



# PANORAMIC VIEW OF EUROPE.

## TERME 3000, MORAVSKE TOPLICE, SLOVENIA

### MEDICAL TREATMENTS

#### BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • [www.panoramic-travel.com](http://www.panoramic-travel.com)

# WHY

## MEDICAL PROGRAMME IN TERME 3000, MORAVSKE TOPLICE

### NATURAL BENEFICIAL FACTOR

BLACK SODIUM CHLORIDE HYDROGENE-CARBONATE  
WATER & MUD MATURED IN BLACK THERMAL WATER



The black sodium chloride hydrogen- carbonate water from Moravske Toplice was designated a natural remedy in 1964. At its spring (with a depth between 1175 to 1467 m), it has a temperature of around 72 °C and is cloudy, salty and with a slight smell of oil. It is unique not only in Europe, but also worldwide, since it is rare for thermal water of this type to have such a high temperature at the spring.

It is these high temperatures that make the “black gold” from Moravske Toplice all the more precious. Bathing in this water has a positive effect on the organism; it soothes, tones and refreshes, improves circulation, alleviates pain and nervous tension.

Thanks to its photosensitivity, it accelerates sun-tanning. Black thermal mineral water is especially effective for joint problems since it eases the pain and improves mobility. The healing methods of the modern therapy center are based on two key factors - black thermal mineral water and natural healing mud from the lake of Negova that is matured in black thermal mineral water and both natural remedies complement the treatments of all indications listed below:

#### INDICATIONS:

- degenerative rheumatism (arthrosis, spondylosis and spondylarthrosis, lumbar/cervical discopathy with spondylogenic syndromes)
- chronic inflammatory rheumatic diseases (chronic inflammatory rheumatism, rheumatoid arthritis, ankylosing spondylitis, special forms of rheumatoid arthritis, etc.)
- soft tissue rheumatism (humero-scapular periarthropathy, fibrositis)
- non-infectious skin diseases (psoriasis vulgaris)
- psoriatic arthritis
- post - injury states and recovery after locomotor surgeries on the locomotor system with functional deficiencies

#### BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

# **ANTI- CELLULITE PROGRAMME**

**SUGGESTED TIME OF STAY: 5 DAYS**  
CODE: MT\_01



Anti-cellulite program is suitable for those who want to improve or maintain the appearance of the program is a combination of different manual and mechanical techniques. The results of manual techniques, such as smooth and elastic skin are visible immediately. In combination with mechanical methods the effects are extended from 8 to 10 months. During the program the regular exercise and a balanced diet are very important.

## **ANTI- CELLULITE PROGRAMME**

- Medical check-up
- 3x anti-cellulite aroma massage (EVE TAYLOR) – (20 min)
- 3x Body wrapping algae & cinnamon
- 2x ayurveda lymph drainage
- 2x Spa Jet (rejuvenation program)
- 2x wrapping micro-powder algae (on water bed concerto)
- 3x Starvac (anti-cellulite palpating & rolling massage)

### **BOOKING & INFORMATION:**

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

# **MASSAGE WORLD**



**SUGGESTED TIME OF STAY: 5 DAYS**  
CODE: MT\_02

Massages have many soothing effects on the body and soul. Through a variety of massage techniques you will get relaxed and calmed down. Massages invigorate the central and peripheral nervous system, accelerate blood and lymphatic circulation. The pain will disappear from the body.

If you want to experience the diverse range of our centre, the MASSAGE WORLD is a right package for you. We offer massages from all over the world, should it be Europe-classic full body massage, America- energy stone massage, China-reflexology feet massage, Japan-shiatsu. Feel like a world traveller and experience all of them at our centre.

## **MADDAGE WORLD PROGRAMME**

- 1x Stone energetic massage (60 min.)
- 1x classical whole body massage (45 min.)
- 1x acupressure mechanical massage (12 min.)
- 1x reflexology of feet (50 min.)
- 1x Shiatsu massage (40 min.)

### **BOOKING & INFORMATION:**

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

# PROGRAMME FOR OSTEOPOROSIS

**SUGGESTED TIME OF STAY: 7 OR 10 DAYS**  
CODE: MT\_03, MT\_04



These therapies are recommended to anyone with diagnosed osteoporosis and osteopenia, for women in menopause and for women prone to osteoporosis.

The selected therapies will strengthen all the muscles of the body, which are important for proper posture and body function. The soothing effects of our thermal mineral water will positively affect the organism and improve the blood circulation.

