



TERME & WELLNESS LIFECCLASS

09
Price List



LIFECCLASS

HOTELS & SPA

PORTOROŽ / PORTOROSE

PRICE LIST OF INDIVIDUAL TREATMENTS

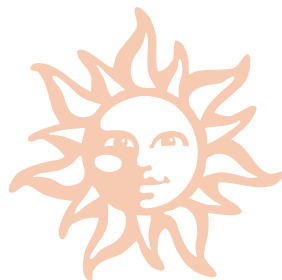
- 2 THALASSO CENTRE
- 3 SHAKTI - AYURVEDA CENTRE
- 4 WAI THAI CENTRE
- 6 BEAUTY CENTRE
- 8 MEDICAL AND PHYSIOTHERAPY CENTRE
- 9 THERMAL- RECREATIONAL CENTRE

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- 10 BEAUTY, WELLNESS, PREVENTIVE
AND HEALTH PROGRAMMES

Price list is valid from 7th January 2009.

The rates are specified in Euros and are inclusive of VAT.
LifeClass Hotels & Spa retain the right to change the rates.



TERME & WELLNESS LIFECCLASS

Price List 2009

THALASSO CENTRE

	min	€
Baths		
Multi-jet bath (various types of baths)	20	36.00
Pack & classical bath (various combinations)	40	44.00

Packs

Mud (fango) pack – large	20	30.00
Mud (fango) pack – partial	20	23.00
Mud (fango) pack against cellulite	20	25.00
Mud (fango) pack against cellulite with massage	50	40.00
Algae pack – complete	20	38.00
Algae pack against cellulite – partial	20	30.00
Algae pack against cellulite with massage	50	48.00

Thalasso Massages

Vichy massage	20	30.00
Vichy massage	40	48.00
Thalasso Relax massage	40	42.00
Thalasso Detox massage	40	42.00
Thalasso Firming massage	40	42.00
Thalasso back massage	20	30.00
Massage with aromatic foam	20	30.00
Aquablitz – anticellulite treatment for legs	30	50.00
Aquablitz – anticellulite body treatment	60	84.00
Peeling massage with sea-salt and essential oils	20	23.00
Peeling with algae	20	23.00
Fango (mud) and sea-salt peeling	20	23.00

Thalasso Body Care

RELAX body care programme	100	70.00
SLIM body care programme	120	97.00
FIT body care programme	80	65.00

SHAKTI - AYURVEDA CENTRE

	min	€
Ayurveda Massages		
Abhyanga (Vatta, Kapha or Pitta) – Ayurveda massage	60	65.00
Neerabhyanga – Ayurveda lymph drainage	60	60.00
Varmabhyanga – massage of energy points	45	55.00
Ayurveda back massage	30	40.00
Ayurveda back massage with Othada – herbs	40	50.00
Shiro Abhyanga – head massage	30	40.00
Muhabhyanga – facial massage	30	40.00
Pathu of face with Muhabyanga	40	62.00
Pinda Swedana – massage with rice and herbs	60	69.00
Abhyanga Anticellulite – anticellulite massage	60	65.00
Jumbira Pinda – Ayurveda pain relief massage	50	65.00
Padabhyanga – Ayurveda foot massage	40	45.00

Ayurvedic Programmes for Mind, Body and Face

Shirodhara – pouring on the forehead / state of deep relaxation and tranquillity	45	85.00
Thakra Dhara – pouring of medicated butter milk on the forehead	45	67.00
Kapha Body Programme	80	69.00
Abhyanga and Othada	80	69.00
Kayaseka – oil bath of whole body	60	98.00
Whole Body Pathu – herbal peeling	50	64.00
Pathu – partial (legs and back)	30	42.00
Pathu of face – herbal peeling of face	20	29.00
Ayurvedic Natural Programme for Face Beauty Care	60	58.00

	min	€
Kadee Vasthi with massage – back massage with oil bath	60	60.00
Greeva Vasthi with massage – neck massage with oil bath	40	50.00
Other Ayurveda Programmes		
Swedana for one person – steam bath (given only in combination with at least one other ayurvedic treatment)	20	18.00
Swedana for two persons – steam sauna (given only in combination with massage)	20	25.00
Ayurveda herbal bath for two persons (including a glass of Shakti Elixir)	20	69.00

