

PROGRAM "MOBILITY"

The true beauty is in health! Mobility and energy are the key to good health! Aging of joints and muscles is a natural process, but it can be delayed with the help of well-chosen individual exercises. Choosing the program "Mobility" you will feel the positive changes in your body!

Program goals:

- Metabolism improvement
- Strengthening the regeneration processes of the body
- Weight stabilization

Duration of the program – 5 days

- Consultation of Anti-Age therapist /physical body examination/1
- SoulSpa Anti-Age Check-up1
- An individual Nutrition plan1
- Osteopath Individual program /consultation and diagnostics, drawing up an exercise plan/1
- Hammam Warming up (the temperature is no more than 40 degrees)2
- /improving the blood circulation and work of the musculo-skeletal system, relieving fatigue and nervous tension, cleansing and moisturizing the skin/
- Individual functional training /harmonization of all physical qualities: strength, resilience, energy gaining, alertness, agility, flexibility and motor abilities /2
- Craneosacral therapy /hand healing/1
- Exotic full body massage /restoration of energy balance/1
- Phytostem cells wrap /restoration, rejuvenation, improvement of body contours, increasing skin tone/1
- Yoghurt wrap /extra fluid removal, increased blood circulation/1
- Individual facial treatment/cleansing, massage, toning, care/2
- Detox lunch at the Modern Garden restaurant5
- Individual supplements selection

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: 2 350 Euro

Additional services included:

- Accommodation in 4 * Hotel with Breakfasts (5 nights)
- Daily transfer from / to the Medical Center
- Transfer from / to the airport
- City guided tour
- Restaurant of Ukrainian national cuisine
- English speaking companion