

HEALTHY BACK. REHABILITATION CENTRE LĪGATNE



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.)

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

Mud extract bath 2x / 2x

Sea salt bath 2x (for the 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

Offer price:

6 days: ~~585.00 €~~ **508.95** **10 days:** ~~1044.00 €~~ **908.28**

Offer valid from **01.10.2025.-30.11.2025.**

Apply for the program:

+371 64161917, +371 26431450

Medical Institution Code: 4212-00001

TRIP DATES

TRIP DISTANCE

1 km

PRICE: **908.28 EUR** / ~~1044 EUR~~
