

Springs of health



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Summer offer at Terme Krka

Live a healthy life and enjoy it!

The coming summer can be unforgettable – providing you have fun every day, learn something new, sleep well; if you seize the good opportunities, if you are daring. Take care of your health and well-being and of the continuous flow of positive energy. We have prepared fascinating – useful and relaxing – summer programmes for you.



The best holiday ever

- **Accommodation:** half board
- **Water delights:** unlimited swimming in thermal water pools (Dolenjske Toplice Spa and Šmarješke Toplice Spa) or heated seawater pools and a free pass to the beach (Talaso Strunjan Spa), night swimming on Fridays and Saturdays
- **Diverse programme of physical activities:** hydrogymnastics, guided walks, Nordic walking ...
- **And to keep the boredom away:** cultural evenings, board games, live music ...

Terme Šmarješke Toplice Spa

Every now and then one needs to take a break, right? Šmarješke Toplice Spa is situated amidst forests and meadows, away from the urban areas, in the haven of the hills of the region of Dolenjska. The spa is the answer to a man's yearning for health and relaxation; it's a touch of the unspoiled nature. A modern Slovene thermal health resort, known for its top-notch medical service and a comprehensive offer of the state-of-the-art medical wellness services, offers its guests numerous solutions to get away from the vicious circle of the fast everyday rhythm. If you happen to miss the action during your peaceful time-off, you can find it in the nearby adventure park!



Terme Dolenjske Toplice Spa

Who will be the first one to find the hidden treasure at the pool? You or your little ones or perhaps Teddy the Bear? Everybody has heard of Teddy the Bear from the region of Dolenjska! Every summer holidays, Teddy enthral the youngest ones with his fun mischiefs, games at the pool, excursions and different workshops at the Vija vaja playroom. What can you do in the meanwhile? Read a good book, book a massage ... and simply enjoy yourself!



Talaso Strunjan Spa

We're off to the seaside! »If you want to be a pirate, come and join me quickly!« At the children's club, Barbara is surrounded by dozens of children in a moment. Everybody is eager to be the first one as she puts on some make up and turns them into nice or evil pirates, puts on their bandanas, equips them with paper swords and ... action! Playing tag on the beach, amidst the pine trees, in the sea ... It all ends with reconciliation of both sides with some ice-cream at Pejo's. And for the parents ... A free pass to the beach, a deckchair, a cocktail and binoculars – in case a whale drops by again ...



The Otočec Hotels

When you want to spend as little as possible and enjoy yourself as much as possible! A little bit of swimming at Terme Šmarješke Toplice Spa, a little bit of swimming at Terme Dolenjske Toplice Spa. A little bit of cycling along the plains of Otočec, a little bit of hiking amidst the nearby vineyard cottages. A little bit of tennis and a little bit of golf (also golf lessons for children). And adventure at the new adventure park – among the treetops! A little bit here and a little bit there at a very reasonable price. And also: a free pass to the saunas at the Otočec Sports Centre and a discount on wellness services at Terme Šmarješke Toplice Spa & Wellness and Terme Dolenjske Toplice Spa & Wellness.



For a *glowing* youthful complexion and a well-rested face

It is almost impossible to keep a youthful complexion without the blemishes, freckles or acne scars after the age of 25 with no additional treatments. The two factors to blame for this are the sun and hormonal fluctuations. What is more, small wrinkles, as a result of skin exposure to thermal fluctuations, polluted air, stress and similar factors, can be seen very soon. However, we can achieve an amazing result in a short time with the help of aesthetic procedures. The natural process of skin ageing is shown in the change of facial form and in the occurrence of wrinkles that are the result of the lesser amounts of subcutaneous fat and dermal collagen. In time, our look is no longer harmonious with our well-being and self-image. Nowadays, more and more people seek out an aesthetic surgeon in order to help them create a fresher, more youthful look due to fashion trends that dictate a healthy lifestyle of quality, a part of which is also a pleasant and attractive look. Methods of rejuvenation, nowadays, strive towards minimally invasive procedures with the help of which we achieve rejuvenation with no great risk, long recuperation or large costs.