Ayurveda Consultation

Consultation with the Ayurveda therapist	20	25.00
Examination by the Ayurveda therapist	40	42.00

WAI THAI CENTRE

	min	€
Massages		
Wai Thai massage	80	64.00
Wai Thai massage	50	57.00
Traditional Thai massage	50	52.00
Traditional Thai massage	80	62.00
Thai massage with selected aromatic oils	50	57.00
Thai massage with selected aromatic oils	80	64.00
Thai massage with warm herbs and oils	50	59.00
Thai massage with warm herbs and oils	80	68.00
Hawaiian massage with oil	50	54.00
Oriental foot massage	40	43.00
Oriental foot and hand massage	50	45.00
Thai anti-stress back massage	20	38.00
Anti-stress face, scalp and décolleté massage	20	38.00
Hot stones massage	80	70.00
Hot oil massage – Oriental Hamam table	50	63.00

Beauty Programmes

• BODY CARE PROGRAMMES

Aromatic Body Touch – aromatic anti-stress massage	70	60.00
D-Age – Anti-ageing body programme	60	60.00
Bust Tonifying – Breast firming programme	40	50.00
Oriental Touch – Total body regeneration programme	50	55.00
Andaman Sea Storm – Body regeneration with algae and sea salt	70	65.00
Body exfoliation with fruit acids	20	25.00

• NATURAL CARE PROGRAMMES

Wai Thai herbal body wrap	50	65.00
Oriental honey therapy	50	65.00
Body peeling with Thai herbs	40	50.00
Traditional face treatment	45	50.00
Asian lifting	45	55.00
Hair and scalp aromatherapy	30	30.00

• FACE CARE PROGRAMMES

Hydrmemory – face moisturising programme	60	55.00
Action Sublime – Intensive anti-wrinkle programme	60	55.00
Pearl White – Skin spots removal	60	55.00
Aromatic Beauty – Anti-stress programme	60	55.00
Skin Resonance – Sensitive skin treatment	60	55.00
Recover Touch – Anti-oxidant vitamin treatment	60	55.00
Active Pureness – Anti-acne programme	60	55.00
Alphatherapy – Anti-Wrinkle Programme with AHA Acids	60	60.00
Wai Thai face treatment	90	70.00
Classical face treatment	90	65.00
<i>FACE CARE EXTRAS:</i>		
· Eyebrow shaping		9.00
· Eyelash and eyebrow tinting		15.00

• FOOT AND HAND TREATMENTS

Lushly – A Polynesian ritual of foot and hand treatment	50	42.00
Royal pedicure	90	45.00
Classical pedicure	45	30.00

WAI THAI CENTRE

	min	€
<i>PEDICURE EXTRAS:</i>		
· Corn and callus removal (1)		6.00
· Treatment of in-growing nail (1)		5.00
· Treatment of nail fungal infections and nail restoration (1)		7.00
· Paraffin wax foot or hand wrap		15.00
Royal manicure	90	45.00
Natural manicure	45	30.00
Nail polish application – coloured nail polish		8.00
· ANTI-CELLULITE AND SLIMMING PROGRAMMES		
Detox Mud – Body detoxification programme	70	65.00
Body Refiner – Body modelling programme	60	60.00
Body Remodeller – Caffeine cream body wrap	60	60.00
Vital Leg – Heavy legs programme	60	60.00
Reducing Spa Mud – Anti-cellulite thermal mud	60	60.00
Botanical Remedy – Skin firming programme	60	60.00
Manual anti-cellulite massage	25	35.00
· HAIR REMOVAL		
Legs – total		35.00
Legs – partial		27.00
Bikini area		15.00
Arms		20.00
Under-arm		19.00
Upper lip		8.00

Other Programmes

	min	€
Hydrotherapy with chromo- and aromatherapy	20	36.00
Oxy Spa Chamber	45	35.00
Oxy Spa with Reducing Spa Mud treatment (slimming, cellulite removal)	30	45.00
Oxy Spa with algae therapy (body modelling)	30	45.00
Oxy Spa with D-Age therapy (anti-age skin programme)	30	45.00
Slim Up – appliance for cellulite reduction and body modelling	40	30.00
Steam bath (2 persons)		16.00
Steam bath (1 person)	20	12.00
Jacuzzi with essential oils (for 2 persons)		57.00
<i>PROGRAMMES FOR PREGNANT WOMEN:</i>		
· Skin-firming and anti-stretch marks treatment	60	60.00
· Body massage	50	55.00
· Body massage	80	60.00
· Back massage	20	35.00

