



ANTI STRESS program with Donat Mg

9. 1. – 22. 12. 2022

Grand hotel Rogaška ★★★★★SUPERIOR

Stress, depression, and constant fatigue - these are the consequences of numerous negative factors that surround us in everyday life. We usually do not have many chances to avoid these stress factors, whether we are at work or at home.

The "Anti Stress program with Donat Mg" will help you escape from every day, stressful environment. By switching to different, positive emotions, you will be able to relax the body and spirit, restore inner harmony of your body and reconnect with the outside world. Our unique natural mineral water DonatMG is proven to help relax and regenerate body and mind. Together with carefully selected treatments of the ANTI STRESS program, drinking of DonatMG mineral water brings enormous benefits to your physical and mental health and represents a unique choice among anti-stress programs.

Program includes:

- 2 | 3 | 5 | 7 nights in chosen room
- **Half board in hotel restaurant**, breakfast and dinner (or lunch optionally)
- Free entry to **VIS VITA Spa & Beauty: sauna center, fitness studio and thermal swimming pool**
- 1 x per day towels and sheets for swimming pool and sauna in Vis Vita Spa & Beauty
- Use of bathrobe
- Free entry to thermal complex of swimming pools Rogaška Riviera (from April till October)
- Free Wi-Fi internet in room
- Free entry to Hit Casino' Fontana
- Hotel animation program (morning exercises, water gymnastics, Nordic walking, dancing evenings,...)

ANTI STRESS program with Donat Mg includes:

- **General consultation** at the beginning of program
- Precise **body and tissue analysis** (InBody 570) at the beginning and end of program
- **Drinking cure with natural mineral water DonatMG**
- **Therapies**

	2-3	5	7	days		
	-	1x	1x		Aromatherapy	30 min
	-	-	1x		SPA manual full body massage	40 min
	1x	1x	1x		Indian head massage	30 min
	1x	1x	1x		Relaxing bath with jasmine	20 min
	1x	1x	1x		Algae wrap	30 min
	-	-	1x		Vine therapy	60 min
	-	-	1x		Pressotherapy	30 min
	-	1x	-		Reflex foot massage	30 min

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

Magnesium takes part in more than 300 biochemical processes in human organism, it helps reduce fatigue and exhaustion and contributes significantly to electrolyte balance and to normal psychological functioning of our body. Scientists have called magnesium the anti-stress mineral and a salve for the nerves and muscles.

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PRICE for ANTI STRESS program with DonatMG and half board

GRAND HOTEL ROGAŠKA ★★★SUPERIOR

2 nights	Double room	Single room	DBL Single use
PREMIUM room	235 EUR	265 EUR	295 EUR
COMFORT room	225 EUR	245 EUR	265 EUR
3 nights	Double room	Single room	DBL Single use
PREMIUM room	299 EUR	344 EUR	389 EUR
COMFORT room	279 EUR	309 EUR	339 EUR
5 nights	Double room	Single room	DBL Single use
PREMIUM room	479 EUR	554 EUR	629 EUR
COMFORT room	449 EUR	499 EUR	549 EUR
7 nights	Double room	Single room	DBL Single use
PREMIUM room	859 EUR	999 EUR	1.069 EUR
COMFORT room	799 EUR	869 EUR	939 EUR

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

Extra charges:

- Tourist tax: **2,50 EUR** per person per day for adults, children **1,25 EUR** per person per day.
- Registration fee: **1,00 EUR** per person / arrival or registration (adults and children from 12 years onwards)
- **Additional bed for adults** / per person / day / half board, without programme in VIS VITA Spa & Beauty:
 - PREMIUM | COMFORT room: **60 EUR**
- Extra charge for rooms with park view / per person per day:
 - PREMIUM | COMFORT room: **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 10. 8. 2021.

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