Eyes - we look tired due to the sagging eyelids

Lidija Volovec, MD, specialized in general surgery, often meets patients at the outpatient clinic at Terme Dolenjske Toplice who look a lot older than they really are due to their stressful everyday life. The occurrence of eyelid and eyebrow sagging is very common and it results in a tired look or even a look of sadness. It can be successfully resolved by applying botox into the eyebrow area. We can achieve an open, happier look by slightly lifting the eyebrows, which only takes a couple of minutes. You only need to wait a couple of days for the botox to kick in.

Wrinkles around the eyes and on the forehead are quickly smoothed with the help of botox. Our facial expressions are preserved so that we look natural, yet the face looks fresh and rested.

Luscious lips and an attractive smile

After the age of 40 our upper lip becomes thinner, thin longitudinal lines appear above it and this changes our look a great deal. The problem occurs even earlier with smokers. We can conceal the small wrinkles and restore the lusciousness of the lips simply by applying hyaluronic acid filler. Lidija Volovec, MD, says that she does not advocate the fake inflated look that we often see in the media; she only helps us restore what we used to have. The filler can help us correct the line irregularities or achieve visual harmony of the lips and the face.

By adding hyaluronic acid, which runs low with age in our hypodermis, we can successfully smooth the wrinkles around our mouth (nasolabial and marionette folds), which unjustly make us look »bitter and strict«.

A well-groomed neck, cleavage and arms

Lidija Volovec, MD, recommends smoothing of the neck, cleavage and arm wrinkles with the help of Pelleve radiofrequency. The method is natural and pleasant because a warm probe is used to thoroughly heat the hypodermis which naturally stimulates fibroblasts and thus the formation of collagen. The skin is firmer and glowing after only one treatment with younger skin, while a bit older skin with less collagen could need three or more treatments. Mesotherapy with hyaluronic acid is efficient with deeper wrinkles.

<http://bit.ly/178Me3d>
**Pampering
with friends**
99,00 EUR
1 night



i Information and bookings:
T: 00386 (0)31 342 250
Monday to Friday from 9 am to 4 pm
E: estetika@terme-krka.si

Weight

The wonderful *lightness*

It is hard to lose weight and this is a simple fact that we all have to face. It can be painful and it can leave a bad taste in our mouth. Some kilos too many reduce flexibility; we have less energy for physical as well as mental activities; obesity in general increases health risks. And let's not get started on the lack of self-confidence...

It is true that obesity is a metabolic disorder that results in numerous diseases, such as diabetes, early vascular system ageing, high blood pressure, higher risk of a heart attack and a stroke, chronic degenerative joint diseases... Yet, it is far too often our fault for being obese and it's to our own detriment... This is why it is imperative to fight this problem that can be manageable in most cases. A lot of adults have to deal, more or less successfully, with the problem of obesity, yet what is alarming are the findings that the number of overweight children has increased sharply in the past twenty years.

We have been dealing with the problems of modern lifestyle for more than a decade at **Terme Šmarješke Toplice. Vitarium Spa&Clinique medical wellness centre** started its mission with detoxification and healthy weight-loss programmes. We started by making people aware that they will be able to deal with everyday situations only if they are in top physical and mental condition. Vitarium is nowadays famous for its comprehensive offer of services for preventing civilization diseases – its efficient relaxation programmes are a step towards good health, well-being, energy restoration, aesthetic appearance and excellent physical and mental ability.

TO THE VICTORY ...

Have you ever asked yourself WHY it is so hard to lose weight? The answer is usually the same for everybody – too little persistence, too little encouragement, too little time, too little money, the wrong approach to nutrition. Experts' long-time experiences and the achieved results of the guests at Šmarješke Toplice Spa show that our weight-loss programmes are the right solution. The common ground of our programmes is the interweavement of physical activities, a healthy diet, the use of physical methods and motivation for persistence on your way to the desired aim. Our aim is to eliminate the metabolic disorder for good and to improve the psychophysical ability of those who have decided to put their trust in us, those who have decided to win.

