



# Health Center Olimia

SERVICE PRICE LIST

## RECEPTION OPENING HOURS

Monday – Wednesday	7.00–17.00
Thursday	7.00–19.00
Friday	7.00–17.00
Saturday	7.00–13.00

**P: +386 3 829 78 02**

**E: [center.zdravja@terme-olimia.com](mailto:center.zdravja@terme-olimia.com)**

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The price list applies from 1. 3. 2025.

All prices are in EUR and include VAT.

We reserve the right to change prices and other terms of sale.

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Terme Olimia d. d., Zdraviliška cesta 24, SI - 3254 Podčetrtek  
03 829 78 36 | [info@terme-olimia.com](mailto:info@terme-olimia.com) | [www.terme-olimia.com](http://www.terme-olimia.com)

# Improving well-being and restoring motion

Health is energy and well-being. It is one of the greatest values and the source of life quality. Therefore, at Health Center Olimia, we put you and your health first. Together with our experienced experts, we improve your well-being and restore the most important thing – your motion.

In pain management, we help ourselves with all the renowned manual techniques of experienced physiotherapists and modern technology. Your body is also taken care of by the most valuable sources of nature – water, mud, and oxygen.

Visit Health Center Olimia when you need a quick check-up with a specialist physician, when you want to relieve pain after injuries and surgeries and exercise your body. Try our water baths, Fango wraps, Carbofit therapy and house massages that provide relaxation and regeneration. We also offer nutritional counselling, as we believe that proper nutrition is an important source of health.



# SPECIALIST EXAMINATIONS AND TREATMENTS

Book a self-pay check-up with physicians and specialists at our Health Center and regain your health and well-being without long waiting for a check-up and treatment. In addition to the medical examination, we offer self-pay examinations with a physiatrist, orthopaedist, and neurosurgeon. We will gladly accept you for a health resort treatment; we offer both inpatient and outpatient health treatment.

## SPECIALIST EXAMINATIONS AND TREATMENTS

**Examination by a specialist physiatrist** 100,00 €

**Re-examination by a physiatrist** 50,00 €

**First examination by a specialist orthopaedist/neurosurgeon with results** 120,00 €

**Extended examination by a FRM specialist/orthopaedist/neurosurgeon for a second opinion** 150,00 €

**Re-examination by a specialist orthopaedist/neurosurgeon** 62,00 €

**Blockade application** 60,00 €

**Guided blockage via ultrasound** 100,00 €

**Injection of hyaluronic acid into the joint** 200,00 €

The production of hyaluronic acid, a "lubricant" for joints, decreases over the years, the cartilage on the surface of the joint begins to thin and weaken, and the wear of the joints begins. The solution of highly purified sodium hyaluronate promotes the renewal of cartilage in the joints, helps in damaged meniscus in knee joint and after arthroscopic procedures.

**Collagen injection** 70,00 €

**Package 5x injection of collagen into the joint** 315,00 €

**Package 7x injection of collagen into the joint** 390,00 €

**Package 10x injection of collagen into the joint** 525,00 €

Collagen is the basic building block of connective tissues (skin, joint and muscle envelopes, ligaments, tendons). It is renewed very slowly, and the lack thereof is one of the causes of wear of the joints, spine, and soft parts around the joints. The addition of collagen to the joint and around it helps in the treatment of degenerative changes in the knees, shoulders, hips, tennis elbow, spine, nerve irritation and sciatica.

**Injection of collagen into the joint with physiotherapeutic treatment 15 min** 94,00 €

**Package 5x injection of collagen into the joint with physiotherapeutic treatment 15 min** 395,00 €

**Package 7x injection of collagen into the joint with physiotherapeutic treatment 15 min** 510,00 €

**Package 10x injection of collagen into the joint with physiotherapeutic treatment 15 min** 700,00 €

Additional physiotherapeutic treatment ensures greater effectiveness of the method.

