



**THE INSTITUTE
IGALO**

**MEDITERRANEAN
HEALTH CENTER**

Well-being

Prevention

Education

Revitalisation

Beauty

Sport

Healthy nutrition

**Special rehabilitation
programs**

Quality of life

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MONTENEGRO**

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**THERAPIES RENDERED AT THE IGALO INSTITUTE
MEDITERANEAN HEALTH CENTER**

2010

I – BALNEO AND HYDROTHERAPY

		€
1. Peloid applications - general	15 min	15,00
2. Peloid applications - local	15 min	13,00
3. Peloid baths	15 min	15,00
4. Underwater shower massage	10 min	15,00
5. Galvanic bath	15 min	11,00
6. Four-cell galvanic bath	15 min	11,00
7. Bubble baths	15 min	11,00
8. Mineral baths	15 min	9,00
9. Alternating baths	15 min	7,00
10. Inhalations (+ medications)	5 min	7,00

(Enclosed prices for med.)

11. Free swimming (for non guests with med. check up)	30 min	2,00
12. CO ₂ –Bath	20 min	15,00

13. AROMA THERAPY

- Aroma manual massage – general	45 min	27,00
- Aroma manual massage – local	20 min	20,00
- Aroma additional (resolution)		5,00
- Aroma massage – local + aroma bath		28,00

II – MANUAL MASSAGES

1. General manual massage	45 min	24,00
2. Local manual massage	20 min	18,00
3. Local limphe drainage	20 min	18,00
4. Reflexive foot massage	20 min	18,00

III – KINESITHERAPY – MEDICAL GYMNASTICS

1. Group exercises – big group	30 min	7,00
2. Group exercises – small group	30 min	9,00
3. Individual kinesi exercises	30 min	18,00
4. Individual kinesi exercises for disabled person	30 min	28,00
5. Shiatsu	45 min	28,00
6. Kinesi yoga (group exercises)	45 min	5,00
7. Kinesi yoga (individual exercises)	45 min	18,00
8. Kinesi yoga (montly ticket – 3x per week)		40,00
9. Thai Chi	45 min	7,00
10. Individual hydrokinesitherapy	20 min	20,00
11. Group hydrokinesitherapy	20 min	9,00
12. Postural drainage	20 min	14,00
13. Occupational therapy	20 min	7,00

IV – ELECTROTHERAPY

1. Electric stimulation (paresis facialis)	15 min	11,00
2. Electric stimulation per muscle or group of muscle	10 min	8,00
3. Magneto-therapy (30 min)	30 min	9,00
4. Laser-therapy (3 points)	6 min	11,00
5. Scanning laser	15 min	9,00

6. Electrophoresis of medications (+ medication)(enclosed prices for med.)	10 min	5,50
7. Galvanization	15 min	5,50
8. Diadynamic currents	15 min	5,50
9. Interferential currents	15 min	5,50
10. Short waves	15 min	5,50
11. Microwaves	15 min	5,50

V – SONOTHERAPY

1. Ultrasound	5-10 min	9,00
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VI – PHOTOTHERAPY

1. Ultraviolet rays	20 min	5,50
2. Infrared rays	15 min	5,50
3. Solux	15 min	5,50

VII – KRIOTHERAPY

1. Ice packing		3,00
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VIII - GYNECOLOGICAL PROGRAM

1. Vagina fogging		15,00
2. Hydrocolonotherapy		45,00

- MEDICAL CHECK-UP BY THE SPECIALIST 28,00

- CONTROL CHECK-UP 11,00

- EKG 9,00

PRICES FOR MEDICATIONS FOR ELECTROPHORESIS

* Xilocain	1,00 € per therapy
* Novalgetol	1,00 € per therapy
* Kalium iodid	1,00 € per therapy
* Diklofen	3,00 € for full therapy
* Lemod Sol	2,00 € per therapy
* Lamod depo	2,00 € per therapy

PRICES FOR MEDICATIONS FOR INHALATIONS

* bronchodilators	1,00 € per therapy
* expectoranses	1,00 € per therapy
* atopic corticosteroids	1,00 € per therapy
* antiholinergics	1,00 € per therapy
* nonsteroid antirheumatics	1,00 € per therapy
* mineral water	0,5 € per therapy
* sea water	0,5 € per therapy
* physiological solution	0,5 € per therapy

*** SUPPLEMENT FOR SPECIAL REDUCTION DIET FOR FULL BOARD 6,00 €**