



STRENGTHENING AND REGENERATION OF THE CIRCUIT SYSTEM

- 5 inhalations with the use of Sopot brine
- 1 therapeutic massage in the chest area with a relaxing technique for the diaphragm and 1 therapeutic massage in the back area, with detailed working out the respiratory muscles
- 1 diagnostics on a dynamographic platform and 2 exercises on the platform dynamography to improve coordination and body balance
- 10 training sessions in the gymnasium, in the brine pool or in the fresh, clean Sopot air combined with respiratory exercises



SPINE WITHOUT PAIN

- 2 individual exercises with a therapist (55 min) or 2 manual therapy sessions
- 2 partial back therapeutic massages or 2 specialized Breuss massages, dedicated to pain and ailments of the perianal tissues
- 3 brine baths, peat baths or hydro massage baths for relaxation and nourish the corset of the peri-spine muscles and take care of the spine joints
- 3 pain treatments in the field of electrotherapy (electricity, magnetotherapy) or 3 high energy lasers
- 10 training sessions in the gym, in the brine pool or on the fresh, clean Sopot air, including the „Healthy Spine” exercises



STRONG AND HEALTHY JOINTS

- 1 diagnostics on a dynamographic platform
- 3 systemic cryotherapy
- 2 individual exercises with a therapist (30 min.) Or exercises in suspension Redcord
- 4 brine or peloid baths, dedicated to the ponds affected by the lesions
- 10 training sessions in the gym, in the brine pool or on the fresh, clean Sopot air, shaping muscle mass and strength



HEALTHLY SKIN

- 5 brine, peat or ozone baths depending on individual needs
- 3 nourishing and regenerating partial therapeutic massages
- 2 pneumatic BOA lymphatic massages of a draining nature
- 10 training sessions in the gymnasium, in the brine pool or on the fresh, clean Sopot air, during which it is intense exercise will help to improve the appearance and firmness of the skin



THYROID UNDER CONTROL

- 3 partial therapeutic massages of a nourishing and moisturizing nature with the use of almond oil
- 3 pneumatic BOA massages draining tissue swellings and stagnation
- 4 brine baths or hydro massage baths to improve the appearance of the skin
- 10 training sessions in the gymnasium, in the brine pool or on the fresh, clean Sopot air saturated with iodine, which will support the work of the thyroid gland