<b>Application of collagen with ultrasound</b> and physiotherapeutic treatment 15 min	80,00 €
<b>Package 5x application of collagen with ultrasound</b> and physiotherapeutic treatment 15 min	360,00 €
<b>Package 7x application of collagen with ultrasound</b> and physiotherapeutic treatment 15 min	450,00 €
<b>Package 10x application of collagen with ultrasound</b> and physiotherapeutic treatment 15 min	600,00 €

Ultrasound allows the medicine to be absorbed through the skin, so collagen can be introduced directly into the affected joint.

<b>ECG scan</b>	25,00 €
<b>ECG scan with medical consultation</b>	50,00 €
<b>Wound redress</b>	20,00 €
<b>Ear rinsing</b>	25,00 €

## ULTRASOUND DIAGNOSTICS

<b>Ultrasound examination of joints and muscles</b>	100,00 €
<b>Ultrasound examination</b>	100,00 €
<b>Ultrasound re-examination</b>	50,00 €

## ACUPUNCTURE

<b>Acupuncture</b>	60,00 €
<b>Examination by a physician three therapies</b>	140,00 €
<b>Examination by a physician five therapies</b>	200,00 €

Acupuncture eliminates painful syndromes in the cervical, thoracic, and lumbar parts of the spine, in intercostal neuralgia, rheumatoid arthritis, headaches, hip and knee pain, tennis elbow pain and wrist passage syndrome.



## PHYSIOTHERAPY

At the Health Center, we perform professional physiotherapy consultations, manual therapy supported by the use of modern devices such as TECAR, high-performance magnet SIS, ENF device, electrical stimulation, magnetotherapy and other procedures, depending on your diagnosis. With them, we not only eliminate pain, but also accelerate tissue regeneration, improve blood circulation, and reduce inflammation or chronic pain. The therapies contribute to the relaxation of muscle tension, increase mobility, and improve posture and overall body balance.



## MANUAL PHYSIOTHERAPEUTIC TREATMENTS

<b>Physiotherapeutic treatment</b> 15 min	40,00 €
<b>Physiotherapeutic treatment</b> 30 min	70,00 €
<b>Physiotherapeutic treatment</b> 50 min	100,00 €

<b>Physiotherapeutic treatment</b> 15 min Package 3x	110,00 €
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<b>Physiotherapeutic treatment</b> 15 min Package 5x	160,00 €
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<b>Physiotherapeutic treatment</b> 30 min Package 3x	180,00 €
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<b>Physiotherapeutic treatment</b> 30 min Package 5x	300,00 €
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Physiotherapeutic treatment is intended to identify the causes of your problems and restore movement using tried and tested methods (Maitland®; Cyriax®; three-dimensional mobilization of joints, nerves, fascia, myofascial trigger points; IASTM® therapy). Our advantage is targeted treatment that reduces pain and improves mobility.

## SELF-PAY PHYSIOTHERAPY – NO QUEUE BY FTH ORDER

<b>Package 5x physiotherapy</b> 30 min	150,00 €
<b>Package 7x physiotherapy</b> 45 min	312,00 €
<b>Package 7x physiotherapy</b> 60 min	412,00 €

## PAIN RELIEF CLINIC K3

<b>Pain relief clinic K3</b> 80 min	120,00 €
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The professional physiotherapy consultation is followed by manual therapy, supported by the use of modern devices such as TECAR, high-performance magnet SIS, ENF device, electrostimulation, magnetotherapy and other procedures suitable for dealing with your diagnosis. We recommend 3-10 therapies.

## TECAR THERAPY

**TECAR therapy** 10 min 25,00 €

**TECAR therapy** 15 min 40,00 €

**Package of at least three** 20,00 €

**TECAR therapies** 10 min /therapy

The TECAR technology is important in rehabilitation therapies because it reduces pain, stimulates venous and lymphatic drainage, eliminates pain in the spine, helps with injuries to joints, bones and muscles, eliminates inflammation of tendons and bursae, helps in the treatment of osteoporosis... The therapy is also suitable for all types of sports injuries.