<http://bit.ly/10KtEG0>

Slim-Fit
404,00 EUR
7 days

<http://bit.ly/ZMXkmZ>

Vita-Detox
397,00 EUR
7 days



TO START WITH ...

Nowadays, it is almost impossible for the people to avoid the input of harmful substances into our bodies for this is an on-going process, most often out of our control. The occurrence of civilization or lifestyle diseases – cardiovascular diseases, cancerous diseases, metabolic diseases, high blood pressure and obesity – is the result of a modern lifestyle because the human adapting mechanism is not able to adapt to the changes fast enough. We can do the most by ourselves to boost the efficiency of our defence system, with our own activities, while taking advantage of the help of the experts with Terme Krka's proven programmes.

The unique detoxification programme VitaDetox, monitored by a nutrition expert and a personal trainer, stimulates the excretion of harmful substances from the body and improves energy balance. A part of the programme is tailor-made physical activity (PACE, Pilates, altitude training, cardio cross training) because exercise has a positive effect on the excretory system as the improved circulation stimulates its function. At the same time, appropriate exercise and weight-loss help us reduce fat tissue which often contains surplus of harmful xenobiotics.



Our detox programme with fasting takes care of an individual from the mental point of view as well due to the pleasant, calming effect of the special body treatments and relaxing massages with special cold pressed ethereal oils that ease the stressful reaction. After all those years of experience, we can say for certain that the programme has proven itself suc-

cessful with its professional foundation and diversity, the enthusiasm of the staff and an obvious satisfaction of the guests who come back again and again for their ritual.

IF YOU WANT A NEW LIFESTYLE ...

... all you need is to take control and decide that you don't want to be overweight and you don't want to be the victim of numerous diseases, caused by excessive weight, such as diabetes, early vascular system ageing, high blood pressure, higher risk of a heart attack and a stroke, chronic degenerative joint diseases. At Terme Šmarješke Toplice Spa, everybody with a metabolic disorder can lose excessive weight in a healthy way and start living a healthier life.

Slim Fit programme is a combination of suitable physical activities, a healthy diet, the use of physical methods and motivation for the achievement of the desired goal – permanent elimination of metabolic disorder and improvement of psychophysical ability. Its advantage is that it is tailor-made.



It is reassuring that you can ask an expert for advice on the most suitable type of exercise for you before you start exercising. An instructor measures the condition of your body with the help of a cardiac test and checks how your body reacts to different physical activities. Based on the findings, the instructor sets realistic goals, chooses optimal physical activities and sets the safe exercise area without the risk of injuries.

The most important role in weight-loss definitely represents nutrition regime and this is why a consultation with a nutritionist is of key importance. They will explain the nourishment patterns, food composition, caloric values and glycaemic index, while you present them your nutrition habits, preferences, potential allergies, etc. Based on your nutrition habits and caloric needs, they will propose a menu that will include all the necessary substances, while taking into account the types of food that you don't eat due to personal or health reasons.

LISTEN TO YOUR NATURAL PREDISPOSITIONS

How to preserve health, stay balanced and feel good every day are the basic questions of every person. The answer – clear and unambiguous – is hidden in the genes. At Terme Šmarješke Toplice, we have upgraded the efficient programmes of strengthening and maintaining health with a



programme that enables you to get to know the specific requirements of your body based on genetic analysis. **Vita-Gen** programme is based on nutrigenomics which means that experts based on your genetic analysis results compose a tailor-made menu and choose a suitable physical exercise. Appropriate nutrition and a lifestyle that suits us down to the ground can even prevent some diseases, such as cardiovascular diseases, diabetes type II, osteoporosis and others.



