

NOVELTIES



HOTEL BALNEARI DE VALLFOGONA
Carretera del Balneari, s/n tel: 977 880 025
VALLFOGONA DE RIUCORB (Tarragona)

PROGRAM DETOX- ANTI-STRESS (3 or 5 Days)

Important to bring your medical documentation , analytical if you have it, and medication you are taking.

- First medical visit at the check-in, follow-up, and final medical evaluation.
- Drinking mineral and medicinal spring water daily
- Personalized diet according to medical/patient assessment
- Hydrotherapy treatments according to the thermal medical service.
- Therapies based on drainage therapies , massages and cutaneous detoxification
- Relaxation and breathing sessions
- Moderate physical exercise in contact with the nature
- Instructive talks about nutritional guidelines, lifestyle and nutritional complements to follow outside the centre

3 DAYS/2 NIGHTS PROGRAM on Full Board accommodation

1st DAY

- Medical control, personalized diet and talk and breathing instructions-sessions
- Drinking mineral and medicinal spring water.
- Bubbles or jets in thermal pool or jets in bathtub (when no medical contraindications)
- Jet shower.
- Vaporarium (steam room)
- Lymphatic drainage (40 minutes).

2nd DAY

- Drinking mineral and medicinal spring water
- Bubbles or jets in thermal pool or jets in bathtub
- Circular shower
- Vaporarium (steam room)
- Body peeling (20 minutes)
- Californian massage, geomineral therapy or haranic massage under medical prescription.

3rd DAY

- Medical control if the treatment finalise the 3rd day, nutrients prescription or follow-up in case of following your stay more days
- Drinking mineral and medicinal spring water
- Bubbles or jets in thermal pool or jets in bathtub
- Circular shower
- Vaporarium (steam room)

3 DAYS/2NIGHTS

- **TOTAL in PREMIUM ROOM: 539 €**
- **TOTAL in COMFORT ROOM: 500 €**
- **SPECIAL OFFER IN PREMIUM ROOM: 400 €**
- Lymphatic drainage 20 minutes and nutritive massage 1 hour (if the client decides to extend more days)
- Nourish your skin (1 hour and a half):...cherry therapy or chocolate therapy, chestnut therapy or Aloe-Vera according medical prescription

4th DAY

- Drinking mineral and medicinal spring water
- Bubbles or jets in thermal pool or jets in bathtub
- Circular shower
- Vaporarium (steam room)
- Application muds in areas where there are more concentration of toxins
- Nourish your skin (1 hour and a half): cherry therapy or chocolate therapy or chestnut o aloe-vera according medical prescription

5th DAY

- Medical visit. Assessment . Treatment to follow accompanied of nutrients
- Drinking mineral and medicinal spring water
- Bubbles or jets in thermal pool or jets in bathtub
- Circular shower
- Vaporarium (steam room)
- Lymphatic drainage 20 min
- Relieving massage 1 hour

5 DAYS/4 NIGHTS PROGRAM on Full Board accommodation

- **TOTAL in PREMIUM room: 1060 €**
- **TOTAL in CONFORT room: 976 €**
- **SPECIAL OFFER IN PREMIUM ROOM: 781 €**

If the client decides to extend more treatment it will be made for day:

- Medical assessment
- Drinking mineral and medicinal spring water
- Bubbles or jets in thermal pool or jets in bathtub
- Circular shower
- Vaporarium (steam room)
- Lymphatic drainage 40 minutes or Californian massage or Harai
- Muds

SINGLE DAYS

- **TOTAL in PREMIUM room: (rate per day: 258 €)**
- **TOTAL in CONFORT room: (rate per day: 239 €)**
- **SPECIAL OFFER in PREMIUM: (rate per day: 193 €)**



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WEIGHT LOSS PROGRAM – 3 and 5 days

Important to bring your medical documentation , analytics, and medication that you take

- ✓ First medical visit at the check-in, follow-up, and final medical evaluation.
- ✓ Drinking mineral and medicinal spring water daily
- ✓ Personalized diet according to medical/patient assessment
- ✓ Hydrotherapy treatments according to the thermal medical service.
- ✓ Therapies based on drainage therapies , massages and cutaneous detoxification
- ✓ Relaxation and breathing sessions
- ✓ Moderate physical exercise in contact with the nature
- ✓ Instructive talks about nutritional guidelines, lifestyle and nutritional complements to follow outside the centre

3 DAYS/2 NIGHTS PROGRAM on Full Board accommodation

1st DAY

(if you enter with lunch, your departure will be after breakfast; if you enter with dinner, your exit will be after lunch)

- Medical visit and all indications of the development of therapies and instructions
- Drinking mineral-medicinal spring water
- Pool of jets, bubbles and swan neck and/or jet bathtub, according to medical prescription
- Pressure shower
- Vaporarium (steam room)
- Body Peeling 20 minutes
- Manual lymphatic drainage 40 minutes

2nd DAY:

- Drinking mineral-medicinal spring water
- Pool with jets and bubbles or jets bathtub
- Circular shower
- Vaporarium (steam room)
- Seaweed wrap
- Massage anticellulite or firming according to medical prescription

3rd DAY :

- Medical visit if you finish treatment on day 3, prescription of nutrients or follow-up in case you continue more days.
- Drinking mineral-medicinal spring water
- Pool with jets and bubbles or jet bathtub
- Pressure shower
- Vaporarium (steam room)

3 DAYS/2NIGHTS

- **TOTAL in PREMIUM room: 525 €**
- **TOTAL in hab. CONFORT: 492 €**
- **SPECIAL OFFER in PREMIUM ROOM: 394 €**

- Manual lymphatic drainage of 40 minutes, if you continuous your stay and according to medical prescription
- Anticellulite or firming or chocolate therapy, if you stay continues and according to medical prescription

4th DAY:

- Drinking mineral and medicinal spring water
- Pool with jets and bubbles or jet bathtub
- Pressure shower
- Vaporarium (steam room)
- Manual lymphatic drainage 40 minutes
- Haranic massage

5th DAY:

- Medical visit and evaluation if treatment ends 5th day. Nutrients prescriptions
- Pool with jets and bubbles or jet bathtub
- Pressure shower
- Vaporarium (steam room)
- Manual lymphatic drainage 40 minutes or Nourish-skin according to medical prescription

PROGRAM OF 5 DAYS/4 NIGHTS on Full Board accommodation

- **TOTAL in PREMIUM ROOM: 1029 €**
- **TOTAL in CONFORT ROOM: 967 €**
- **SPECIAL OFFER IN PREMIUM ROOM: 773 €**

INDIVIDUAL DAYS : If you wish to extend days of treatment you will be performed per day:

- Medical assessment
- Drinking mineral-medicinal spring water
- Pool of jets and bubbles or jet bathtub
- Pressure shower or circular shower
- Vaporarium (steam room)
- Manual lymphatic drainage of 40 minutes or Anticellulite or Firming or Californian or Haranic or Decontracturant massage.
- Muds

- **TOTAL in PREMIUM ROOM:(price per day: 257 €)**
- **TOTAL in CONFORT ROOM: (price per day: 238 €)**
- **SPECIAL OFFER IN PREMIUM ROOM: 192 €**