

Health Center Olimia



Terme Olimia

Service price list

RECEPTION OPENING HOURS:

Monday – Wednesday: 7.00-17.00

Thursday: 7.00-19.00

Friday: 7.00-17.00

Saturday: 7.00-13.00

Information and reservations

+386 3 829 78 02

zdravje.info@terme-olimia.com

or at the reception of Health Center Olimia

The price list applies from 1. 1. 2023 until revocation.

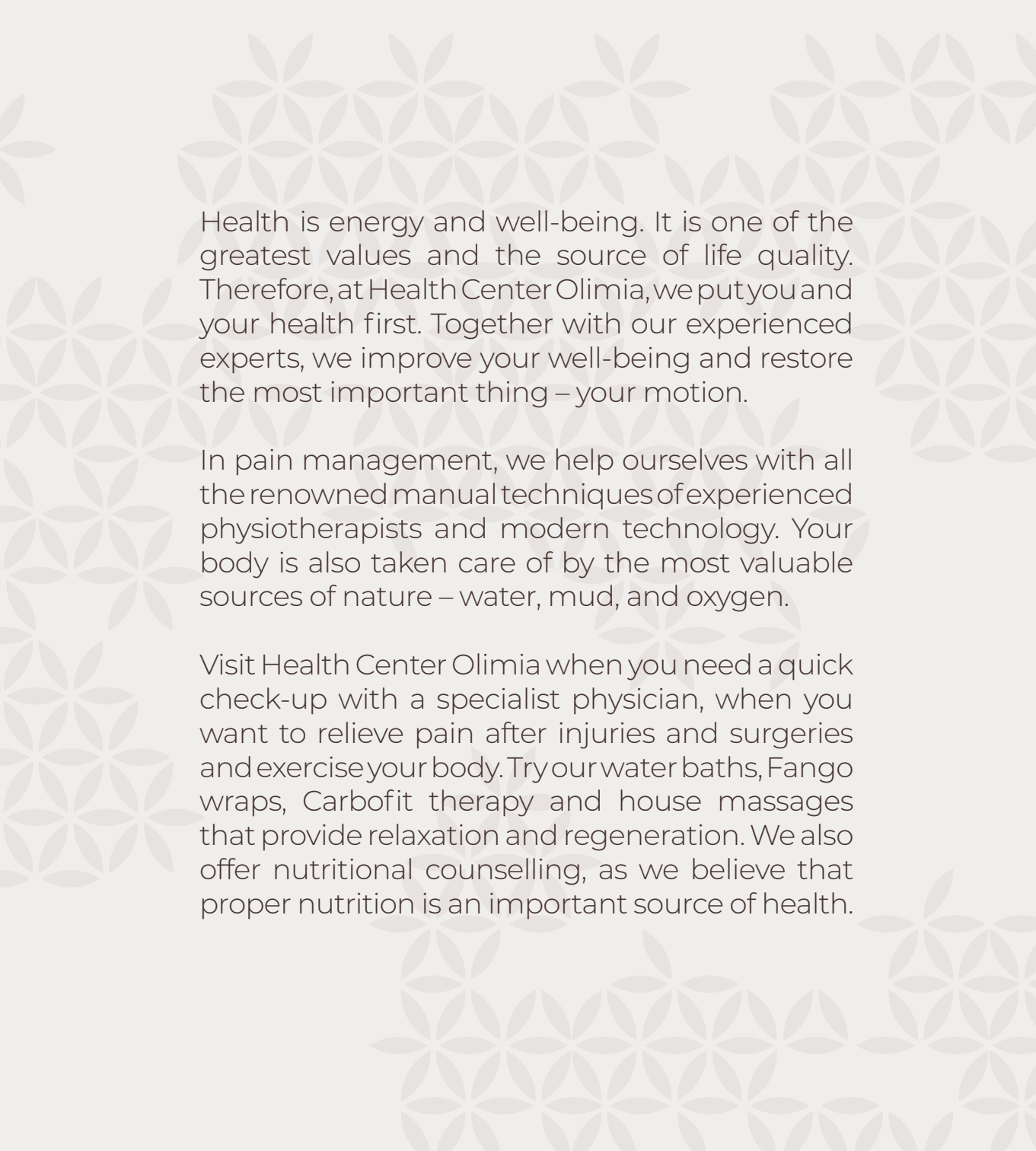
All prices are in EUR and include VAT.

We reserve the right to change prices and other terms of sale.

Terme Olimia d. d., Zdraviliška cesta 24, SI - 3254 Podčetrtek
03 829 78 36 | info@terme-olimia.com | www.terme-olimia.com



**Improving
well-being
and restoring
motion**




Health is energy and well-being. It is one of the greatest values and the source of life quality. Therefore, at Health Center Olimia, we put you and your health first. Together with our experienced experts, we improve your well-being and restore the most important thing – your motion.

In pain management, we help ourselves with all the renowned manual techniques of experienced physiotherapists and modern technology. Your body is also taken care of by the most valuable sources of nature – water, mud, and oxygen.

Visit Health Center Olimia when you need a quick check-up with a specialist physician, when you want to relieve pain after injuries and surgeries and exercise your body. Try our water baths, Fango wraps, Carbofit therapy and house massages that provide relaxation and regeneration. We also offer nutritional counselling, as we believe that proper nutrition is an important source of health.





