

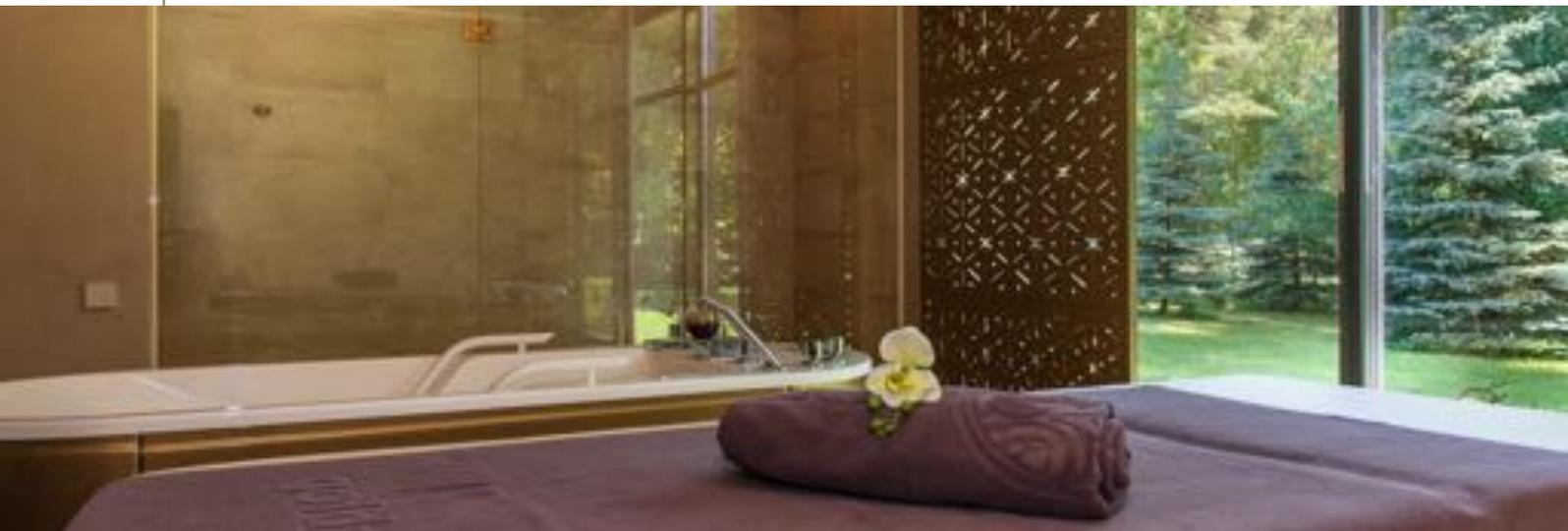
## OPTIMAL RESORT HEALING PROGRAMME

DURATION : 6 days / 5 nights

PRICE: starting at 127 Eur per person (staying in a double room)

Optimal resort healing programme is tailored to You individually, according to specific health problems and needs. During a personal consultation, a practitioner will assemble the appropriate combination of 4 day procedures designed specifically for you.

- 5 nights spent at a chosen room type;
- 5 breakfasts at the hotel restaurant (buffet style);
- 3 course dinner at the hotel restaurant every evening;
- consultation from a practicing doctor (during which your health condition will be assessed and procedures selected);
- 5 procedures per day (one from each group);
- unlimited visits to the hotel's wellness complex (swimming pool, jacuzzi, sauna, steam sauna, ice water bath);
- unlimited visits to the hotel's SPA complex (hydro massage pool, aroma sauna, steam sauna, ice room, massage showers);
- heated outdoor pool (during summer season);
- unlimited visits to the hotel's gym and training rooms.



**I procedure group:**

- 30min massage (classic back/ head-neck-shoulders/ feet/ anti-cellulite/ lymphatic drainage/ holistic back/ holistic head-neck-shoulders/ face/ legs/ anti-cellulite/ antihypertensive (lowers blood pressure)/ massage for existing lung conditions (to ease secretion)/ massage and breathing exercises for bronchial asthma);
- targeted massage aimed to relieve post surgery or trauma (scar tissue reduction/ post strained Achilles tendon with Thompson test/ knee joint massage with "Anterior Drawer test"/ shoulder, shoulder blade massage after collarbone fractures);
- 30min myoplasty (back/ legs);
- personal training.

**II procedure group:**

- 20min hydro massage - chromotherapy bath (mineral salts/ herbal/ seaweed);
- 20min underwater massage;
- 20min application (body mud/ algae for body/ paraffin for hands or feet);
- 45min physiotherapy (optionally underwater).

**III procedure group:**

- 30min water, sound and light therapy;
- 30min aromatherapy;
- 30min virtual reality relaxation therapy;
- 20min physiotherapy (electric stimulation/ lymphatic drainage compression therapy).

**III procedure group:**

- 10min steam inhalation (mineral/ pine/ propofol/ eucalyptus);
- oxygen cocktail.

<b>PROGRAMME PRICES</b> for 1 person	HIGH SEASON 06.15 - 08.30	LOW SEASON 09.01 - 06.15
Single room	988 Eur	838 Eur
Double room	713 Eur*	638 Eur*
Business class room	823 Eur*	748 Eur*

\*- intended for two people in a room.

Daugiau informacijos teiraukitės [www.vanagupe.lt](http://www.vanagupe.lt) / el. paštu [reservation@vanagupe.lt](mailto:reservation@vanagupe.lt) tel. +37046041199