Senior doctor Tomislav Majić,
MD, specialized in internal medicine:

»Body detoxification is an excellent method of restoring balance in your body. It is wise to carry it out monitored by professionals in order to avoid any potential health problems.«

Living a healthy life ...

... is Terme Krka's basic principle for forming prevention programmes. The **»not enough time«** excuse is simply not accepted. You can decide for a guided monthly weight-loss »at home« when YOU feel like it – all the necessary activities at Terme Šmarješke Toplice Spa will be carried out when YOU have the time for them. So no more excuses. You will be working because of yourself - for yourself.

Welcome to your new path – a new life where you will achieve a lot more than you used to when you were limited by the **»heavy«** numbers. You will achieve vitality, health, well-being, creativity and pride.

Spring excursion

Let's get going



Slovene Istria offers ideal conditions for outdoor activities, especially hiking and cycling, in spring, autumn and also winter when the local people have some more free time and they can focus on other things as their cellars are full of produce ... Summer, truth be told, is too hot, except in the early morning. The conditions for these activities are getting better every day – more information, more well-kept and marked trails and routes.

The last achievements at the coastal region can be seen in Izola – four beautiful trails have been marked for hikers and we have already got to know them during our hiking weeks. Koper has proven itself as well – they have prepared fifteen thematic trails, partly financed by the European Foundation for Rural Development. These trails are especially interesting because you can get to know the villages at the Karst border. Nine of them are hiking trails, five are cycling routes and one is an educational path. At Piran, they offer us Piran footpaths. We cannot afford to forget about the trails that the mountaineers marked – hiking trail markings reveal the hidden Istrian spots where we find out that in the past each part of land was carefully cultivated as we come upon the stone terraces, the restored water springs and tidied old paths connecting Istrian villages that are situated on the top of the hills like eagle's nests. We can admire church belfries as far as the eye can see. The trails marked by the Heart Association need not to be ignored either. Those who aspire for more can climb up Slavnik from Podgorje or any other starting point. The stone rock-shelters at Sočerga are worth a visit, too. And let's add our trails, the ones marked by Talaso Strunjan ... The system of trails has been marked for seventeen years and it was breaking ground at that time. Moreover, we cannot forget the E6 European footpath that ends behind the Svoboda Hotel in Strunjan. One of Krka's footpaths goes along a part of this trail from Pomjan to Strunjan – a stamp is received at the reception desk of the main hotel in Strunjan.



Pedalling

We recommend Parenzano for cyclists, which is as far as I know the only marked cycling route in Slovene Istria. It goes along the abandoned railway trail from Trieste to Poreč and it can be easily cycled from the Italian border to Vižinada in Croatia. A tip: since it passes Portorož airport, you can arrange a panoramic flight – they will be happy to take you. The route is quite easy, for the ascents aren't difficult, because they were adapted to the heavy steam locomotive. It is full of amazing bridges, tunnels and viaducts. Cyclists have to thank the Austro-Hungarian Empire for that. The route of the former narrow-gauge track Hrpelje–Kozina–Trieste is also picturesque. The views are breath-taking; what it more, it descends all the way to Trieste. It ascends the other way round up to the altitude of 500 metres. Slovene Istria is full of steep ascends, however, the reward of cycling along the ridges offering amazing views is worthwhile. Croatian Istria is a true heaven for cyclists, too. More than forty cycling routes are well-marked and the nature is stunning. You can find out more about it on the websites.

<http://bit.ly/15vuiAg>

Weight-loss
320,00 EUR

One needs to eat...

Physical activity itself is not enough. There are a lot of wine growers, oil manufacturers and cosy inns where they are happy to welcome tourists, hikers and cyclists in our part of Istria as well as on the other side of the two borders. Istria is quite unvarying regarding lifestyle, habits and costumes. Due to the Italian influence and the Mediterranean and the sub-Mediterranean flora it is fascinating and a bit exotic for people not living at the coast. It is virtually impossible to find bad wine, and Istrian food is a true adventure due to its specialties. *Olive oil, asparagus, black bryony, artichokes, corn minestrone, pork fillet, fennel, prosciutto, pancetta, polenta, frittata with sausage, fuži pasta* and much more. Sounds intriguing? Well, maybe your curiosity will make you visit Istria ...

