

# Health promotion programs

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Price

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Execution deadline in working days

-



Recipient

Individual person



Receiving restrictions

-

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Program "Back health course" (5 days) - a healthy back is the basis of a qualitative life!

Program includes:

- Doctor consultation - 1 time during the course
- Occupational therapist consultation - 1 time during the course
- Back massage - 3 times during the course
- Swimming pool and steam bath - 3 times during the course
- Underwater massage - 2 times during the course
- Physiotherapy lesson in a group (in the hall) - 2 times during the course
- Physiotherapy class in a group (in the pool) - 2 times during the course
- Gym - 2 times during the course
- Nordic walking - 2 times during the course
- Individual lesson with psychologist - 1 time during the course

- Occupational therapy lesson in a group - 1 time during the course
- Living in a chosen comfort room
- Balanced diet (3 times a day)
- Counseling and supervision of the treating physician

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| Dubultu prospekts 71, 1st building, Jūrmala (one place in single room) |
| 1 course<br>(5 days)   |
| 413,26   |
| Dubultu prospekts 71, 1st building, Jūrmala (one place in double room) |
| 1 course<br>(5 days)   |
| 398,96   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in single room) |
| 1 course<br>(5 days)   |
| 494,61   |
| Dubultu prospekts 71, 2nd building Jūrmala (one place in double room)  |
| 1 course<br>(5 days)   |
| 415,51   |



Program "Relaxation" (5 days) - the aim of this program is to develop stress management and relaxation skills.

Program includes:

- Doctor consultation - 1 time during the course
- Classical massage (lower back part) - 3 times during the course
- Swimming pool and steam bath - 3 times during the course
- Healing baths - 3 times during the course
- Salt therapy - 3 times during the course
- Nordic walking in a group - 3 times during the course
- Individual lesson with psychologist - 1 time during the course
- Living in a chosen comfort room
- Balanced diet (3 times a day)
- Counseling and supervision of the treating physician

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| Dubultu prospekts 71, 1st building, Jūrmala (one place in single room) |
| 1 course<br>(5 days)   |
| 347,53   |
| Dubultu prospekts 71, 1st building, Jūrmala (one place in double room) |
| 1 course<br>(5 days)   |
| 333,23   |

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| Dubultu prospekts 71, 2nd building, Jūrmala (one place in single room) |
| 1 course<br>(5 days)   |
| 428,88   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in double room) |
| 1 course<br>(5 days)   |
| 349,78   |



Program "Vitality" (7 days) - the aim of this program is to help to start healthier lifestyle and restore balance between physical and psychological health.

Program includes:

- Doctor consultation - 2 times during the course
- Physiotherapist consultation - 1 time during the course
- Nutrition specialist consultation - 2 times during the course
- Nutrition specialist lesson in a group - 2 times during the course
- Psychologist consultation - 1 time during the course
- Individual lesson with psychologist - 2 times during the course
- Swimming pool and steam bath - 5 times during the course
- Underwater massage - 4 times during the course

- Physiotherapy lesson in a group (in the hall) - 4 times during the course
- Physiotherapy class in a group (in the pool) - 4 times during the course
- Gym - 5 times during the course
- Nordic walking in a group - 5 times during the course
- Morning exercise - 5 times during the course
- Living in a chosen comfort room
- Balanced diet (5 times a day)
- Counseling and supervision of the treating physician
- Developing a healthy nutrition program

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| Dubultu prospekts 71, 1st building, Jūrmala (one place in single room) |
| 1 course<br>(7 days)   |
| 654,18   |
| Dubultu prospekts 71, 1st building, Jūrmala (one place in double room) |
| 1 course<br>(7 days)   |
| 634,16   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in single room) |
| 1 course<br>(7 days)   |
| 768,07   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in double room) |
| 1 course<br>(7 days)   |
| 657,33   |





Program "Body detox course" (10 days) - the aim of this program is to release the body from accumulated toxins, restore mental and physical harmony.

Program includes:

- Doctor consultation - 2 times during the course
- Physiotherapist consultation - 1 time during the course
- Psychologist consultation - 2 times during the course
- Nutrition specialist consultation - 2 times during the course
- Swimming pool and steam bath - 6 times during the course
- Underwater massage - 5 times during the course
- Salt therapy - 8 times during the course
- Lymphatic drainage for one part of the body - 5 times during the course
- Physiotherapy lesson in a group - 5 times during the course
- Gym - 8 times during the course
- Individually prepared walks - 6 times during the course
- Morning exercise - 8 times during the course
- Living in a chosen comfort room
- Balanced diet (3 times a day)
- Counseling and supervision of the treating physician

Dubultu prospekts 71, 1st building, Jūrmala (one place in single room)

1 course  
(10 days)

827,84

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| Dubultu prospekts 71, 1st building, Jūrmala (one place in double room) |
| 1 course<br>(10 days)  |
| 799,24   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in single room) |
| 1 course<br>(10 days)  |
| 990,54   |
| Dubultu prospekts 71, 2nd building, Jūrmala (one place in double room) |
| 1 course<br>(10 days)  |
| 832,34   |



Program "Restart Your workforce"(3 days) is intended for people who are engaged in intense mental or physical work, regularly suffering from overload and tension.

Program includes:

- Doctor consultation - 2 times during the course

- Swimming pool and steam bath - 2 times during the course
- Healing baths - 2 times during the course
- Full body massage - 2 times during the course
- Nordic walking - 2 times during the course
- Relaxation lesson at a psychologist - 2 times during the course
- Living in a chosen comfort room
- Balanced diet (3 times a day)
- Counseling and supervision of the treating physician

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| Dubultu prospekts 71, 1st building, Jūrmala (one place in single room)    |
| 1 course<br>(3 days)  |
| 284,62  |
| Dubultu prospekts 71, 1st building, Jūrmala (one place in double room)    |
| 1 course<br>(3 days)  |
| 276,04  |
| Dubultu prospekts 71, 2nd building, Jūrmala (single place in single room) |
| 1 course<br>(3 days)  |
| 333,43  |
| Dubultu prospekts 71, 2nd building, Jūrmala (single place in double room) |
| 1 course<br>(3 days)  |
| 285,97  |

The Agency shall provide the service for a charge if the client has made prepayment for the service or has filed a guarantee letter.

The Agency shall refund the customer for the paid, but unused service for a charge based on the application of the client registered in the Agency that the client should file no later than three business days before the commencement or termination of the service for a charge.

Restrictions for payment in cash:

During the period from 1st October to 31st May – EUR 250.00 (two hundred and fifty euros and 00 euro cents) within one invoice;

During the period from 1st June to 30th September – EUR 500.00 (five hundred euros and 00 euro cents) within one invoice.



Payment for services exceeding this limit must be made by bank transfer by specifying your name, surname, purpose of payment or invoice number. The duration of payment processing is up to 3 (three) days.

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On-site

<https://www.siva.gov.lv/en/services/health-promotion-programs>