



**PALACE TOURS**  
Travel Like Royalty

PALACE TOURS

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

7 Nights • Luxury Experience

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# Overview

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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.

# Your Itinerary

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## DAY 1

### ARRIVAL & WELCOME TO 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*

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## DAY 2

### WELLNESS ASSESSMENT & DETOX START

- 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
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### DAY 3

## THERMAL HEALING & BALANCE

- Morning Nordic walking (guided)
  - Donat water cure
  - Healing mineral CO2 bath
  - Therapeutic back massage
  - Free time for shopping or optional excursion
  - Dinner
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### DAY 4

## DETOX & CIRCULATION ACTIVATION

- 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
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### DAY 5

## STRESS RELIEF & REJUVENATION

- Yoga stretch session
  - Donat water cure
  - Indian head massage
  - Personalized gymnastics session with trainer
  - Reflex foot massage
  - Dinner with healthy menu option
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## DAY 6

# VITALITY BOOST & BEAUTY RITUALS

- Breakfast
  - Donat water cure
  - Algae anti-cellulite wrap
  - Moroccan body massage
  - Afternoon leisure time (Optional: wine tasting excursion)
  - Dinner
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## DAY 7

# HARMONY & FINAL WELLNESS TOUCH

- Nordic walk & breathing exercise
  - Donat water cure
  - Therapeutic massage (final session)
  - Final mineral bath
  - Farewell dinner & celebration of wellness journey
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## DAY 8

# DEPARTURE

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

Depart feeling lighter, renewed, and fully restored.

# Ready to Book Your Journey?

Contact Palace Tours for personalized rates and departure dates

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