



MEDICAL TREATMENTS 2022

NAVARRRE HEALTH TOURISM

Reyno de
Navarra



Nafarroa_{ko}
Erresuma

www.turismo.navarra.es

PAMPLONA ! ES MUCHO MÁS
IRUKIA ! ASKOZ GEHIAGO DA

TURISMO
TURISMOA

www.pamplona.es/turismo



Navarra
HEALTH TOURISM



Plan Internacional de Navarra
International Plan for Navarre
2021/2022

**ASOCIACIÓN
HOSTELERÍA
Y TURISMO**
N A V A R R A





CLÍNICA UNIVERSIDAD DE NAVARRA

The [Clínica Universidad de Navarra](#) is a high-resolution hospital characterised by its diagnostic speed owing to its multidisciplinary work and the acquisition of the latest technology to offer care in 46 different medical and surgical specialties.

The Clinic, for the six time in a row, has been named the private hospital with the best reputation in Spain, according to the MRS's ranking, and is listed among the top 50 hospitals worldwide being the first Spanish private medical centre within this ranking, according to world-famous Newsweek magazine.

- * Its 35 medical departments and 10 multidisciplinary specialised areas make it [the No. 1 private hospital](#) in Spain for 12 medical specialties, accredited by the Joint Commission International since 2004.
- * [State-of-the-art screening programmes](#) as an effective tool for the early detection of diseases at their earliest stage, i.e. when they are most easily treatable and curable.
- * Among these check-ups, it offers complete medical check-ups, health check-ups with [genome sequencing](#) or [ICAP](#) cardiovascular check-ups.
- * [The Department of Plastic, Reconstructive and Aesthetic Surgery](#) develops various fields of increased specialisation, including breast reconstruction using microsurgical techniques, post-oncological reconstruction, reconstruction of facial paralysis and aesthetic surgery.

MEDICAL SPECIALITIES

- ✓ Proton therapy unit
- ✓ External radiotherapy (HIFU)
- ✓ Radiation oncology
- ✓ Cardiology
- ✓ Haematology and Haemotherapy
- ✓ General and digestive surgery
- ✓ Neurology



Clínica
Universidad
de Navarra



MEDICAL CHECKS-UP (Clínica Universidad de Navarra)

A medical check-up is a comprehensive and individualised examination of the state of health. It is an effective tool for the early detection of diseases at their earliest stage, i.e. when they are most easily treatable and curable.

Early diagnosis of diseases is the best method for a longer and healthier life.

Within 24 hours we carry out a comprehensive examination to fully assess your state of health.

In addition, we carry out a personalised analysis of each patient's lifestyle habits in order to detect possible unhealthy behaviours and prevent illnesses.



COMPLETE MEDICAL CHECK-UP

Comprehensive and individualised examination of the state of health

Targets

1. Diagnosis and treatment of the patient's symptoms.
2. Early detection of diseases
3. Assessment and treatment of risk factors that may lead to the development of diseases.

Target group:

- People who do not have symptoms, but want to know their health status and possible risk factors.
- People who have symptoms, regardless of whether they are receiving treatment or not, and who want to assess the impact of their disease on other organs or systems and prevent future pathologies.

Main diseases detected (test results within 48 hours)

- | | |
|--------------------------|------------------------|
| ✓ Obesity / hypertension | ✓ Diabetes type 2 |
| ✓ Cancer | ✓ Colon diverticulosis |
| ✓ Epoc | ✓ Anxiety |
| ✓ Lipid disorders | ✓ Hiatus hernia |
| ✓ Arthrosis | ✓ Colon polyps |

All those complementary tests that arise according to medical criteria from the consultation with the internal medicine specialist for the definitive completion of the complete medical check-up will be invoiced according to the official rates.

TRAVEL DETAILS:

- ✓ Results in 24/48 hours
- ✓ Length of stay in Navarra: 2-4 days
- ✓ No need for rest
- ✓ Annual check-up or according to medical recommendations

* All prices are subject to possible annual variations.

CLÍNICA UNIVERSIDAD DE NAVARRA

ADDRESS: Av. Pío XII 36, 31008 (Pamplona - Navarra)

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WEB: www.cun.es

MAIL: atpacientecun@unav.es



HEALTH CHECK-UP (women <45 years)	SINCE (€)
Women (under 45 años)	1.990 €

- Consultation with specialist from the Checking Unit.
- Complete analysis.
- Chest X-ray PA and lateral
- Abdominal ultrasound
- Nutrition: basic metabolic evaluation.
- Personalized re-education of eating habits.
- Otorhinolaryngological review: bilateral tonal audiometry.
- Cardiological review: electrocardiogram, stress test or echocardiogram.
- Visual check with ophthalmologist supervision: visual acuity and graduation, tonometry and funduscopy.
- Revisión ginecológica (consulta con el especialista del Dpto. de Gynecology and Obstetrics, vaginal cytology, bilateral mammography, gynecological and mammary ultrasound

HEALTH CHECK-UP (men <45 years)	SINCE (€)
Men (under 45 años)	1.590 €

- Consultation with specialist from the Checking Unit.
- Complete analysis.
- Chest X-ray PA and lateral.
- Abdominal ultrasound.
- Nutrition: basic metabolic evaluation.
- Personalized re-education of eating habits.
- Otorhinolaryngological review: bilateral tonal audiometry.
- Cardiological review: electrocardiogram, stress test or echocardiogram.
- Visual check with ophthalmologist supervision: visual acuity and graduation, tonometry and funduscopy.

HEALTH CHECK-UP (women >45 years)	SINCE (€)
Women (over 45 años)	2.890 €

- Consultation with specialist from the Checking Unit.
- Complete analysis.
- Full body CT scan
- Nutrition: basic metabolic evaluation.
- Personalized re-education of eating habits.
- Otorhinolaryngological review: bilateral tonal audiometry.
- Cardiological review: electrocardiogram, stress test or echocardiogram.
- Visual check with ophthalmologist supervision: visual acuity and graduation, tonometry and funduscopy.
- Fecal occult blood test.
- Gynaecological check-up: consultation with a specialist from the Department of Gynaecology and Obstetrics, vaginal cytology, bilateral mammography, gynaecological and mammary ultrasound.