BEAUTY CENTRE

	min	€
Face Beauty Care		
Facial »Royal«	90	70.00
Bio peeling face beauty care – Neoderma	90	75.00
Bio lifting face beauty care – Neoderma	90	75.00
Revitalizing Eye Zone Programme – Neoderma	45	38.00
Intensive Face Programme (moisturizing, anti-wrinkle, against capillaries, for oily skin and acnes etc.) – Thalgo	60	55.00
»Men« Programme (face beauty care for men) – Thalgo	60	50.00
Caviar – rejuvenating facial care – Klapp	50	65.00
Refreshing facial care with vitamin C – Klapp	70	70.00
Hialuron – moisturizing facial care – Klapp	70	70.00
»Face gym« facial care with vitamin A – Klapp	60	65.00
Massage of face, neck and décolleté	20	25.00
Massage of face and face mask (algae, fango, moisturizing, anti-wrinkle, etc.)	40	35.00
Face mask according to skin type	20	20.00
Dyeing of eyebrows and eyelashes		15.00
Eyebrow shaping		10.00
Teeth bleaching		200.00
Placing of a tooth crystal (per tooth)		35.00

Anti-Cellulite and Skin-Firming Treatments

Dermotony – vacuum massage	30	48.00
Dermotony of the face	20	30.00
Ultrasonic therapy	30	38.00
Pressotherapy – mechanical lymph drainage	30	23.00
Pressotherapy with body wrapping	30	30.00
Electrolipolysis or electrostimulation	30	23.00

Manual Anti-Cellulite and Skin-Firming Programmes

	min	€
Hand massage against cellulite	30	35.00
Programme against the feeling of heavy legs	60	65.00
Programme for better blood circulation	60	65.00
Skin-firming and anti-stretch marks treatment	60	65.00
Ocean Memory – Integrated relaxation and body renovation	90	80.00
Ocean Memory – Body and face programme	100	95.00
Breast-firming programme	40	42.00

Depilation

Depilation of legs – complete (including bikini area)	30.00
Depilation of legs – partial	23.00
Depilation of face hairs	7.00
Depilation of either bikini area, armpits or arms	17.00

Hand Beauty Care

Natural nail care – manicure	60	30.00
Manicure »Portorož«	90	42.00
Nail varnishing		6.00
French nail varnishing		10.00

Feet Beauty Care

Pedicure – classical	45	30.00
Pedicure »Royal«	90	46.00

BEAUTY CENTRE

	min	€
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Relaxation Body Massage		
Relaxation body massage with aromatic oil	40	40.00
Relaxation masage with argan oil	40	40.00
Partial massage (either legs, arms or back)	20	25.00
Massage with hot and cold volcanic stones	80	68.00
Aromatherapy of body and face	90	70.00
Aromatherapy – partial	40	50.00
Solarium	5	5.00

MEDICAL AND PHYSIOTHERAPY CENTRE

	min	€
Medical Services		
Medical examination		26.00
Medical examination by the specialist (physiatrist, orthopaedist)		44.00
Final medical check-up, medical treatment certificate		17.00
Medical examination in guest's room		60.00
Visit by a hospital nurse in guest's room		17.00
Mesotherapy of the face		45.00
Mesotherapy of the body		70.00

Other Medical Treatments

Electrocardiogram with medical explanation		28.00
Diagnostics of physical structure		19.00
Diagnostics of bone density – Densitometry with medical report:		
· for hotel guests		38.00
· for non-resident guests		46.00
Inhalations		10.00

Acupuncture

Classical acupuncture, dry needling, vacuum acupuncture, farmaco-acupuncture		30.00
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Physiotherapy and Therapeutic Massages

