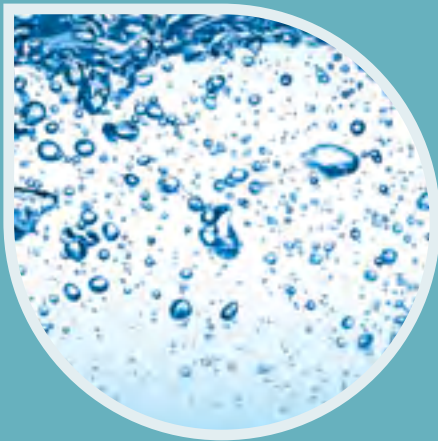


Find your health at our
mineral water springs



**ZDRAVSTVENI CENTER
ZDRAVILIŠČE RADENCI**



Pioneer in rehabilitation and preventative treatment of cardiovascular diseases in Slovenia

The Radenci Health Resort is a reputable health centre for the rehabilitation of cardiovascular patients and a recognised diagnostic centre and haven for both heart patients and all those wishing to improve their health through active holiday programmes. Modern healthcare and preventative programmes are based on the long-standing tradition of effective treatment of cardiovascular diseases, kidney and urinary tract disorders, rheumatic and neurological disorders and digestion diseases. Among others, the Radenci Health Resort has at its disposal a state-of-the-art 3D ultrasound machine that provides the most complete ultrasound insight into the body to date (heart, vascular system, stomach, joints, thyroid gland, urology, gynaecology, etc.).

- Mineral water with a high CO₂ content is beneficial for the human organism. It is known worldwide by the three hearts brand.
- More than 130 years of tradition in the treatment of cardiovascular diseases.
- The famed mineral bath energizes, helps to improve circulation, lower the blood pressure, and stabilise the heartbeat, and is also beneficial for general well-being.
- The treatment involving the drinking of mineral water from the oldest healing spring helps improve well-being and strengthen the immune system, and also contributes to the normalisation of blood pressure and general relaxation.
- 24-hour care for health resort guests.
- Cardio rehabilitation centre with state-of-the-art equipment.
- More than 250 days of sunshine per year – soothing climate with recognised effects on health.

The Radenci Health Resort ensures the highest level of quality and safety of health care in line with the requirements of the International Accreditation Standard for Healthcare Organisations AACI.



Mineral Bath with CO₂

While the world has only recently started discovering the soothing effects of CO₂ bubbles, our knowledge about the beneficial effects of the natural mineral water at Radenci goes way back to 1882. Mineral water from the springs at Radenci is one of the richest in the world in terms of the content of naturally dissolved carbon dioxide. It is excellent for both preventative and curative treatment. It can be used in baths and for drinking.

In the natural mineral water bath with the temperature of between 30 and 33 degrees Celsius, your body will be enveloped in thousands of bubbles of carbon dioxide that is naturally dissolved in the mineral water. The mineral bath is beneficial for health, the heart, skin and general well-being. It helps the body to regenerate faster, strengthens the immune system and makes the excretion of waste substances much faster owing to good blood circulation. Mineral baths also improve impaired blood circulation in the extremities of diabetes sufferers, while patients with atherosclerosis who suffer from cold feet and painful cramps will feel major improvement as early as after a few baths.

Mineral bath with CO₂ from Radenci is beneficial for the human organism and helps:

- increase the circulation through skin capillaries and thereby improve circulation in the whole body;
- regulate blood pressure and lower the heart frequency;
- improve water excretion;
- accelerate the healing of wounds and acts as an anti-inflammatory;
- detoxify and revitalise the body;

A bath contributes to the desensitisation to cold and to increasing heat stimuli, positively affects rejuvenation processes in the body and skin and also boosts sexual potency. It also improves the general well-being.

Indications for mineral bath with CO₂

Cardiovascular diseases: arterial hypertension, stable angina pectoris, post-myocardial infarction condition, post-cardiovascular operation conditions, peripheral arterial and vein circulation disorders. They are employed for mild arterial hypertension, coronary vessel diseases, peripheral arterial circulation disorders, small vessel diseases, small nerve disorders in diabetes patients, vein circulation disorders, ulcers and vegetative disorders.