HEALTH CHECK-UP (men >45 años)	SINCE (€)
Men (over 45 años)	2.490 €

- Consultation with specialist from the Check-Ups Unit.
- Complete PSA analysis.
- Full body CT scan.
- Nutrition Area: basic metabolic evaluation.
- Personalized re-education of eating habits.
- Otorhinolaryngological review: bilateral tonal audiometry.
- Cardiological review: electrocardiogram, stress test or echocardiogram.
- Visual check with ophthalmologist supervision: visual acuity and graduation, tonometry and funduscopy.
- Fecal occult blood test.

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HEALTH SCREENING GENOMIC SCREENING

A giant step forward in precision: from preventive to predictive medicine with greater precision by combining medical screening and genetic analysis.

With the Genomic Checkup you will be able to know how your health is now and information on more than 650 diseases of genetic origin:

- / Cardiovascular Diseases
- / Cancer Susceptibility
- / Neurological Disorders
- / Coagulation Disorders
- / Endocrine and Metabolic Disorders
- / Immune System Disorders
- / Information on more than 225 diseases that you can carry and potentially pass on to your children.

Intended for?

Any healthy patient proactive in the care of their health, people who have NO symptoms but wish to know their health status and possible risk factors, who want to detect problems as early as possible in order to start treating them as soon as possible or take preventive measures.

GENOMIC SCREENING

Precio (€)

Test genético + chequeo de salud
+ valoración + pautas + seguimiento

3.500 €

- A blood sample allows us to sequence your genome
- Whole-body CT scan, a full blood screening and an appointment with a specialist in internal medicine.

Incluye:

- Analysis of 566 genes with information on more than 650 diseases of genetic origin
- More comprehensive analysis of cardiovascular diseases and cancer risk.
- Information on 15 multifactorial diseases.
- Information on more than 225 diseases that you can carry and potentially pass on to your children.
- How your body reacts to more than 300 drugs based on your genetics
- More than 50 genetic traits related to diet, athleticism, longevity, nutrition, behavior, cardiovascular health, metabolism and immune system.
- Encryption, anonymization and high security storage of your genetic information.
- Information about your ancestors.

The genome sequencing results will become available after 15 weeks. With all the results and the full report, our professionals will advise you on recommendations to follow.

TRAVEL DETAILS:

- ✓ Time required for testing: 48 hours
- ✓ Length of stay in Navarra: 2-4 days
- ✓ No need for rest

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de Navarra



CHEQUEO CARDIOVASCULAR ICAP

The only checkup that incorporates the highest diagnostic imaging technology to accurately quantify your risk of stroke and myocardial infarction.

Complicaciones de la aterosclerosis

- / Infarto agudo de miocardio
- / Ictus (accidente cardiovascular)
- / Insuficiencia renal
- / Arteriopatía periférica (falta de riego en extremidades inferiores)
- / Muerte súbita

Who is the target audience?

- Especially aimed at anyone over 50 years of age
- Family history of stroke or heart attack (especially indicated even if the patient is under 50 years of age).
- Diabetes
- Hypertension
- Obesity
- Hypercholesterolemia
- Smoking
- Stress

CHEQUEO CARDIOVASCULAR ICAP

Desde (€)

Chequeo cardiovascular ICAP

3.750 €

Incluye:

- Initial general assessment by an internist and a cardiologist from the Vascular Medicine Area.
- Complete blood tests and electrocardiogram
- CT angiography: provides a complete anatomical image of the main arteries aorta, carotid, renal arteries and iliac and femoral arteries.
- CT coronary angiography allows non-invasive assessment of coronary arteries by means of CT reconstruction.
- FDG PET: allows the detection of some hidden tumors.
- Final report: Final report, including recommendations and treatment.
- A second revision PET scan one year after the check-up.

TRAVEL DETAILS:

- ✓ Time required for testing: 48 horas
- ✓ Length of stay in Navarra: 2-4 days
- ✓ No need for rest
- ✓ Annual check-up or according to medical recommendations

ANOTHER OF THE CLINICA'S CHECK-UP PROGRAMS

- Cancer Early Detection
- Prostate Cancer Early Detection Program
- Breast Cancer Early Detection Program
- Colorectal Cancer Early Detection Program

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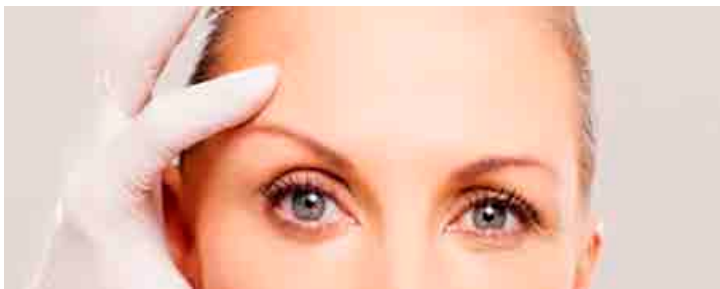
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de Navarra



TRATAMIENTOS FACIALES EN LA CLÍNICA

The Department of Plastic, Reconstructive and Aesthetic Surgery has extensive experience in plastic surgery, both aesthetic and reconstructive. We are experts in microsurgical repair of blood vessels and nerves.

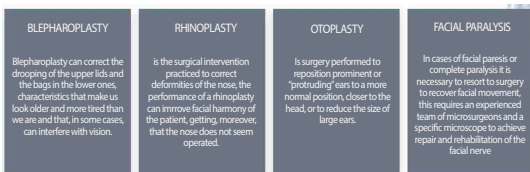
We have the latest technology and powerful microscopes that allow complete treatments with quality assurance and total security in any type of solution you need.

With a team of highly trained and experienced professionals, we perform these aesthetic techniques without the need for surgery with the guarantee and security of being the most reputable private hospital in Spain.

FACIAL AESTHETICS WITHOUT SURGERY:



FACIAL AESTHETICS WITH SURGERY:



FRACTIONATED CO2 LASER

1.200 €/Sesión

Treatment:

This procedure is performed with thousands of micro-impacts to achieve a polishing effect, avoids the wounds caused by the CO2 laser without being fractionated.