Book a self-pay check-up with physicians and specialists at our Health Center and regain your health and well-being without long waiting for a check-up and treatment. In addition to the medical examination, we offer self-pay examinations with a psychiatrist, orthopaedist, and neurosurgeon. We will gladly accept you for a health resort treatment; we offer both inpatient and outpatient health treatment.

Expert assistance when you need it

PHYSICIANS AND TREATMENTS

Consultation with a physician 60,00 €

First examination with a specialist doctor with the result (physiatrist, orthopaedist, neurosurgeon) 90,00 €

Re-examination by a specialist doctor (physiatrist, orthopaedist, neurosurgeon) 50,00 €

Collagen injection 70,00 €

Package 5x injection of collagen into the joint 315,00 €

Package 7x injection of collagen into the joint 390,00 €

Package 10x injection of collagen into the joint 525,00 €

Collagen is the basic building block of connective tissues (skin, joint and muscle envelopes, ligaments, tendons). It is renewed very slowly, and the lack thereof is one of the causes of wear of the joints, spine, and soft parts around the joints. The addition of collagen to the joint and around it helps in the treatment of degenerative changes in the knees, shoulders, hips, tennis elbow, spine, nerve irritation and sciatica.

Injection of collagen into the joint with physiotherapeutic treatment 15 min 94,00 €

Package 5x injection of collagen into the joint with physiotherapeutic treatment 15 min 395,00 €

Package 7x injection of collagen into the joint with physiotherapeutic treatment 15 min 510,00 €

Package 10x injection of collagen into the joint with physiotherapeutic treatment 15 min 700,00 €

Additional physiotherapeutic treatment ensures greater effectiveness of the method.

Blockade application 50,00 €

Application of collagen with ultrasound and physiotherapeutic treatment 15 min 80,00 €

Package 5x application of collagen with ultrasound and physiotherapeutic treatment 15 min 360,00 €

Package 7x application of collagen with ultrasound and physiotherapeutic treatment 15 min 450,00 €

Package 10x application of collagen with ultrasound and physiotherapeutic treatment 15 min 600,00 €

Ultrasound allows the medicine to be absorbed through the skin, so collagen can be introduced directly into the affected joint.

Injection of hyaluronic acid into the joint 200,00 €

The production of hyaluronic acid, a “lubricant” for joints, decreases over the years, the cartilage on the surface of the joint begins to thin and weaken, and the wear of the joints begins. The solution of highly purified sodium hyaluronate promotes the renewal of cartilage in the joints, helps in damaged meniscus in knee joint and after arthroscopic procedures.

ECG scan 25,00 €

ECG scan with medical consultation 50,00 €

Wound redress 20,00 €

Ear rinsing 25,00 €

Ultrasound diagnostics of joints and muscles

Ultrasound of joints and muscles 65,00 €

Control ultrasound 40,00 €

ANTI-SWELLING

Manual lymphatic drainage 20 min 30,00 €
according to Dr. Vodder

Manual lymphatic drainage 40 min 60,00 €
according to Dr. Vodder

The goal of manual lymphatic drainage is to balance fluids in the body. With a special therapeutic method, excess liquids are flushed from the intercellular spaces, thus cleaning the waste products. It is used to reduce swelling after injuries, surgeries, sports injuries, rheumatic diseases and to improve resistance.

Mechanical lymphatic drainage 25,00 €

Mechanical lymphatic drainage (by means of an apparatus) affects a better lymph flow and the cleaning of waste products from the intercellular spaces.

Vacusac – vacuum therapy 25,00 €

The under pressure generated by the apparatus and the cuffs improves peripheral circulation. Extremely useful in circulatory disorders, problems with metabolism, post-traumatic and lymphatic system problems.

ACUPUNCTURE

Examination by an acupuncturist 40,00 €

Acupuncture 40,00 €

Examination by a physician one therapy 70,00 €

Examination by a physician three therapies 120,00 €

Examination by a physician five therapies 160,00 €

Acupuncture eliminates painful syndromes in the cervical, thoracic, and lumbar parts of the spine, in intercostal neuralgia, rheumatoid arthritis, headaches, hip and knee pain, tennis elbow pain and wrist passage syndrome.

PHYSIOTHERAPY

Physiotherapeutic treatment 15 min 35,00 €

Physiotherapeutic treatment 30 min 50,00 €

Physiotherapeutic treatment 50 min 70,00 €

Physiotherapeutic treatment 15 min
Package 3x 90,00 €

Physiotherapeutic treatment 15 min
Package 5x 140,00 €

Physiotherapeutic treatment 15 min
Package 7x 200,00 €

Physiotherapeutic treatment 30 min
Package 3x 130,00 €

Physiotherapeutic treatment 30 min
Package 5x 210,00 €

Physiotherapeutic treatment 30 min
Package 7x 270,00 €

Physiotherapeutic treatment is intended to identify the causes of your problems and restore movement using tried and tested methods (Maitland®; Cyriax®; three-dimensional mobilization of joints, nerves, fascia, myofascial trigger points; IASTM® therapy). Our advantage is targeted treatment that reduces pain and improves mobility.

**Self-pay physiotherapy –
no queue by FTH order**

Package 5x physiotherapy 30 min 120,00 €

Package 7x physiotherapy 45 min 250,00 €

Package 7x physiotherapy 60 min 340,00 €

Treatment of trigger points 30 min 45,00 €

Treatment of myofascial trigger points reduces tension in the treated muscles.

Taping 20,00 €

Applying elastic bands directly to the skin reduces pain, swelling and improves the flow of fluids in the treated area.