	DURATION	PRICE
Mineral bath	20 Min	27,00 €
Mineral bath with essential oils The beneficial effects of natural mineral baths are enriched by various essential oils with their aromatic effects.	20 Min	29,00 €
Herbal bath A bath in natural mineral water with added herbs features active ingredients that provide for deep relaxation of body and soul, help open up the airways, accelerate metabolism, improve blood circulation and improve well-being.	20 Min	28,00 €

“The most valuable natural feature of Radenci is the famed natural mineral water that is excellent for both prevention and treatment. It can be used in baths and for drinking. A mineral water bath with innumerable bubbles that penetrate through the skin help dilate the blood vessels and soften vessel walls. Even a short, 15 to 20 minute bath will help regulate blood pressure, resulting in an immediate boost in your well-being. It is best to complement the baths with a drinking treatment, pouring yourself a glass of Radenci mineral water straight from the spring at least three times a day for five consecutive days.”

Dr. Andrej Vugrinec,
specialist cardiologist vascular and internal medicine

Mineral Water Drinking Treatment

Natural mineral water that is used for the drinking treatment at the Radenci Health Resort springs from the oldest spring in Radenci. It is distinguished by a high content of minerals in optimum proportions thus enabling the body to absorb and utilise them easily.

A drinking treatment employing mineral water that you can drink directly from the spring is a unique way of looking after and improving your health. It is recommended to drink a glass of water three times a day and take advantage of this invaluable opportunity to detoxify and regenerate, increase your energy levels, improve immunity and ensure both a more vital body and improved bodily functions:

- it is highly beneficial for the functioning of the human organism;
- promotes and accelerates digestion;
- improves hydration and thereby the regeneration of the body;
- positively affects detoxification;
- helps to relieve an irritated stomach and reduce gastric acid;
- helps to stop the growth of bacteria thus aiding the healing of wounds and helping to treat chronic infections;
- helps accelerate water excretion, improve the functioning of kidneys and reduce the possibility of kidney stones;
- it is beneficial for the strengthening of the body and its immunity.

Indications for the drinking of mineral water: kidney and urinary tract disorders and digestion diseases.

Mineral water helps stabilise blood pressure, accelerate digestion, neutralise excess gastric acid, lower uric acid, boost water excretion, lower the possibility of kidney stones, partial alkalisation of blood and urine, improve the imbalance of minerals in the blood and generally revive the body and well-being.



Health Services

As a way of prevention and early detection of diseases, the Radenci Health Resort is qualified and equipped for non-invasive diagnostics of cardiovascular diseases. We therefore perform echocardiography, ultrasound examinations of the peripheral vascular system, stress testing, spirometry and laboratory tests.

	PRICE
Examination by a specialist cardiologist + EKG	60 €
Examination by a specialist internist – cardiologist (initial)	50 €
Examination by a specialist internist – cardiologist (follow-up)	40 €
Examination by a specialist internist or physiatrist (initial)	50 €
Examination by a specialist internist or physiatrist (follow-up)	40 €
Examination by a spa physician (initial)	32 €
Examination by a spa physician (follow-up)	25 €
Consultation with a physician (up to 10 min.)	17 €
Room visit by a physician (during the day)	28 €
Room visit by a physician (during the night)	40 €
Room visit by a nurse (during the day)	15 €
Room visit by a nurse (during the night)	20 €
Holter 24-hour EKG	60 €
EKG all leads	20 €
Ergometry (stress test)	85 €
Echocardiography (colour Doppler ultrasound)	100 €
Spirometry	30 €
Telemetry	27 €

	PRICE
Colour dual Doppler test of the arteries and veins in the lower extremities	85 €
Colour dual Doppler test of neck arteries	85 €
Blood pressure measurement	5 €
Small dressing	10 €
Large dressing	20 €
Removal of stitches	15 €
Healthcare lump-sum fee per day (visit, care, nurse visit)	40 €
Daily care (care of a partially immobile patient)	45 €
Transport of a patient in a wheelchair (daily lump-sum fee)	6 €

Injections

Intravenous	10 €
Intramuscular	8 €
Subcutaneous	8 €
Injection - own medicine	5 €
Issue of a prescription (1x)	3 €
Issue of a certificate	4 €

Therapeutic Services

Hydrotherapy

In hydrotherapy, water is used for therapy and treatment to stimulate blood circulation, relax muscles, alleviate pain and detoxify the body.

