

Winter – it is the time when even the nature slows down to recover and amass energy.

Winter – it is the time when people can escape from the every-day rush and take some time for themselves, their health and looks.

**We invite you to enjoy the Christmas time to get the wants and needs met!**



## Day 1

### Meeting in Riga, arrival at the 4-star hotel.

- Tour – Riga, the city where the Christmas tree was born.
- Free time.

## Day 2-3

### Diagnostic centre

- You can select one of the following programs:
  - “Check-up Premium Program for Men”
  - “Check-up Premium Program for Women”
  - “Check-up GASTRO”
  - “Check-up CARDIO”



## Day 4

### We travel to a unique Latvian manor – “Piena muiža Berghof”.

After arrival and check-in in cosy rooms of the manor, we offer you a tour around the manor.

#### Day 4-7 Every day you will be offered the following:

- **morning swim in the pool;**
- **light farm-style breakfast;**
- **fabulous SPA programmes:**
  - bath in the cosy SPA area (30 min, possibility to select bath additive according to your mood and wishes: sea salt, cowberry, strawberry or ashberry) and massage for two;
  - natural milk bath, chocolate scrub peeling made by local masters, massage and nourishing feet mask.

- **Black stone sauna ritual under the supervision of a professional sauna specialist – 5 hours.**

*It is not just a steam sauna and whisks, it is also centuries-old traditions of our ancestors that allows performing a purifying and strengthening ritual for the body including an introductory procedure aimed at calming the earthy passions and emotions, heeling scrub from bounties of forest and steam sauna with fresh whisks to clear your soul. Your backbone will be warmed up and strengthened by the hot sea stones from Ziemepe, will the professional use of water procedures will enforce your soul, mind and body. The bath procedure is completed by an application of 1000 bounties of nature – for freshness of the next day.*

- **Dinner at the Rose Tavern.**
- **Before bedtime – a glass of warm milk with honey.**
- **Tour to Milk Museum and a story of the talking cow Venta.**



### In between the SPA procedures:

You can visit our neighbours – shitaki mushroom farm “Garikas”, to find out about traditions of growing these mushrooms and to taste the famous mushroom soup and eco-wines in the viney of Aizpute.

During a walk around the park you can feed the reindeer fawns and lambs. You can try the butter-making process at the Milk Museum and taste freshly-baked bread.

In the near neighbourhood of the manor there is a ceramic workshop “Vilki”, where you can try your hand in ceramics or purchase handiwork made by the craftsmen.

Nearby is one of the oldest and most beautiful towns of Latvia – Kuldīga, as well as Palace of Kazdanga and affiliate of the Riga ZOO “Cirulīsi”. You can obtain any information about the places of interest from the kind hostess of the Manor.



## 7 день

### Return home.

## CHECK-UP PREMIUM FOR WOMEN

DURATION: 2-4 days

Consultations of a therapist, ophthalmologist, gynaecologist (with gynaecological ultrasound examination) and taking of sample for cytological (oncology) and bacteriological analysis, full clinical blood test, biochemical blood test, including assessment of risk of development of oncological diseases: cancer-specific marker CA-125, CA 15, CA 19-9, clinical urine test, stool analysis for occult blood. X-ray inspection of lungs, USG of abdominal cavity organs, USG of mammary glands or mammography (X-ray inspection) – depending on the age of patient; ECG tracing with 12 leads and description; USG of thyroid glands and duplex scanning of leg blood vessels (veins or arteries) with colour dopplerography and spectral analysis. Conclusive consultation of therapist, issue of an excerpt, results of tests and medical and preventive recommendations.

## CHECK-UP PREMIUM FOR MEN

DURATION: 2 days

Consultations of a therapist, ophthalmologist, full clinical blood test, biochemical blood test, including assessment of risk of development of cancer and benign prostatic hyperplasia: prostatic-specific antigen (PSA), cancer-specific marker CA 19-9, clinical urine test, stool analysis for occult blood. X-ray inspection of lungs, USG of abdominal cavity organs, transrectal ultrasound examination of prostate; USG of thyroid glands; ECG tracing with 12 leads and description; cycloergometric test (cardio test during physical load); spirometry (assessment of lung function using breathing tests). Conclusive consultation of therapist, issue of an excerpt, results of tests and medical and preventive recommendations.

## CHECK-UP TOTAL CARE

DURATION: 3-4 days

Consultations of a therapist and ophthalmologist. Full clinical blood test, biochemical blood test, clinical urine test, stool analysis, transrectal ultrasound examination of prostate or gynaecological ultrasound examination of abdominal cavity organs, thyroid glands, duplex scanning of head and neck blood vessels with colour dopplerography and spectral analysis, X-ray inspection of lungs, ECG tracing with 12 leads and description, extended cardiologic examination: 24 h monitoring of arterial blood circulation and heart rate (Holter) or cycloergometric test; spirometry. Conclusive consultation of therapist, issue of an excerpt, results of tests and medical and preventive recommendations.

## CARDIO CHECK-UP

DURATION: 1-2 days

Consultations of a therapist, full clinical blood test, biochemical blood test, ECG tracing with 12 leads and description, ultrasound examination of heart and coronary blood vessels (echocardiogram), extended cardiologic examination: 24 h monitoring of arterial blood circulation and heart rate (Holter) or cycloergometric test; spirometry (assessment of lung function using breathing tests), ultrasound examination – duplex scanning of neck blood vessels with colour dopplerography and spectral analysis; cardiologist's consultation.

## PULMO CHECK-UP

DURATION: 2 days

Consultations of a therapist, full clinical blood test, biochemical blood test, clinical urine test, stool analysis for occult blood. X-ray inspection, ultrasound examination, duplex scanning of leg blood vessels (veins or arteries) with colour dopplerography and spectral analysis, ECG tracing with 12 leads and description, cycloergometric test and spirometry; consultation of a pulmonologist and conclusive consultation of therapist, issue of an excerpt, results of tests and medical and preventive recommendations.

## GASTRO CHECK-UP

DURATION: 1-2 days

Consultations of a therapist, full clinical blood test, biochemical blood test, clinical urine test, stool analysis for occult blood and H. Pylori in stool. USG of abdominal cavity organs, ECG tracing with 12 leads and description. Conclusive consultation of gastroenterologist, issue of an excerpt, results of tests and medical and preventive recommendations.

## DIAGNOSIS OF BACK PAIN

DURATION: 2-3 days

Consultations of a therapist, full clinical blood test, biochemical blood test determining the index of bone density and the level of calcium circulation, extent of risk for development of osteoporosis, clinical urine test, stool analysis for occult blood. Computer tomography of head and one segment of the vertebral column; USG of abdominal cavity organs, X-ray inspection of one segment of the vertebral column. Consultation of a traumatologist-orthopaedist. Conclusive consultation of therapist, issue of an excerpt, results of tests and medical and preventive recommendations.

## DIFFERENTIAL DIAGNOSTICS OF DIZZINESS

DURATION: 3 days

Consultations of a therapist-neurologist – first visit before the tests. Headaches are often symptoms of neurological illnesses and pathology of head and neck blood vessels. Ultrasound examination with duplex scanning of head and leg blood vessels using colour dopplerography and spectral analysis. Consultations of an ophthalmologist and otolaryngologist. Full clinical blood test and biochemical blood test. X-ray inspection of the pars cervicalis of the vertebral column and sinus maxillaries. Computer tomography or magnetic resonance examination of head. Conclusive consultation of neurologist.

**The program “Check-up Children” includes: consultation of a paediatrician, dentist, recreation therapist and children surgeon. Laboratory tests: full clinical analysis of blood, urine and stool.**