Hiking poles make you want to walk more

Those hikers who prefer higher intensity use poles. The most popular ones are Nordic poles which enable a completely natural, relaxed movement of the arms. Anatomic pole handles stay in our hands all the time due to the specially designed straps. The poles stick to our hands and stay there even when we let go. Those who do Nordic walking have a distinctive long stride and consequently an intensive movement of the arms. The movement comes from the shoulder, hands moving from the height of the head, past

the hips, behind the body. In the last phase, we use the hands to push away from the straps and let go of the handles (the poles are left hanging on our wrists due to the straps). All this goes on when walking at 6 to 8 kilometres per hour. Since a lot of energy is transferred onto the poles, we reduce the pressure on all the joints, especially the spine. Unconsciously, we activate the musculature of the upper torso so that it provides additional support for the arms.

Nordic walking is a regular feature of our daily programme at the hotel. Each day we choose a different direction and we experience something, within reasonable boundaries, that is not so sportive, yet our guests seem to enjoy it – in the summer we head to the salt pans, to check how salt is produced, we put on their special footwear and try out their gear ...

We also offer individual Nordic walking lessons. After a hip, knee or ankle surgery we stress the importance of the correct use of poles especially as a form of joint relief. This feeling has to be learnt. Until then you don't do Nordic walking but you only walk with poles. We also advise on how to purchase a good pair of Nordic poles, because relaxed activity depends on good poles as well. All in all ... poles are used for walking by those who aspire for more!

A hiking week

A hiking week is organized in Strunjan twice a year. This usually happens in April and November when it isn't too hot and the paths are not overgrown yet. The participants are mainly our regular guests who like to visit us again and again. We always discover a new area... Vans take us to our starting point and back to the hotel. The programme includes lunch in a typical Istrian inn and lots of other interesting things – we pay a visit to oil manufacturers, wine growers, olive and persimmon processors, we stop at local people for a snack. Guests are thrilled with the additional activities that are not part of the regular programme for they are often very relaxed and authentic. Hikes are carried out in the morning and last for three to four hours, while in the afternoon you can relax in the pool, sauna, or enjoy our centre's facial and body treatment services. Guests from abroad also regularly attend our programme – guests from Austria come cycling with us in May and in November they attend our hiking week. They are led by our well-trained local guide and a cycling guide with an international licence as safety comes first! If our guests don't bring their own bicycles, we take care of this as well. We rent bikes of high quality, also for children.

Some thoughts from the November hike

A November day. Our hiking group arrived at Vanganelška valley with a van and a car. The sun just started to come out behind the misty clouds and chased away the morning dampness and cold. We had a sip of aperitif at the chapel that proved itself most helpful with the cold. We started our ascent towards Pomjan from the valley. The trail takes about three hours altogether. After a couple of hundred metres a farmer showed us his beautiful large cabbage heads in his field. We stopped for a chat and then continued mainly along the forest footpath which was slowly ascending. The last part of the trail, just below Pomjan, is quite steep, but still manageable for an average hiker. The trail straightens out a bit towards the end. When you come to the top, the view of Koper and the Gulf of Trieste is magnificent. Village of Pomjan is situated at 400 metres of altitude. It is fairy-tale-like: old houses, stone courtyards, mulberry trees, St. Martin's Church. We had arranged to meet with Alen, our lifeguard, at Pomjan to have a bite. However, we didn't expect a stone cellar, biska home-made schnapps, jujube, wine, home-made sausage or cheese. We blushed – a bit because of the strain, but mostly because of the home-made wine. And then Alen started playing the accordion and we sang along... Unfortunately, we couldn't stay for long because we had to head down to the valley. The trail back was pleasant, gradually sloping, with a view of the vineyards. We stopped at Oljka inn for lunch. Pork fillet in dough, corn minestrone, wine – all home-made delicacies. Bojan headed back for the cabbage head just like he promised he would and he's a man of his word. Well, this is what hiking days are like. Come and join us the next time! Oh, one more thing ... What is biska schnapps like? Well, you're not going to find out until you come and join us!