It is a more precise and quicker procedure: it is done with local anesthesia in two sessions of about 20 minutes and with a time of between one and two months between each one of them.

TRAVEL DETAILS:

- ✓ Time required for testing: 2/4 hours
- ✓ Length of stay in Navarra 1 day
- ✓ No need for rest
- ✓ Check-up 7/10 days before

BLEFAROPLASTIA

3.100 €

Treatment:

Aesthetic blepharoplasty aims to remove fat and excess skin and muscle from the upper and lower eyelids, in order to correct the effects of facial aging.

Among these effects are the sagging of the skin of the upper eyelids, as well as the presence of bags in the lower and inside of the upper eyelids.

The intervention achieves a result aesthetically favorable and durable, since, usually, the bags of the eyelids do not reappear.

TRAVEL DETAILS:

- ✓ Time required for testing:: 6/12 hours
- ✓ Length of stay in Navarra: 2 days
- ✓ No need for rest
- ✓ Check-up 7/10 days before

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BODY TREATMENTS AT CLINIC

At Clínica Universidad de Navarra we make sure that the health conditions of our patients are optimal to minimize possible risks before any intervention and treatment; thyroid, insufficient tear production, high blood pressure, cardiovascular disease, diabetes ...



Having the most advanced procedures, we are a guarantee of quality in both body and facial cosmetic surgery treatments.

RECONSTRUCTIVE SURGERY

- Facial Paralysis
- Breast reconstruction
- Head and neck reconstruction
- Vascular abnormalities
- Craniofacial reconstruction
- Burns
- Auricular reconstruction

COSMETIC SURGERY

- Abdominoplasty
- Blepharoplasty
- Breast surgery
- Facial implants
- Infiltration with fillers
- Lifting
- Lipolysis
- Otoplasty
- Facial rejuvenation without surgery
- Facial Resurfacing
- Rhinoplasty

RESTORATIVE MICROSURGERY

- Reconstruction with microsurgical flaps
- Nerve microsurgery
- Reimplants
- Treatment of lymphedema



BREAST RECONSTRUCTION

7.000/7.200 €

Treatment:

After several pregnancies, back problems or an essential part of treating a patient with breast cancer.

The goal is to achieve an improved physical appearance, as close as possible to the previous situation, which helps the patient improve her self-esteem.

TRAVEL DETAILS:

- ✓ Time required for testing: 48 horas
- ✓ Length of stay in Navarra: 3 días
- ✓ No need for rest
- ✓ Check-up 7/10 days before

ABDOMINOPLASTY

8.200/8.700 €

Treatment:

It is especially useful for women who have had several pregnancies, after which the skin and abdominal muscles have relaxed and have not recovered their initial tone. It can also improve the appearance and elasticity of the skin in patients with moderate obesity.

TRAVEL DETAILS:

- ✓ Time required for testing: 72 horas
- ✓ Length of stay in Navarra: 15/20 días
- ✓ No need for rest
- ✓ Check-up 1-3-6 months

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ARTICA POLYCLINIC BUILDING

The Artica Polyclinic Building was born with the desire to provide a variety of high quality services, with treatments advanced and innovative, which have specialties such as traumatology, anesthesia, plastic surgery, ophthalmology and an important space to house a gym for rehabilitation purposes.

From the beginning, it has been characterized by its spirit of continuous improvement, understanding it from innovation.

- * Experience: More than 30 years of experience and more than 21,000 patients served.
- * Quality: They work under high quality standards and we have certificates of international recognition.
- * Mentoring: They accompany health professionals at the beginning of their career in private health
- * Expert Team: A team of expert doctors works in an interdisciplinary way to offer the patient a treatment integral. In addition, they are committed to continuous training to continue growing as professionals.

sannas
DENTOFACIAL

lab-o

OXIEN
LABORATORIO DENTOFACIAL

FIVE
ESTÉTICA Y MEDICINA

QIBU
qibu.clinic

MEDICAL SPECIALTIES

- ✓ Dentistry
- ✓ Prosthetic Laboratory
- ✓ Hyperbaric Rehabilitation
- ✓ Medical and Health Center
- ✓ Aesthetic Medicine



CENTER OF SPECIALTIES OF REFERENCE IN DENTISTRY

The Sannas Dentofacial Specialty Center offers all services in dentistry in the same space with medical facilities at the hospital level.

With more than 30 years of experience in the sector and more than 21,000 patients treated, it is endorsed by a certification as dental center and services according to the UNE standard 179001 by AENOR.

The clinic has a modern dental prosthetic laboratory (Lab-o), in addition to being a teaching center accredited by the General Council of Dentists of Spain.

We highlight in our daily work the great importance of health and prevention, and therefore, we have a picture highly trained and specialized doctor in conditions of being able to give adequate answers to the needs and demands of our patients, always offering an excellent and quality service, always seeking to offer an experience nice and satisfying.

- ✓ Reference centre for dentistry in Pamplona
- ✓ High performance Dentistry, ARO Technique
- ✓ Treatments for bruxism and TMN
- ✓ Conscious sedation and Painless anesthesia
- ✓ Integral Orthodontics
- ✓ Periodontology...
- ✓ Pediatric dentistry
- ✓ Sleep Unit: Obstructive Apnea
- ✓ Whitening

SANNAS DENTOFACIAL



ADRESS: C/ Madres de la Plaza de Mayo, 16 - Artica

TEL: (+34) 948 38 44 22 / (+34) 948 38 44 33

WEB: www.sannasdentofacial.com

MAIL: info@gruposannas.com



COMPREHENSIVE DIAGNOSIS: (3H)

At Sannas Dentofacial, a team of expert doctors works from interdisciplinary way to offer the patient a comprehensive treatment that you contemplate your oral health within your general state of health.

With technological advances, we offer as a result a "cocktail" of great added value that reverts to the benefit of the patient

Objective: solution to your problems as soon as possible and with positive experience, keeping the patient in a state of welfare.