Corrective individual exercise 20 min 30,00 €
according to the DNS method

Correction of the wrong movement pattern, which most often occurs due to forced posture, injuries, and uniform movement, eliminates pain, and consequently acts preventively on possible later wear of the joints.

Therapeutic exercises in a thermal mineral water pool

Exercise in a group – one-time visit 10,00 €

Group exercise – 7 days 35,00 €

Exercises in the pool contribute to lighter movement, as they relieve the body, while at the same time therapists use water as a source of resistance to improve muscle strength.

DRY NEEDLING

Dry needle treatment 50,00 €

Dry Needling is a physiotherapeutic method in which one or more differently long needles are inserted into the soft tissue to stimulate muscle tissue. The method eliminates acute and chronic pain, improves mobility, activates muscles and myofascial trigger points.

Package 3x dry needling 120,00 €

Package 5x dry needling 180,00 €

THERAPY TECAR

Therapy TECAR 10 min 20,00 €

The therapy with the TECAR technology uses the power of irradiation energy. This energy activates the ions in the tissue, causing intense stimulation at the cellular level. The technology stimulates the blood circulation of tissue and accelerates physiological processes that encourage faster regeneration. The therapy effectively eliminates spinal pain and inflammation of tissue and mucous membranes. It helps in the treatment of osteoporosis and joint, bone and muscle injuries and is suitable for all types of sports injuries.

Therapy TECAR 15 min 30,00 €

Therapy TECAR 30 min 40,00 €

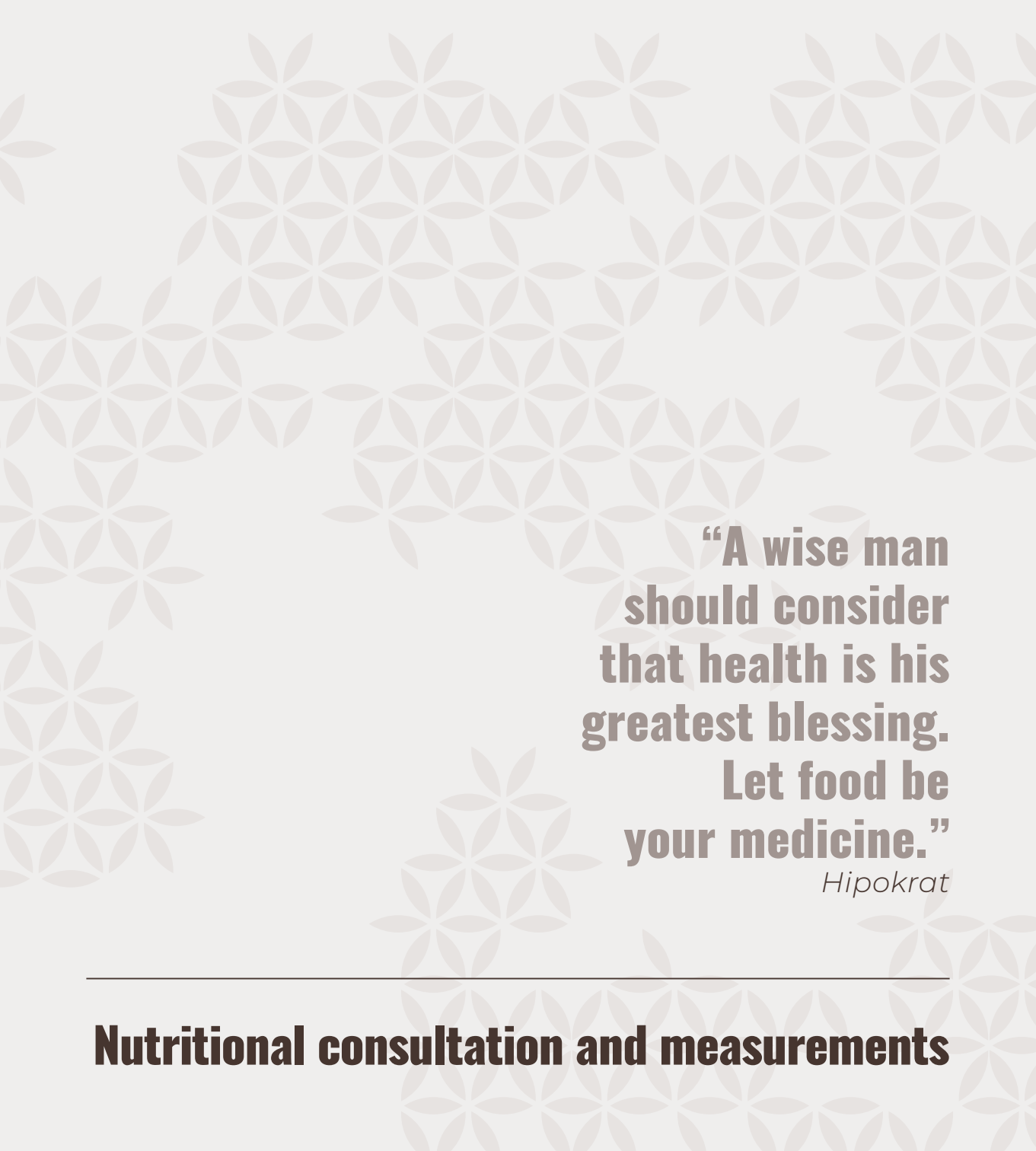
Package of at least three therapies 15€/therapy
10 min

Physiotherapeutic treatment with TECAR therapy 50 min 80,00 €

Package 3x physiotherapeutic treatment with TECAR therapy 30 min 160,00 €

Package 5x physiotherapeutic treatment with TECAR therapy 30 min 260,00 €

Package 7x physiotherapeutic treatment with TECAR therapy 30 min 340,00 €



**“A wise man
should consider
that health is his
greatest blessing.
Let food be
your medicine.”**

Hipokrat

Nutritional consultation and measurements



Guided Tanita method with dietitian 20,00 €

Tanita is a method for the analysis of bioelectric impedance or body composition. In addition to the baseline body weight, the percentage of body fat, bone mass, visceral fat, muscle mass, body water percentage, metabolic assessment of age and physique and the DCI value (daily energy intake or Daily Calorie Intake) are measured.