Find out when the next hiking week in Strunjan is going to take place!

booking.strunjan@terme-krka.si



A mosaic of pleasant experiences

Otočec

Symbiosis of the past and the present. A renowned sports, recreation and congress centre ... with a unique medieval castle situated on a river islet.



<http://bit.ly/11XNV7e>
Summer holidays 2013

Otočec Castle

A 5-star hotel with an exquisite restaurant. For gastronomes, business people, newlyweds, aesthetes. A member of Relais & Châteaux – a prominent international association of mansions and hotels. Dedicated to the idea of 5 Cs: Courtoisie (courtesy), Charme (charm), Caractere (character), Calme (calmness) and Cuisine (cuisine). The only hotel located on a river islet and one of the most attractive ones in Slovenia. The earliest reference dates back to the 13th century. It has been originally restored in the gothic and renaissance style – with natural materials such as solid oak wood, glass and forged iron. The castle island is surrounded by tufa thresholds on the river across which the water playfully foams into picturesque water curtains. A park boasts centennial trees on the Krka River's bank – provoking a feeling of special energy in natural environment. Swan families glide across the green surface of the river in search of a haven of eternal fidelity. It's not by chance that Otočec Castle is the most popular place for making long-life commitments in Slovenia...

Simple ... yet special

The Otočec Castle Restaurant is not famous for its numerous tables and chairs. It is well-known for its vivid imagination that its chefs possess and their subtle interweaving of modern culinary trends and ethnological specialties of the region of Dolenjska while they intertwine old recipes and new ingredients as well as old ingredients in a new way. Everything is done with the purpose of creating a pleasant surprise for the guests, pampering them and making them happy. The guests accept this diversity, audacity, modernity, and look forward to the novelties. They feel their hosts represent what they do and that they do it with all their heart as they put in a lot of effort so as not to disappoint their expectations. The Castle Restaurant with the team led by the chef Dejan Pavlič is also a member of Chaîne des Rôtisseurs, an International Association of Gastronomy bringing together enthusiasts who share the same values of quality, fine dining, the encouragement of the culinary arts and the pleasures of the table.





<http://bit.ly/17QEHyU>
**Hiking
or cycling
Otočec**

The perfect spot for active time-off ...

The Castle's surroundings offer its guests numerous possibilities for free time and relaxation. Besides the walks in the castle park and its vicinity, the guests can relax at thermal pools and wellness centres of the nearby Terme Krka's Šmarješke Toplice Spa and Dolenjske Toplice Spa. Otočec is also an excellent starting point for hiking and cycling excursions and also cultural and historical sightseeing excursions of this part of Slovenia.

An attractive golf course ...

Not far from the famous castle, you can stumble upon one of the Slovene golf courses with 18 holes spreading out on an area of more than 75 hectares. As many have said, it is one of the most beautiful golf courses in Slovenia and in Europe that was created on an attractive and slightly hilly ter-

rain in the haven of the Dolenjska region forests. Made for games of golf, created by nature ... The golf course was created in accordance with the latest golf course construction standards by a British-Slovene pair of architects, Howard Swan and Peter Škofic, and it displays a great taste for game as well as the natural environment. One of the longest Slovene golf courses, attractive for professionals, amateurs of a higher rank and also less experienced golfers, offers exciting sports experiences. *Season 2013 has already begun! The greens await you!*

... and a new adventure park!

In the Otočec forest area, in the immediate vicinity of the Šport Hotel and with a view of the unique Otočec Castle situated on a river islet, 4 climbing ranges with 45 attractions and 46 skill elements altogether await sports and adrenalin fans – in a ground-breaking and adrenalin-pumping form of outdoor recreation. Visitors are lifted up into the treetops where they commence their exciting climbing journey among the trees along the range made up of bridges, ladders, nets and other props.

