

HEALTHY BACK. REHABILITATION CENTRE LĪGATNE



Program composition:

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.)

Physiotherapist individual classes or therapeutic exercises in a group 3x / 6x

Occupational therapist initial consultation and rehabilitation plan specification (30 min.) (10-day program)

Mud extract bath 2x / 2x

Sea salt bath 2x (10-day program)

Mud applications (2 spots) 4x / 5x

Underwater massage (20 min.) 2x / 5x

Back massage 4x / 8x

Kinesiology taping or therapeutic exercises in a group

Accommodation in a authentic quadruple two-room bedroom with breakfast

Lunch and dinner

6 days: 585.00 € 508.95 10 days: 1069.00 € 930.03

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: 508.95 EUR / 585-EUR