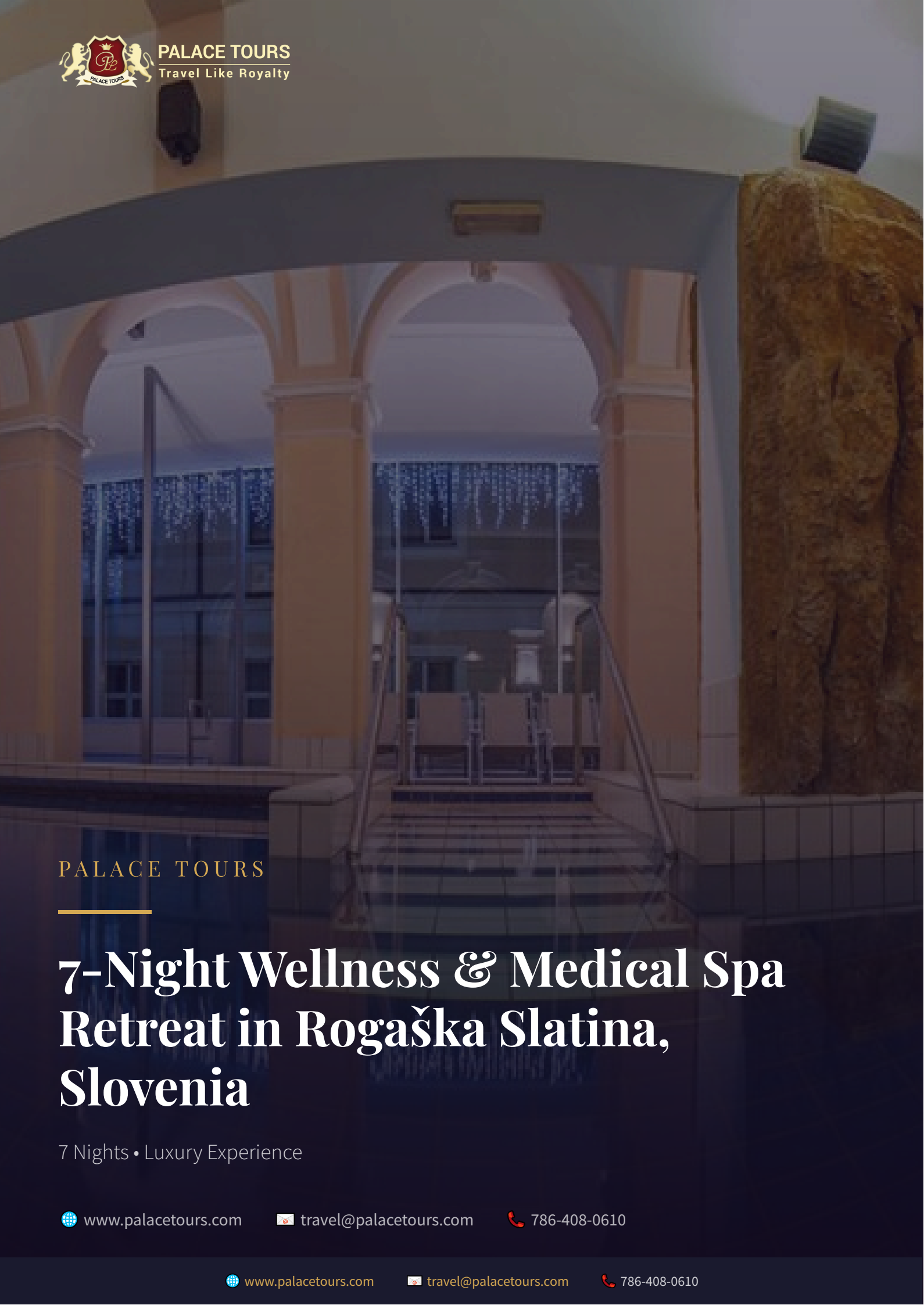

PALACE TOURS
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PALACE TOURS

7-Night Wellness & Medical Spa Retreat in Rogaška Slatina, Slovenia

7 Nights • Luxury Experience

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ABOUT THIS TOUR

Overview

Escape to the legendary healing town of Rogaška Slatina and indulge in a luxurious wellness retreat at the historic **Grand Hotel Rogaška****Superior**. Known for its natural mineral water *Donat*, world-class spa therapies, and medical wellness traditions, this rejuvenating program blends relaxation, healing treatments, and holistic care. Enjoy access to thermal pools, saunas, fitness programs, and a personalized spa consultation to create your tailored wellness plan.

DAY BY DAY

Your Itinerary



DAY 1

ROGAŠKA SLATINA

- VIP check-in (early check-in on request)
- Welcome wellness drink
- Orientation tour of spa facilities
- Light leisure walk around the historic resort park
- Dinner at hotel restaurant (healthy menu available)

Highlight: First tasting of *Donat magnesium healing water*

DAY 2

ROGAŠKA SLATINA

- Breakfast
- Spa consultation & InBody diagnostics
- Start *Donat mineral water drinking cure* (3x daily)
- Personalized treatment #1
- Access to thermal pools & saunas
- Water gymnastics session
- Dinner at the hotel





DAY 3

ROGAŠKA SLATINA

- Morning Nordic walking (guided)
- Donat water cure
- Healing mineral CO2 bath
- Therapeutic back massage
- Free time for shopping or optional excursion
- Dinner

DAY 4

ROGAŠKA SLATINA



- Breakfast
- Donat water cure
- Lymphatic drainage OR Detox massage
- Fango body wrap (herbal mud)
- Relaxation time at the Rogaška Riviera pools (seasonal)
- Evening entertainment program or casino entry



DAY 5

ROGAŠKA SLATINA

- Yoga stretch session
- Donat water cure
- Indian head massage
- Personalized gymnastics session with trainer
- Reflex foot massage
- Dinner with healthy menu option

DAY 6

ROGAŠKA SLATINA



- Breakfast
- Donat water cure
- Algae anti-cellulite wrap
- Moroccan body massage
- Afternoon leisure time (Optional: wine tasting excursion)
- Dinner



DAY 7

ROGAŠKA SLATINA

- Nordic walk & breathing exercise
- Donat water cure
- Therapeutic massage (final session)
- Final mineral bath
- Farewell dinner & celebration of wellness journey

DAY 8

ROGAŠKA SLATINA



- Breakfast
- Final Donat mineral water drink
- Late check-out on request

Depart feeling lighter, renewed, and fully restored.