## SIS THERAPY – SUPER INDUCTIVE SYSTEM

**SIS therapy** 15 min 35,00 €

**Package of at least three** 30,00 €

**SIS therapies** /therapy

The technology is based on a high-intensity electro-magnetic field that, when interacting with the human body, causes depolarization of neuromuscular tissue and thus muscle activation. With the technology, we reduce pain, achieve joint mobilization, better intra-articular movement, accelerate fracture healing (also through immobilization with plaster), reduce spasticity (affecting muscle relaxation) and stimulate muscle activation (muscle strengthening).

**Treatment of trigger points** 30 min 45,00 €

Treatment of myofascial trigger points reduces tension in the treated muscles.

**Taping** 20,00 €

Applying elastic bands directly to the skin reduces pain, swelling and improves the flow of fluids in the treated area.

## ENF THERAPY – ELECTRO NEURO FEEDBACK

**ENF therapy** 35,00 €

**Package of at least three** 30,00 €

**ENF therapies** /therapy

The ENF technology (Electro Neuro Feedback) is an advanced technology for non-invasive pain treatment. It uses low frequencies of electrical impulses that are adapted to the body's response, allowing the therapy to be adjusted immediately according to the current state of the tissue. The goal of ENF therapy is to reduce pain and promote healing by activating the body's natural processes, so it is mainly used in the relief of chronic pain, muscle, and joint injuries, and in regeneration after surgery.

## DRY NEEDLING

**Dry needling** 30 min 50,00 €

**Package 3x dry needling** 120,00 €

**Package 5x dry needling** 200,00 €

Dry Needling is an invasive physiotherapeutic procedure in which one or more needles of different lengths are inserted into the soft tissue. It is used to eliminate acute pain, improve mobility, activate muscles and myofascial trigger points, eliminate chronic pain and restrictions in soft tissue movement.

## KINESIOTHERAPY

**Individual therapeutic exercises with a kinesiologist** 30 min 40,00 €

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**Individual therapeutic exercises with a kinesiologist** 45 min 50,00 €

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**Individual therapeutic exercises according to the DNS technique** 30 min 40,00 €

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**Individual therapeutic exercises according to the DNS technique** 45 min 50,00 €

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**Group exercise – kinesiological and relaxation training** 60 min 70,00 €

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**Group exercise using the DNS method** 20 min 35,00 €

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Correction of the wrong movement pattern, which most often occurs due to forced posture, injuries, and uniform movement, eliminates pain and consequently acts preventively on possible later wear of the joints.

## LYMPHATIC DRAINAGE

**Manual lymphatic drainage according to Dr. Vodder** 20 min 30,00 €

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**Package 3x manual lymphatic drainage** 20 min 80,00 €

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**Package 5x manual lymphatic drainage** 20 min 125,00 €

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**Package 7x manual lymphatic drainage** 20 min 180,00 €

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**Manual lymphatic drainage according to Dr. Vodder** 40 min 60,00 €

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**Package 3x manual lymphatic drainage** 40 min 160,00 €

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**Package 5x manual lymphatic drainage** 40 min 250,00 €

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**Package 7x manual lymphatic drainage** 40 min 330,00 €

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**Manual lymphatic drainage according to Dr. Vodder** 60 min 80,00 €

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**Package 3x manual lymphatic drainage** 60 min 210,00 €

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**Package 5x manual lymphatic drainage** 60 min 360,00 €

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**Package 7x manual lymphatic drainage** 60 min 450,00 €

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The goal of manual lymphatic drainage is to balance fluids in the body. With a special therapeutic method, excess liquids are flushed from the intercellular spaces, thus cleaning the waste products. It is used to reduce swelling after injuries, surgeries, sports injuries, rheumatic diseases and to improve immunity.