If rehabilitation exercises are performed in water, there is less joint loading while the resistance helps to strengthen the muscles.

	DURATION	PRICE
Group medicinal hydrogymnastics Group guided exercises in water.	20 Min	8,00 €
Two-cell galvanic bath For the improvement of blood circulation in the arms or legs.	10 Min	12,00 €
Four-cell galvanic bath For the improvement of blood circulation in the arms and legs.	20 Min	18,00 €
Underwater massage Water jet massage that improves blood circulations, strengthens the body and relaxes.	30 Min	32,00 €
Bath with underwater massage Combination of the effect of warm water and water jet massage to improve blood circulation and relax.	20 Min	22,00 €
Massage bath for the arms	15 Min	13,00 €
Massage bath for the legs Bath for arms and legs improves blood circulation, relaxes and is beneficial for overall well-being.	15 Min	13,00 €

Mechanotherapy

Pain relief and muscle tension relaxation with the help of manual massage is one of the most natural ways of healing by touch. It is pleasant and relaxing for the entire locomotor system thus allowing the body to regenerate faster; it also facilitates the excretion of waste substances and alleviates tension and stress.

	DURATION	PRICE
Manual massage – full	45 Min	45,00 €
Manual massage – half	20 Min	30,00 €
Manual massage – partial	10 Min	20,00 €
Lymphatic drainage	20 Min	30,00 €
Lymphatic drainage	40 Min	45,00 €

The therapist massages by applying gentle circular motions along lymphatic pathways in the direction of the heart thus opening up lymphatic channels and accelerating detoxification. Lymphatic drainage improves lymph flow and blood circulation, reduces swelling, fortifies health and restores life force energy.

Pressotherapy

Lymphatic drainage using a device.

	PRICE
Pressotherapy – 2 extremities	22,00 €
Pressotherapy – 1 extremity	15,00 €

Kinesiotherapy

Kinesiotherapy improves the mobility of joints and the back, boost circulation and relaxes muscles. It is performed in groups or individually.

	DURATION	PRICE
Hemi exercises – individually	20 Min	30,00 €
Hemi exercises – in a group Exercises for post-stroke patients.	20 Min	8,00 €
Occupational therapy – individually Training of targeted and fine movements.	20 Min	16,00 €
Individual exercise Balance, strength and coordination exercises.	20 Min	22,00 €
Stress gymnastics – in a group	20 Min	7,00 €
Orthopaedic exercises – in a group Exercises for back problems.	20 Min	7,00 €
Medicinal gymnastics – individually	20 Min	20,00 €
Medicinal gymnastics – in a group	20 Min	7,00 €
Pelvic floor muscle strengthening exercises	30 Min	22,00 €
Special neurological treatment	30 Min	35,00 €
Individual muscle strengthening exercises for osteoporosis	30 Min	22,00 €
Individual active therapy exercises	20 Min	22,00 €
Individual assisted active exercises	20 Min	24,00 €
Passive exercise of the joint	10 Min	20,00 €
Walking school	10 Min	15,00 €
Buerger exercises For circulation disorders of lower extremities.	20 Min	15,00 €
Relaxation therapy	20 Min	16,00 €
Breathing exercises – individually	20 Min	17,00 €

	DURATION	PRICE
Traction Traction decompression table for the neck and lower back portions of the spine.		15,00 €
Cycloergotraining On an ergometer, under supervision, different difficulty levels.		7,00 €
Joint exercise on the Artromot	10 Min	15,00 €
Joint mobility measurements – multi-axial	20 Min	20,00 €
Joint mobility measurements – single-axis	10 Min	10,00 €

Electrotherapy

Pain relief electrotherapy using various electrical currents reduces the feeling of pain and relaxes muscles.

Laser

Therapy with a laser beam is used for decreasing pain levels, healing wounds and as therapy for blood circulation disorders as well as for acute, sub-acute and chronic conditions.

