



ANTI-STRESS HEALTH PROGRAM

Information and reservations: P: +385 43 623 623, 623 000, E: rezervacije@daruvarske-toplice.hr

Is stress an integral part of your everyday life?

Relieve yourself of stress and prevent its influence on your health practicing an effective combination of individual treatments in health, wellness and natural oasis of our Spa.



- Nutritional diagnostics with a professional device for analysis of body-mass composition GAIA,
- Creation of training program under the control of a kinesiologist – cardio-fitness
- Unlimited use of fitness centre
- Corrective exercises for the spine (individual or group) – 1 x 45 min.
- 2x wellness – spa oasis: Jacuzzi, sauna, infrared sauna, steam bath
- 2x solarium
- 1x anti-stress massage
- 1 x Hot stone massage using stones of volcanic origin
- Unlimited use of pools with healing thermal water
- Full board, twin room

for him

* PROGRAM PRICE (PACKAGE 4 days/3 nights): **1.425,00 kn per person**

* PROGRAM PRICE (PACKAGE 6 days/5 nights): **2.100,00 kn per person**

Additionally: Consultation with a nutritionist and creation of menu, 1x anti-stress or aroma-massage, 2x wellness - spa oasis, 1x corrective exercises for the spine, 2x solarium + body detoxification with oil and salts.

* PROGRAM PRICE (PACKAGE 8 days/7 nights): **2.870,00 kn per person**

Additionally: Consultation with a nutritionist and creation of menu, 2x anti-stress or aroma-massage, 4x wellness - spa oasis, 2x corrective exercises for the spine, 2x solarium + body detoxification with oil and salts and facial massage (20 minutes).

VAT is included in the prices. Pricelist is valid from 01.01.2020 Prices do not include tourist tax and insurance. Tourist tax (01.01.-31.03. i 01.10.-31.03.): 7,00 kn per day. Tourist tax (01.04.-30.09.): 10,00 kn per day. Insurance: 1,00 kn per day.



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- Nutritional diagnostics with a professional device for analysis of body-mass composition GAIA,
- Creation of training program under the control of a kinesiologist – power plate – vibration training
- Unlimited use of fitness centre
- Corrective exercises for the spine (individual or group) – 1 x 45 min.
- 2x wellness – spa oasis: Jacuzzi, sauna, infrared sauna, steam bath
- 2x solarium • 1x body treatment with healing mineral mud – fango (peeling and body firming)
- 1x whole body aroma-massage
- Unlimited use of pools with healing thermal water
- Full board, twin room

for her

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* PROGRAM PRICE (PACKAGE 6 days/5 nights): **2.100,00 kn per person**

Additionally: Consultation with a nutritionist and creation of menu, 1x anti-stress or aroma-massage, 2x wellness - spa oasis, 1x corrective exercises for the spine, 2x solarium + body detoxification with oil and salts.

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