**Mechanical lymphatic drainage** 25,00 €

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Mechanical lymphatic drainage (by means of an apparatus) affects a better lymph flow and the cleaning of waste products from the intercellular spaces.

**Vacusac – vacuum therapy** 25,00 €

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The under pressure generated by the apparatus and the cuffs improves peripheral circulation. Extremely useful in circulatory disorders, problems with metabolism, post-traumatic and lymphatic system problems.

# THROUGH NUTRITION TO HEALTH

Proper nutrition is the foundation of health, well-being, and vitality. A balanced and quality diet contributes to the optimal functioning of the body, strengthening the immune system and improving physical and mental performance. Our nutrition consultants have prepared a wide selection of nutritional services for you, which we fully adapt to your needs and wishes.



## NUTRITIONAL COUNSELLING AND MEASUREMENTS

**Body composition measurement – guided Tanita with a dietitian** 20 min 30,00 €

The measurement of body composition with the Tanita device is based on the bioelectrical impedance method (BIA), which measures the conductivity of the body and based on this, determines the proportions of body fat, visceral fat, muscle mass, water, and bone mass. The method provides a comprehensive insight into your health and is great for tracking progress towards your fitness goals. Based on the results obtained, the dietitian offers you tailored dietary advice to help you achieve your goals and improve your overall health.

**Nutritional consultation with dietitian and included Tanita** 45 min 50,00 €

Based on the composed questionnaire and basic data (body weight, height, and age), the dietitian proposes optimal nutritional guidelines that ensure a high level of well-being and reduce the chances of developing diseases. The consultation includes a guided examination with Tanita. You can upgrade the consultation by conducting nutritional counselling on a monthly basis – even remotely.

## INDIVIDUAL DIETARY CONSULTATIONS WITH A DIETITIAN (remote counselling option)

**Weight management** 50,00 € / consultation

Adequate body weight is key to maintaining health. Low body weight may indicate nutrient deficiency or malnutrition, which increases the risk of a weakened immune system and other health problems, while high body weight increases the risk of developing many diseases, such as obesity, diabetes, and cardiovascular disease. Through nutritional counselling, individuals learn the importance of a balanced diet tailored to achieve and maintain a healthy weight and long-term well-being.

**Nutrition and planning of pregnancy** 50,00 € / consultation

The period of 2–3 months before conception is extremely important, as improved nutrition of both partners during this time can create better conditions for conception. A balanced diet rich in the necessary vitamins, minerals and other nutrients not only supports the health of reproductive cells but also contributes to better overall health and well-being of both future parents.

**Nutrition and pregnancy** 50,00 €  
/ consultation

Pregnancy is a time when the health of the mother and the development of the child are especially dependent on nutrition. By choosing the right nutrients, you can support the optimal growth and development of your baby and maintain well-being throughout your pregnancy. Through nutritional counselling, you will provide all the key vitamins, minerals, and nutrients necessary for a healthy start in your child's life and at the same time take care of your body.

**Nutrition and menopause** 50,00 €  
/ consultation

With proper nutrition during menopause, we can effectively manage the physical changes that accompany this period. A balanced diet can help alleviate symptoms such as hot flashes and mood swings, help maintain muscle mass, and support bone health. In addition, it helps maintain a healthy weight, which has a significant impact on the quality of life during this period.

**Sports nutrition** 80,00 €  
/ consultation

Sports nutrition is key to achieving the best results and maintaining the optimal health of athletes. With a proper nutrient selection, you can support physical performance, accelerate regeneration, and improve endurance. With the help of nutritional advice, we help you to ensure the right balance of proteins, carbohydrates, fats, and other essential nutrients, which helps to achieve sports goals and maintain physical health.

**Microbiota and children's health** 50,00 €  
/ consultation

The microbiota has a great impact on the health of children, as it supports their immune system and overall well-being. With a proper diet rich in fibre, probiotics, and prebiotics, we can stimulate the growth of beneficial bacteria in the intestines. Nutritional counselling helps provide the child with the right nutrients for microbiota balance and better health.