Description	Since (€)
3 hours (Treatment in the day)	350 €
<ul style="list-style-type: none"> • Temporomandibular Joint Study • Bite Study • Bone Structure Study • Gum Study • Smile Design Studio 	
Estudio de Estética Facial	Desde (€)

Puede añadir al tratamiento

+50 €



ARCH REHABILITATION WITH SEDATION

All services in dentistry in the same space.

Combined sedation allows us to perform numerous and varied procedures in the least number of sessions, implants at a time or a combination of them at the same time

Objective: Technique to improve health and aesthetics that it also allows us to maintain the natural shape of our face

Description	Since(€)
X días / X noches	13.000 €
<ul style="list-style-type: none"> • XXX • xxxx • xxxxx • xxxxx 	

SANNAS DENTOFACIAL



DIRECCIÓN: C/ Madres de la Plaza de Mayo, 16
31013 - Nuevo Artica - Navarra

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MAIL: info@gruposannas.com

sannas
DENTOFACIAL

OXIEN

Rehabilitación Hiperbárica

Rehabilitación hiperbárica a tu alcance.
Centro avalado por la Sociedad Española
de Medicina Hiperbárica (SEMH).



HYPERBARIC REHABILITATION CENTER

Edificio Policlínica Artica, in its innovative orientation, creates Oxien, a hyperbaric rehabilitation center. The first center in Navarra in being endorsed by the Spanish Society of Hyperbaric Medicine (SEMH).

Hyperbaric medicine is a medical specialty that treats the physiological and pathophysiological changes of the human being, subjecting them to pressures higher than atmospheric with medicinal oxygen.

This innovative therapy is complementary to the usual treatment that the patient has. Therefore, the hyperbaric doctor will be constant communication with the doctor who treats the patient for the evaluation and follow-up of the same.

Oxien has now become a reference center in Hyperbaric Medicine as well as in Physiotherapy and Osteopathy.

FOR WHAT?

- ✓ Contribution of higher O₂ to injured tissues
- ✓ Activation of blood vessel formation
- ✓ Reduction of edema
- ✓ Bactericide and Bacteriostatic
- ✓ Cicatrization
- ✓ Tissue preservation
- ✓ New Bone Formation
- ✓ Decreased half-life of toxic substances
- ✓ Chronic pain management

FOR WHOM?

- ✓ Neurological Patients
- ✓ Fibromyalgia and Chronic Fatigue Syndrome
- ✓ Peripheral Vascular Disease
- ✓ Sports Medicine
- ✓ Dentistry
- ✓ Carbon Monoxide Poisoning
- ✓ Aftermath of Covid-19

OXIEN Hyperbaric Rehabilitation

C/ Madres de la Plaza de Mayo, 16
31013 - Nuevo Artica - Pamplona - Navarra

TEL: (+34) 948 068 080

WEB: www.oxien.es

MAIL: www.oxien.es/contacto/





HYPERBARIC REHABILITATION

MINIMUM TREATMENT 10 SESSIONS

Description of the treatment

Objective: Increase oxygen levels with anti-infective effect, deoxygenating, detoxifying, blood vessel-forming, collagen stimulation, increased healing rate among others.

Description	Since (€)
First Medical Consultation + 10 Sessions	840 € / Session

TREATMENT INTENDED FOR

- ✓ Neurologic Patients
- ✓ Fibromyalgia and Chronic Fatigue Syndrome
- ✓ Peripheral Vascular Disease
- ✓ Sports Medicine
- ✓ Dentistry
- ✓ Carbon Monoxide Poisoning
- ✓ Carbon Monoxide Poisoning

DATA TO ORGANIZE YOUR TRIP

- ✓ Time needed for treatment: 60 min aprox./sesión
- ✓ Days of stay in Navarra: 11 days
- ✓ No rest needed
- ✓ Does not require revision



MEDICAL EXAMINATION

UNDERWATER ACTIVITIES

Description of the treatment

Objective: Through hyperbaric medicine, the Certificate is facilitated official to develop any underwater activity

Descripción	Desde (€)
Tratamiento en 1 Sesión	de 40 a 100 €

DATA TO ORGANIZE YOUR TRIP

- ✓ Time needed for treatment: 30 min – 60 min
- ✓ Días de estancia en Navarra: 1 día
- ✓ No necesita reposo
- ✓ No requiere revisión

OXIEN Hyperbaric Rehabilitation



ADDRESS: Street Madres de la Plaza de Mayo, 16 - Artica

TEL: (+34) 948 068 080

WEB: www.oxien.es/

MAIL: www.oxien.es/contacto/





FIVE CENTER FOR AESTHETICS MEDICINE AND PLASTIC SURGERY

MEDICAL AESTHETICS FOR MEN AND WOMEN

We incorporate aesthetics into our health services.

At present, the motivations for going to a center of medicine and facial cosmetic surgery are innumerable, both for men and women; correct injuries derived from accidents, burns or scars and seek to make the result as aesthetic as possible, improving the quality of life of the patient and, therefore, their well-being

FIVE HEALTH AND BEAUTY TREATMENTS

1_ Facial Hygiene:

complete and personalized hygiene for each patient, eliminating toxins, purified and hydrated skin.

2_ Reducing and/or Relaxing Body Treatments:

Improves blood and lymphatic circulation, relieves tension of the day to day that lowers our defenses so much.

3_ Depilation: We offer the hair removal technique that more suited to each patient.