• THERAPEUTIC MESSAGES

Tui na massage	70	65.00
Tui na massage	20	30.00
Cranial sacral therapy	50	50.00
Cranial sacral therapy	30	38.00

	min	€
Classical therapeutic massage of whole body	40	40.00
Classical therapeutic massage – partial	20	25.00
Lymph drainage	40	42.00
Feet reflex massage	40	42.00
Shiatsu massage	40	45.00
Therapeutic massage of trigger points	20	35.00
• PHYSIOTHERAPEUTIC SERVICES		
Electrotherapy (TENS, Dia-dynamic currents, Interferential currents, etc.)		10.00
Magnetic therapy		13.00
Laser therapy – pain-alleviating therapy		15.00
Traction (lumbar or cervical)		10.00
Galvanic baths		10.00
Individual therapeutic exercises		30.00
McKenzie therapy		30.00
Ciriak therapy		30.00
Group therapeutic exercises		8.00
Individual breathing exercises		30.00

THERMAL- RECREATIONAL CENTRE

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Swimming-pools with Thermomineral Water

	<i>Children</i>	<i>Adults</i>
Non-resident guests:		
· 2 hours	7.00	8.00
· 4 hours	10.00	12.00
· Saturday, Sunday and public holidays – 2 hours	8.00	10.00
· Saturday, Sunday and public holidays – 4 hours	12.00	15.00

Swimming-pools with Sea Water

	<i>Children</i>	<i>Adults</i>
Non-resident guests:		
· 2 hours	5.00	7.00
· 4 hours	7.00	9.00
· Saturday, Sunday and public holidays – 2 hours	7.00	9.00
· Saturday, Sunday and public holidays – 4 hours	9.00	11.00

Sauna Park

Hotel guests:	
· 4 hours	20.00
· Saturday, Sunday and public holidays – 4 hours	25.00
Non-resident guests:	
· 4 hours	25.00
· Saturday, Sunday and public holidays – 4 hours	30.00
Extra hour	8.00

Night Sauna

Saturdays from 20:00 to 24:00 hours	
· hotel guests	25.00
· non-resident guests	30.00

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Fitness, Pilates and Kinesis

Fitness – 1 entrance	8.00
Fitness – monthly admission	55.00
Consultation and determining of individual fitness programme	30.00
Group exercises – hotel guests:	
· Kinesis / Pilates / Pilates Yoga or Aerobics – 1 entrance	6.00
Group exercises – non-resident guests:	
· Kinesis – 1 entrance	7.00
· Kinesis – 10 visits	56.00
· Kinesis – monthly admission	40.00
· Pilates – 1 entrance	7.00
· Pilates – 8 visits (valid for 30 days)	52.00
· Pilates – monthly admission	40.00
· Pilates Yoga – 1 entrance	7.00
· Pilates Yoga – monthly admission	40.00
Aerobics – monthly admission	45.00

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€
Thalasso Centre		
Portorož Relaxation		184.00
· 1 x Multi-jet relaxation bath	20	
· 1 x Massage with hot and cold volcanic stones	80	
· 1 x Ayurveda massage – Abhyanga	60	
· 1 x Entrance to the Sauna Park (up to 4 hours)		
Massage Mosaic		136.00
· 1 x Multi-jet revitalizing bath	20	
· 1 x Massage with aromatic foam	20	
· 1 x Body relaxation massage with aromatic oil	40	
· 1 x Tui na massage	20	
Sea-Sensation		133.00
· 1 x Multi-jet bath with brine	20	
· 1 x Vichy massage	20	
· 1 x Peeling massage with sea salt and essential oils	20	
· 1 x Fango pack with classical bath	40	
Anti-Cellulite Intensive Care		219.00
· 1 x Multi-jet detoxification bath	20	
· 1 x Abhyanga – anticellulite massage	60	
· 1 x Pressotherapy	30	
· 1 x Anti-cellulite treatment for better blood circulation	60	
· 1 x Algae pack against cellulite – partial	20	

	min	€
Freshness from the Salt-fields		
		426.00
· 1 x Medical examination		
· 1 x Multi-jet bath with brine	20	
· 1 x Fango pack with classical bath	40	
· 1 x Mediterranean pack with bath	40	
· 1 x Complete body algae pack	20	
· 1 x Vichy massage	40	
· 1 x Body relaxation massage with aromatic oil	40	
· 1 x Multi-jet bath for better blood circulation	20	
· 1 x Massage with aromatic foam	20	
· 1 x Aquablitz therapy of whole body	60	

