

# Atlantida Boutique Hotel\*\*\*\*\*

«We understand how people want to live.....»



## Pegas Medical DETOX program

If we really want to remove the accumulated toxins and negative feelings in our body, simply changing our alimentary practices or following special diets is not enough. We have to understand and adapt our entire lifestyle. The Atlantida Boutique Hotel and Donat Mg help you restore your vital energy and cleanse your body, giving your health and youthful vitality.

Do you suffer from allergies and frequent headaches? Are you under stress every day? Do you feel tired for no reason? Do your arms and legs feel heavy? Do you have problems with your liver or gallbladder? Do you suffer from poor digestion? And what about your immune system? Has it weakened? If you are answering yes to any of these questions, try our DETOX program, which is aimed at all those who cannot find the time to eat correctly or listen to their body in their hectic and stressful day-to-day life.

### About the program

Part of the program takes place at the Rogaška Medical Centre. The guests stay at the Atlantida Boutique Hotel. The program is comprehensive and tailored to the needs of the individual, delivering impressive results. During your stay you will be accompanied by a wellness coach who will organise your activities (DETOX treatments, brisk walks, swimming, fitness, etc.) and monitor your diet.

As part of the DETOX program, you will get five wholesome meals a day, together with healthy drinks and herbal teas. You will also get a chance to learn about the principles of a correct diet and a healthy lifestyle.

### PEGAZ-Mg DETOX program (7, 10 or 14 days)

| TREATMENTS   | Min | 7 nights | 10 nights | 14 nights |
|--|-----|----------|-----------|-----------|
| Medical consultation by doctor   |     | 1        | 1         | 1         |
| InBody composition analysis with physiotherapist's consultation                                      |     | 1        | 1         | 2         |
| ECG test   |     | 1        | 1         | 1         |
| Laboratory blood tests   |     | 1        | 1         | 1         |
| Follow-up medical examination of doctor  |     | -        | -         | 1         |
| Free pass to the mineral water drinking hall (drinking Donat Mg therapeutic water three times a day) |     | +        | +         | +         |
| DETOX menu and detoxifying tea between treatments  |     | +        | +         | +         |
| Presso therapy legs  | 30  | 2        | 4         | 6         |
| Salt therapy   | 20  | 4        | 7         | 8         |
| Liver clay wrap  | 20  | 2        | 4         | 4         |
| Fango wrap for whole body  | 20  | 1        | 1         | 2         |
| Body peeling with detoxifying algae wrap   | 30  | 1        | 1         | 2         |
| Lipo-detox massage   | 70  | 1        | 1         | 2         |
| Reflex foot massage  | 30  | 2        | 2         | 4         |
| Massage with aromatherapy and heated blanket   | 90  | 2        | 2         | 2         |
| Food supplement to cleanse the liver   |     | 1        | 1         | 1         |
| Individual Fitness training  | 60  | 1        | 1         | 1         |

The program is not suitable for heart and diabetic patients, pregnant women, children, patients on anticoagulant therapy or cancer patients. It is also not recommended for people in the acute phase of a bowel disease, people with a newly formed gastric or duodenal ulcer or people being treated for any kind of acute infection.

The Atlantida Boutique Hotel \*\*\*\*\* is the luxury hotel with professional and personalised services for people looking to escape day-to-day stress and for those inspired by outstanding hotel architecture with the highest level of prestige and complete privacy.

**The detoxification of your body is the first step towards improving your well-being and restoring your energy, vitality and peace of mind. The Atlantida Boutique Hotel, set in a quiet natural environment with a view of Rogaška Slatina, but close to the Rogaška Medical Centre and the central park, is the ideal place to start this process.**

**PEGAZ-Mg DETOX program with accommodation at the Atlantida Boutique Hotel**

| TYPE of ROOMS              | m <sup>2</sup> | 01.01.2024 – 31.12.2024 |           |           |           |
|----------------------------|----------------|-------------------------|-----------|-----------|-----------|
|                            |                | 7 nights                | 10 nights | 14 nights | Add.night |
| DBL ECONOMY French Window  | 19             | 2145                    | 2785      | 3825      | 158       |
| SNGL ECONOMY French Window | 19             | 2495                    | 3285      | 4525      | 207       |
| DBL STANDART               | 24             | 2285                    | 2985      | 4100      | 181       |
| SNGL STANDART              | 24             | 2635                    | 3485      | 4800      | 229       |
| DBL SUPERIOR               | 27             | 2345                    | 3075      | 4220      | 190       |
| SNGL SUPERIOR              | 27             | 2695                    | 3575      | 4920      | 239       |
| DBL DELUXE                 | 29             | 2425                    | 3185      | 4375      | 203       |
| SNGL DELUXE                | 29             | 2775                    | 3685      | 5075      | 252       |
| DBL EXCLUSIVE              | 31             | 2490                    | 3285      | 4505      | 214       |
| SNGL EXCLUSIVE             | 31             | 2840                    | 3785      | 5205      | 262       |
| SUITE JUNIOR               | 34             | 2560                    | 3380      | 4635      | 224       |
| SUITE French Window        | 54             | 2775                    | 3690      | 5065      | 273       |
| SUITE SUPERIOR             | 54             | 3020                    | 4040      | 5540      | 259       |
| SUITE COMFORT              | 45-54          | 3185                    | 4275      | 5860      | 298       |
| SUITE DELUXE               | 58-67          | 3905                    | 5300      | 7265      | 324       |
| SUITE PRESIDENTIAL         | 75             | 4500                    | 6155      | 8430      | 439       |

\* Price is in EUR per person, VAT included. We reserve the right to change the prices and other sales conditions.

**Prices include:**

- 7, 10 or 14 nights in the selected room with five wholesome meals a day, healthy drinks and herbal teas (check-in after 2 p.m., check-out before 11 a.m.); Add.night includes halfboard with drinking course of mineral water Donat;
- DETOX program;
- unlimited use of the hotel's indoor pool and whirlpool, as well as the use of the Sauna Oasis (classical and panoramic Finnish sauna, and Turkish bath);
- free entrance into the hotel's fitness studio;
- a bottle of Donat Mg mineral water upon arrival;
- daily selection of fresh fruit in the health corner;
- unlimited WiFi access;
- free entrance to the Fontana Casino (for persons of 18 and above);
- animation program with musical and other themed events;
- welcome drink.

**TOURIST FEE:** adult - € 3 per day; children between 7. and 18. years - € 1,50 per day; disabled persons and children under the age of 7 are exempt from paying the tourist fee. Registration fee - € 2,50 per person once.

All other surcharges are in pricelist 2024