

# "EXPRESS RECOVERY" PROGRAM

The true beauty is in health! The program helps to restore the body's natural energy balance in a short period time. Take a rest and restart the new strength and energy!

## Program goals:

- Restoration of strength and energy
- Sleep quality and mood improvements
- Energy boosting and the body retreat

## Duration of the program – 3 days

- Consultation of Anti-Age therapist /physical body examination/ .....1
- SoulSpa Anti-Age Check-up .....1
- An individual Nutrition plan .....1
- Energy and Vitamin complex (injections) .....2  
/restoring strength, reducing stress, tracing micro-elements, vitamins and minerals/
- Individual program from Osteopath .....1  
/consultation and diagnostics, drawing up an exercise plan /
- Breathing practices /digestion and skin condition improvement, normalization of sleep/ .....3
- Deep body massage /strengthening muscles, emotional balance restoring/ .....1
- Exotic massage /restoration of energy balance/ .....1
- Manual-Lymphatic Drainage body massage /elimination of toxins, improvement of lymph outflow, blood circulation and body shape, boost immunity, reducing signs of cellulite/ .....1
- Individual facial treatment/cleansing, massage, toning, care/ .....2
- Ayurveda face ritual .....1  
/the body & soul unity, restoration of the balance, activation of the self-healing potential/
- Detox lunch at the Modern Garden restaurant .....3
- Individual selection of supplements

All examination and tests result will be discussed at the final consultation with the doctor. At the end of the program, each patient got the personal card with all examination data and recommendations for the health improving.

**Investment in your health: 2 250 Euro**

## Additional services included:

- Accommodation in 4 \* Hotel with Breakfasts (3 nights)
- Daily transfer from / to the Medical Center
- Transfer from / to the airport
- City guided tour
- Restaurant of Ukrainian national cuisine
- English speaking companion