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€
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<i>Shakti – Ayurveda Centre</i>		
Ayurveda Relaxation		302.00
· 2 x Abhyanga massage	60	
· 1 x Shirodhara	45	
· 1 x Abhyanga and Othada	80	
· 1 x Swedana – steam sauna	20	
 Ayurveda Detoxification		 258.00
· 1 x Pathu of the whole body	50	
· 1 x Neerabhyanga	60	
· 1 x Pinda Swedana	60	
· 1 x Abhyanga massage	60	
 Shakti Elixir for Body and Spirit Regeneration		 631.00
· 1 x Consultation with the Ayurveda therapist	20	
· 1 x Whole body Pathu	50	
· 1 x Varmabhyanga	45	
· 1 x Pinda Swedana	60	
· 3 x Abhyanga massage	60	
· 1 x Shiro Abhyanga – head massage	30	
· 1 x Muhabhyanga – face massage	30	
· 1 x Shirodhara	45	
· 1 x Ayurveda natural face beauty care treatment	60	

	min	€
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<i>PROGRAMMES FOR COUPLES</i>		
Abhyanga Programme for 2 persons	<u>100</u>	224.00
· Herbal bath for two persons	20	
· Abhyanga massage for two persons	60	
· Traditional steam sauna with herbal paste	20	
 Abhyanga and Othada Programme for 2 persons	 <u>120</u>	 232.00
· Herbal bath for two persons	20	
· Abhyanga and Othada for two persons	80	
· Traditional steam sauna with herbal paste	20	
 Shiro Pathu Abhyanga Programme for 2 persons	 <u>175</u>	 478.00
· Herbal bath for two persons	20	
· Pathu – partial (legs and back) for two persons	30	
· Abhyanga massage for two persons	60	
· Shirodhara therapy	45	
· Traditional steam sauna with herbal paste	20	

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€
Wai Thai Centre		
<i>THREE AND MORE-DAYS PROGRAMMES</i>		
Renew Your Body and Spirit		355.00
· 1 x Hydrotherapy with chromo- and aromatherapy	20	
· 1 x Thai Massage with selected aromatic oils	50	
· 1 x Traditional Thai massage	80	
· 1 x Thai anti-stress back massage	20	
· 1 x Wai Thai massage	80	
· 1 x Oriental foot massage	40	
· 1 x Action Sublime – Intensive anti-wrinkle face programme	60	
Preserving a Youthful Appearance		428.00
· 1 x Oxy Spa Chamber and 'D-Age' Anti-ageing therapy	30	
· 1 x Wai Thai massage	80	
· 1 x Anti-stress face, scalp and décolleté massage	20	
· 1 x Hydrotherapy with chromo- and aromatherapy	20	
· 1 x Thai massage with warm herbs and oils	50	
· 1 x Recover Touch – Anti-oxidant vitamin face treatment	60	
· 1 x Steam bath	20	
· 1 x Detox Mud – Body detoxification programme	70	
· 1 x Hawaiian massage with oil	50	

	min	€
Oasis of Tranquillity		
		325.00
· 1 x Wai Thai massage	80	
· 1 x Oriental foot massage	40	
· 1 x Thai massage with warm herbs and oils	80	
· 1 x Aromatic Beauty – Anti-stress face programme	60	
· 1 x Oxy Spa Chamber	45	
· 1 x Vital Leg – Heavy legs programme	60	
Intensive Anti-Cellulite Programme		320.00
· 3 x Slim Up	40	
· 1 x Detox Mud – Body detoxification programme	70	
· 1 x Body Remodeller – Caffeine cream body wrap	60	
· 1 x Body Refiner – Algae body modelling programme	60	
· 1 x Oxy Spa Chamber with Reducing Spa Mud therapy	30	
<i>SIX AND MORE-DAYS PROGRAMMES</i>		
Stress Relief		
		575.00
· 1 x Andaman Sea Storm	70	
· 1 x Traditional Thai massage	50	
· 1 x Thai anti-stress back massage	20	
· 1 x Hydrotherapy with chromo- and aromatherapy	20	
· 1 x Thai massage with selected aromatic oils	50	
· 1 x Oriental foot and hand massage	50	
· 1 x Vital Leg – Heavy legs programme	60	
· 1 x Aromatic Beauty – Anti-stress face programme	60	
· 1 x Oxy Spa Chamber	45	
· 1 x Wai Thai massage	80	
· 1 x Thai massage with warm herbs and oils	80	