**Evaluation of the food diary  
(option of remote counselling)** 50,00 €  
/ consultation

The dietitian performs an assessment of eating habits based on a 24-hour recall of the previous day's menu or an analysis of a 3-day dietary diary. Based on these data, the dietitian assesses whether the daily nutrient needs (proteins, fats, carbohydrates, vitamins, minerals) are adequately covered and advises on the necessary dietary improvements to achieve better health and optimal nutritional supply.

**Weekly menu  
(option of remote preparation)** 50,00 €

With the help of a weekly menu, you can provide a diverse selection of nutrients tailored to your needs and prevent deficiencies in key vitamins and minerals. You can get a menu that is nutritious, easy to prepare and tailored just for you.

<b>Any further consultation with a dietitian</b>	30,00 € / consultation
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<b>Vitamin C infusion</b>	80,00 €
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<b>Package 3x Vitamin C infusion</b>	210,00 €
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<b>Package 5x Vitamin C infusion</b>	320,00 €
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Vitamin C plays an important role in the immune system, the formation of collagen, the normal functioning of blood vessels and bones, the nervous system, and the reduction of fatigue. Its lack may reduce the body's ability to perform those tasks. Intravenous infusion provides vitamin C intake when lacking energy, vitality, in severe diseases and after surgery. It also helps to improve the immune system, after viral diseases and higher stress (businessmen, athletes, students during exam periods).

<b>Vitamin C injection</b>	30,00 €
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## THERMAL WATER – HEALER OF DISEASES

The source of health of Obsotelje and well-being is thermal water, whose beneficial effects restore balance inside and outside your body.

The slightly radioactive thermal water with a temperature of 30 °C to 37 °C contains magnesium, calcium, and hydrogen carbonates. It has a beneficial effect on the reduction of negative health effects and consequences of stress, relieves muscle tension and increases blood circulation of tissues. It invigorates and strengthens and accelerates the release of the happiness hormone.

Try healing treatments with thermal water, guided exercises in swimming pools, drink a glass for your health or simply enjoy its flow and undulation.



## BATHS IN THERMAL MINERAL WATER

<b>Pearl bath in thermal mineral water</b>	30,00 €
<b>Pearl bath in thermal mineral water with supplements</b>	40,00 €
<b>Soda bath in thermal mineral water</b>	40,00 €
<b>Magnesium bath in thermal mineral water</b>	40,00 €
<b>Bath for rheumatic diseases</b>	40,00 €
<b>Detoxification bath</b>	40,00 €
<b>Lemon balm bath</b>	40,00 €
<b>Romantic bath</b>	40,00 €
<b>Bath in thermal mineral water with galvanic current</b>	30,00 €

The bath with pure spring thermal water directly from the spring is excellent for relaxing the body, as it increases blood circulation of tissues, invigorates, and strengthens the body's defence mechanisms. Besides, thermal water calms the mind.

## INHALATIONS

<b>Inhalations with thermal mineral water</b>	20,00 €
<b>Inhalations with thermal mineral water and supplement</b>	25,00 €

Inhalation cleanses the stressed airways due to seasonal illnesses, colds, inflammation of the sinuses.

HEALTH CENTER OLIMIA SERVICE PRICE LIST



# FOR RELAXATION AND GREAT WELL-BEING

At the Health Center Olimia, we offer carefully selected therapies that support your health, relaxation, and regeneration. Dry CO<sub>2</sub> baths, paraffin and parafango wraps, as well as various forms of electrotherapy, have a beneficial effect on circulation, relieve muscle and joint pain after injuries, and promote faster recovery. With a combination of different therapies and approaches, we help improve overall well-being.

