Scottish jets, hydro puncture
- Massage – underwater, classic complete or partial
- 28 various balneological procedures



THE PROGRAMME INCLUDES:

- Full board
- General check-in and check-out medical examinations
- Laboratory tests, ECG

Prices in EUR per person / 2 weeks

Accommodation		Off season	Main season
		01.02 – 30.04.2008 01.10 – 20.12.2008	01.05 – 30.09.2008
Hotel Krivaň ★★★★★	Single room	1344	1456
	Double room	1302	1330
Hotel Slovan ★★★★★	Single room	1330	1400
	Double room	1260	1302

