

## WEIGHT LOSS PROGRAM SLIM

At least 14 nights | FB | 48 treatments in 2 weeks

### The Stay Includes:

- Accommodation in private rooms with full board.
- Up to 48 therapeutic procedures in 2 weeks.
- Initial medical examination and individualized treatment plan.
- full board in the form of a special SLIM menu with a nutrition therapist.

### Main treatments include:

- 2× Lympha Press.
- Compression therapy, treatment of cellulite and obesity.
- 3× VANQUISH ME — abdomen, hips
- 2× ICOONE
- Non-invasive strengthening and lymphatic body massage
- 6 × Nordic walking lessons

### Additional Treatments:

- 6× exercise with hydromassage in the pool.
- 6× Fitness Lab sessions.
- 4× Fitness Lab Cardio sessions.
- Regenerative bath with additives.
- Hydro-massage bath.
- Classical massage partial.
- 7× oxygen therapy.



### Additional Services:

- Initial medical consultation
- Follow-up medical consultation
- Biochemical blood analysis
- Initial consultation with a nutrition therapist.
- 2× follow-up consultation with a nutrition therapist.
- 3× InBody diagnostics.

### Free Access:

- Entry to the hotel pool.
- Entry to the Organic & Garden Spa Zone (Sauna, sanarium, Kneipp path, steam cabin).
- Entry to the Fitness.

**Lázně Bělohrad 1:30 hours from Prague**

### Room Type and Accommodation

### Cost in Euro / Per Day

Single Premium room (Patient)

280 €

Double Room Premium (Patient with Companion)

371 €

Suite Premium (Patient with Companion)

471 €

## REHABILITATION PROGRAM COMFORT

At least 7 nights | FB | 28 treatments per week

### The Stay Includes:

- Accommodation in private rooms with full board.
- Up to 28 therapeutic procedures per week.
- Initial medical examination and individualized treatment plan.
- One-to-one physiotherapy and occupational therapy.

### Main treatments per week include:

- 3× individual therapy by a physiotherapist.
- 3× exercises with hydromassage in the pool
- 3× conditioning exercises on cylinders.
- 1× regenerative bath with additives.
- 1× hydro-massage bath.
- 2× classical massage partial.
- 2× massage on Hydro-Jet waterbed

### Additional Therapies per week

- 1× “Mary Anne” carbonic bath.
- 2× Natural peat poultice.
- 2× Natural peat compress.
- 2× Paraffin hand wrap.
- 4× Oxygen therapy.
- 1× ICOONE – non-invasive massage of painful muscle groups.



### Additional Services:

- Bathrobe, spa slippers, towels, and bath towels are provided in the room.
- High-speed internet.
- 24-Hour Emergency Care with Dedicated Nursing Support.

### Free Access:

- Entry to the hotel pool.
- Entry to the Organic & Garden Spa Zone (Sauna, sanarium, Kneipp path, steam cabin).
- Entry to the Fitness.

**Lázně Bělohrad 1:30 hours from Prague**

Room Type and Accommodation	Cost in Euro / Per Day
Single Premium room (Patient)	289 €
Double Room Premium (Patient with Companion)	380 €
Suite Premium (Patient with Companion)	480 €

## REHABILITATION PROGRAM INTENSIVE

At least 7 nights | FB | 35 treatments per week

### The Stay Includes:

- Accommodation in private rooms with full board.
- Up to 35 therapeutic procedures per week.
- Initial medical examination and individualized treatment plan.
- One-to-one physiotherapy and occupational therapy.

### Main treatments per week include:

- 5× individual therapy by a physiotherapist.
- 3× exercises with hydromassage in the pool
- 3× conditioning exercises on cylinders.
- 1× regenerative bath with additives.
- 1× hydro-massage bath.
- 3× classical massage partial.
- 2× massage on Hydro-Jet waterbed.

### Additional Therapies per week

- “Mary Anne” carbonic bath, natural peat poultice, natural peat compress.
- Paraffin hand wrap, oxygen therapy.
- ICOONE – non-invasive massage of painful muscle groups.
- Lympa Press – mechanical lymphatic drainage, Huber Motion Lab.



### Additional Services:

- Bathrobe, spa slippers, towels, and bath towels are provided in the room.
- High-speed internet.
- 24-Hour Emergency Care with Dedicated Nursing Support.

### Free Access:

- Entry to the hotel pool.
- Entry to the Organic & Garden Spa Zone (Sauna, sanarium, Kneipp path, steam cabin).
- Entry to the Fitness.

**Lázně Bělohrad 1:30 hours from Prague**

Room Type and Accommodation	Cost in Euro / Per Day
Single Premium room (Patient)	329 €
Double Room Premium (Patient with Companion)	420 €
Suite Premium (Patient with Companion)	520 €