



Hrasnička cesta No.14, 71000 Sarajevo, Bosnia and Herzegovina
 Phone. +387 (0)33 77 20 00, Fax. 77 20 01; e-mail: info@hoteliilidza.ba;
 www.hoteliilidza.ba

PROGRAM OF TREATMENT AND REHABILITATION

Rheumatic diseases (inflammatory rheumatic disease, rheumatoid arthritis, ankylosing spondylitis (Bechterew's disease and Marie-Strümpell disease), juvenile arthritis, degenerative rheumatism, osteoarthritis, spondylosis, polyarthrose, gonarthrosis, osteoporosis).

Neurological disease (a condition after stroke, multiple sclerosis, cerebral palsy, neuralgia, painful syndromes of the neck and back, polyradiculopathies, polyneuropathy, disk herniation, sciatic neuralgia).

Orthopaedic diseases (conditions after illness, injury and surgery of the locomotor system, the postoperative state on the spinal column, the situation after the operation – installing hip and knee arthroplasty, meniscus surgery).

Dermatological diseases (psoriasis, eczema, seborrhoea, dermatitis and others, allergies, acne).

Urological disease (urogenital diseases, prostate).

Gynaecological diseases (sterility and non-specific inflammatory diseases of the urogenital tract).

Metabolic diseases (diabetes, uric acid (gout), metabolic syndrome (obesity)).

- Accommodation / full board,
- Transport: airport – hotel – airport (arrival and departure),
- Specialist examination (first and controlling views physiatrist),
- Laboratory findings (general tests), ECG.
- **Program of physical therapy of prevention, treatment and rehabilitation according to the findings, and program recommended by physiatrist:**
 - Treatment with sulphuric thermal mineral water and mud (mud wraps, pearl bath, medical bath, underwater massage in a mineral water, galvanic bath, Hubbard bath).
 - A wide selection of traditional and modern physiotherapeutic procedures (thermal, electro, helium, sono-thermal, magnets, hydro).
 - Average 5 individual and 2 group sessions lasting 2-3 hours daily.
 - Free use of swimming pool and fitness.
 - Free internet.
 - Minimum stay 14 nights, the optimal 21.
 - Reservations for stays shorter than 14 days will be charged 10 % more expensive.

The price of this program does not include manual massage (general, partial) which is paid separately by patient choice. Thermal physical treatment is contraindicated in cases of: severe heart failure, malignant hypertension, tuberculosis and malignant diseases.

Spa Hotel TERME

Type of room	SUPERIOR 4*	DELUXE 4*
Single use 1/2	85 €	100 €
Double use 1/2	65 € (per person)	80 € (per person)
Classic 1/1	70 €	

Hotel HERCEGOVINA and CRYSTAL

Type of room	DELUX 4**+
Single use 1/2	100 €
Double use 1/2	80 € (per person)

- The price of an escort person (in the same room with a patient) at the Hotel Terme – 55 €,
- The price of an escort person (in the same room with a patient) at the Hotel Herzegovina and Crystal – 65 €,
- The price of an immobile persons with the escort – 105 €,
- The price of an immobile persons without the escort – 155 €.



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SLIMMING PROGRAM TREATMENT OF OBESITY AND METABOLIC SYNDROME

- Accommodation / full board,
- Transport: airport – hotel – airport (arrival and departure),
- Specialist examination (first and controlling views physiatrist),
- Laboratory findings (general tests), ECG,
- Diagnostic plan for consultative examinations according to the findings of doctor at admission.

Nutrition program:

- Dietetic nutrition program by nutritionist's finding,
- Medical therapy if needed.

Balneo-physical program:

- Individual or group exercises – 1 time daily,
 - Partial manual massage – 3 times weekly,
 - Underwater massage in sulphur water and pearl bath alternately,
 - Walks – 2 times daily,
 - Fitness,
 - Sauna – 2 times weekly,
 - Swimming pool and pool exercises – 1 time daily,
 - Minimum stay 15 nights,
 - Reservations for stays shorter than 14 days will be charged 10% more expensive
- **Patient education:** patient monitoring, data collection and preparation of presentations of successful cases (with the consent of the patient).
 - Free internet.