Laser – short biostimulation		16,00 €
Laser/2 – long biostimulation		25,00 €
Interference currents Pain reduction		16,00 €
Diadynamic currents Special forms of diadynamic currents for pain relief therapy and the treatment of circulation disorders, locomotor system injuries and degenerative disorders.		16,00 €
Combination electrotherapy with US		20,00 €
Electric stimulation		16,00 €

FES

Used in the rehabilitation of post-stroke patients – paresis of the arm or leg.

PRICE

– 1 extremity

12,00 €

– 2 extremities

16,00 €

Magnetotherapy

Therapy with a magnetic field.

15,00 €

Tens

Pain relief therapy for acute and chronic pain.

Tens

12,00 €

Tens/2

16,00 €

Ultrasound

Treatment method using therapeutic ultrasound.

Ultrasound

13,00 €

Ultrasound/2

19,00 €

Thermotherapy

Pleasant heat therapy helps reduce and mitigate pain caused by muscle cramping, degenerative rheumatism and arthrosis. Heat improves circulation and thereby the flow of oxygen and nutrients in the muscles and improves the elasticity and flexibility of soft tissues.

	PRICE
Heat wrap	
- one joint	12,00 €
- two joints	14,00 €
- three or more joints	17,00 €
Cryomassage	15,00 €

Fango Wraps

The wraps relieve pain and simultaneously help prevent new locomotor system disorders. Higher temperatures of warm thermal wraps improve blood circulation, alleviate pain in the lower back and joints, relieve muscle tension, and loosen connective tissue.

	PRICE
1 wrap	17,00 €
2 wraps	22,00 €
3 wraps	27,00 €
4 wraps	30,00 €
5 or more wraps	39,00 €

Inhalation Therapies

For easier breathing – inhalation moisturizes and cleans airways using mineral water, a medication or essential oils.

	PRICE
Inhalations 1 per day	12,00 €
Inhalations 2 per day	18,00 €

Laboratory Services

	PRICE
Vein phlebotomy	6,00 €
Blood picture (sedimentation, haemogram)	11,00 €
Blood sugar (GLU)	8,00 €
Lipidogram (cholesterol, HDL, LDL, triglycerides)	16,00 €
Blood sugar + Lipidogram	22,00 €
Urea (UREA)	8,00 €
Uric acid (URAT)	8,00 €
Creatinine (KR)	8,00 €
Total bilirubin (TBIL)	8,00 €
Gama – GT	8,00 €
Transaminases (AST, ALT)	8,00 €
Prothrombin time (PTČ)	8,00 €
Cholesterol (HOL)	8,00 €
Triglycerides (TRIG)	8,00 €
Potassium (K) – mineralogram S	8,00 €
Calcium (Ca)	8,00 €
Chloride (Cl)	8,00 €
Sodium (Na+)	8,00 €
PSA	38,00 €
TSH	38,00 €
Alkaline phosphatase	10,00 €

Health Programmes

Cardiovascular Programme

7-day programme includes:

- 1 x examination by physician
- 5 x mineral bath
- 2 x partial massage (10 Min.)
- 3 x two-cell galvanic bath
- 5 x medicinal group gymnastics (20 Min)

275,00 €

Spine Programme

7-day programme includes:

- 1 x examination by physician
- 3 x partial massage (10 Min.)
- 2 x half massage (20 Min.)
- 5 x group orthopaedic exercises (20 Min)
- 5 x group medicinal hydrogymnastics (20 Min)
- 4 x electrotherapy
- 3 x Fango wrap – 1st part

290,00 €

Classic Small Spa Programme

- 1 x examination by physician
- 6 x services according to the physician's recommendations
- 1 x final consultation with a physician

180,00 €

Classic Large Spa Programme

- 1 x examination by physician
- 12 x services according to the physician's recommendations
- 1 x half manual massage (20 Min)
- 1 x final consultation with a physician

335,00 €



Extended medical programme **400,00 €**

Initial examination by a physician who prescribes therapies
20 services as recommended by the physician
1 final consultation with the physician

