

PROGRAM "LOSE EXTRA CENTIMETERS" IN REHABILITATION CENTRE LĪGATNE



Program composition:

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 / 20x

Initial nutrition specialist consultation (10-day program)

Accommodation in standard double bedroom room with breakfast

Lunch and dinner

Lemon water, ginger tea

Procedures do not replace physical activity and a healthy diet.

5 days: ~~536.00€~~ 428.80 10 days: ~~1083.00€~~ 866.40

Promotion valid from 01.04.2026.-31.05.2026.

Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE



1 km

PRICE: **428.8 EUR** / 536 EUR
