
2019 DETOX PROGRAMME

The accumulation of toxins in the body may be a deciding factor in the incidence of a number of illnesses. The human organism has natural mechanisms to cleanse itself of them. A problem arises when, due to our modern way of life related to daily stress, contact with chemicals in domestic detergents, incorrect nutrition and consumption of foods not cultivated ecologically, the quantity of toxins in the organism visibly increases, and its compensatory abilities are exhausted.

The DETOX programme, by means of skilful combining of curative mineral waters, an appropriate dietary regimen, and optimally dosed motor activity, aims to achieve a maximal effect in drawing out toxic substances in a natural way – by stimulating the metabolism, elevating diuresis, removal of toxins through the skin, and recharging the organism with the nutrients it requires.

1. The DETOX programme is run under the supervision of **OUR TEAM OF DOCTORS:**

- **Dr Tatyana Angelova MD** – Director of the National Specialised Hospital for Physical Therapy and Rehabilitation, manager of the Medical Board – Bulgarian Balneology and Spa Tourism Union – consultant
- **Dr Yovka Dimitrova** – INTERNAL DISEASES specialist

2. WHO IS THE PROGRAMME FOR?

The programme is suitable for people seeking rapid and effective detoxification and cleansing of the whole body during a long weekend. It is aimed people who lead a healthy life to improve their overall physical condition.

It is also suitable for people with chronic fatigue that has led to disturbed sleep patterns, difficulties in concentration, headaches, unexplained physical exhaustion, depressive states, frequent colds; people with poor diets that have led to gastrointestinal complications – bad breath, constipation, food allergies, disrupted lipid and carbohydrate exchange – elevated fat levels and blood sugar etc.

3. THE AIM OF THE PROGRAMME

To build up correct motor habits and diet; regulation of energy reserves, and stimulation of the revitalization processes in the body.

4. THE EFFECTS OF THE PROGRAMME

Overcoming vegetative disfunctions, stabilizing arterial blood pressure, improving sleep, and reducing fatigue; regulating the levels of lipids and blood sugar. By creating habits of good diet and activity, the desired figure and a feeling of satisfaction are achieved.

The effects of the programme are in direct correlation with its duration and/or frequency of application.

5. THE ELEMENTS OF THE PROGRAMME

- Consultation with a physician (at the beginning and the end)

During the consultation, you are expected to provide information about your state of health that is confirmed by tests and consultations carried out; blood test results performed up to ten days before starting the programme, including full blood count, CRP, blood sugar, lipid profile, ureic acid.

THERAPY AND PROCEDURES:

- **External water treatment** – Roman bath, spa pod, hydromassage bath;
- **Taking the waters:** using mineral water from the Kyustendil deposits and bottled (no-local) low-mineral content water
- **Heat treatment:**
 - Finnish sauna and/or infrared sauna and/or spa pod
 - Sea salt and peat wraps
- **Lymphatic drainage massage**
- **Phonophoresis with ultrasound and detoxifying gels**
- **Cosmetic treatment with detoxifying products**
- **Activities and sport**
 - Daily exercises under the observation of an experienced kinesitherapist and/or coach – Pilates, keep fit, aqua aerobics etc.
 - Walks, bicycle rides, etc.
- **Health eating**
 - The main food groups are: fruit, vegetables, cereals and legumes, nuts, and others.
 - During the programme, low-mineralised water is consumed in quantities determined on the condition of your cardiovascular system and body weight.

6. THE DURATION OF THE PROGRAMME: 3, 5 or 7 DAYS

7. BONUSES: 10% discount off all extra spa procedures chosen by the client.



8. PACKAGE PRICES PER PERSON:

ACCOMMODATION	3-NIGHT PACKAGE	5-NIGHT PACKAGE	7-NIGHT PACKAGE
SINGLE ROOM DELUXE	480.00 BGN	755.00 BGN	1005.00 BGN
DOUBLE ROOM DELUXE	399.00 BGN	643.00 BGN	869.00 BGN

The prices are per person and include:

- The corresponding number of nights, access to the open/covered mineral water swimming pool, SPA & Wellness Centre (Roman bath, steamworks, Finnish sauna, infrared sauna, contrasts pool, warm relaxation benches, relaxation area with warm beds), gymnasium, carpark, internet, tourist tax, travel insurance, and VAT
- **3-night package:**
Meals: 5 times daily according to a specially-selected dietary menu
Procedures: 2 days with 2 daily procedures prescribed by a physician
- **5-night package:**
Meals: 5 times daily according to a specially-selected dietary menu
Procedures: 4 days with 2 daily procedures prescribed by a physician
- **7-night package:**
Meals: 5 times daily according to a specially-selected dietary menu
Procedures: 6 days with 2 daily procedures prescribed by a physician