The activities at the park are exciting for children as well as grown-ups, individuals, groups, families and also work teams. The visitors strengthen their physical as well as mental abilities by participating in the ecologically oriented outdoor spare time activities as they rediscover their need and desire for team work.

A day at the adventure park is for sure a versatile and useful experience for all those who nowadays tend to spend most of their time in front of computers and television and they tend to forget about the delights that outdoor activities offer. Despite the safety wire ropes, the adventure park participants still feel independent as they can fall carefree and overcome different fears due to the same ropes while testing their abilities. Climbing improves your balance and motor coordination, strengthens spatial coordination and eases the fear of depth.

And more ...

Business meetings, motivation programmes, picnics, medieval entertainment ... Romantic wedding ceremonies and wedding receptions. A mosaic of unforgettable experiences by the emerald Krka River.

Welcome!



**ADVENTURE
PARK**

OTOČEC

VitaGen programme at Terme Šmarješke Toplice

proud to receive the Sejalec award 2012



SEJALEC

SPIRIT Slovenija, javna agencija

The annual award of the Slovenian Tourist Board for innovation and creativity in tourism, the Sejalec, was presented at this year's Alpe Adria Tourism and Leisure Fair on 24th January.

One of the recipients of **the Sejalec award** was also Terme Krka's programme at Šmarješke Toplice – VitaGen programme - **obtaining the knowledge on health with the help of genetic analysis**. The expert committee's opinion is that health and wellbeing are priceless,

yet modern lifestyle prevents many people from listening to their body carefully and identifying their needs.

This is why a programme has been developed at Terme Krka that enables us to help the guests establish a healthier and more suitable nutrition plan and lifestyle with the help of genetic code analysis. Individual approach

to clients and intensive and responsible cooperation with experts have convinced the committee that the VitaGen programme - obtaining the knowledge on health with the help of genetic analysis, deserves the prestigious Sejalec award 2012.



