



REDISCOVER YOUR STRENGTH WITH THE RE-SPIRO RECOVERY PROGRAMS

MARINE MEDICAL CENTER

The Marine Medical Center blends traditional methods with modern medicine, offering certified diagnostic and recovery services. Renowned for its expertise in internal medicine and pediatrics, it incorporates Lošinj's time-honored natural remedies into its health programs. These programs are delivered through holistic care from medical specialists, physiotherapists, and nutritionists, focusing on enhancing overall health, managing stress, and embracing traditional healing practices. The Center offers the services of conventional Western European medical practice, but it also greatly relies on natural healing methods, creating a unique fusion of science and tradition for comprehensive well-being.



RESPIRO HEALTH CHECK UP PLUS PROGRAM

Even after COVID-19 recovery, lingering symptoms like reduced lung capacity, fatigue, and concentration issues persist for many. Our ReSpiro Programs offer personalized support focused on respiratory health, physical rehab, and immune function.

On the healing island of Lošinj, we harness the pure air, pine forests, and herbal scents, alongside custom breathing exercises and physiotherapy, to restore lung capacity, improve mobility, and boost energy. Our goal is to help you regain strength and vitality, using Lošinj's natural remedies to accelerate your recovery and enhance resilience.

PROGRAM INCLUDES

- 1 x Initial Assessment & Specialist Examination
- 1 x Pulse Oximetry
- 1 x Spirometry
- 2 x Personalized ReSpiro Breathing Therapy with a Physiotherapist

Special offer

- 2 x Personalized ReSpiro Breathing Therapy - additional special offer at an extra charge of €90
- 1 x Complimentary €10 SPA voucher for full-body massages

MARINE MEDICAL CENTER LOŠINJ ISLAND, CROATIA

PROGRAM

- Initial Assessment & Specialist Examination
- Pulse Oximetry
- Spirometry

A thorough examination by a specialist, including a lung function test, oxygen saturation measurement, ECG and a detailed health evaluation to assess post-COVID symptoms.

- Personalized ReSpiro Breathing Therapy with a Physiotherapist

Tailored ReSpiro breathing exercises are designed to improve lung capacity, incorporating the benefits of Lošinj's healing air and therapeutic aerosols. This one-on-one session provides tailored guidance on breathing techniques to improve respiratory function, reduce stress, and enhance overall well-being. Led by a professional physiotherapist, the session focuses on proper breathing mechanics, posture, and exercises designed to strengthen your respiratory muscles. Whether you're recovering from an injury, managing a respiratory condition, or simply seeking relaxation and balance, this session will be customized to meet your specific needs.

ADDED VALUE

- Personalized ReSpiro Breathing Therapy - The option to enhance the program with an additional special offer at an extra charge of €90
- Complimentary €10 SPA voucher for full-body massages

RECOMMENDATIONS

Therapeutic Walks and Nature Exposure

Daily walks through Lošinj's pine forests promote respiratory health by inhaling the naturally therapeutic forest and sea air (minimum 1,5-hour per day).

Relaxing and healing using seawater, aiding in relaxation, improving circulation, and boosting immune function:

- Complimentary access to outdoor & swimming pools with hydrotherapy jets, Finnish sauna, steam bath, cold ice mist, and tepidarium
- Complimentary access to fitness and wellness facilities

Minimum stay: 3 days (Hotel Punta 4* or Hotel Bellevue 5*)

Price: €290

Accommodation, food, beverages and additional special offers are not included in the price.