Nutrition consultation with dietitian 50,00 €
45 min

Based on the composite questionnaire and basic data (body weight, height, and age), the dietitian proposes optimal nutritional guidelines that ensure a high level of well-being and reduce the chances of developing diseases.

Measurement of body composition + guided Tanita method with dietitian + nutritional counselling 70,00 €
45 min

A guided overview of basic anthropological measurements includes the calculation of your body height, waist circumference and skin fold measurements, which are crucial in the overall treatment of body composition. They are supplemented by the Tanita method. Based on the measurements, the dietitian advises a diet that will ensure well-being and reduce risk factors for various diseases.

Food intolerance test 165,00 €

Food intolerance is a negative reaction of the body to a particular food or food group. Due to the reduced possibility of absorption and metabolism of foodstuffs, health problems or various consequences may occur. The test result is a detailed list of foods that cause discomfort for all those who do not suffer from confirmed allergies or diseases and do not recognize the cause of their problems.

Food intolerance test + nutritional consultation 200,00 €
45 min

A test for intolerance in combination with nutritional treatment, where the dietitian informs you in more detail and advises you about the change in your eating habits based on the obtained results.

Monthly guided eating programme: guided Tanita method + consultation + 4-week menu + 2 nutritional consultations + blood tests 300,00 €

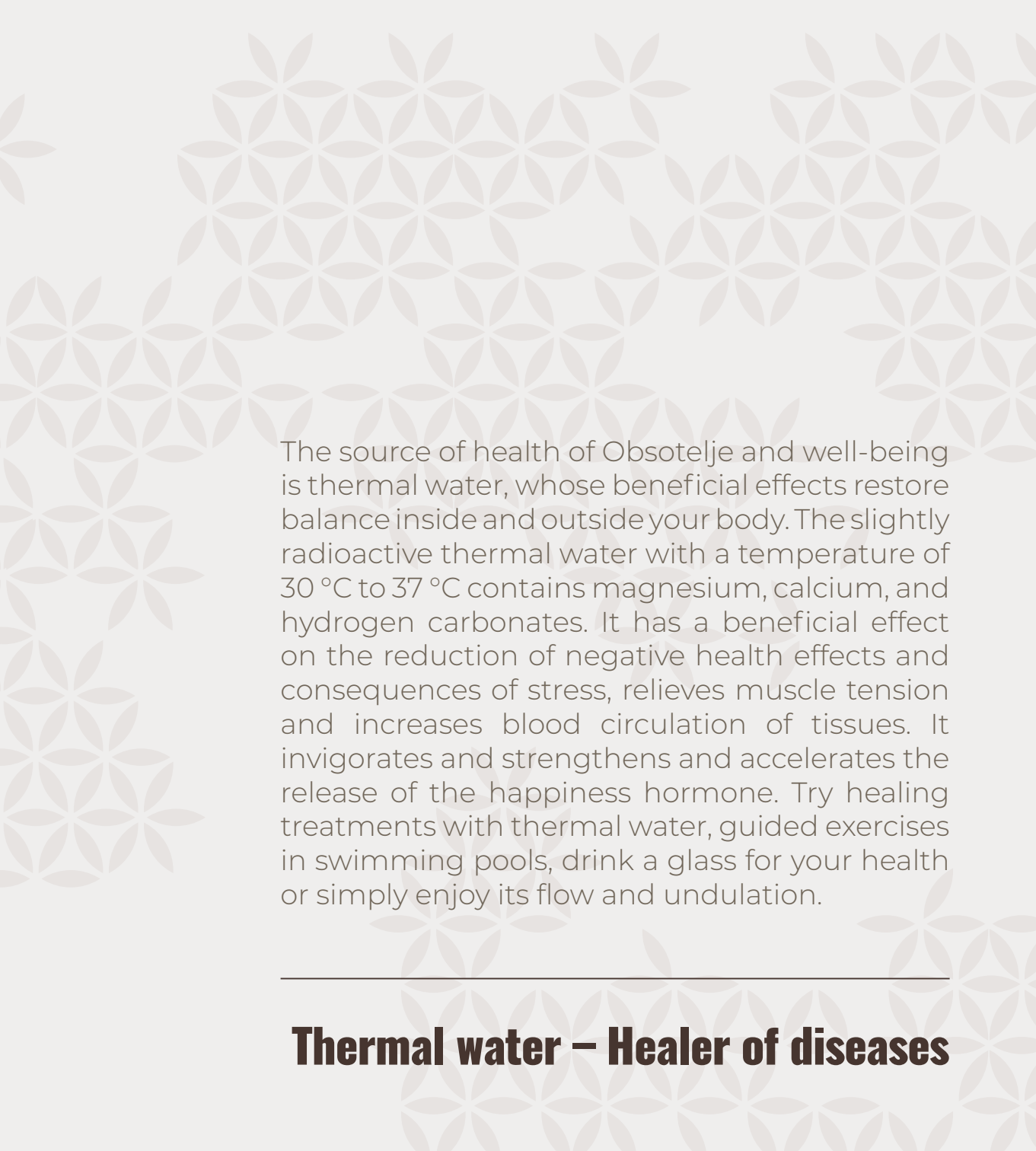
The first consultation with a dietitian includes measurements using the Tanita method, an explanation of the results obtained and a calculation of the optimal nutritional value of macro- and micronutrient intake. The blood sample taken shall be used to check the status of electrolytes, enzymes, and blood cells, in order to adjust nutritional counselling. The dietitian determines a 4-week personalized menu with selected foods that represent the circle of healthy eating. The introductory consultation is followed by two others, which allow to review the results and adjust the menus.