4_ Advice on daily cosmetics:

We design customizable home packs that accompany your treatment

5_ Flash effect for Events:

Restore luminosity and provide a revitalized and healthy look to your face

FIVE TREATMENTS OF MEDICINE AND PLASTIC SURGERY

- * Rejuvenation and/or Hydration
- * Eyelid Surgery
- * Blepharoplasty
- * Torn Lobes
- * Otoplasty – Ear Surgery
- * Rhinoseptoplasty and Rhinoplasty
- * Breast Surgery – Augmentation or Reduction
- * Mastopexy
- * Abdominoplasty - Tummy Tuck
- * Oncological Reconstruction
- * Lifting – Rhytidoplasty
- * Liposculpture
- * Mole Surgery - Nevi

FIVE Center Aesthetics

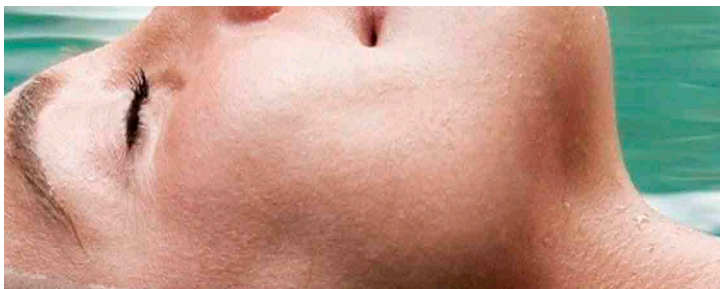
ADRESS: C/ Madres de la Plaza de Mayo, 16
Nuevo Artica

TEL: (+34) 948 068 080

WEB: www.fiveestetica.com

MAIL: www.fiveestetica.com/contacto/





TREATMENTS THAT COMPLETE YOUR TRIP

In any of your tourist visits to Navarre we can offer you any facial or body treatment you need, adjusting to your travel schedule.

PHOTOREJUVENATION

Since 90 €

DATA TO ORGANIZE YOUR TRIP

- ✓ Time needed for treatment: 75 min.
- ✓ Days of stay in Navarre: 2 days
- ✓ No need for rest or subsequent revisions

LIFTING AND LAMINATING OF EYELASHES + DYE

Since 45 €

DATA TO ORGANIZE YOUR TRIP

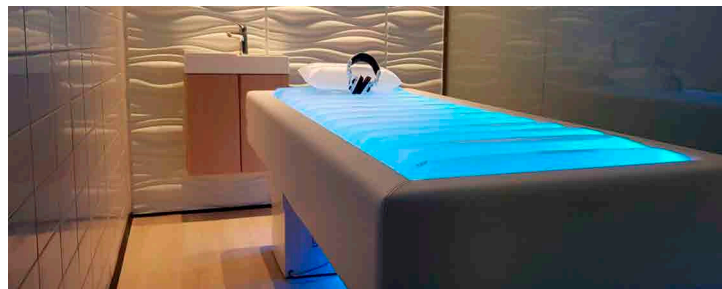
- ✓ Time needed for treatment: 60 min.
- ✓ Days of stay in Navarre: 2 days
- ✓ No need for rest or subsequent revisions

HYGIENE FIVE

Since 85 €

DATA TO ORGANIZE YOUR TRIP:

- ✓ Time needed for treatment: 75 min.
- ✓ Days of stay in Navarre: 2 días
- ✓ No need for rest or subsequent revisions



BODY AND FACIAL TREATMENTS

BODY TREATMENTS

REDUCERS AND/OR RELAXANTS

Since 45 €

DATA TO ORGANIZE YOUR TRIP:

- ✓ Time needed for treatment: 75 min.
- ✓ Days of stay in Navarre: 2 días
- ✓ No need for rest or subsequent revisions

ASESOREAMIENTO EN COSMÉTICA DIARIA

Consultar €

DATA TO ORGANIZE YOUR TRIP:

- ✓ Time needed for treatment: 30 min.
- ✓ Days of stay in Navarre: 2 días
- ✓ No need for rest or subsequent revisions

FIVE Center Aesthetics

ADRESS: C/ Madres de la Plaza de Mayo, 16
Nuevo Artica

TEL: (+34) 948 068 080

WEB: <https://www.fiveestetica.com>

MAIL: www.fiveestetica.com/contacto/





Balneario Elgorriaga *** is set in the Malerreka Valley, surrounded by valleys and mountains. Is just 30 km from the border with France and San Sebastián is an hour's drive away.

The waters of the Elgorriaga Spring have a concentration of salts per liter of 333 grams and 304 grams of chloride, this place is the source of some of the strongest mineralization in the world.

Enter the spa to discover new sensations: Water, Nature, Silence.

We offer a full range of experiences and sensations.

Explore water with the highest salinity in Europe in our thermal circuit.

The hotel has 48 double rooms, 15 single rooms (3 of which are specially adapted), 9 junior suites and 3 suites

TRATAMIENTOS

- ✓ Massages
- ✓ Body treatments
- ✓ Beauty rituals
- ✓ Water and sound beds

SERVICIOS

- ✓ Thermal Circuit
- ✓ Thermal facilities
- ✓ Spa Area
- ✓ Medical consultations
- ✓ Personalised diets
- ✓ Accommodation/restaurant

ELGORRIAGA SPA

ADRESS Ctra. Errotaldea, s/n,
31744 (Elgorriaga-Navarra)

PHONE: (+34) 948 456 045

WEB: <https://www.balnearioelgorriaga.com>

MAIL: reservas@balnearioelgorriaga.com





THERMAL TOUR

Swim upstream, Waterfalls, Cold contrast pool, Massage jets for lower extremities, Goosenecks and Jacuzzi inside

To enjoy the journey, don't forget to bring a towel, bathrobe, slippers, or hat. We also highly recommend snorkelling

Schedule: every day from 9:00 a.m. to 8:00 p.m., except Saturdays from 9:00 a.m. to 9:00 p.m

THERMAL TOUR	24 €
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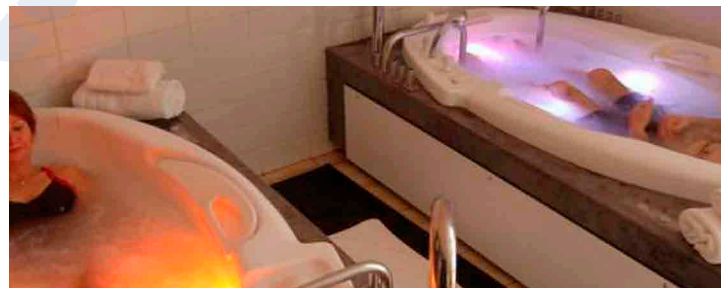
- Relaxation area with relaxation loungers
- Sweet-ludic pool with lumbar jets and relaxation area
- Dry-Finnish Sauna and Wet Sauna-Steam Room
- Contrast showers (Bucket shower, shower sensations, relaxing shower, misting shower, waterfall shower)
- FLOTARIUM. You will get the same buoyant feeling you would get in the Dead Sea