Spa Hotel TERME		
Type of room	SUPERIOR 4*	DELUXE 4*
Single use 1/2	105 €	120 €
Double use 1/2	80 € (per person)	95 € (per person)
Classic 1/1	85 €	

Hotel HERCEGOVINA and CRYSTAL	
Type of room	DELUX 4**+
Single use 1/2	120 €
Double use 1/2	95 € (per person)



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RELAXATION PROGRAM – MANAGEMENT SYNDROME

- Accommodation / full board,
- Transport: airport – hotel – airport (arrival and departure),
- Specialist examination (first and controlling views physiatrist),
- **Balneotherapy and physical program:**
 - massage (partial manual, vibromassage, lymph drainage),
 - phototherapy bioptron lamp (regenerative therapy, antidepressant),
 - sauna,
 - hydrotherapy: medical bath, pearl bath or underwater massage,
 - swimming pool.
- Free internet,
- A minimum stay of 7 nights, the optimal 14.

Spa Hotel TERME		
Type of room	SUPERIOR 4*	DELUXE 4*
Single use 1/2	105 €	120 €
Double use 1/2	85 € (per person)	100 € (per person)

Hotel HERCEGOVINA and CRYSTAL	
Type of room	DELUX 4*⁺
Single use 1/2	120 €
Double use 1/2	100 € (per person)



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PROGRAM OF PREVENTION

- Accommodation / full board,
- Transport: airport – hotel – airport (arrival and departure),
- Specialist examination (first and controlling views physiatrist),
- Consultation with a nutritionist,
- Consultation with a fitness trainer,
- Laboratory findings (general tests),
- ECG.

Balneo-physical program (according to the findings and program recommended by physiatrist):

- Hydrotherapy (medical bath, pearl baths, underwater massage, four-extremities baths),
 - Partial manual massage,
 - Electrotherapy,
 - Parafango,
 - Lymphomat,
 - Group exercises of breathing, stretching and yoga,
 - Fitness,
 - Sauna,
 - Swimming pool and pool exercises,
 - Minimum stay 7 nights,
 - Reservations for stays shorter than 7 nights will be charged 20% more expensive.
- **Patient education:** teaching, patient monitoring,
 - Free internet.

Spa Hotel TERME		
Type of room	SUPERIOR 4*	DELUXE 4*
Single use 1/2	105 €	115 €
Double use 1/2	75 € (per person)	85 € (per person)

Hotel HERCEGOVINA and CRYSTAL	
Type of room	DELUX 4**
Single use 1/2	115 €
Double use 1/2	85 € (per person)



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COMBINED PROGRAM

(SLIMMING PROGRAM, OBESITY, PHYSICAL THERAPIES AND REHABILITATION)

- Accommodation / full board,
- Transport: airport – hotel – airport (arrival and departure),
- Specialist examination (first and controlling views physiatrist),
- Consultation with a nutritionist,
- Consultation with a fitness trainer,
- Laboratory findings (general tests),
- ECG,
- Full ultrasound diagnostic.

Nutrition program:

- Dietetic nutrition program by nutritionist's finding,
- Medical therapy if needed.

Balneo-physical program (according to the findings and program recommended by physiatrist):

- Hydrotherapy (medical bath, pearl baths, underwater massage, four-extremities baths),
 - Partial manual massage – 3 times weekly,
 - Electrotherapy,
 - Parafango,
 - Group exercises of breathing, stretching,
 - Fitness – 2 times daily,
 - Individual or group exercises – 1 time daily,
 - Walks – 2 times daily,
 - Sauna – 1 times daily,
 - Swimming pool – 2 time daily,
 - Minimum stay 15 nights,
 - Reservations for stays shorter than 7 nights will be charged 20% more expensive.
- **Patient education:** teaching, patient monitoring.
 - Free internet.

Spa Hotel TERME		
Type of room	SUPERIOR 4*	DELUXE 4*
Single use 1/2	125 €	135 €
Double use 1/2	90 € (per person)	100 € (per person)

Hotel HERCEGOVINA and CRYSTAL	
Type of room	DELUX 4**+
Single use 1/2	135 €
Double use 1/2	100 € (per person)