**Blood sampling on Tuesdays and Thursdays from 7.00 to 9.00h. at the premises of Health Centre Olimia. Patients have to be fasting.*

Each further weekly menu 30,00 €**Any further consultation with a dietitian** 30 min 30,00 €**Vitamin C injection** 30,00 €**Vitamin C infusion** 80,00 €**Package 3x Vitamin C infusions** 210,00 €**Package 5x Vitamin C infusions** 320,00 €

Vitamin C plays an important role in the immune system, the formation of collagen, the normal functioning of blood vessels and bones, the nervous system, and the reduction of fatigue. Its lack may reduce the body's ability to perform those tasks. Intravenous infusion provides vitamin C intake in when lacking energy, vitality, in severe diseases and after surgery. It also helps to improve the immune system, after viral diseases and higher stress (businesspeople, athletes, students during exam periods).





The source of health of Obsotelje and well-being is thermal water, whose beneficial effects restore balance inside and outside your body. The slightly radioactive thermal water with a temperature of 30 °C to 37 °C contains magnesium, calcium, and hydrogen carbonates. It has a beneficial effect on the reduction of negative health effects and consequences of stress, relieves muscle tension and increases blood circulation of tissues. It invigorates and strengthens and accelerates the release of the happiness hormone. Try healing treatments with thermal water, guided exercises in swimming pools, drink a glass for your health or simply enjoy its flow and undulation.

Thermal water – Healer of diseases

BATHS IN THERMAL MINERAL WATER

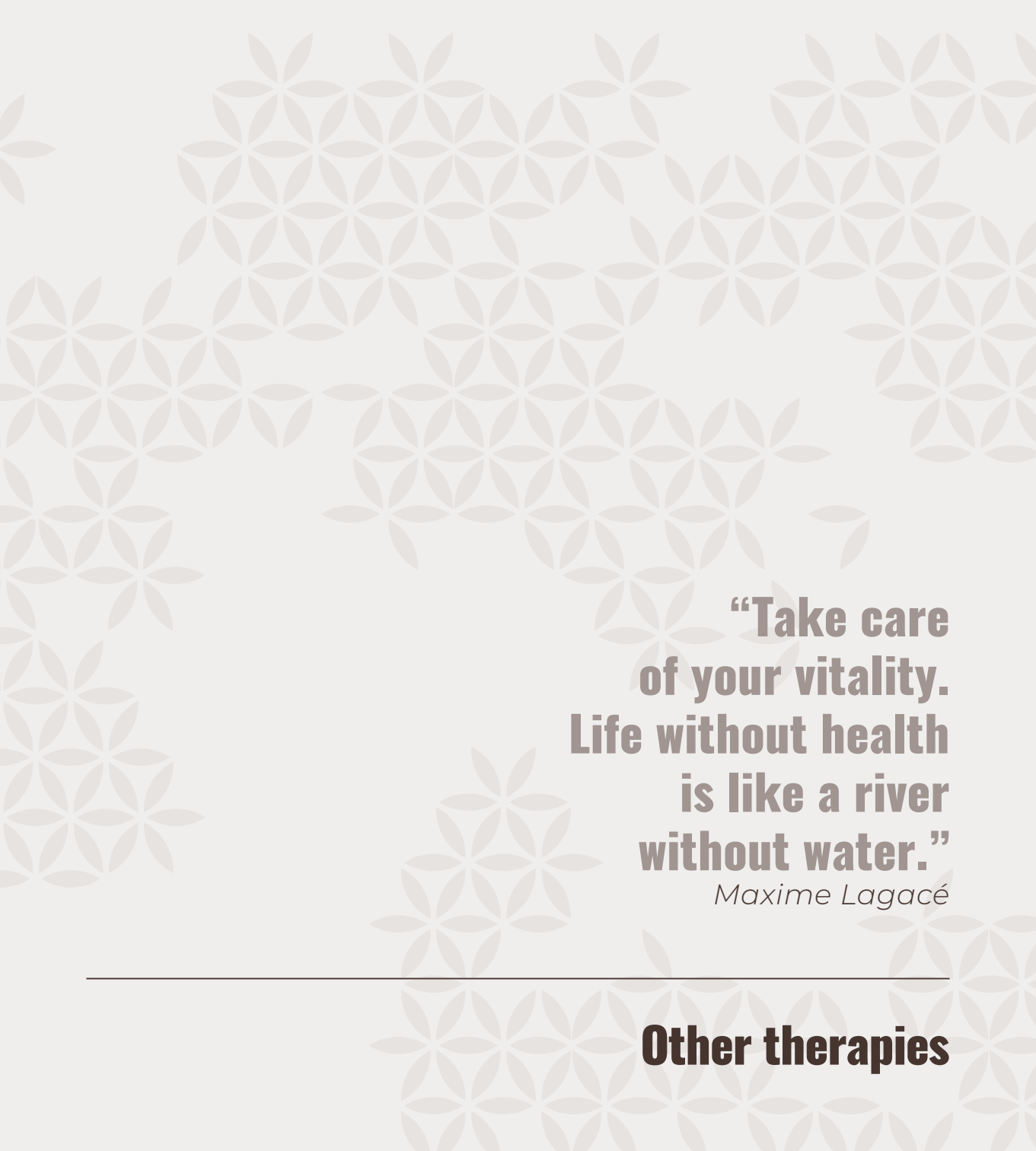
The bath with pure spring thermal water directly from the spring is excellent for relaxing the body, as it increases blood circulation of tissues, invigorates, and strengthens the body's defence mechanisms. Besides, thermal water calms the mind.