Light on Your Feet **200,00 €**

5 x underwater leg massage
5 x mineral bath
5 x leg exercises

Let's Protect the Heart of Professional and Recreational Athletes **270,00 €**

- anthropometric measurements, blood pressure and heartbeat measurement
- lab tests (haemogram, blood sugar, lipidogram, urea, creatinine, hepatogram, TSH)
- clinical examination by a cardiologist
- EKG - stationary subject
- spirometry
- heart stress testing - heart ultrasound
- final consultation with a cardiologist, test result analysis and recommendations for safe physical activities and diet

Healthy Heart Programme for Women **240,00 €**

- anthropometric measurements (height, body weight, BMI or ITM body mass index, waist circumference, hip circumference), blood pressure and stationary pulse measurement
- cardiology examination at the beginning and consultation upon departure
- heart ultrasound
- stress testing on the cycloergometer
- assessment of cardiovascular risk and instructions for a healthy heart

Preventative Specialist Examinations

Executive Programme (2, 3 or more days)

200,00 €

Daily high demands at work, constant race against time and stressful situations affect our health. Before the onset of problems, numerous changes happen to our bodies that we do not detect ourselves, while modern diagnostic methods can uncover them and enable us to take timely precautions. Executive health check-ups are aimed mainly at uncovering risk factors and defining early changes that have not yet manifested clinically and do not yet cause problems. Risk factors act slowly; we could say that they do not hurt and that they are in no hurry. During the check-up, early changes can be defined in qualitative and quantitative terms. It is important to be able to take precautions in case of even the smallest changes that could lead to serious and clinical conditions.

At the preventative specialist check-up, we aim to establish the signs of risk factors. Risk factors that could affect health and well-being include:

- hereditary conditions;
- obesity;
- physical inactivity;
- high blood pressure;
- diabetes;
- elevated triglycerides, uric acid;
- blood cholesterol (especially when coupled with an unfavourable HDL and LDL cholesterol ratio);
- frequent exposure to stress and psychological tension.

If we uncover these on time, we can prevent or at least postpone the onset of disease. The health resort's team of specialists and associates performs the basic check-ups and targeted tests as appropriate in order to establish as precisely as possible the current condition of the organism, its deterioration or risks.

The check-up includes:

- clinical examination with a detailed medical history (interview about the current family, social and other environmental effects);
- laboratory tests: basic blood test and blood tests for risk factor determination (cholesterol, HDL, LDL, triglycerides, blood sugar, uric acid, urea, creatinine, bilirubin, AST, ALT);
- control of body weight and the determination of ideal weight;
- EKG - stationary subject;
- morning gymnastics;
- mineral bath;
- drinking treatment with the mineral water from Radenci at the mineral water salon;
- final examination and opinion.

At the recommendation of a specialist or as per your request, you can undergo additional tests:**Cycloergometry (stress test)****280,00 €**

Basic examination including cycloergometry

Echocardiography (ultrasound with a colour Doppler)**360,00 €**

Basic examination including cycloergometry and echocardiography

Colour Doppler test of neck arteries**440,00 €**

Basic examination including cycloergometry, echocardiography and the vascular Doppler test

Scheduling of Appointments

In-Patient Clinics

- Specialist internal medicine in-patient clinic
- Specialist physical medicine and rehabilitation in-patient clinic
- Doppler ultrasound vascular testing

Reservations

We recommend that you book the services at the Health Centre a few days prior to the desired date by calling: +386 2 520 27 38 or by writing us at: zdravstvo@zdravilisce-radenci.si.

Cancellations

We kindly ask that you communicate eventual cancellations at least a day before the scheduled appointment. If you do not cancel a reserved service and do not use it, we will have to charge you for the full amount of the service(s) booked. We kindly ask that you warn the therapist of any eventual special considerations regarding your medical condition. We advise individuals with serious disorders to consult their personal physicians before any of our services.

Telefono:

+386 02 520 2738 (health services reception desk)

+386 02 520 2728 (hotel reception desk)

e-mail: zdravstvo@zdravilisce-radenci.si

ZDRAVILIŠČE RADENCI

SAVA HOTELS & RESORTS

All prices are in EUR and inclusive of VAT. We reserve the right to change the prices.
The price list applies as of 01.01.2024

Sava Turizem d.d.
Zdravilišče Radenci, Zdraviliško naselje 12,
SI-9252 Radenci, Slovenija