

## AUTUMN RESTART. REHABILITATION CENTRE LĪGATNE



### Program content:

Rehabilitator physician consultation, rehabilitation plan specification and supervision by a physician during the course of rehabilitation

Initial physiotherapist consultation and rehabilitation plan specification (30 min.)

Physiotherapist therapeutic exercises in a group (30 min.) 3x

Medical Cigun group (60 min.) 2x

Halotherapy (salt room) 3x

Underwater massage (20 min.) 1x

Sea salt bath or pearl bath with essential oils 1x

Physical therapy procedures (according to medical indications) 2x

Neck or sacrum massage (20 min.) 2x

Accommodation in a authentic quadruple two-room bedroom with breakfast

Lunch and dinner

### Offer price:

**5 days:** ~~€ 411,50~~ **€ 361,10**

Offer valid from **01.10.2025. - 31.10.2025.**

### Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

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PRICE: **361.1 EUR** / ~~411.5 EUR~~

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