PART-TIMA PLAN	38 €
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- A Thermal Tour (70 min)
- Lunch or Dinner in our Restaurant

THE GREAT PLAN	69 €
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- A Thermal Tour (70 min)
- 1 Massage of 25 min. to choose between: A la carte massage or Zen massage
- Lunch or Dinner in our Restaurant



WELLNESS PROGRAMMES

Total Disconnection - 1 day / 1 night	254 €
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- Accommodation Standard Double Room
- Buffet breakfast
- 1 Thermal Tour per person
- Dinner
- 1 Massage 25 minutes per person

Over 60s - 7 days / 6 nights	Desde 75 € Per.Night
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- Entry on Sunday
- Accommodation Standard Double Room
- Full Board
- Thermal tour
- Massage

ELGORRIAGA SPA

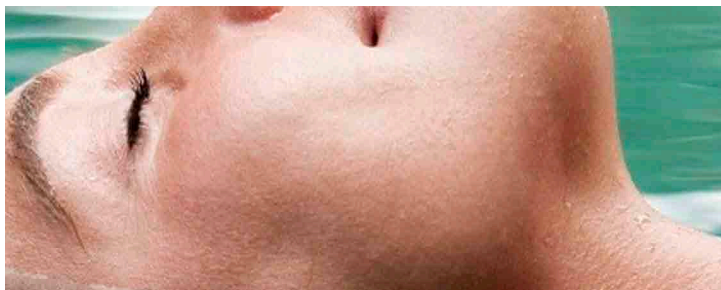
ADRESS: Ctra. Errotaldea, s/n,
31744 (Elgorriaga-Navarra)

PHONE: (+34) 948 456 045

WEB: <https://www.balnearioelgorriaga.com/>

MAIL: reservas@balnearioelgorriaga.com





FACIAL BEAUTY WITH APPLIANCES

The Balneario Elgorriaga Hotel provides an exclusive and extensive menu of massages, body treatments and beauty rituals to enhance your relaxation during your stay with us

Our therapists will advise you on the different treatments to follow according to your needs.

LYMPHATIC DRAINAGE WITH PRESSOTHERAPY 25 €

Purify the body at a deep level, relieve heavy legs and firm the connective tissue.

Pressotherapy: oxygenation and revitalisation of connective tissue, redefining legs, abdomen and arms. Relief of pain, joint swelling and oedema.

Time: 25 min.

RADIANCE FACIAL TREATMENT 70 €

Rejuvenation, splendour and radiance with the combo of diamond-tipped dermabrasion, radiofrequency and porcelain-effect mask porcelain effect that will leave your skin smooth and oxygenated.

Time 80 min.

HIGIENE FACIAL 69 €

Innovative treatment "Ultrasonic Pore Peeling", removes dead skin cells to achieve the complete regeneration of the skin, providing new and smooth skin, improving micropigmentation.



WELLNESS BODY RITUALS

TIRED LEGS 45 €

Circulatory massage, which will relieve the heaviness in your legs, finishing the treatment with a lymphatic drainage with pressotherapy to reduce oedemas and activate circulation.

OLIVOTHERAPY 60 €

Moisturising and nourishing treatment with peeling and wrap based on Balearic salts and olive oil, ending with a relaxing body hydration.

DETOX GREEN TE & LEEMONGRASS 70€

Ayurvedic body treatment with detoxifying and firming properties, it also provides vitality and calm both to our body, as well as mind

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Two springs emerge from the depths of the earth, bringing to life one of the most important thermal spa resorts in Europe **Balneario de Fitero** is Located 4 kms from the village of Fitero, the properties of its waters and the beautiful scenery of the area make the Fitero Spa the ideal place to enjoy nature in a healthy way.

With a flow rate of 1,800 L/min. and a temperature of 52 °C, the waters at Fitero are rich in chloride, sulfate, sodium and calcium, they are also radioactive, hyperthermal and are highly mineralised. They are particularly recommended for:

PROPERTIES OF THE WATER

- ✓ Rheumatic diseases (arthrosis, arthritis, etc.)
- ✓ Musculoskeletal disorders in general (osteoporosis, fibromyalgia, algodystrophy, disc pathology, etc.)
- ✓ Functional rehabilitation (traumatic, neurological, rheumatic, respiratory, etc.)
- ✓ Anxiety disorders.
- ✓ Chronic pharyngitis and laryngitis, rhinitis, sinusitis, repeated common colds, etc.
- ✓ Chronic bronchial disorders.
- ✓ Prevention, general relaxation, convalescence.
- ✓ Peripheral arterial diseases (intermittent claudication, Raynaud's Syndrome).
- ✓ Healthy leisure.

FITERO SPA

ADRESS: C/ Extramuros, s/n,
31593 (Fitero - Navarra)
PHONE: (+34) 948 776 100
WEB: <https://www.balneariodefitero.es/>
MAIL: info@balneariodefitero.es





BACK PAIN PROGRAMME

A program primarily directed at patients suffering from back pain or at risk, either due to a poor lifestyle (at work, or at home, etc.) or due to a spine disorder.

Objective: To alleviate and improve ailments through hydrotherapy, the analgesic and relaxing effect produced by the heat of the treatments and rehabilitation.

Includes	Since (€)
6 días / 5 noches	502 €/Person

- 5 nights half-board stay
- Medical consultation at the Spa to assess and monitor the patient's condition
- 4 hydrotherapy sessions
- 4 parafango sessions
- 4 physiotherapy sessions with a duration of 25 minutes
- 3 kinesiotherapy sessions with a duration of 30 minutes, in the active pool
- Free access to the outdoor 34°C hydrothermal pool



RELAX PROGRAMME

Aimed at people who are under stress due to their work or personal work or personal conditions, who are looking for rest and relaxation and relaxation, far from the hustle and bustle of the cities.

