

Treatment packages available as part of the offer:



## STRENGTHENING AND REGENERATION OF THE CIRCUIT SYSTEM

- 5 inhalations using Sopot brine
- 1 therapeutic massage in the chest area using a diaphragm-relaxing technique and 1 therapeutic massage in the back area with detailed treatment of the respiratory muscles
- 1 diagnostic session on a dynamographic platform and 2 exercises on a dynamographic platform to improve coordination and body balance
- 10 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot, combined with breathing exercises



## SPINE WITHOUT PAIN

- 2 individual exercises with a therapist or 2 manual therapy treatments
- 2 partial therapeutic massages (back) or 2 specialized Breuss massages, dedicated to pain and ailments of the tissues around the spine
- 3 brine baths, or hydromassage baths to relax and nourish the muscles around the spine and take care of the spinal joints
- 3 pain relief treatments involving electrotherapy (currents, magnetotherapy) or 3 high-energy lasers
- 10 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot, including „Healthy Spine” exercises



## STRONG AND HEALTHY JOINTS

- 3 local cryotherapies
- 3 individual exercises with a therapist (30 min.)
- 4 brine baths, dedicated to joints affected by changes
- 10 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot, shaping muscle mass and strength



## HEALTHLY SKIN

- 5 brine, or ozone baths, depending on individual needs
- 3 nourishing-regenerative partial therapeutic massages
- 2 BOA pneumatic lymphatic drainage massages
- 10 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot, where intense movement will help improve the appearance and firmness of the skin



## THYROID UNDER CONTROL

- 3 partial therapeutic massages with a nourishing-moisturizing effect using almond oil
- 3 BOA pneumatic massages with a draining effect on edema and tissue congestion
- 4 brine baths or hydromassage baths to improve the appearance of the skin
- 10 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot saturated with iodine, which supports thyroid function



## HEALTHLY LUNGS

- 5 exercise sessions in a gymnasium, in a brine pool, in a brine graduation tower, or in the fresh, clean air of Sopot, combined with breathing exercises
- 5 inhalations using Sopot brine from the St. Wojciech source
- 2 partial therapeutic massages of the thoracic spine and chest with diaphragm-relaxing techniques
- Breathing exercises in a brine graduation tower that stimulate proper breathing patterns and increase chest flexibility, improving respiratory muscle capacity
- 3 brine baths that help in building body immunity
- 2 endurance training sessions with a physiotherapist improving endurance and body stamina, and increasing blood oxygen saturation
- Preliminary dietary diagnosis
- Daily self-therapy sessions in a dry sauna and in a brine graduation tower