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€		min	€
Asian Beauty			PROGRAMMES FOR COUPLES		
		520.00	Perfect Romance (for two persons)	140	277.00
· 1 x Oriental honey therapy	50		· Relaxing aromatic steam bath	20	
· 1 x Hair and scalp aromatherapy	30		· Jacuzzi (plus a glass of sparkling wine)	20	
· 1 x Reducing Spa Mud – Fat-dissolution thermal mud	60		· Wai Thai massage	80	
· 1 x Asian face lifting	45		· Anti-stress face, scalp and décolleté massage	20	
· 1 x Oxy Spa with algae therapy (body modelling)	30				
· 1 x Wai Thai massage	80		Health & Harmony for Two (for two persons)	140	285.00
· 1 x Oriental foot massage	40		· Body invigorating steam bath	20	
· 1 x Thai massage with warm herbs and oils	80		· Jacuzzi (plus a glass of sparkling wine)	20	
· 1 x D-Age - Anti-ageing body programme	60		· Thai massage with warm herbs and oils	80	
· 1 x Pedicure	45		· Anti-stress face, scalp and décolleté massage	20	
Anti-Cellulite Programme			Maintain Your Vitality (for two persons)		
		650.00		140	273.00
· 6 x Slim Up	40		· Steam bath	20	
· 1 x Detox Mud – Body detoxification programme	70		· Invigorating Jacuzzi with refreshing aromatic oils (plus a glass of sparkling wine)	20	
· 2 x Body Remodeller – Caffeine cream body wrap	60		· Traditional Thai massage	80	
· 1 x Oxy Spa Chamber with Reducing Spa Mud therapy	30		· Anti-stress back massage	20	
· 1 x Oxy Spa Chamber with algae (body modelling programme)	30				
· 1 x Vital Leg – Heavy legs programme	60				
· 1 x Andaman Sea Storm – Body regeneration with algae and sea salt	70				
· 2 x Manual anti-cellulite massage	25				

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

min €

Beauty Centre

Deep Body Relaxation

418.00

- 1 x Medical examination
- 1 x Multi-jet relaxation bath 20
- 1 x Mediterranean pack with bath 40
- 1 x Massage with hot and cold volcanic stones 80
- 1 x Intensive face beauty care programme 60
according to skin type (a special programme
for men also available)
- 1 x Tui na massage 70
- 1 x Abhyanga and Othada 80
- 1 x Body relaxation massage with oils 40
- 1 x Entrance to the Sauna Park (up to 4 hours)

World of Massage

401.00

- 1 x Multi-jet bath with sea water and extra salt 20
- 1 x Vichy massage 20
- 1 x Aquablitz therapy – partial 30
- 1 x Massage of face, neck and décolleté 20
- 1 x Massage with hot and cold volcanic stones 80
- 1 x Shiatsu massage 40
- 1 x Feet reflex massage 40
- 1 x Abhyanga - Ayurveda massage 60
- 1 x Body relaxation massage with oils 40

min €

Younger and Wrinkle-free Look

461.00

- 1 x Medical examination
- 5 x Acupuncture – against wrinkles
- 3 x Mesotherapy of the face – injection of natural
substances
- 1 x Face treatment with a lifting appliance 90
- 1 x Bio lifting face beauty care 90

Anti-Cellulite Programme

736.00

- 1 x Medical examination
- 1 x Test of physical structure
- 1 x Consultation and determining of individual
fitness programme
- 1 x Peeling massage with sea salt and essential oils 20
- 4 x Algae pack against cellulite 20
- 3 x Ultrasonic wave therapy against cellulite 30
- 3 x Electrostimulation 30
- 1 x Neerabhyanga – Ayurveda lymph drainage 60
- 2 x Vacuum massage – dermotony 30
- 1 x Abhyanga – Ayurveda anticellulite massage 60
- 3 x Pressotherapy – mechanical lymph drainage 30
- 1 x Entrance to the Sauna Park (up to 4 hours)
- 5 x Entrance to the Fitness Centre
- 5 x Exercises in the swimming-pool
- 15 x Anti-cellulite tea drinking cure (3 x a day)

