



PANORAMIC VIEW OF EUROPE.

ROGAŠKA SLATINA, 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

ABOUT

ROGAŠKA SLATINA

FOUR CENTURIES OF EXCELLENCE



Rogaška Slatina is a small spa town with exceptional healing springs. It is located in a beautiful landscape with a mild climate. It successfully combines tradition with modern trends. In the past it was discovered by many prominent guests. Today it offers excellent services for your health, beauty and relaxation. Numerous hotels in the heart of the wonderful spa park welcome guests from all around the world. The Medical centre Rogaška is continuously developing excellent medical programmes based on Rogaška Slatina's natural resources. The key goals of all visitors to Rogaška Slatina are health and wellbeing.

In the Medical centre Rogaška a team of top and world-renowned professionals looks after your health: specialist gastroenterologists, cardiologists, internists, dermatologists, urologists, orthopaedists, physical medicine and rehabilitation specialists, aesthetic plastic surgeons, vein surgeons, ophthalmologists, nutritionists, physiotherapists, nurses and masseurs/masseuses. Unique natural resources and state-of-the-art equipment help them in their work. Rogaška Slatina has a centuries-long tradition, placing it among the oldest and most important health resorts in Slovenia and Europe. Archaeological remains and the Roman road which connected Celeia and Petovium provide evidence that even the Celts and the Romans were familiar with the Rogaška Slatina area.

In 1665, Peter Zrinski, one of Europe's mightiest rulers of his time, recovered after drinking mineral water from Rogaška Slatina, an event which quickly spread the fame of this healing water. This was the birth of health tourism in Rogaška Slatina. In 1803, the small village started to develop into a modern health center. First hotels were built in the 19th and at the beginning of the 20th century: Hotel Zdraviliški Dom (today's Grand Hotel Rogaška Superior), Hotel Styria, Hotel Strossmayer, and the main Spa Hall (today's Crystal Hall). All the hotels were renovated in 2003 to provide every modern comfort while retaining the impression that time in Rogaška Slatina has stopped. The famous guests to have visited our health center include the royal families of **Habsburg, Bonaparte, Hohenzollern, and Karadžordžević**. The rich social life culminated in 1846 with the concert of the famous pianist **Franz Liszt**.

Today, Rogaška Slatina is an attractive destination for people looking to improve their health with the natural mineral water Donat Mg; it also provides plenty of opportunities to relax and enjoy beautiful nature and rich cultural life. It's a place which simultaneously soothes and invigorates. Rogaška Slatina is the original source of well-being.

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WHY

MEDICAL PROGRAMME IN ROGAŠKA SLATINA

NATURAL BENEFICIAL FACTOR DONAT MG NATURAL MINERAL WATER



The unique composition of Donat Mg natural mineral water is the **main reason** why Rogaška Slatina has remained a **popular European health center** for centuries, specialized for the treatment and relief of **chronic gastroenterological, metabolic** (diabetes, high level of fat in the blood, excess body weight), **managerial and psychosomatic diseases**.

The Rogaška health spa has combined unique natural sources, a **400-year tradition** and all modern medical knowledge into a wonderful harmony, as well as developed superior expertise and professionally supervised programmes, which can be offered with love and joy to all of us, who are **aware of the meaning of caring for our health, soul and spirit**.

Donat Mg natural mineral water is around 8,000 years old and has proven healing effects. Deep underground (between 280 and 600 metres under the surface) the spring water is enriched by minerals from the dissolving rocks (magnesium, calcium, sulphates, hydrogencarbonates) and other elements (CO₂).

One litre of Donat Mg contains as much as 1,040 milligrams of magnesium. Magnesium and other minerals give Donat Mg the healing power that soothes and prevents numerous diseases.

This mineral water has the highest magnesium content mineral water in the world that is used for healing purposes.

The effects of Donat Mg mineral water on health:

- successfully assists in the treatment of gastroenterological and endocrine diseases: liver, biliary, pancreas, nerve, heart and vascular diseases;
- eliminates heartburn and neutralizes stomach acid;
- eliminates constipation and is an excellent laxative;
- reduces the risk of the creation of kidney stones and reduces the level of uric acid;
- improves body metabolism and participates in burning fat;
- reduced high cholesterol levels;
- effectively regulates the blood sugar and high blood pressure;
- prevents heart rhythm disturbances;
- prevents muscular spasms;
- compensates for the lack of magnesium for overcoming stress, mental and physical strain, the results of alcohol abuse and unbalanced diets;
- helps to prevent osteoporosis;

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**ROGAŠKA SLATINA
SLOVENIA**

**PROGRAMME
FOR TREATMENT OF
ARTERIAL CIRCULATION
DIABETICS**

SUGGESTED TIME OF STAY: 7 DAYS
CODE: RS_01



The programme is intended for the improvement of arterial circulation and accompanying symptoms, such as cold feet, cramps and leg pain during movement, tingling sensation.

Recommended for **diabetics with circulatory disorders**.

**PROGRAMME FOR TREATMENT OF ARTERIAL
CIRCULATION - DIABETICS**

PROGRAMME

- medical exam with a balneologist;
- treatment drink with Donat Mg healing mineral water at the spring 3-times per day;
- three mineral baths;
- 3 hypobaric therapies;
- 3 clinical aromatherapies, 30min;
- 3 individual therapeutic exercise sessions, 30min;
- 3 aromatic reflexive foot massages;
- 3 dry carbon dioxide baths;
- 3 Fango wraps for loins.

