

## GASTRO programme

5. 1. – 27. 12. 2020

Grand hotel Rogaška ★★★★★SUPERIOR

Great programme to alleviate problems with digestion.

Do you have a weakened immune system, do you not exercise enough, do you eat too much too often? Do you feel bloated, have regular indigestion and digestion problems? Do you suffer from constipation? We offer you a solution – a combination of chosen therapies and a drinking cure with healing water Donat Mg will help you alleviate problems with digestion and has a tradition of several decades.

- **You will get healthy and balanced meals:** our diet professionals prepare tasty combinations of gastronomic diet menus.
- **Drinking cure with mineral water Donat Mg:** healing and effective drinking cure will clean the body of gathered toxins and waste substances, high levels of magnesium will accelerate digestion, strengthen immunity and raise your energy reserve.

### The programme comprises:

- 7 | 14 nights accommodation with full board
- **Special nutrition with personal prepared and served GASTRO menu**, full board included breakfast, lunch, afternoon snack and dinner
- Free entry to hotel thermal swimming pool, saunas and fitness of **VIS VITA Spa & Beauty**
- Once a day towel & sauna sheet in Vis Vita Spa & Beauty
- Use of bathrobe
- Free entry to thermal outdoor and indoor swimming pools of Rogaška Riviera (open from Apr. till Oct.)
- Bottle of natural **mineral water Donat Mg** on arrival
- Free Wi-Fi
- Free entry into the Casino HIT Fontana
- Animation programme (Water gymnastic, morning gymnastic, Nordic walking trips, dance...)

### The GASTRO programme comprises:

- A **general consultation** at the beginning of the programme.
- Detailed **bio impedance tissue analysis** (InBody 570) at the beginning and end of the programme.
- Individually adjusted **diet plan**.
- **Drinking cure with Donat Mg mineral water.**
- **Therapies: 7 14 days**

2x	4x	Healing herbal bath	20 min
2x	4x	Mineral bath	20+20 min
3x	6x	Fango pack	1 unit
3x	6x	Abdominal massage	20 min
2x	4x	Pressotherapy	20 min
1x	2x	Moroccan massage with argan oil	50 min

- **Physical activities:** exercise in fitness centre, Tibetan exercises for rejuvenation, Nordic walking, exercise in the water, saunas: infrared, steam and Finnish.



## PRICE of GASTRO programme comprises full board with special GASTRO diet

### GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR

7 nights / *AD	Double room	Single room	DBL Single use
<b>PREMIUM room</b>	<b>1059 / 100 EUR</b>	<b>1199 / 120 EUR</b>	<b>1269 / 130 EUR</b>
<b>COMFORT room</b>	<b>999 / 90 EUR</b>	<b>1069 / 100 EUR</b>	<b>1139 / 110 EUR</b>
14 nights / *AD	Double room	Single room	DBL Single use
<b>PREMIUM room</b>	<b>1949 / 100 EUR</b>	<b>2229 / 120 EUR</b>	<b>2369 / 130 EUR</b>
<b>COMFORT room</b>	<b>1849 / 90 EUR</b>	<b>1989 / 100 EUR</b>	<b>2129 / 110 EUR</b>

Prices are in EUR and per person / program in double room. VAT is included in price.

\*AD – Additional Day / per person per day / full board, without programme in VIS VITA Spa & Beauty.

#### Extra charges:

- Tourist tax: **2,50 EUR** per person per day for adults, children **1,25 EUR** per person per day.
- **Additional bed for adults** / per person / day / full board, without programme in VIS VITA Spa & Beauty:
  - PREMIUM | COMFORT: **80 EUR**
- Extra charge for rooms with park view / per person per day:
  - PREMIUM | COMFORT: **10 EUR**

#### General conditions:

The number of rooms is limited. We reserve the rights to change prices. Free cancellation is possible up to 7 days prior to arrival. Prices are valid from 1. 9. 2019.

### GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR

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