



Baltic Beach Hotel & SPA

★★★★★

Medical program
Sanatorium-Resort Treatment

„Men's Health”

From 6 nights / 7 days 1 person



The medical program “Men's Health” is designed for men who wish to strengthen their body, energy, and confidence in daily life, improving potency and masculine vitality. It is especially recommended for rehabilitation after prostate surgeries.

The program combines the use of Jurmala's unique natural resources in treatment with the latest medical and SPA technologies.

The “Men's Health” medical program is recommended in the following cases:

- Inflammatory or functional disorders of the prostate gland;
- Bladder dysfunction;
- Inflammation or narrowing of the urethra;
- Inflammation or discomfort in the seminal vesicles;
- Problems related to male sexual function;
- Reduced libido or erectile quality;
- Early signs of urogenital system diseases;
- Rehabilitation after prostate surgeries;
- General deterioration of health and quality of life caused by urological or andrological disorders.

THE PROGRAM INCLUDES:

- **Consultation with a rehabilitation doctor**
- **6 therapeutic procedures per day***

(procedures are not scheduled on arrival and departure days)

All procedures are individually tailored based on the patient's condition, indications, and contraindications.

**(1 procedure per day according to doctor's instructions)*

1. **Cardio training in the gym** (up to 45 minutes)
2. **Balneotherapy** (15–20 min)
 - Water therapies
 - Mud therapy (1 zone)
 - Therapeutic massage (manual/apparatus)**
***If balneotherapy is contraindicated*
3. **Physiotherapy** (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** – Medicinal herbal teas

Additionally Included:

- Accommodation in Classic or Deluxe rooms
- Rich breakfast with a sea view
- Sea Wellness Health Complex access (120 min/day):
 - 25m pool with warm purified seawater (29–30 °C), cascades (3 m), underwater massage
 - Children's pool, jacuzzi
 - Roman steam bath, Himalayan salt sauna and juniper sauna
- Gym access
- Free Wi-Fi
- In-room: tea, coffee, and water

Men'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

A consultation with Rehabilitation Docto

A treatment plan is developed based on the latest clinical and laboratory tests.

If such tests are unavailable, a full Check-up can be arranged at Baltic Beach Hotel's medical clinic or with specialized medical experts.

All treatments are supervised by a doctor.

Cardio / Group Fitness in Gym *(up to 45 min):*

Modern cardio and functional equipment under supervision of professional trainers.

Balneotherapy *(15–20 min)*

- **Hydrotherapy Procedures:**

- Charcot Shower *(15 min)* – intense body massage with a water jet from 4–7 m distance.
- Pearl/Ozone Bath *(15 min)* – thermotherapy with air or ozone bubbles.

- **Mud Therapy** *(1 zone / 20 min):*

Peat or lake sapropel mud (40–42 °C), rich in biologically active substances that promote tissue regeneration at the cellular level.

- **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) – apparatus massage using alternating pressure in a medical suit.

Halotherapy – Salt Room *(60 min)*

A microclimate session with salt aerosol that strengthens immunity, improves breathing, reduces inflammation, and acts as an antibacterial therapy.

Oxygen Therapy *(15 min)*

Inhalation in an oxygen chamber filled with ionized oxygen or oxygen cocktail. Improves blood oxygenation, cell renewal, heart function, metabolism, and skin condition.

Physical Therapy *(20–30 min)*

- FMS – muscle stimulation using pulsed magnetic fields without skin contact, increases muscle tone and volume, accelerates tissue regeneration
- StimaWell – electric stimulation for the back using medium-frequency impulses, relieves pain, improves muscle tone, and promotes relaxation

Phytotherapy – Herbal Teas from the "Angel Garden"

Helps detoxify the body, supports liver and kidney function, improves digestion, and enhances overall well-being.

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.