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ROGAŠKA SLATINA
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GASTRO - RELIEVING CHRONIC GASTROENTEROLOGICAL PROBLEMS

SUGGESTED TIME OF STAY: 7 DAYS
CODE: RS_02



When you would like to reduce any problems with your stomach, digestion, metabolism, eliminate occasional stomach pain, tension, flatulence and heartburn, or minimize problems with constipation and incontinence, let yourself be taken care of by the healthcare personnel and other staff of the Medical Center Rogaška, who have long and extensive experience in this area and are specialized in the treatment of gastroenterological diseases.

GASTRO - FOR RELIEVING CHRONIC GASTROENTEROLOGICAL PROBLEMS

PROGRAMME

- specialist examination with a gastroenterologist;
- Additional payment for the possibility of additional diagnostics at the discretion of
- a specialist (gastroscopy, colonoscopy, breathing test, ultrasound);
- treatment drink with Donat Mg healing mineral water at the spring 3-times per day;
- laboratory analyses (based on the doctor's recommendation);
- three mineral baths;
- three herbal bath;
- three medical manual massages, 30 min;
- three reflexive foot massages or colon massages/abdominal massages.

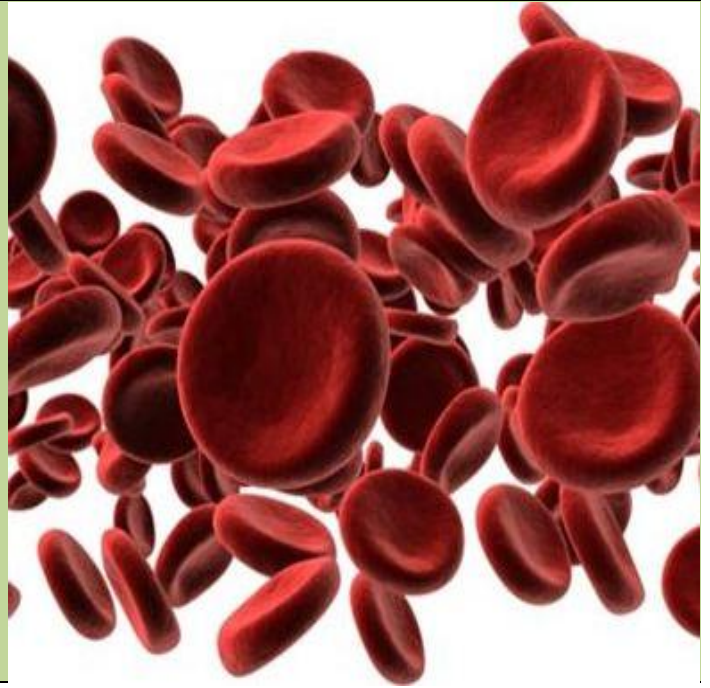
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ROGAŠKA SLATINA
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PROGRAMME FOR CIRCULATION IMPROVEMENT AT VENOUS DISORDERS

SUGGESTED TIME OF STAY: 7 DAYS
CODE: RS_03



The programme is intended for the improvement of venous circulation and accompanying symptoms, such as tired and swollen feet, night cramps and leg pain during longer periods of standing.

PROGRAMME FOR CIRCULATION IMPROVEMENT AT VENOUS DISORDERS

PROGRAMME

- medical exam with a balneologist;
- treatment drink with Donat Mg healing mineral water at the spring 3 times per day;
- 3 mineral baths;
- 2 lymph drainage therapies for both legs;
- 2 clinical aromatherapies, 60min;
- 3 individual therapeutic exercise sessions, 30min;
- 2 aromatic reflexive foot massages;
- 2 pressotherapy sessions, and
- 3 dry carbon dioxide baths.

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**ROGAŠKA SLATINA
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PROGRAMMES AGAINST BLOATING AND CONSTIPATION

SUGGESTED TIME OF STAY: 7 DAYS
CODE: RS_04



At Medical centre Rogaška, they offer an efficient programme for everyone who suffers from defecation problems, do not defecate every day, suffer from hard stools, or abdominal bloating.

PROGRAMMES AGAINST BLOATING AND CONSTIPATION

PROGRAMME

- a medical exam with a balneologist;
- a treatment drink with Donat Mg healing mineral water at the spring 3-times per day;
- 3 Fango wraps for the stomach;
- 2 abdominal massages;
- 2 Tui na massages, 40min;
- 3 mineral baths;
- 3 medical gymnastics sessions;
- 1 Bowen therapy, 50min.

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**ROGAŠKA SLATINA,
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EXTENSIVE MAGNESIUM TREATMENT

SUGGESTED TIME OF STAY: 7- 14 DAYS

CODE: RS_05/RS_06



The Magnesium programme with Donat Mg mineral water assists in the treatment of many illnesses, such as gastrointestinal, liver, biliary, pancreatic, nerve, heart and vascular diseases. Magnesium treatment also has a positive effect on blood sugar and cholesterol levels, as well as high blood pressure.

Drinking Donat Mg in combination with selected therapies is essential in eliminating constipation, obesity, excessive stomach acid and heartburn. Since drinking Donat Mg has an excellent effect on the organism in stressful situations, during mental and physical strains, and when the need for magnesium is increased, the Magnesium programme is also an outstanding stress relief programme. The extensive magnesium treatment includes a medical examination with a balneologist, individual treatment with the Donat Mg mineral water and therapies recommended by the doctor.

EXTENSIVE MAGNESIUM TREATMENT

THE 7- OR 14 -DAY PROGRAMME INCLUDE:

- medical exam with a balneologist (the 14-day programme also includes a control check-up);
- treatment drink with the Donat Mg healing mineral water at the spring 3-times per day;
- three or six mineral baths;
- three or six medical manual massages, 30 min;
- three or six fango wraps (3 units);
- 3 or 6 visits to medical gymnastics.

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