

HEALTH STRENGTHENING PROGRAMME

DURATION : 4 days / 3 nights

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

Health strengthening programme allows for rejuvenation and restores a weakened body. The programme is tailored to Your individual health problems and needs. During a personal consultation, a practitioner will assemble the appropriate combination of 3 procedures per day designed specifically for you.

- 3 nights spent at a chosen room type;
- 3 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);
- 3 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);
- 30min myoplasty (back/ legs).

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).

PROGRAMME PRICES for 1 person	HIGH SEASON 06.15 - 08.30	LOW SEASON 09.01 - 06.15
Single room	611 Eur	506 Eur
Double room	437 Eur*	377 Eur*
Business class room	497 Eur*	446 Eur*

*- intended for two people in a room.

Daugiau informacijos teiraukitės www.vanagupe.lt / el. paštu reservation@vanagupe.lt/ tel. +37046041199