Pearl bath in thermal mineral water	30,00 €
Pearl bath in thermal mineral water with supplements	40,00 €
Bath in thermal mineral water with galvanic flow – partial	30,00 €

INHALATIONS

Inhalation cleanses the stressed airways due to seasonal illnesses, colds, inflammation of the sinuses.

Inhalations with thermal mineral water	20,00 €
Inhalations with thermal mineral water and supplement	25,00 €



**“Take care
of your vitality.
Life without health
is like a river
without water.”**

Maxime Lagacé

Other therapies

DRY BATHS WITH CO₂

Carbofit – dry bath with CO₂ 40 min 45,00 €

Carbofit – dry bath with CO₂ 60 min 60,00 €

Package 5x carbofit 40 min 150,00 €

Package 5x carbofit 60 min 200,00 €

Package 7x carbofit 40 min 180,00 €

Package 7x carbofit 60 min 280,00 €

Dry carbon dioxide therapy widens the blood vessels and provides oxygen to tissues. Due to the accelerated blood flow and improved microcirculation, it affects the muscles, fascia, skin, and subcutaneous tissue. It quickly heals soft tissue damage, relaxes tense muscle structures, improves nutrient supply to muscles and connective tissue, relieves myalgia (muscle pain), reduces the length of regeneration after injuries and surgeries, improves joint flexibility, affects restless and heavy legs, improves immune resistance, slows down the aging process and reduces cellulite. It is suitable for athletes (faster degradation of lactate, rapid elimination of metabolic products, after strenuous training). Carbofit also provides longevity and beauty of mind and body.

MECHANICAL EXERCISING

Mechanical knee exercising 16,00 €
Kinetec

Mechanical shoulder exercising 16,00 €
Arthromot

Mechanical traction 17,00 €
lumbar or cervical spine

MBST THERAPY IN JOINT WEAR

MBST-5 – arthrosis 325,00 €

MBST-9 – arthrosis 585,00 €

Both bones and joint cartilage need regeneration. The MBST® therapy (cellular magnetic resonance therapy), which has been performed at the Health Center for more than 10 years, relieves pain and increases mobility.

MBST-5 – arthrosis + 3x physiotherapeutic treatment 15 min 379,00 €

MBST-9 – arthrosis + 5x physiotherapeutic treatment 15 min 665,00 €

ELECTROTHERAPY

Anti-pain electrotherapy 20,00 €
(IF, DD, TENS)

The method relieves various pains by means of low-strength electrical currents applied via electrodes.

Muscle electrostimulation 20,00 €

With the help of electrical impulses, the device stimulates weak muscles and helps in faster rehabilitation after injuries and surgeries.

Rebox Therapy 20,00 €

Therapy with the help of a device improves local acidosis or acidification. It is used to reduce both acute and chronic pain and improve muscle tension; it helps with healing and regeneration.

Laser 25,00 €

Laser beams with different power and wavelengths improve circulation and oxygen delivery, accelerate cellular metabolism and healing. The laser is used for both acute and chronic conditions.

Biopton 20,00 €

Polarized light therapy, which works in a natural way and has regenerative capabilities both on the skin and in deeper structures, is extremely effective in dermatological problems, wound healing, pain relief, mood disorders and paediatric indications.

Magnetotherapy 25,00 €

A magnetic field with a different frequency operates on a cellular level. It promotes faster cell renewal and microcirculation, which is why the organ systems in the body start working more properly.

Ultrasound 20,00 €

The treatment with ultrasonic activity of frequencies up to 3 MHz, which acts on the tissue as a mechanical micro massage and cavitation, is used to regenerate the affected tissues and promote blood circulation, reduce swelling, reduce or eliminate pain, inflammation, prevent muscle spasms, improve healing and soften postsurgical or post-traumatic scars, treat fresh muscle, ligament, tendon, bone and cartilage injuries.

Ultrasound with anti-pain electrotherapy 25,00 €

The combination of ultrasound and painkilling electrotherapy effectively reduces and eliminates pain.

Local UV Therapy 15,00 €

A simple method of UV treatment is effective in atopic dermatitis, hand eczema and psoriasis.

Schuman 3D board 20,00 €

The vibration board with a frequency of 7.8 Hz promotes the natural direction of the intercellular movement. With gentle biodynamic massage, blockages of the energy system are released to achieve harmony of physical and psychological health.

Ventosa 15,00 €

Ventosas or vacuum cups lift the skin and subcutaneous tissue, thus reducing swelling and pain.

