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# Cura traditionala - Pensiune completa - Ensana Grand Margaret Island Health Spa Hotel

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## Descriere Cura traditionala - Pensiune completa - Ensana Grand Margaret Island Health Spa Hotel

RO Include: pensiune completa (mic dejun, pranz si cina fara bauturi), utilizare nelimitata a facilitatilor Spa (baie termala interioara, piscina, jacuzzi, piscina exterioara cu terasa la soare (din mai pana in septembrie), sauna, baie de aburi, cabina aromatica, utilizarea non-stop a clubului de sanatate Ensana, ore de exercitii de grup: gimnastica, aqua-fitness, stretching, Nordic Walking (conform programului), utilizarea unui halat de baie, program pentru doamnel in bazinele termale: Luni- Miercuri - Vineri intre orele 12 si 1 p.m., WI-FI gratuit in intregul hotel, 1 cocktail de bun venit/sejur, o data pe saptamana cafea si prajitura la bar, 1 examen stomatologic gratuit la VitalCenter, un program set de 24 tratamente unele dintre ele efectuate la nivel de grup. Medicul va prescrie 20 de tratamente individuale in functie de starea de sanatate a clientului si va recomanda reabilitare activa, cum ar fi exercitii de grup de 4 ori (de exemplu, exercitii terapeutice de grup, aqua jogging). Tratamente disponibile in pachet: consultatia initiala efectuata de medic si 20 tratamente dintre urmatoarele, conform prescriptiei: balneoterapie, hidroterapie, fizioterapie (inclusiv maxim 5 masaje medicale 20 min), electroterapie, impachetari cu namol (20 min), aerosoli (60 min), taxa locala. /EN Includes: full board (breakfast, lunch and dinner without drinks included), unlimited use of Spa facilities (indoor thermal bath, swimming pool, jacuzzi, outdoor pool with sun terrace (from May to September), sauna, steam bath, aroma cabin, non-stop use of the Ensana Health Club, group exercise classes: gymnastics, aqua-fitness, stretching, Nordic Walking (according to the schedule), use of a bathrobe, Ladies' hours in the thermal basins: Mondays- Wednesday - Friday between 12 p.m. and 1 p.m, free WI-FI in the whole hotel, 1 welcome cocktail / stay, once a week coffee and cake in the bar, 1 free dental exam at VitalCenter, a set programme of 24 treatments, some of them on group level. The doctor will prescribe 20 individual treatments based on the health of the client and will recommend active rehabilitation such as group exercise 4 times (e.g. group therapeutic exercise, aqua jogging). Available treatments in package: Doctor's initial check-up and 20 treatments from the following as prescribed: balneotherapy, hydrotherapy, physiotherapy (incl. max. 5 medical massages 20'), electrotherapy, mud pack (20'), inhalation (60'), local tax.