The programme

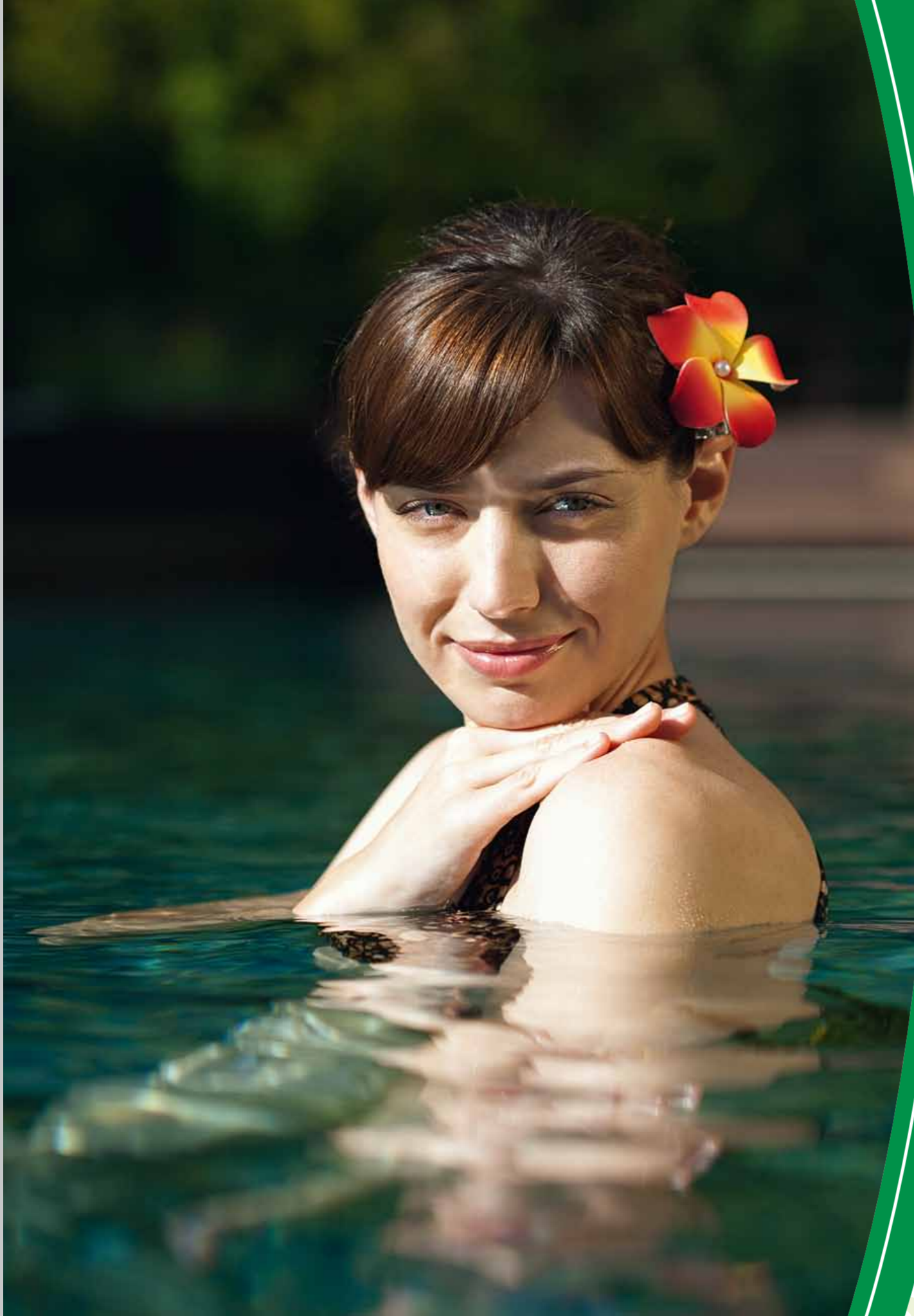
Knowing and taking into account your own **genetic code** and your body's special requirements does have an important effect on your behaviour and wellbeing: with the appropriate nutrition and a lifestyle that suits us down to the ground we can even prevent some diseases, such as cardiovascular diseases, diabetes type II, osteoporosis and others. The VitaGen programme is an upgrade of the established tailor-made programmes at Terme Šmarješke Toplice's Vitarium Spa&Clinique wellness centre. The centre is famous for its medical wellness programmes for preventing diseases and disorders that are the consequence of a modern lifestyle (weight-loss, detoxification with fasting, various treatments ...). The programme is based on nutrigenomics which means that experts compose tailor-made menus and suitable physical exercise based on your genetic analysis results.

Living a healthy life is Terme Krka's main principle for creating prevention programmes. The aim of the VitaGen programme is certainly not the assessment and presentation of the poor genetic predispositions; on the contrary – it is getting to know the possibilities of how to take advantage of your genetic predispositions. It is intended for all those who can't seem to be able to find the answer to why they don't feel well or they lack energy for overcoming daily challenges, those who have weight problems and those who would like to improve the quality of their diet. It is suitable for all those who would like to find out more about their body.

vitarium[®]
Spa&Clinique

Since 2004, the Sejalec award has been presented to the most innovative tourist products and providers of tourist services at a national level. This year, twelve novelties responded to the call by the Bank of Tourism Potentials in Slovenia. An eight-member expert committee, composed of the Ministry of Economic Development and Technology, Slovenian Tourist Board, the Academy and Tourism Economics representatives, chose two winners after a multi-level evaluation process. Besides Terme Šmarješke Toplice's VitaGen, the Sejalec award was also presented to TM Vista's GoOpti.





You may find more information about the Terme Krka offers on our websites and you can also send us e-mails to:

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TERME  KRKA

www.terme-krka.si