



ZRECE HEALTH RESORT, 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

WHY

MEDICAL PROGRAMME IN ZRECE

NATURAL BENEFICIAL FACTORS

ACRATOTHERMAL WATER, NATURAL BENTONITE MUD,
POHORJE PEAT AND SUBALPINE CLIMATE



Terme Zrece takes pride in acratothermal water, which contains calcium, magnesium, hydrogen carbonate. The water is naturally heated at 34.5°C and it has a beneficial effect on the most common indications:

- conditions after injuries and operations on the locomotors system,
- focused postoperative rehabilitation, especially of the knee joint, shoulder, hip and spine, degenerative and
- rheumatic inflammations of the musculoskeletal system,
- injuries and diseases of the peripheral nervous system and
- disorderS of the peripheral blood flow.

Treatment and rehabilitation programs are entrusted to the expert trained health staff, physicians from 12 specialties of orthopaedics, cardiology, internal medicine, neurology, physical medicine and rehabilitation...physical therapies with a B.Sc. degree and the other health staff – a total of 75 experts who, in addition to the modern health equipment and therapeutic effects of natural factors - therapeutic water, middle-mountain climate, the use of the natural therapeutic factor of peat, guarantee faster recovery and preparation for the return to everyday life and sports activities after completed rehabilitation.

They cooperate with the University Clinical Centre Ljubljana and Maribor, with local hospitals and those abroad, with institutes and clinics in Slovenia and the international area. They perform therapies from the domain of kinesiotherapy (Cyriax, Mulligan, Trigger, proprioceptive therapy), electrotherapy, hydrotherapy, mechanotherapy, thermotherapy. In addition to therapeutic programs, they also perform diagnostic procedures, ultrasound diagnostics, magnetic resonance imaging, laboratory tests, isokinetics, body composition analysis and annually rehabilitate over 9,000 patients, and provide about 390,000 services.

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ZRECE HEALTH RESORT, SLOVENIA

DAYS FOR THE SPINE



SUGGESTED TIME OF THE STAY: MINIMUM 7 DAYS

CODE: ZR_06

THE PROGRAMME INCLUDES:

- 1 x Consultation by a Doctor, a Specialist in Physical and Rehabilitation Medicine
- 5 x Morning exercise in the thermal water pool according to the instructions given by the Physiotherapist
- 6 x pain relief massage – half
- 6 x natural peat wrap, a unique natural product in Slovenia
- 6 x HI - TOP high-frequency electrotherapy
- 6 x exercise for balance and good posture

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ZRECE HEALTH RESORT, SLOVENIA

RELAXATION FOR HEALTH



SUGGESTED TIME OF THE STAY: MINIMUM 7 DAYS

CODE: ZR_07

THE PROGRAMME INCLUDES:

- 1 x Consultation by a Doctor, a Specialist in Physical and Rehabilitation Medicine
- 5 x Morning exercise in the thermal water pool according to the instructions given by the Physiotherapist
- 3 x therapeutic shiatsu or a relaxing full body medical massage
- 3 x reflexive foot massage, activating reflex zones on the body
- 6 x HI - TOP full body regeneration

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ZRECE HEALTH RESORT, SLOVENIA

PREVENTIVE PROGRAMME FOR JOINTS



SUGGESTED TIME OF THE STAY: MINIMUM 7 DAYS

CODE: ZR_08

THE PROGRAMME INCLUDES:

- 1 x Consultation by a Doctor, a Specialist in Physical and Rehabilitation Medicine
- 5 x Morning exercise in the thermal water pool according to the instructions given by the Physiotherapist
- 6x guided kinesiotherapy in a gym using various therapeutic devices
- 6x sports massage or full body therapeutic massage
- 6x active exercise in the Fitness Centre according to the Physiotherapist's instructions
- 6x pearl bath with herbs for greater mobility of joints
- 6x natural peat wrap, a unique natural product in Slovenia

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ZRECE HEALTH RESORT, SLOVENIA

PREVENTIVE PROGRAMME FOR MATURE YEARS



SUGGESTED TIME OF THE STAY: MINIMUM 7 DAYS

CODE: ZR_09

THE PROGRAMME INCLUDES:

- 1 x Consultation by a Doctor, a Specialist in Physical and Rehabilitation Medicine
- 5x Morning exercise in the thermal water pool according to the instructions given by the Physiotherapist
- 6x pain relief massage - half
- 2x foot rejuvenation programme
- 6x anti-pain electrotherapy
- 3x exercise - prevention of falls

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ZRECE HEALTH RESORT, SLOVENIA

INTERNIST PROGRAMME



SUGGESTED TIME OF THE STAY: MINIMUM 7 DAYS

CODE: ZR_10

THE PROGRAMME INCLUDES:

- An examination and consultation by a Doctor, a Specialist in Internal Medicine
- Blood sample laboratory analysis (hemogram, lipidogram, biochemistry, liver tests)
- ECG
- Analysis of the structure of body tissues for determining the percentages of bone tissue, soft tissue and fat
- A total of 3 medical examinations in accordance with the Specialist Doctor's advice (U/S of the heart, performance testing, U/S of cervical arteries, peripheral arteries, abdominal aorta with branches and vein system, measurement of the elasticity of the arterial system, measurement of the endothelial function, spirometry, a 24-hour ECG analysis).
- Programme includes also one of above programmes, which is selected after first doctor consultation.

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ZRECE HEALTH RESORT

MEDICAL SUPERVISED WEIGHT LOSS PROGRAMMES



The main goal of weight loss programme at Zrece Health Resort is to learn how to eat healthy and get used to regular daily physical activity, thus achieving a successful and long term weight reduction.

This is a process of losing weight in a healthy manner, which requires an individual approach. Optimal body weight ensures a healthy functioning of the organism and excellent psychophysical fitness.

Programme with a carefully selected menu, adequate physical activity and special therapies are designed to improve well-being and induce a healthy weight loss.

Tanja Rauter Pungartnik, M.D.

Specialist of Physical and Rehabilitation Medicine at Zrece Health Resort

Available medical supervised weight loss programmes are: 7 days Mini Slim, 10 days Midi Slim and 14 days Maxi Slim.

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MINI SLIM WEIGHT LOSS PROGRAMME

SUGGESTED TIME OF STAY: 7 DAYS

CODE: ZR_12

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **2 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 3 x Nordic walking
- 5x Exercises in the Fitness Centre
- Swimming
- 5 x Water aerobics in thermal water
- 1 x Cycling
- 4 x Group gymnastics
- **THERAPIES:**
- 5 x LPG lipomassage, 35 min
- 5 x Peat wrap for stomach, legs and buttock area
- 1 x Full body lymphatic drainage, 50 min
- 2 x Vacuum therapy, 30 min
- 5 x Electro stimulation of muscles
- 5 x Sauna treatments
- **RELAXATION PROGRAMMES:**
- 1 x Idyll Mysterieuse Wrap, 30 min
- 1 x Steam sauna and anti - cellulite wrap with green coffee, 60 min
- 1 x Body wrapping, 80 min
- 1 x Traditional Thai massage, 50 mi

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MIDI SLIM WEIGHT LOSS PROGRAMME

SUGGESTED TIME OF STAY: 10 DAYS

CODE: ZR_13

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **2 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 4 x Nordic walking
- 7 x Exercises in the Fitness Centre
- Swimming
- 8 x Water aerobics in thermal water
- 2 x Cycling
- 6 x Group gymnastics
- **THERAPIES:**
- 8 x LPG lipomassage, 35 min
- 7 x Peat wrap for stomach, legs and buttock area
- 1 x Full body lymphatic drainage, 50 min
- 4 x Vacuum therapy, 30 min
- 7 x Electro stimulation of muscles
- 7 x Sauna treatments
- **RELAXATION PROGRAMMES:**
- 2 x Idyll Mysterieuse Wrap, 30 min
- 1 x Steam sauna and anti - cellulite wrap with green coffee, 60 min
- 1 x Body wrapping, 80 min
- 2 x Traditional Thai massage, 50 min

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MAXI SLIM WEIGHT LOSS PROGRAMME

