

## FOR YOUR MOMMY, GRANNY IN LĪGATNE REHABILITATION CENTRE



### Program content:

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 exercise in a group (30 min.) 1x / 3x

Electrocardiogram

Neck or sacrum massage (20 min.) 3x / 3x

Palm and forearm or foot and shin massage (20 min.) (only for the 6-day program) 2x

Mud or clay applications 3x / 5x

Baths for hands / feet or foam bath 2x / 3x

Halotherapy (salt room) 2x / 3x

Herbal tea from Līgatne 2x / 5x

Accommodation in a authentic double bedroom room with breakfast

Lunch and dinner

### Offer price:

3 days: Before: 308.50 € Now: 268.40 €

6 days: Before 563.00 € Now: 489.81 €

Offer valid from 01.05.2025.-31.05.2025.

Apply for the program:

+371 64161917, +371 26431450

Special offers: <https://rehcentrsligatne.lv/en/akcijas/>

Medical Institution Code: 4212-00001

### TRIP DATES

### TRIP DISTANCE

1 km

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PRICE: **268.4 EUR** / 308.5 EUR

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