COMMON QUESTIONS

Frequently Asked Questions

How long is the Rogaska Slatina wellness retreat?

> This is a 7-night, 8-day wellness and medical spa programme in Rogaska Slatina, Slovenia. You arrive on Day 1 for a VIP check-in and depart after breakfast on Day 8, with a personalised treatment plan in between.

Where do I stay on this Slovenian spa retreat?

> You stay 7 nights at the historic Grand Hotel Rogaska, a 4-star superior hotel, in a Premium Room category. A bathrobe is provided for your stay, along with complimentary Wi-Fi and a tea set in your room.

What is Donat mineral water and how is it used in the programme?

> Donat is the natural magnesium-rich mineral water for which Rogaska Slatina is famous. The programme includes a daily drinking cure three times per day, starting with a first tasting on arrival and continuing through to your departure morning.

How is my treatment plan put together?

> On Day 2 you have an initial spa consultation with a wellness specialist and an InBody analysis. Your personalised daily treatment plan is then built around the results, so the exact treatments vary from guest to guest.

Which spa treatments are included in the retreat?

> Depending on your consultation, treatments can include:
- Healing mineral CO2 baths
- Therapeutic massages and lymphatic drainage
- Detox and anti-cellulite treatments
- Fango wraps or paraffin therapy
- Reflexology or Indian head massage
- Personalised exercise sessions

Are meals included in the Rogaska wellness retreat?

> Yes, the package is full board with breakfast, lunch and dinner. Healthy, diet and vegetarian options are available if requested in advance, and dinner on the departure day is included when applicable.

Are airport transfers included?

> Yes. Round-trip private transfers from and to Ljubljana or Zagreb airport are included. Early check-in from 10:00 AM and late check-out until 8:00 PM are offered subject to availability.

What spa facilities can I use during my stay?

> You have unlimited access to the hotel's thermal swimming pools, saunas and fitness centre, plus daily water gymnastics and fitness activities. From mid-May to mid-October you can also use the indoor and outdoor pools at Rogaska Riviera.

What activities are there besides treatments?

> The programme includes guided Nordic walking, a yoga stretch session, water gymnastics, breathing exercises and personalised gymnastics with a trainer. Evenings offer entertainment and cultural programmes, and some afternoons are free for walks in the historic resort park.

How much does the 7-night Rogaska retreat cost?

> Prices are quoted in euros per person sharing and vary by travel date. No dates are currently listed on this page, so contact us and a travel specialist will confirm the current price for your preferred week.

What is not included in the wellness package?

> Flights, visa fees if applicable, travel insurance, gratuities, laundry and personal expenses, optional excursions and optional medical upgrades such as CO2 gas injections are not included. A local tourist tax and registration fee are also paid at the hotel.

Can I add a medical consultation to the programme?

> Yes, a medical consultation upgrade is available at extra cost, along with optional medical treatments. If you have a health condition, please consult your own doctor before booking and let us know so the programme can be planned with care.

Can I stay longer than 7 nights in Rogaska Slatina?

> Yes. Longer stays can be arranged, and discounts apply for stays over 10 or 20 nights according to hotel policy. A travel specialist can price an extended programme for you.

Is the Rogaska retreat suitable for a solo traveller?

> Yes, the retreat works well for solo guests because the programme is personalised. Single occupancy is available on request, and a travel specialist will confirm the single price for your dates.

Can children come on the Rogaska wellness retreat?

> The programme is designed for adults, but children can stay. Child pricing is set in two bands by age at departure: from 0 up to 5 years, and from 5 up to 12 years. Ask a travel specialist how the stay can be arranged for your family.

How do I get to Rogaska Slatina?

> Most guests fly into Ljubljana in Slovenia or Zagreb in Croatia, and the included private transfer takes you to the hotel and back. If you are driving, parking at the hotel is free.

What does the final day of the retreat look like?

> Day 7 includes a Nordic walk with breathing exercises, a final therapeutic massage and mineral bath, and a farewell dinner. On Day 8 you enjoy breakfast and a final Donat drink before your transfer, with late check-out on request.

How much deposit is required and when is the balance due?

> A 25% deposit secures your booking. The balance is due 65 days before arrival, and bookings made within 65 days of arrival are paid in full at the time of booking.

When is the best time of year for the Rogaska wellness retreat?

> The spa programme runs year-round, as the thermal pools, saunas and treatments are indoors. If you would like to use the outdoor pools at Rogaska Riviera, plan your stay between mid-May and mid-October, when they are open.

How do I ask a question or book the Rogaska Slatina wellness retreat?

> Email travel@palacetours.com, call 786-408-0610, or message us on WhatsApp at https://wa.me/17864080610, where a travel specialist or our AI assistant will reply. When dates are published, the departure list on this page is bookable directly.

Ready to Book Your Journey?

Contact Palace Tours for personalized rates and departure dates

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