

LOSE EXTRA CENTIMETERS IN LĪGATNE REHABILITATION CENTRE



Program content:

Medical consultation

Physiotherapist initial consultation and rehabilitation plan specification

Therapeutic exercises in a group (30 min.) 3x / 4x

Dosed load on an exercise bike 4x / 8x

Underwater massage (20 min.) 2x / 5x

Sharko shower (with 2 nozzles) 3x / 5x

Vacuslim 48 (professional slimming and anti-cellulite procedure) 1x / 2x

Body scrub (30 min.) 1x / 2x

Nordic Walking learning

Nordic Walking equipment 10x / 20 x

Initial nutrition specialist consultation (only for the 10-day program)

Accommodation in standard double bedroom room (breakfast)

Lunch and dinner

Lemon water, ginger tea

Procedures do not replace physical activity and a healthy diet.

Offer price:

5 days: 536.00 € 428.80

10 days: 1083.00 € 866.40

Offer valid from 01.04.2025.-31.05.2025.

Apply for the program:

+371 64161917, +371 26431450

Special offers: <https://rehcentrsligatne.lv/en/akcijas/>

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km



PRICE: **428.8 EUR** / 536-EUR
