



Sample Patient Schedule within the Medical Program at Revita Longevity Clinic

Weekdays (Monday – Friday):

7:00-8:00 - Morning exercise and walk to the Donat mineral spring (morning intake of mineral water on an empty stomach before breakfast)

8:00-9:00 - Breakfast

9:00-11:00 - Medical treatments as part of the program

11:00-11:30 - Rest after procedures

11:30 - Mid-morning intake of Donat mineral water

12:00-13:00 - Lunch

14:30-15:30 - Wellness treatments, personal training, Nordic walking (alternating / depending on the selected medical program)

15:30-16:30 - Rest in the hotel's SPA zone (sunbathing, sauna, swimming pool)

17:00 - Evening intake of Donat mineral water – 17:00

17:30-18:30 - Dinner

18:30-19:30 - Leisure activities: hiking along the “Health” trails, short excursions, cycling

20:00 - Evening detox tea, vegetable-fruit smoothie, kefir (depending on the nutritionist's recommendation within the dietary plan)

Free time and evening walk, wrapping up the day

Zdraviliški trg 3, Rogaška Slatina, 3250 Slovenia

Тел: +38638122800

Email: recepcija@hotel-aleksander.eu

www.revita-clinic.eu



**Weekend with no procedures or a reduced program
(Saturday - Sunday):**

8:00-9:00 - Morning exercise and walk to the Donat mineral spring (morning intake of mineral water on an empty stomach before breakfast)

9:00-10:00 - Breakfast

10:00-11:00 - Wellness treatments (massage, body wrap, lifting) –

11:00-12:00 - Rest in the hotel's SPA zone (sunbathing, sauna, swimming pool)

12:30 - Mid-morning intake of Donat mineral water

13:00-14:00 - Lunch

14:30-15:30 - Leisure activities: tennis, horseback riding, exploring the surroundings

16:00-17:00 - Free time, relaxation

17:30 - Evening intake of Donat mineral water

18:00-19:00 - Dinner

19:00-20:00 - Evening walk along the "Health" trails

20:30 - Evening detox tea, vegetable-fruit smoothie, kefir (depending on the nutritionist's recommendation within the dietary plan)

Free time and evening walk, wrapping up the day

Additionally, on weekends:

Optionally, you can arrange (departing right after breakfast) a day-long excursion to Ljubljana, Zagreb, Graz, Trieste, the seaside, or

Zdraviliški trg 3, Rogaška Slatina, 3250 Slovenia

Тел: +38638122800

Email: recepcija@hotel-aleksander.eu

www.revita-clinic.eu