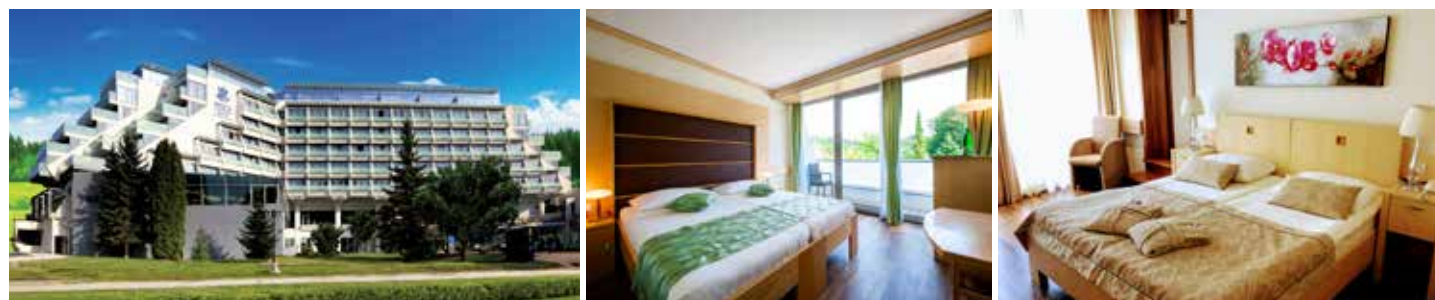


## Preparation and course of the programme

Before the programme, we recommend a one-week elimination diet, especially if you decide on a two- or three-week programme. It is desirable that you do not consume the following one week before your arrival: alcohol, coffee, black tea, sugar, milk and dairy products, white bread and processed products from white flour, red meat and canned

food. In this way you will already be able to prepare your body and soul for detoxification at home. Each guest who decides on detoxification is treated individually. They are constantly under the watchful eye of various experts at the Rogaška Medical Centre: specialist doctors, nutritionists, physiotherapists and masseurs.

Experts at the Rogaška Medical Centre recommend repeating the programme in six months or a year.



## Price of the programmes

DETOX		PRIMUS		GRANDUS	MAGNUS
		7 days	10 days	14 days	21 days
sezona A	1/1 – park	2.132 €	2.721 €	4.364 €	6.391 €
	1/1 – forest	2.099 €	2.674 €	4.298 €	6.291 €
	1/2 – park	2.099 €	2.674 €	4.298 €	6.291 €
	1/2 – forest	2.066 €	2.626 €	4.231 €	6.192 €
sezona B	1/1 – park	2.265 €	2.911 €	4.630 €	6.790 €
	1/1 – forest	2.232 €	2.864 €	4.564 €	6.690 €
	1/2 – park	2.232 €	2.864 €	4.564 €	6.690 €
	1/2 – forest	2.192 €	2.807 €	4.484 €	6.571 €

\*All prices are listed in euros and include VAT. Prices apply per person per programme. Mandatory payment of tourist tax amounts to €3.00 per person per day. Registration fee: €2.00 per person/one time payment for people over 18 years old. Surcharge for other room categories upon request. Surcharge for complementary package amounts to €82.

Season A	12. 1. 2025 – 16. 3. 2025	Season B	16. 3. 2025 – 11. 5. 2025
	11. 5. 2025 – 27. 7. 2025		27. 7. 2025 – 24. 8. 2025
	24. 8. 2025 – 21. 9. 2025		21. 9. 2025 – 9. 11. 2025
	9. 11. 2025 – 21. 12. 2025		21. 12. 2025 – 11. 1. 2026

## Price includes:

- health services within the primus, grandus and magnus programmes;
- full board;
- vegetable-fruit juice (morning or afternoon);
- pure spring water, 3 l/day;
- free entry to the prestigious world of saunas (finnish, turkish,

- herbal, infra-red and bio-sauna, snow cave and russian bath);
- free entrance to the outdoor and indoor hotel swimming pool;
- morning gymnastics in the swimming pool;
- free entrance to the fitness centre;
- bath robe, towel, sauna sheet and hotel slippers;
- entertainment programme;
- free secured parking space;
- free admission to the fontana casino;
- free wireless internet in the rooms.



## Programmes

# DETOX Donat

Detoxify your body and flush out the toxins





## DonatDETOX programmes at the Rogaška Medical Centre

DONAT DETOX PROGRAMMES are based on specific nutrition, Donat natural mineral water and the knowledge of our experts. They will help you detoxify your body and flush out the toxins which accumulate in the body due to an improper and irregular diet, inappropriate environment and a stressful lifestyle. You will strengthen your health, improve your physical and mental well-being, decrease the bloated feeling in your stomach, regulate digestion, and make your skin more radiant. Often the programmes help reduce allergies, joint pain and strengthen the immune system. Selecting a two or three week programme, you can also expect reduced cholesterol values, weight, visceral (abdominal) fat, blood pressure, and blood sugar.

## Who is the detoxification programme aimed at?

Are you experiencing frequent headaches, common colds, irregular digestion, allergies, swelling, heartburn, insomnia, mood disorders, joint pain, forgetfulness, food hypersensitivity, elevated blood pressure and cholesterol...?

The programmes can be performed by anyone, with the exception of diabetic patients and patients with cardiovascular risks, pregnant women, children, people on anticoagulant therapy and patients with cancer. The programmes are not intended for people with acute intestinal diseases, who have had a recent gastric ulcer, duodenal ulcer or suffer from any acute infection.

## Which types of detoxification programmes do we offer?

The Rogaška Medical Centre has prepared three programmes for you:

- PRIMUS DETOX DONAT - 7 and 10 days
- GRANDUS DETOX DONAT - 14 days
- MAGNUS DETOX DONAT - 21 days

The longer the programme, the greater and more long-lasting the effect!

Donat mineral water helps effectively filter out toxins from the bowel. Donat regulates the functioning of the digestive organs, maintains the acid-base balance in the body and helps clean the bowel and liver.



## What does an individual DONAT DETOX programme include?

	PRIMUS	GRANDUS	MAGNUS
medical examination with a balneologist	1x	2x	3x
consultation with a nutritionist	2x (7 days) 3x (10 days)	4x	6x
drinking Donat mineral water three times daily from the spring	✓	✓	✓
Thalgo wrap with peeling, 80 min	1x	1x	1x
Thalgo wrap with soft creamy peeling, 80 min		1x	2x
individual kinesiology training, 60 min	2x	4x	6x
mineral bath	2x	4x	6x
soda bath	1x	2x	3x
carbon dioxide dry bath	2x	4x	6x
Dr. Vodder lymph drainage therapy, 50 min	2x	4x	6x
pressotherapy	1x	2x	3x
detox massage, 40 min	2x	4x	6x
nutritional supplement for cleaning the liver	✓	✓	✓
body composition analysis including interpretation of the results	1x (7 days) 2x (10 days)	2x	2x
laboratory tests at the beginning of the programme and check-up tests after the end of the programme		✓	✓

### ► Upon the recommendation of the doctor you can take advantage of our complementary package:

- 1× water bed - dead sea mud detoxification wrap, 40 min.
- 1× water bed - white clay wrap with plant extracts, 50 min.

Special wraps accelerate sweating and detoxification. They are highly recommended, but are not included in the programmes because people tolerate heat differently. They are available as a complementary package (surcharge), which is recommended after every seven days of detoxification.