## PROGRAMME FOR OSTEOPOROSIS

7 DAYS    10 DAYS

1	1	Medical check-up
5	7	Individual active therapeutic exercises
5	7	Medicine group hydrogymnastics
2	4	Stanger's galvanic bath
5	7	Electrotherapy
2	3	Thermal bath

### BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

# PROGRAMME FOR PSORIASIS

**SUGGESTED TIME OF STAY: 7 OR 14 DAYS**

CODE: MT\_05, MT\_06



The program is for all those affected by psoriasis or psoriatic arthritis.

In combination with our thermo-mineral water, and the selective ultraviolet phototherapy, psoriatic plaques will be reduced and suppressed. This unique combination helps to extend the remission periods and to alleviate symptoms of psoriatic arthritis as well.

Patients are recommended to take baths in the thermal mineral water several times a day for 20 minutes each, afterwards in most cases UV-irradiation on Saalman devices is prescribed and application of the neutral rich creams recommended in order to allow the skin to recover after treatments with cortisone-containing products. Although the patient may feel positive effects on diseased skin already after a few days, the treatments with duration of 14 to 21 days are recommended.

## PROGRAMME FOR PSORIASIS

7 DAYS 14 DAYS

1	1	Medical check-up
5	10	Selective ultraviolet phototherapy
10	20	Thermal bath
5	10	Electrotherapy against pain
2	4	Underwater massage -whole
1	1	Final medical consultation

### BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

## **DISEASES AND REHABILITATION OF THE LOCOMOTOR SYSTEM**

**SUGGESTED TIME OF STAY: 7, 10 OR 14 DAYS**

CODE: MT\_07, MT\_08, MT\_09



The treatments at our spa significantly improve the health status of long-term basis, functional and working capacity is recovered, the progression or deterioration in health conditions is prevented, especially after injuries and operations on the locomotor system with functional disability.

It is also recommended to those who have already completed the initial rehabilitation after injury or surgery. To completely restore the situation before the injury and improvement after surgery some more time and work is needed.

Recovery program grants you expert guidance and provides individual treatment directions in order to improve the functionality of the locomotor system and the performance of daily living and sports activities.

## **REHABILITATION OF THE LOCOMOTOR SYSTEM PROGRAMME**

7 DAYS	10 DAYS	14 DAYS	
1	1	1	Medical check-up
5	7	10	Therapeutic group gymnastics in thermal water
5	7	10	Therapeutic group gymnastics
3	5	7	Individual assisted exercise
5	7	8	Electrotherapy
3	5	8	Peloid application - one spot
3	5	8	Massage - partial (10 min.)
1	1	1	Medical consultation

### **BOOKING & INFORMATION:**

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com

**TERME 3000, MORAVSKE TOPLICE  
SLOVENIA**

# **STRESSLESS PROGRAMME**

**SUGGESTED TIME OF STAY: 5 DAYS**  
CODE: MT\_10



Stress is a main disease trigger of the modern world. From of all visits to the doctor, 70% to 80% result from the illnesses related to or caused by a stress. By the therapies in the program the deepest relaxation will be achieved, everyday problems will be ignored and left behind. During the program a lot of open-air exercise as well as a balanced diet are very important.

You will get a fresh vital energy, improve your inner strength and effectively help to reduce tensions. Your body, mind and soul will be completely relaxed.

## **STRESSLESS PROGRAMME**

- 1 x Asian massage with herbal stamps
- 1x ayurveda lymph drainage
- 1x Thermalium thermal bath
- 1x Chocolate wrapping
- 1x Thermalium half massage.

### **BOOKING & INFORMATION:**

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com



TERME 3000, MORAVSKE TOPLICE  
SLOVENIA

# ANTI-RHEUMATIC PROGRAMME

SUGGESTED TIME OF STAY: 5 DAYS

CODE: MT\_10, MT\_11



The package is suitable for those who have problems with their joints and rheumatism in joints and in soft tissues.

Just because of the unique effects of our thermal mineral water and healing mud with extremely positive effect on chronic inflammatory processes of different locations and causes, in combination with electrotherapy the flexibility, strength and endurance of the joints will considerably improve.

## ANTI- RHEUMATIC PROGRAMME

10 DAYS 7 DAYS

1	1	Medical check-up
6	4	Peloid application - one spot
8	5	Electrotherapy against pain
8	5	Massage – partial (10 min)
6	4	Thermal bath
1	1	Final medical consultation

### BOOKING & INFORMATION:

Medical Tourism DMC by Panoramic Travel • Stegne 11c • 1000 Ljubljana • Slovenia • Europe  
info@medicaltourism-dmc.com • phone: +386 1 600 43 09 • fax: +386 1 600 43 25 • www.panoramic-travel.com