## DRY BATHS WITH CO<sub>2</sub>

**Carbofit – dry bath with CO<sub>2</sub>** 40 min 50,00 €

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**Carbofit – dry bath with CO<sub>2</sub>** 60 min 70,00 €

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**Package 3x Carbofit** 40 min 120,00 €

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**Package 5x carbofit** 40 min 200,00 €

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**Package 5x carbofit** 60 min 280,00 €

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Dry carbon dioxide therapy widens the blood vessels and provides oxygen to tissues. Due to the accelerated blood flow and improved microcirculation, it affects the muscles, fascia, skin, and subcutaneous tissue. It quickly heals soft tissue damage, relaxes tense muscle structures, improves nutrient supply to muscles and connective tissue, relieves myalgia (muscle pain), reduces the length of regeneration after injuries and surgeries, improves joint flexibility, affects restless and heavy legs, improves immune resistance, slows down the aging process and reduces cellulite. It is suitable for athletes (faster degradation of lactate, rapid elimination of metabolic products, after strenuous training). Carbofit also provides longevity and beauty of mind and body.

## HOT-COLD THERAPIES

**Parafango back wrap** 25,00 €

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**Package 3x parafango** 60,00 €

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**Package 5x parafango** 90,00 €

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**Package 7x parafango** 120,00 €

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The pleasant warmth of Fango or mud improves blood circulation and reduces the tension of the muscles and facias of the back.

**Paraffin – wrap** 20,00 €

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**Package 3x Paraffin** 50,00 €

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**Package 5x Paraffin** 70,00 €

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**Package 7x Paraffin** 100,00 €

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Paraffin wrap accelerates regeneration, improves lymphatic flow, and reduces fatigue and joint pain in the hands and arms.

**Joint cooling  
with controlled temperature** 20,00 €

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The cooling of the affected part of the body with a special device reduces pain and swelling and speeds up treatment after surgical procedures, injuries, acute and chronic diseases.

## ELECTROTHERAPY

### **Anti-pain electrotherapy (IF, DD, TENS)** 20,00 €

The method relieves various pains by means of low-strength electrical currents applied via electrodes.

### **Muscle electrostimulation** 20,00 €

With the help of electrical impulses, the device stimulates weak muscles and helps in faster rehabilitation after injuries and surgeries

### **Rebox Therapy** 20,00 €

Therapy with the help of a device improves local acidosis or acidification. It is used to reduce both acute and chronic pain and improve muscle tension; it helps with healing and regeneration.

### **Laser** 25,00 €

Laser beams with different power and wavelengths improve circulation and oxygen delivery, accelerate cellular metabolism and healing. The laser is used for both acute and chronic conditions.

### **Bioptron** 20,00 €

Polarized light therapy, which works in a natural way and has regenerative capabilities both on the skin and in deeper structures, is extremely effective in dermatological problems, wound healing, pain relief, mood disorders and paediatric indications.

### **Ultrasound + status** 20,00 €

The treatment with ultrasonic activity of frequencies up to 3 MHz, which acts on the tissue as a mechanical micro massage and cavitation, is used to regenerate the affected tissues and promote blood circulation, reduce swelling, reduce or eliminate pain, inflammation, prevent muscle spasms, improve healing and soften postsurgical or post-traumatic scars, treat fresh muscle, ligament, tendon, bone and cartilage injuries.

### **Ultrasound with anti-pain electrotherapy** 25,00 €

The combination of ultrasound and painkilling electrotherapy effectively reduces and eliminates pain.

### **Magnetotherapy** 25,00 €

A magnetic field with a different frequency operates on a cellular level. It promotes faster cell renewal and microcirculation, which is why the organ systems in the body start working more properly.

### **Local UV Therapy** 15,00 €

A simple method of UV treatment is effective in atopic dermatitis, hand eczema and psoriasis.

### **Schuman 3D board** 20,00 €

The vibration board with a frequency of 7.8 Hz promotes the natural direction of the intercellular movement. With gentle biodynamic massage, blockages of the energy system are released to achieve harmony of physical and psychological health.

