



PALACE TOURS
Travel Like Royalty

PALACE TOURS

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

7 Nights • Luxury Experience

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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.

Your Itinerary

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*

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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