

SPECIAL OFFER "BONE-JOINT PROBLEMS" 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 exercises in a group (30 min.) 3x / 6x

Dosed load on an exercise bike or kinesiology taping or Nordic Walking 2x / 3x

Neck or sacrum or foot/shin or palm/forearm massages (20 min.) 2x / 3x

Physical therapy procedures 4x / 7x

Mud applications (2 spots) 5x / 10x

Foot or hand baths with essential oils or bath with sea salt 3x / 10x

Healthy tea for joints – thermos 3x /5x

Accommodation in a authentic quadruple two-room bedroom with breakfast

Lunch and dinner

6 days: ~~508.00 €~~ 431.80 € 10 days: ~~916.00 €~~ 778.60 €

Promotion valid from 01.08.2026.-30.09.2026.

Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

PRICE: **778.6 EUR** / 916-EUR