### **Ventosa** 15,00 €

Ventosas or vacuum cups lift the skin and subcutaneous tissue, thus reducing swelling and pain.

## MECHANICAL EXERCISING

### **Mechanical knee exercising – Kinetec** 20,00 €

### **Mechanical shoulder exercising – Arthromot** 20,00 €

### **Mechanical traction – lumbar or cervical spine** 20,00 €

### **Kinetic home rental** 10,00 € / day

## MASSAGES

**Massage Amarena** 40 min 50,00 €

Therapeutic house massage for anyone with spinal problems. The heating of the back muscles with cherry stones is followed by a targeted massage of the thigh and back muscles.

**Massage Olimia** 60 min 75,00 €

This unique massage, which is the result of the knowledge of our top massage therapists and physiotherapists, and the result of an integrated understanding of the human body and the balance of Yin and Yang.

**Sports massage - partial** 30 min 40,00 €

**Sports massage** 45 min 60,00 €

**Sports massage** 60 min 75,00 €

**Therapeutic neck massage** 30 min 40,00 €

The therapeutic treatment of the neck is suitable for anyone who feels tension in the neck and shoulder area or has frequent headaches. It consists of lymphatic drainage of the nape and fascia treatment in this area. Skin, subcutaneous tissue and muscle sheaths become relaxed, waste products from intercellular tissue are washed away.

**Anti-stress therapy** 40 min 50,00 €

Another therapy that is the result of the knowledge and experience of our therapists and masseurs. It affects the detoxification of the body and the maintenance of well-being. It consists of lymphatic drainage of the face, which helps the lymphatic vessels in relieving the burden and consequently strengthening the immune system and acting anti-stress, and Bowen's therapy.

**Scar massage** 10 min 20,00 €

The scar massage with different techniques encourages softening and peeling of the scars.

**Classic full body massage** 45 min 50,00 €

**Classic massage – partial** 15 min 20,00 €

**Classic massage – partial** 20 min 30,00 €

**Classic massage – partial** 30 min 40,00 €

**Classic massage** 60 min 67,00 €

The massage has a beneficial effect on overall well-being, improving circulation and relaxing muscles and muscle sheaths.

**Relaxing foot massage** 30 min 40,00 €

Treatment of reflex points on the feet affects all organ systems, muscles, and joints. It improves lymph flow, while the massage strengthens health and helps to detoxify the body.

**Massage Packages**

<b>Package 5x massage</b> 15 min	85,00 €
<b>Package 7x massage</b> 15 min	120,00 €
<b>Package 5x massage</b> 20 min	125,00 €
<b>Package 7x massage</b> 20 min	140,00 €

**SURCHARGE FOR MESSAGES  
FOR GUESTS ON HEATH TREATMENT**

<b>Surcharge for massage</b> 5 min	5,00 €
<b>Surcharge for massage</b> 15 min	15,00 €
<b>Surcharge for massage</b> 25 min	25,00 €

**MADEROTHERAPY**

<b>Maderotherapy</b> 30 min	35,00 €
<b>Maderotherapy</b> 45 min	50,00 €
<b>Maderotherapy</b> 60 min	65,00 €

When buying 10 therapies, we give you a 20% discount.

Maderotherapy eliminates cellulite and the appearance of orange skin with specially adapted wooden rollers, as it accelerates microcirculation, breaks down fat cells that are entwined in clusters and transforms the body. It is a 100% natural technique that does not cause allergic reactions on the skin and is very similar to a massage. The therapy is not painful and does not cause bruising or welts. Blood and lymphatic vessels become more transient, the supply of oxygen and other nutrients increases, which improves tone and makes the skin more beautiful and firmer. We recommend a minimum of 10 therapies to achieve the goals.

