

PROGRAM "FOR YOUR MOMMY, GRANNY" IN REHABILITATION CENTRE LĪGATNE



Program composition:

Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation

Physiotherapist initial consultation and rehabilitation plan specification (30 min.)

Therapeutic exercise in a group (30 min.) 1x / 3x

Electrocardiogram

Neck or sacrum massages (20 min.) 3x / 3x

Palm and forearm or foot and shin massage (20 min.) 2x (6-day program)

Mud or clay applications 3x / 5x

Baths for hands / feet or foam bath 2x / 3x

Halotherapy (salt room) 2x / 3x

Herbal tea from Līgatne 2x / 5x

Accommodation in a authentic double bedroom room with breakfast

Lunch and dinner

3 days: ~~308.50€~~ 268.40 6 days: ~~563.00€~~ 489.81

Promotion valid from 01.05.2026.-31.05.2026.

Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

PRICE: **268.4 EUR** / ~~308.5 EUR~~