HOT-COLD THERAPIES**Fango wrap** 30,00 €

The heat of the mineral wrap, which is applied to painful sites, improves blood circulation, and reduces muscle and fascial tension. The therapy also affects the detoxification of the body, as the mud absorbs harmful substances or toxins from the body. Restores moisture, shine and beauty to the skin.

Parafango back wrap 25,00 €**Package 3x Parafango** 60,00 €**Package 5x Parafango** 90,00 €**Package 7x Parafango** 120,00 €

The pleasant warmth of Fango or mud improves blood circulation and reduces the tension of the muscles and facias of the back.


Paraffin – wrap 20,00 €**Package 3x Paraffin** 50,00 €**Package 5x Paraffin** 70,00 €**Package 7x Paraffin** 100,00 €

Paraffin wrap accelerates regeneration, improves lymphatic flow, and reduces fatigue and joint pain in the hands and arms.

Joint cooling with controlled temperature 20,00 €

The cooling of the affected part of the body with a special device reduces pain and swelling and speeds up treatment after surgical procedures, injuries, acute and chronic diseases.





Eliminate headaches, spine, or neck pain, strengthen the immune system, or improve your well-being with a massage. In addition to classical and relaxation massages, we offer numerous house massages, the fruit of the knowledge and experience of our massage therapists and physiotherapists. They are the result of an integrated understanding of the body and balancing the energies of Yin and Yang.

For relaxation and great well-being

MASSAGES

Massage Amarena 40 min 50,00 €

Therapeutic house massage for anyone with spinal problems. The heating of the back muscles with cherry stones is followed by a targeted massage of the thigh and back muscles.

Massage Olimia 60 min 65,00 €

This unique massage, which is the result of the knowledge of our top massage therapists and physiotherapists, and the result of an integrated understanding of the human body and the balance of Yin and Yang.

Therapeutic neck massage 30 min 40,00 €

The therapeutic treatment of the neck is suitable for anyone who feels tension in the neck and shoulder area or has frequent headaches. It consists of lymphatic drainage of the nape and fascia treatment in this area. Skin, subcutaneous tissue and muscle sheaths become relaxed, waste products from intercellular tissue are washed away.

Anti-stress therapy 40 min 50,00 €

Another therapy that is the result of the knowledge and experience of our therapists and masseurs. It affects the detoxification of the body and the maintenance of well-being. It consists of lymphatic drainage of the face, which helps the lymphatic vessels in relieving the burden and consequently strengthening the immune system and acting anti-stress, and Bowen's therapy.

Scar massage 10 min 15,00 €

The scar massage with different techniques encourages softening and peeling of the scars.

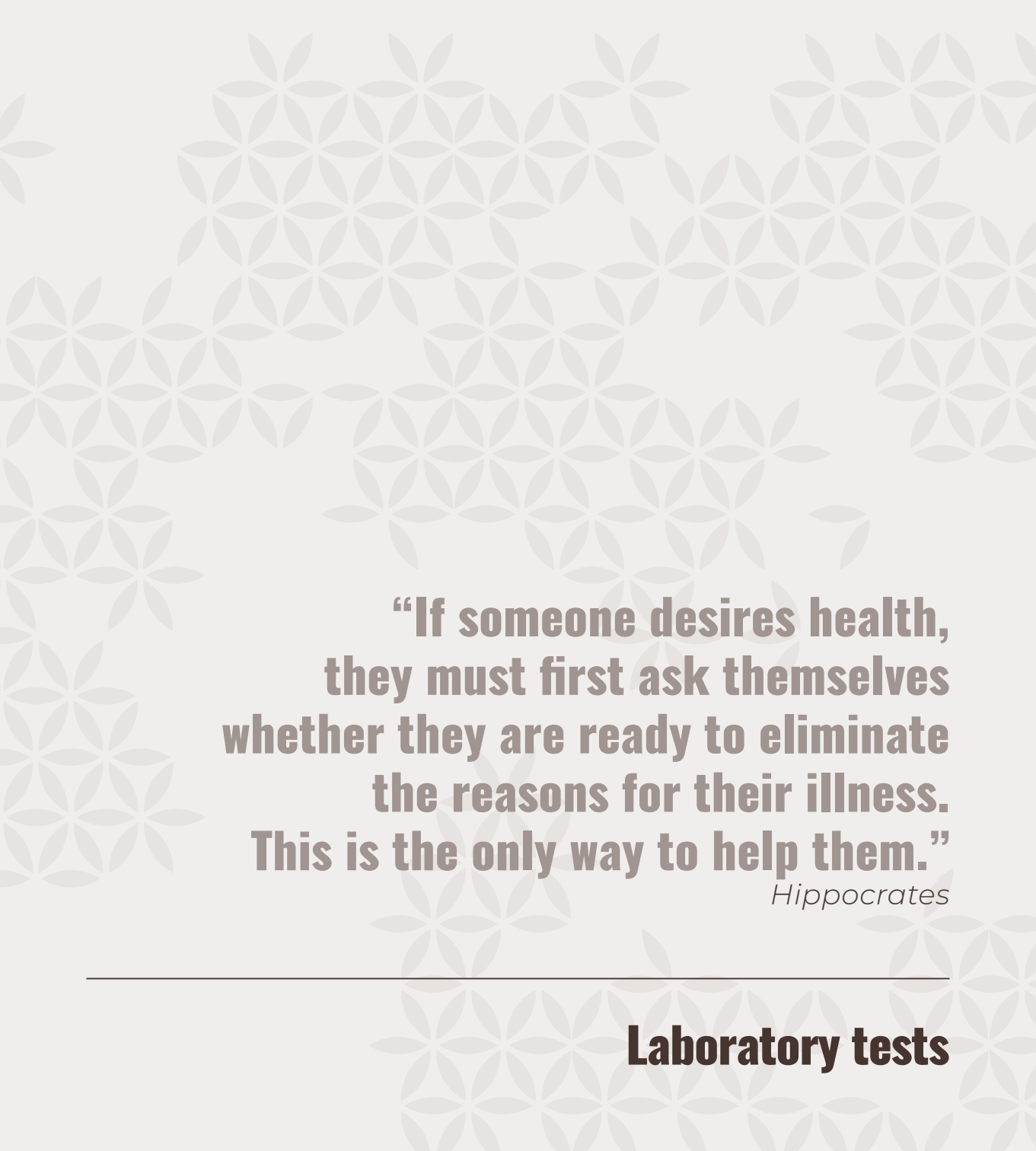
Classic full body massage 45 min 50,00 €**Classic massage – partial** 20 min 25,00 €**Classic massage – partial** 30 min 35,00 €