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€
With Nature against Cellulite		771.00
· 1 x Medical examination		
· 1 x Test of physical structure		
· 1 x Consultation and determining of individual fitness programme		
· 1 x Peeling massage with sea salt and essential oils	20	
· 4 x Algae pack against cellulite	20	
· 5 x Acupuncture – against cellulite		
· 2 x Abhyanga – ayurvedic anticellulite massage	60	
· 1 x Kapha body programme	80	
· 2 x Hand massage against cellulite	30	
· 1 x Mediterranean pack with bath	50	
· 2 x Entrance to the Sauna Park (up to 4 hours)		
· 5 x Entrance to the Fitness Centre		
· 5 x Exercises in the swimming-pool		
· 5 x Kinesis exercise programme		
· 15 x Anticellulite tea drinking cure (3 x a day)		

	min	€
Slimming Programme		848.00
· 1 x Medical examination		
· 2 x Body structure diagnostics and measurements		
· 1 x Consultation and determining of individual fitness programme		
· 5 x Acupuncture – against appetite		
· 5 x Mud (fango) pack – large	20	
· 3 x Electrolipolysis	30	
· 2 x Pressotherapy with body wrapping	30	
· 2 x Kapha body programme – ayurvedic slimming programme	80	
· 2 x Classical massage of the body	40	
· 2 x Entrance to the Sauna Park (up to 4 hours)		
· 5 x Entrance to the Fitness Centre		
· 5 x Exercises in the swimming-pool		
· 3 x Kinesis exercise programme		
· 2 x Pilates exercise programme		
· 15 x Weight-loss tea drinking cure (3 x a day)		
· 1 x Final medical check-up		

BEAUTY, WELLNESS, PREVENTIVE AND HEALTH PROGRAMMES

	min	€		min	€
Medical and Physiotherapy Centre			Quit Smoking Programme 410.00		
Antirheumatic Programme		591.00	· 1 x Medical examination		
· 1 x Medical examination			· 5 x Acupuncture against smoking		
· 5 x Mud (fango) pack – large	20		· 5 x Inhalations with brine		
· 5 x Classical therapeutic massage of the back	20		· 1 x Abhyanga – ayurvedic massage	60	
· 5 x Electrotherapy			· 1 x Pinda Swedana – massage with rice and herbs	60	
· 3 x Individual therapeutic exercises			· 2 x Entrance to the Sauna Park (up to 4 hours)		
· 5 x Group exercises in the swimming-pool under the supervision of a physiotherapist			· 10 x Respiratory tea drinking cure (2 x a day)		
· 5 x Acupuncture or dry needling against pain			Special Programme for Psoriasis		326.00
Treatment for Neck or Back		416.00	· 1 x Medical examination		
· 1 x Medical examination			· 2 x Mediterranean pack with bath	40	
· 5 x Mud (fango) pack – partial	20		· 3 x Fango pack with classical bath	40	
· 5 x Classical therapeutic massage of the back	20		· 3 x Solarium	5	
· 5 x Therapeutic pain-alleviating laser treatment			· 1 x Abhyanga – ayurvedic massage	60	
· 5 x Group exercises under the supervision of a physiotherapist					
Respiratory Programme		326.00			
· 1 x Medical examination					
· 1 x Individual respiratory exercises					
· 5 x Acupuncture					
· 10 x Inhalations with brine (2 x a day)					
· 10 x Respiratory tea drinking cure (2 x a day)					

TERME & WELLNESS LIFECLASS

Information and Booking:

T. +386 5 692 80 09 / +386 5 692 80 60

F. +386 5 692 80 35

wellness@lifeclass.net

• WAI THAI

T. +386 5 692 80 09 / +386 5 692 95 00

• SHAKTI – AYURVEDA

T. +386 5 692 80 09 / +386 5 692 80 41

LIFECCLASS HOTELS & SPA

Istrabenz Turizem d.d.

Obala 33, SI-6320 Portorož

Slovenia

www.lifeclass.net



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