

POST- COVID 19 RECOVERY PROGRAM

The power of natural healing factors, optimization of musculoskeletal health and rational dieting - a guarantee for you own and your children's well-being and confidence!

1. THE PROGRAM IS LED UNDER THE LEADERSHIP OF OUR MEDICAL TEAM:

- **Dr. Tatiana Angelova, MD** – specialist in "Physical and Rehabilitation Medicine", head of the "Medical Spa Center" at Strimon Garden Medical Spa Hotel
- **Dr. Yovka Dimitrova** - Internal Medicine Specialist at the Medical Spa Center at Strimon Garden Medical Spa Hotel.

2. WHO IS THE SUITABLE PROGRAM FOR?

People who have had COVID 19 with an oxygen saturation above 95, without the onset of post-COVID syndrome, expressed in rapid and easy fatigue, lack of energy, dizziness and headache, paresis / paralysis of the limbs after recovery from infection, etc.

3. MAIN GOAL OF THE PROGRAM:

Restoration of the health condition of persons who have experienced COVID-19 infection, expressed in an increase in lung capacity, improvement of acid saturation, respectively reduction of the feeling of fatigue, of physical activity. The program is aimed at detoxifying the body and stimulating the immune system by providing organic food, teas, fresh juices, smoothies and more. Use the capacity of the medical spa for anti-stress therapies and relaxation.

4. ELEMENTS OF THE PROGRAM:

- **Medical check up:** initial and final;
- **Individually** planned diet: a diverse and calorie-rich menu, consisting of 4 meals per day;
- **Balneotherapy:** drinking mineral water from the water source "Kyustendil" or bottled mineral water. The specified intake prescribed by the doctor will force diuresis and detoxification of the body.

- **Outdoor spa treatment** – water massage, thermal therapy pool and hot tubs
- **Thermotherapy** - infrared sauna
- **Kinesitherapy** - breathing exercises 2 times a day.
- **Physiotherapy** - magnetic therapy, electrotherapy, ultrasound therapy, gunamagnetophoresis.
- **Anti-stress therapy**
- **30-minute daily walks** in the pine forest of the „Hisarlaka” area, known for its good microclimate for outdoor treatment (in suitable weather conditions). Suitable for people who have had inflammation of the lungs and people with chronic respiratory diseases.

5. EFFECT OF THE PROGRAM:

Restoration of the health condition of the patients, expressed in an increase of the body's training and return to the normal daily way of life..

6. DURATION OF THE PROGRAM: 7, 10 days

7. PACKAGE PRICES PER ROOM:

ACCOMMODATION	PACKAGE 7 NIGHTS	PACKAGE 10 NIGHTS
Single DELUXE Room	455,00 Euro	544,00 Euro
Double DELUXE ROOM	812,00 Euro	995,00 Euro

Prices are per room and include:

- Accommodation for 7 or 10 nights in SINGLE or DELUXE DOUBLE ROOM , access to indoor mineral pool, SPA & Wellness Center (Roman bath, steam bath, Finnish sauna, infrared sauna, cold pool, warm relaxation bench, relaxation area), gym, parking, internet, tourist tax, tourist insurance, VAT
- 10% discount on all additionally selected SPA procedures

• **Package of 7 nights:**

Procedures: 6 days, 3 procedures per day according to a doctor's prescription;
Meals: 4 times a day on a specially selected high-calorie menu

• **Package of 10 nights:**

Procedures: 8 days, 3 procedures per day according to a doctor's prescription;
Meals: 4 times a day on a specially selected high-calorie menu