



ANTI STRESS programme with Donat water

6. 1. – 20. 12. 2026

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 healthy mineral water Donat" 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 Donat is proven to help relax and regenerate body and mind. Together with carefully selected treatments of the ANTI STRESS program, drinking of Donat mineral water brings enormous benefits to your physical and mental health and represents a unique choice among anti-stress programs.

Program includes:

- 3 | 5 | 7 | 14 nights in chosen room with half board
- **Half board in hotel restaurant**, breakfast and dinner
- 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, jacuzzi and saunas in Vis Vita Spa & Beauty
- Use of bathrobe
- Free entry to thermal complex of swimming pools Rogaška Riviera (in summer season)
- 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 healthy mineral water Donat includes:

- **General consultation with a SPA therapist** at the beginning of the program (possibility of consultation with a specialist doctor for an additional fee).
- Precise **body and tissue analysis** (InBody 570) at the beginning of the program.
- **Drinking cure with natural mineral water Donat.**
- **Therapies:**

| | 3 | 5 | 7 | 14 | Days | |
|--|----|----|----|----|------------------------------|--------|
| | - | 1x | 1x | 3x | Aromatherapy | 30 min |
| | - | - | 1x | 2x | SPA manual full body massage | 40 min |
| | 1x | 1x | 1x | 2x | Indian head massage | 30 min |
| | 1x | 1x | 1x | 1x | Relaxing bath with jasmine | 20 min |
| | 1x | 1x | 1x | 1x | Algae wrap | 30 min |
| | - | - | 1x | 2x | Vine therapy | 60 min |
| | - | - | 1x | 3x | Pressotherapy | 30 min |
| | - | 1x | - | 1x | Reflex feet massage | 30 min |

- **Physical activities:** exercise in fitness centre, 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.



PRICES for ANTI STRESS program with healthy mineral water Donat and half board

GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR

| | | |
|-------------------------------|------------------|------------------|
| 3 nights | Double room | Single use room |
| COMFORT PREMIUM room | 436 EUR | 496 EUR |
| 5 nights | Double room | Single use room |
| COMFORT PREMIUM room | 764 EUR | 864 EUR |
| 7 nights | Double room | Single use room |
| COMFORT PREMIUM room | 1.082 EUR | 1.222 EUR |
| 14 nights | Double room | Single use room |
| COMFORT PREMIUM room | 2.135 EUR | 2.415 EUR |

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

Extra charges:

- Tourist tax: **3,00 EUR** / person per day for adults, children **1,50 EUR** / person per day
- Registration fee: **2,50 EUR** / person / arrival or registration (adults and children from 12 years onwards)
- Full board: **25 EUR** / meal
- Supplement for specially adapted diet (specially prepared food, special diets): **10 EUR** / person per meal
- Supplement for consultation with a specialist doctor (after prior reservation): **60 EUR**
- Extra charge for rooms with park view / per person per day: **10 EUR**
- Surcharge for Premium Suite | park **70 EUR** / person per day | Single use **120 EUR** / person per day

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.
- In case of cancellation from one to 6 days prior to arrival, we charge 30% of total amount of reservation.
- In case of cancellation on the day of arrival, shortening of the reservation or no-show, the full amount of the reservation will be charged.
- Cancellation policy and Special offers are valid according PRICE LIST 2026 (valid from 6. 1. – 20. 12. 2026).
- Other surcharges are valid according regular Price list 2026.
- Prices are valid from 1. 7. 2025.

GRAND HOTEL ROGAŠKA ★★★★★SUPERIOR
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