



Baltic Beach Hotel & SPA

★★★★★

Medical program  
Sanatorium treatment

# „Women’s Health”

Starting from 6 nights / 7 days 1 person



**The medical program “Women’s Health”** is recommended for the prevention and treatment of gynecological health issues, as well as for early signs of pelvic organ inflammation (outside acute phases). The program helps improve overall well-being and quality of life by reducing discomfort related to women’s health.

It combines the use of Jurmala’s unique natural resources in treatment with the latest medical and SPA technologies.

**The “Women’s Health” medical program is recommended in the following cases:**

- Pain in the lower abdomen;
- Signs of inflammatory processes in pelvic organs;
- Various manifestations of gynecological diseases;
- General deterioration of well-being and quality of life related to intimate health disorders;
- Discomfort during urination;
- Frequent and involuntary urination (incontinence);
- The program is recommended during remission periods.

## THE PROGRAM INCLUDES:

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- **A consultation with a Rehabilitation Physician**

- **6 therapeutic treatments per day\***

(\*except on the day of arrival and departure)

All treatments are prescribed individually based on your health condition, following medical indications and contraindications.

(\*1 treatment per day prescribed by the physician)

1. **Cardio workouts in the Gym** (up to 45 min)
2. **Balneology** (15–20 min)
  - Hydrotherapy treatments
  - Mud therapy (1 area)
  - Therapeutic massage (manual / apparatus) \*\*  
*\*\*if balneotherapy is not recommended*
3. **Physical Therapy** (20–30 min)
  - FMS (Functional Magnetic Stimulation)
  - StimaWell (electrostimulation massage)
4. **Halotherapy** – Salt Room (60 min)
5. **Oxygen Therapy** – Oxygen cocktails or inhalations
6. **Phytotherapy** – Herbal tea course

### Additional inclusions

- Accommodation in a Classic or Deluxe room
- Lavish breakfast with a sea view
- Access to the SEA WELLNESS center / 120 minutes per day
  - Swimming pool (25 m) with warm purified sea water (29–30 °C), cascades (3 m), and underwater massage
  - Children's pool, jacuzzi
  - Roman steam bath, Himalayan salt sauna, cedar sauna
- Access to the fitness gym
- Free Wi-Fi
- In-room tea, coffee, and water

## Women's Health 6 nights / 7 days

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Double Classic Room + breakfast + medical program (1 person)	1245
Double Classic Room + breakfast + medical program (2 persons)	1830
Double Deluxe Room + breakfast + medical program (1 person)	1485
Double Deluxe Room + breakfast + medical program (2 persons)	2070

The offer is valid: 01.06.–19.06. and 25.08.–29.12. Other times - upon individual request.

Parking: €15/24h (subject to availability) or €25 (guaranteed).

The program can be extended upon request.

More information and reservation:



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*medical*  
BalticBeach

## PROGRAM DETAILS

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### A consultation with Rehabilitation Doctor

An individualized treatment plan is developed based on recent clinical and lab tests. If these are unavailable, a full medical "Check-up" can be performed at the SPA Baltic Beach Hotel medical clinic, including access to consultations different certified medical professionals. The entire program is supervised by a medical professional.

### Cardio Workouts / Group Training Session *(up to 45 min.):*

Modern cardio and functional gym with professional instructors.

### Balneology *(15–20 min)*

- **Hydrotherapy Procedures::**

- Charcot Shower (15 min): toning body massage using high-pressure water jets from 4–7 meters
- Pearl/Ozone Bath (15 min): thermotherapy using air or ozone bubbles for gentle massage

- **Mud Therapy *(1 zone):***

Medicinal peat or lake sapropel mud (40–42 °C) with bioactive compounds that support cellular regeneration

- **Therapeutic Massage *(15 min):***

- Classic massage – for problem areas using 4 core massage techniques with warm natural oils
- Reflex foot massage – promotes deep relaxation, improves blood circulation, and supports the body's natural healing processes.
- Pressotherapy (Lymphatic drainage massage) – full-body mechanical massage using alternating pressure in a medical suit

### Halotherapy – Salt Room *(60 min)*

A natural method based on a microclimate similar to underground salt caves, using a special nebulizer to disperse salt aerosol. Effective for asthma, bronchitis, sinusitis, and allergies. It improves breathing, strengthens the immune system, and offers antibacterial effects.

### Oxygen Therapy *(15 min)*

Skābekļa kokteiļi un inhalācijas ar jonizētu jūras gaisu uzlabo šūnu elpošanu, atjaunošanos, veicina vielmaiņu, kā arī stiprina sirds un ādas veselību.

### Physical Therapy *(20–30 min)*

- FMS (Functional Magnetic Stimulation) – uses a pulsed magnetic field to stimulate deep pelvic floor muscles without skin contact. Effective for urinary incontinence and postpartum recovery
- StimaWell – medium-frequency electric impulses for spinal massage. Relieves lower back pain, improves muscle tone, and promotes relaxation

### Phytotherapy – Herbal tea ritual in the "Garden of Angels"

A natural detoxification course that supports liver and kidney function, improves digestion, boosts immunity, and promotes deep relaxation.

Daily visit to the medical **seawater pool and sauna complex "SEA Wellness"** (1 visit per day)

Includes a 25-meter pool with warm purified seawater (29–30 °C), waterfalls (3 m), and underwater massage, a children's pool, jacuzzi, Roman steam bath, Himalayan salt sauna, and cedar sauna.