Includes	Since (€)
3 days/ 2 nights	179€/Person

- 2 nights half-board stay
- 1 bubble bath with essential oils
- 1 sauna in our natural stone cave
- 1 half-hour session in a hydrothermal pool with underwater jets and cascades and bubble beds
- 1 relaxation massage (25 minutes)
- Free access to the outdoor 34°C hydrothermal pool,

FITERO SPA

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MAIL: info@balneariodefitero.es

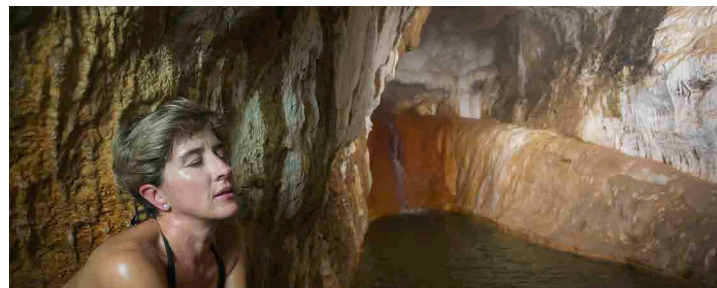




TIRED OR VARICOSE LEGS PROGRAMME

A program directed at those persons suffering from swelling, heaviness and oedemas in their legs, either due to circulatory problems, obesity, sedentary lifestyle or diabetes..

Includes	Since (€)
3 days / 2 nights	226 €/Person
2 nights half-board stay • Medical consultation at the Spa to assess and monitor the patient's condition • 1 pressotherapy, cold stockings or green mud session with a duration of 25 minutes • 2 circular shower or foot bath sessions • 1 physiotherapy session with a drainage treatment, for a duration of 25 minutes • 2 kinesiotherapy sessions with a duration of 30 minutes, in the active pool • Free access to the outdoor 34°C hydrothermal pool	



CHRONIC BRONCHITIS, ASTHMA OR SMOKERS

A program directed at patients with respiratory problems such as chronic bronchitis, bronchiectasis, asthmatic bronchitis or any respiratory problem to expel mucus.

Objective: to improve lung capacity and physical and functional recovery of the respiratory system.

Includes	Since €)
6 days / 5 nights	475€/Person
• Medical consultation at the Spa to assess and monitor the patient's condition • 3 aerosol sessions • 4 halotherapy sessions • 4 steam sauna sessions • 4 respiratory physiotherapy sessions with a duration of 25 minutes • Free access to the outdoor 34°C hydrothermal pool	

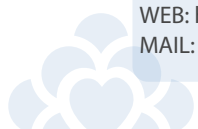
FITERO SPA

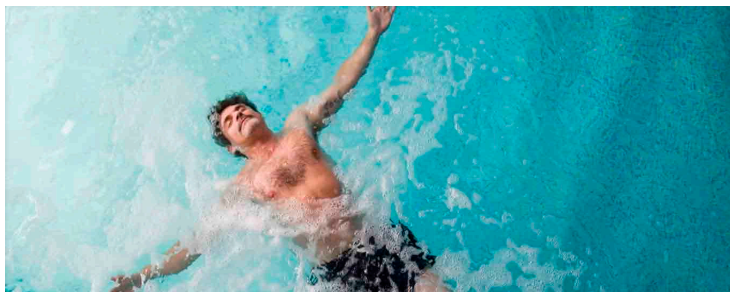
ADDRESS: C/ Extramuros, s/n, 31593 (Fitero - Navarra)

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1 DAY AT FITERO SPA CONTRAST CIRCUIT 1H.

And if you are visiting Navarre for a few days, we offer you a day plan to relax body and mind with our complementary techniques.

Contrast Circuit 1h. + Lunch + Free access to the outdoor 34°C hydrothermal pool

Includes	Since (€)
Monday to Friday	59€/Person
Saturday and Sunday	72€/Person

- Vichy shower peeling, removes dead cells from the skin surface layer.
- Finnish dry sauna at 75-90°C, ideal for sweating and eliminating toxins, oxygenates the most distal parts of our extremities and has an analgesic effect by analgesic effect by slowing down the speed of nerve impulses.
- Three seasons shower and ice fountain, achieves a toning and firming effect on the toning and firming effect on the skin tissue, reducing the level of stress and activating the veno-lymphatic return circulation in the extremities.
- Thermal bubble bath, relaxing effect of the mineral-medicinal water from our spring, activates circulation and stimulates the immune system.
- Resting session in heated stone armchairs.



COMPLEMENTARY TECHNIQUES

HALOTHERAPY

Is a natural therapy that consists in reproducing atmospheric salt concentrations found in salt mines in order to soothe certain diseases such as:

- Respiratory system: asthma, bronchitis, cystic fibrosis, sinusitis, seasonal allergy.
- Dermatological diseases: atopic dermatitis, psoriasis or eczema.
- Anxiety, stress or physical or mental wornout.
- Sport: Muscle tiredness: it increases muscle performance, boosts oxygenation.
- Very beneficial for skin care and beauty.

PARAFANGO MUD TREATMENT

Application of a mixture of paraffin (para) and mud (fango) containing salts from the thermal water, to specific body areas, It has a thermo-therapeutic effect, transferring a large amount of heat to the deep structures of the body, through local applications to the joints.

It is primarily indicated for arthrosis, recovery from post surgical procedures and for muscle contracture.

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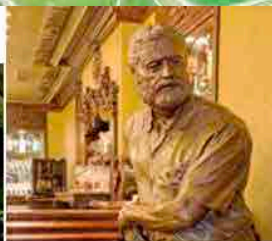
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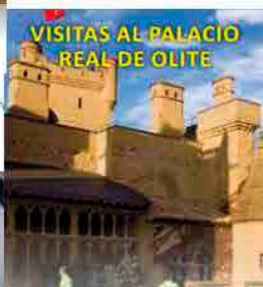
**SELVA DE IRATI:
EL BOSQUE MEDIEVAL**



**UN PASEO CON
HEMINGWAY**



**EL CAMINO DE
SANTIAGO**



**VISITAS AL PALACIO
REAL DE OLITE**

Navarre Tourist and Wellness Information

NAVARRA HEALTH TOURISM NAVARRA WELCOME SERVICE

ADDRESS c/ Pedro I, nº 1, 1º (Pamplona)

PHONE: (+34) 948 268 412

WEB: <https://visitnavarra.info>

MAIL: acogida@visitnavarra.info





Navarra embraces you with its **exuberant nature**, from the lush green forests of the Selva de Irati or the Sierra de Urbasa to the overwhelming desert of the Bardenas Reales. Navarra is its legacy of **art and culture**, with its Castle of Olite, its Camino de Santiago its **gastronomy**, with an exquisite traditional cuisine. its people..., Navarra is **motor tourism** and **medical tourism**.