The massage has a beneficial effect on overall well-being, improving circulation and relaxing muscles and muscle sheaths.

Relaxing foot massage 30 min 40,00 €

Treatment of reflex points on the feet affects all organ systems, muscles, and joints. It improves lymph flow, while the massage strengthens health and helps to detoxify the body.

Package 7x massage 15 min 120,00 €**Package 7x massage** 20 min 140,00 €**Surcharge for massages
for guests on heath treatment:****Surcharge for massage** 5 min 5,00 €**Surcharge for massage** 15 min 15,00 €**Surcharge for massage** 25 min 25,00 €



**“If someone desires health,
they must first ask themselves
whether they are ready to eliminate
the reasons for their illness.
This is the only way to help them.”**

Hippocrates

Laboratory tests

HEALTH CENTER OLIMIA PRICELIST

Measurement of cholesterol value 5,00 €

Measurement of blood sugar value 5,00 €

Estimation of vitamin C amount 7,00 €

Measurements are carried out every day during working hours. Blood sample collection for further tests is carried out every Tuesday and Thursday from 7:00 to 9.00h. Patients have to be fasting. We ask for an early announcement to the laboratory at least one day before the examination at the reception of Health Centre Olimia.

Vitamin Pack 40,00 €

Vitamin B12, folic acid, vitamin D

Basic examination package 15,00 €

General condition:

HAEMOGRAM – complete blood count

Inflammation indicator: CRP

Preventive package 55,00 €

General condition:

HAEMOGRAM – complete blood count

Blood sugar level:

glucose, glycated haemoglobin

Blood fat levels:

cholesterol, triglycerides, HDL, and LDL

Renal status: urea, creatinine, urates

Liver: AST, ALT, GGT

Anaemia: iron, ferritin

Electrolytic mineral balance:

potassium, sodium, phosphorus, magnesium

Package Programer 130,00 €

General condition: HEMOGRAM, CRP

Blood sugar level:

glucose, glycated haemoglobin

Blood fat levels:

cholesterol, triglycerides, HDL, and LDL

Renal status: urea, creatinine, urates

Liver: AST, ALT, GGT, Bil-cell, Bil-dir, AF

Heart condition: CK, LDH

Anaemia: iron, ferritin

Electrolytic mineral balance:

potassium, sodium, phosphorus, magnesium

Hormones: thyroid (TSH), cortisol

Vitamins: vitamin D, vitamin B12

Other: f-Helicobacter pylori (stools), * urinalysis

**A cup should be bought at the pharmacy and bring a stool sample in it for examination.*

The package of laboratory examinations is suitable for people who sit a lot in their occupation and face high mental stress, as well as anyone else who would like to know more about their body.

RESERVATION OF SERVICES

Book your chosen service at Health Centre Olimia at least a few days before your desired appointment. This will help you get the right reservation for the time that works best for you.

BEFORE WE GET STARTED

Come to Health Center Olimia 10 minutes before the beginning of therapy, dressed in comfortable clothes or a bathrobe. Do not consume food and alcoholic beverages immediately before using the services. We recommend that you come without jewellery, phone, and wallet, as you will have to put them down before each therapy procedure. We are not responsible for lost items.

CANCELLATION OF SERVICES

Please let us know about an eventual cancellation at least 5 hours before your appointment. If you do not cancel the booked service and you do not make use of it, you will be charged 50% of the service price.

HEALTH ISSUES

We kindly ask you to warn us about any health issues or limitations when booking a service. This way, we will be able to suggest the treatments that are most suitable for you.

WELLCARD OLIMIA LOYALTY PROGRAM

Join the Wellcard Olimia community, where every euro you buy at Terme Olimia or Terme Tuhelj brings you Wellcoin value points. With them, you will partake in many prizes, above-standard benefits and surprises that will further enrich your vacation with us!

Join easily: via the My Wellcard web profile at www.terme-olimia.com or the Wellcard Olimia mobile app. Upon registering, you receive a digital card and access to your profile, where you can easily check the status of Wellcoin points and many other benefits.

GIFT VOUCHERS

Bestow health and well-being. Make your loved ones happy with Terme Olimia gift vouchers. You can choose from service or value gift vouchers.

Purchase of gift vouchers:

T: +386 3 829 78 36 (every day: 9.00–21.00)

E: zdravje.info@terme-olimia.com

The validity of the voucher is one year from the date of purchase. The recipient can use it for all services in Terme Olimia.