## LABORATORY TESTS

Check the condition of your body with an analysis of key health parameters and prevent potential issues. Measurements of cholesterol levels, a complete blood count, or extended screenings allow for the early detection of imbalances in the body and timely adjustments to lifestyle or therapies.

Measurements are carried out every day during working hours. Blood sample collection for further tests is carried out every Tuesday and Thursday from 7:00 to 9:00h. Patients have to be fasting. We ask for an early announcement to the laboratory at least one day before the examination at the reception of Health Centre Olimia.



**Measurement of cholesterol value** 5,00 €

**Measurement of blood sugar value** 5,00 €

**Estimation of vitamin C amount** 7,00 €

**Package of vitamins and minerals** 55,00 €

Vitamin B12, folic acid, vitamin D

The vitamin and mineral package is tailored to the season.

**Thyroid package** 55,00 €

**PSA Examination** 25,00 €

**Food intolerance test** 220,00 €

Food intolerance is a negative reaction of the body to a particular food or food group. Due to the reduced possibility of absorption and metabolism of foodstuffs, health problems or various consequences may occur. The test result is a detailed list of foods that cause discomfort for all those who do not suffer from confirmed allergies or diseases and do not recognize the cause of their problems.

A test for intolerance in combination with nutritional treatment, where the dietitian informs you in more detail and advises you about the change in your eating habits based on the obtained results.

**Basic examination package** 20,00 €

**General condition:**

HAEMOGRAM – complete blood count

**Inflammation indicator:** CRP

**Preventive package** 70,00 €

**General condition:**

HAEMOGRAM – complete blood count

**Blood sugar level:**

glucose, glycated haemoglobin

**Blood fat levels:** cholesterol, triglycerides, HDL, and LDL

**Renal status:** urea, creatinine, urates

**Liver:** AST, ALT, GGT

**Anaemia:** iron, ferritin

**Electrolytic mineral balance:**

potassium, sodium, phosphorus, magnesium

**Manager package – Extended Package** 180,00 €

**General condition:**

HAEMOGRAM – complete blood count

**Blood sugar level:**

glucose, glycated haemoglobin

**Blood fat levels:** cholesterol, triglycerides, HDL, and LDL

**Renal status:** urea, creatinine, urates

**Liver:** AST, ALT, GGT

**Heart condition:** CK, LDH

**Anaemia:** iron, ferritin

**Electrolytic mineral balance:**

potassium, sodium, phosphorus, magnesium

**Hormones:** thyroid (TSH), cortisol

**Vitamins:** vitamin D, vitamin B12

**Other:** f-Helicobacter pylori (stools), \* urinalysis

*\* A cup should be bought at the pharmacy and bring a stool sample in it for examination.*

The package of laboratory examinations is suitable for people who sit a lot in their occupation and face high mental stress, as well as anyone else who would like to know more about their body.

### **RESERVATION OF SERVICES**

Book your chosen service at Health Centre Olimia at least a few days before your desired appointment. This will help you get the right reservation for the time that works best for you.

### **BEFORE WE GET STARTED**

Come to Health Center Olimia 10 minutes before the beginning of therapy, dressed in comfortable clothes or a bathrobe. Do not consume food and alcoholic beverages immediately before using the services. We recommend that you come without jewellery, phone, and wallet, as you will have to put them down before each therapy procedure. We are not responsible for lost items.

### **CANCELLATION OF SERVICES**

Please let us know about an eventual cancellation at least 5 hours before your appointment. If you do not cancel the booked service and you do not make use of it, you will be charged 50% of the service price.

### **HEALTH ISSUES**

We kindly ask you to warn us about any health issues or limitations when booking a service. This way, we will be able to suggest the treatments that are most suitable for you.

### **GIFT VOUCHERS**

Bestow health and well-being. Make your loved ones happy with Terme Olimia gift vouchers. You can choose from service or value gift vouchers.

#### **Purchase of gift vouchers:**



**P: +386 3 829 78 36** (every day: 9.00–21.00)

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