SUGGESTED TIME OF STAY: 14 DAYS

CODE: ZR_14

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **3 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 6 x Nordic walking
- 10 x Exercises in the Fitness Centre
- Swimming
- 12 x Water aerobics in thermal water
- 2 x Cycling
- 9 x Group gymnastics
- **THERAPIES:**
- 12 x LPG lipomassage, 35 min
- 10 x Peat wrap for stomach, legs and buttock area
- 2 x Full body lymphatic drainage, 50 min
- 5 x Vacuum therapy, 30 min
- 10 x Electro stimulation of muscles
- 10 x Sauna treatments
- **RELAXATION PROGRAMMES:**
- 2 x Idyll Mysterieuse Wrap, 30 min
- 2 x Steam sauna and anti - cellulite wrap with green coffee, 60 min
- 2 x Body wrapping, 80 min
- 2 x Traditional Thai massage, 50 min

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ZRECE HEALTH RESORT

MEDICAL SUPERVISED BODY DETOX PROGRAMMES



Body detox is a procedure, which accelerates the removal of harmful toxins from your body and restores the energy balance.

Detox gives us a chance to glow again, feel a deeper sense and restore the relationship between oneself and the environment. It is based on: nutrition needed to detox the body which is adapted to physical activity, a programme of special therapies & relaxation. The need for regular and effective cleansing of one's body has become a necessity that prevents the onset of diseases, soothes their symptoms and facilitates recovery.

Tanja Rauter Pungartnik, M.D.

Specialist of Physical and Rehabilitation Medicine at Zrece Health Resort

Available medical supervised body DETOX programmes are: 7 days Mini detox, 10 days Midi Detox and 14 days Maxi Detox.

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MINI DETOX PROGRAMME

SUGGESTED TIME OF STAY: 7 DAYS

CODE: ZR_15

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **2 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 3 x Nordic walking
- 5 x Exercises in the Fitness Centre
- 5 x Swimming, water aerobics in thermal water
- **DETOX THERAPIES:**
- 5 x Peat wrap for stomach, legs and buttock area
- 1 x Full body peeling, 30 min
- 2 x Full body lymphatic drainage, 50 min
- 2 x Anti-cellulite treatment, with algae, 60 min
- 1 x Spirulina algae wrap in Soft Pack, 30 min
- 5 x Sauna treatments
- **AROMATHERAPY:**
- 1 x Relaxing aroma massage with orange oil, 55 min
- **RELAXATION**
- 1 x Thai Foot massage, 40 min
- 1 x Anti-stress massage with lemon balm, 50 min

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MIDI DETOX PROGRAMME

SUGGESTED TIME OF STAY: 10 DAYS

CODE: ZR_16

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **2 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 4 x Nordic walking
- 7 x Exercises in the Fitness Centre
- 8 x Swimming, water aerobics in thermal water
- **DETOX THERAPIES:**
- 7 x Peat wrap for stomach, legs and buttock area
- 1 x Full body peeling, 30 min
- 2 x Full body lymphatic drainage, 50 min
- 3 x Anti-cellulite treatment, with algae, 60 min
- 1 x Spirulina algae wrap in Soft Pack, 30 min
- 7 x Sauna treatments
- **AROMATHERAPY:**
- 2 x Relaxing aroma massage with orange oil, 55 min
- **RELAXATION**
- 2 x Thai Foot massage, 40 min
- 2 x Anti-stress massage with lemon balm, 50 min

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ZRECE HEALTH RESORT, SLOVENIA

MEDICAL SUPERVISED MAXI DETOX PROGRAMME

SUGGESTED TIME OF STAY: 14 DAYS

CODE: ZR_17

- **2 X INDIVIDUAL CONSULTATION WITH THE DOCTOR**
- **3 X ANALYSIS OF THE STRUCTURE OF BODY TISSUE**
- **1 X LABORATORY ANALYSIS**
- **PHYSICAL EXERCISE:**
- 6 x Nordic walking
- 10 x Exercises in the Fitness Centre
- 12 x Swimming, water aerobics in thermal water
- **DETOX THERAPIES:**
- 10 x Peat wrap for stomach, legs and buttock area
- 2 x Full body peeling, 30 min
- 3 x Full body lymphatic drainage, 50 min
- 3 x Anti-cellulite treatment, with algae, 60 min
- 2 x Spirulina algae wrap in Soft Pack, 30 min
- 10 x Sauna treatments
- **AROMATHERAPY:**
- 2 x Relaxing aroma massage with orange oil, 55 min
- **RELAXATION**
- 2 x Thai Foot massage, 40 min
- 2 x Anti-stress massage with lemon balm, 50 min

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