Navarra is synonymous with **health and wellness tourism** and We've got everything ready to welcome you with a clear goal: to give you the best R&R time.

Navarre is one of the destinations with **the best quality of life indicators**; and this is no mere chance. The excellent choice of hotels, and rich and healthy cuisine, are just two good reasons for choosing Navarre as the perfect place to care for you

Exceptional places to pamper yourself - **spas and spa hotels** - doing **trail walking** and other activities in which the common denominator is **peace and quiet**, while stress is a non-existent word here.

Because **nature** is synonymous with **wellness**.

Walks in nature in which peace and tranquillity accompany you every step of the way. And pure fresh air that fills your lungs with oxygen and health.

GOVERNMENT OF NAVARRE TOURIST INFORMATION

WEB: <https://www.visitnavarra.es/es/>

MAIL: turismo@navarra.es





PAMPLONA the capital of Navarre is now a modern and welcoming city with a lot to offer: walking between ancient walls and cobbled streets; relaxing in parks and terraces; sampling the delicious pinchos and the lively Old Quarter; visiting historic monuments; shopping; first-rate shows; and watching traditional sports such as pelota.

Its **central geographical location** also makes it the perfect base from which to explore the main tourist sites in the region.

PAMPLONA cooks all the flavours of Navarre, from the excellent vegetables from the fertile plots of the Ebro, to hearty Mountain stews, as well as **typical products from the Pamplona Basin** such as roast lamb, relleno and chistorra, a local variety of fresh sausage.

Its **restaurants have options** to suit all tastes and budgets – even Michelin stars – and the most typical dishes are easily available.

A visit to the city is not complete without a trip to the old part of town to try its pinchos: genuine delights of **haut-cuisine in miniature**.

10 ESSENTIALS IN PAMPLONA

Citadel and Vuelta del Castillo Park
Taconera Gardens (Taconera Bastion)

City Hall

Castillo Square

Caballo Blanco Corner - El Redín Bastion

Santa María la Real Cathedral
Estafeta street

Santo Domingo Slope

Bull Ring and Bull Run Monument

Ultraia,

Interpretation Center of the Way of Saint James

PAMPLONA The City Council

WEB: <https://www.pamplona.es>

MAIL: pamplona@pamplona.es

PAMPLONA ! ES MUCHO MÁS
TURISMO IRUJIA ASKOZ GEHIAGO DA
TURISMO



Our Community has some [accommodations of the highest quality](#): rural hotels, city hotels, campsites and bungalows, rural houses, [Pamplona](#) offers a wide assortment of quality hotels, from small boutique hotels to luxury establishments, as well as tourist apartments with all the necessary services to provide top quality accommodation.

The 30 accommodation establishments are disseminated throughout the centre of Pamplona and its surrounding metropolitan area, all perfectly communicated with the city's entrances and direct access to stations and the airport.

Pamplona's hotels offer attractive range of [food, cultural, artistic and traditional experiences](#) to ensure you thoroughly enjoy your stay in Pamplona, capital of Navarre.

PAMPLONA HOTELS ASSOCIATION

ADRESS: Street Pedro I, nº 1, 1º (Pamplona)

PHONE: (+34) 948 268 412

WEB: <https://hotelespamplona.com/>

MAIL: info@hotelespamplona.com





ACCOMMODATION AND TOURIST EXPERIENCES IN NAVARRE

www.VISITNAVARRA.info

The best tourism experience in Navarre are in this Site: www.visitnavarra.info.

You could find accommodations, restaurants, activities and experiences we have que at our catalogue, It also recollect information concerning to tourist products in which the Hotel and Tourism Association of Navarre works, such as medical tourism MICE or motor tourism.

Find the perfect plan among all those offered by a wide range of activity companies and incoming travel agencies in Navarre, their direct contacts for further information, including a free service to help you in your search for any tourist experience or to help you organise your trip: Our Welcome Service

VISITNAVARRA.INFO

NAVARRRE WELCOME SERVICE

ADRESS: c/ Pedro I, nº 1, 1º (Pamplona)

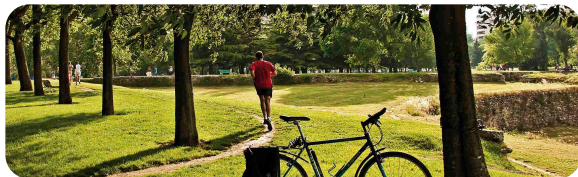
PHONE: (+34) 948 268 412 - +34 621 209 115

WEB: <https://visitnavarra.info>

WEB: <https://navarrahealthtourism.com/>

MAIL: acogida@visitnavarra.info





Welcome Service, we organise the experience that best suits your taste, combining it with the medical treatment you need.

Our aim is for you to make the most of your visit to Navarre, and to this end we will put all our experience at your disposal.

FREE OF CHARGE:

Medical tourism advice on:

- * Accommodations
- * Restaurants
- * Travel Agencies
- * Activity Agencies
- * Events
- * Translations Services
- * Transports
- * Personalised attention during your visit
- * (....)

NAVARRA HEALTH TOURISM NAVARRA WELCOME SERVICE

ADDRESS: c/ Pedro I, nº 1, 1º (Pamplona)
 PHONE: (+34) 948 268 412 - +34 621 209 115
 WEB: <https://navarrahealthtourism.com/>
 MAIL: acogida@visitnavarra.info





Navarra HEALTH TOURISM

www.navarrahealthtourism.com



Subvencionado por Gobierno de Navarra
www.turismo.navarra.es



Subvencionado por Ayuntamiento de Pamplona
www.pamplona.es/turismo

