

SPA-services

Spa-services one of the primary business area of recreational-treatment centre Severnyi.

Medical spa services provided by specialist medical personnel are directed on raising life vitality, metabolic balance, weight loss. Modern equipment of the spa centre secures harmonic use of the natural treatment factors and complex cure.

Post-treatment results:

Metabolic balance;

Oral cavity and intestine microflora balance;

Psycho-emotional balance and positive psychological position;

Corrections of locomotive problems;

Weight loss, cardiovascular functions normalization;

A treatment program is followed, as a rule, by a special balancing diet, low in calories.

General treatment procedures		
Procedures	Number of procedures	
	12-day treatment	18-day treatment
1. M. Doctor's appointment	daily	daily
2. med. Examination (analysis: urine, blood glucose, electrocardiography, gynaecological smear tests).	Patients without sanatorium-resort card should undergo compulsory tests at extra cost	
3. Remedial gymnastics	10	16
4. Aqua-aerobics in mineral water swimming pool, swimming	10	16
5. Overall massage	10	16
6. Hydro-massage (mineral water) (each two days)	5	8
7. Charcot shower (each two days)	5	8
8. Intestinal irrigation (consultation of proctologist)	3	4
	With herbal decoctions and mineral water – at extra cost	
9. Mud treatment (3 applications; every second day)	5	8
10. Services of the weight room	12	16
11. Psychotherapy	10	15
12. Gum massage with mineral water	10	14
13. Dietic therapy - treatment of excessive weight	During whole period of stay	
14. Herbal decoctions and oxygen cocktail (1 portion daily)	10	16
Extra treatment procedures		
Procedure	Number of procedures	
	12-day treatment	18-day treatment
1. Cosmetic massage (face and décolletage area)	10	16
2. Pressure therapy (lymph draining)	7	12
3. Anti-cellulite electric stimulation	8	14
4. Mineral ozone baths	5	8

Extra treatment procedures are provided at extra cost

If there are contradictions against general treatment procedures, your doctor will prescribe you one adequate procedure from the list of extra treatment procedures.