

## FOR SENIORS. REHABILITATION CENTRE LĪGATNE



### Program composition:

Rehabilitologist 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 exercises in a group (30 min.) 4x / 7x

Neck or sacrum or foot/shin or palm/forearm massages 4x / 8x

Baths for hands or feet or foam bath 2x / 6x

Haloteraphy (salt room) 3x / 5x

Herbal tea from Ligatne or or fresh juice 3x / 6x

Accommodation in a authentic two bedroom quadruple room (breakfast)

Lunch and dinner

**5 days:** ~~420.50 €~~ **357.43**      **10 days:** ~~798.00 €~~ **678.30**

**Promotion valid from 01.02.2026. - 31.03.2026.**

### Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

---

PRICE: **357.43 EUR** / ~~420.5 EUR~~

---