

7 Day Naftalan Oil Medical (+1 DAY BAKU OLD CITY TOUR)



A new trend in the field of tourism.

If you want to combine recreation with health, you can benefit from our therapeutic tours. Our country is a country with high potential for tourism with rich mineral waters, a combination of climate types and a rich historical treasure. Choose the land of nine climatic zones for an admirable adventure which strengthens your health. Our fresh mountain air, organic fruits, pure water of regions and recreational resorts have already known among many tourists.

1ST DAY- ARRIVAL. BAKU CITY TOUR

The mysterious city of Baku, which combines the unity of ancient and modernity, has become an area of interest for many tourists. Our first destination will be the sights of the attractive city of Baku, which is of interest to both local and international community.

The 15th Century **Shirvanshahs Palace**, registered in UNESCO in 2000 and recognized as one of the masterpieces of world architecture, is considered one of Baku's oldest attributes.

One of the most beautiful tourist attractions in Baku is the **Maiden Tower**. This castle gives the city special beauty and grandeur. The 29-meter-high tower was built in the 12th century architectural style. There are various stories about the castle on which the ancient paintings are carved on the walls. These stories you will learn from our guide.

One of the sights that attracts tourists to Azerbaijan is the **History Museum**. Here is a piece of the main history of Azerbaijan. The museum consists of 3 parts. Part 1 preserves human bones and tombs with medieval items. The second part presents personal belongings of famous people of the country, and the third part presents items belonging to the Nagiyev family.

2ND – 7TH DAYS- **NAFTALAN CURATIVE PACKAGE (7 DAY)**

➤ **Naftalan Oil Resort**

Naftalan healing center, located in the South-West region of Azerbaijan, 330 km from the capital Baku, is 235 meters above sea level. Naftalan got its name from a healing liquid called "neft". Oil rich Azerbaijan offers unique health resort that treats with Naftalan crude oil, which have curative properties. Neft is a highly effective substance for the treatment of bone-muscle, nerve, vascular diseases, skin diseases and urological diseases, even infertility. Groundwater of Naftalan contains minerals such as

potassium (K), calcium (Ca), magnesium (Mg), iodine (I), chlorine (Cl), potassium carbonate (K₂CO₃), which increase the therapeutic properties of Naftalan oil to a certain extent. Patients coming to the healing center can benefit from solar radiation, electrical and radiation therapy, therapeutic gymnastics, therapeutic mineral waters, massage treatments and dietary meals with oil. There are 3-star sanatoriums (Naftalan Health Center, Magic Naftalan Sanatorium) and 5-star hotels (Cinar Hotel & SPA Naftalan , Gashalti Health Hotel Naftalan).

- Improve your health through iodine-bromine baths, gym and exercise rooms, physiotherapy, functional diagnostic rooms, clinical diagnostic labs, biochemical laboratories.
- Successful treatment of more than 70 diseases
- It treats diseases of musculoskeletal system, nerve, skin and gynecological diseases.

The program includes:

7-day health-improving therapeutic examination package:

- Doctor consultation
- Check up
- Laboratory tests
- Electrocardiogram
- 3 new physiotherapy procedures
- SPA
- Fitness
- Mineral water diet

HIGHLIGHT

DAY 1: Transfer from Airport to hotel

Accommodation in the hotel

Baku Old city tour

DAY 2 – 7: Naftalan Oil Curative Package

DAY 8: Departure

1ST OPTION

Central Baku, Baku, **Standard Double Room** (1 Night)

Garabagh SPA & Resort Hotel, **Club Room Double** (7 Nights)

<u>NO OF PEOPLE</u>	<u>01</u>	<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>	<u>09</u>	<u>10</u>
<u>PP PRICE IN</u>	<u>1046</u>	<u>864</u>	<u>851</u>	<u>808</u>	<u>783</u>	<u>765</u>	<u>753</u>	<u>743</u>	<u>737</u>	<u>731</u>
<u>USD</u>										

Single Supplement: 255 \$

INCLUSIONS (GARABAG SPA & RESORT HOTEL)

- Swimming pool (indoor/outdoor)
- Turkish bath, Sauna
- GYM/Pilates/Yoga
- Salt Room
- Cinema Club
- Daily Animation Programs
- Check Up
- General analysis of urine
- Biochemical analysis
- General blood analysis
- Analysis of infections (Hepatitis B, C), syphilis, AIDS
- ECG - examination, ultrasound - abdominal cavity
- Physician-cardiologist consultation
- Physician-therapist consultation
- Naftalan baths (Available in 4 cameras)
- An iodine-bromine bath
- Bath with sea salt, aroma bath
- Physiotherapy procedures: Amplipuls
- Desannualization
- Vacuum Electrotherapy
- Electrophoresis
- Magnetic therapy
- UZT is phonorrhea
- Short-term therapy
- Solux
- 4-chamber galvanization
- Hydro massage
- Inhalation

2ND OPTION

Central Baku Hotel, Baku, **Standard Double Room** (1 Night)

Gashalti Health Hotel, Naftalan, **Standard Double Room** (7 Nights)

<u>NO OF PEOPLE</u>	<u>01</u>	<u>02</u>	<u>03</u>	<u>04</u>	<u>05</u>	<u>06</u>	<u>07</u>	<u>08</u>	<u>09</u>	<u>10</u>
<u>PP PRICE IN</u>	<u>889</u>	<u>707</u>	<u>693</u>	<u>649</u>	<u>625</u>	<u>608</u>	<u>596</u>	<u>587</u>	<u>580</u>	<u>574</u>
<u>USD</u>										

Single Supplement: 127 \$

INCLUSIONS (GASHALTI HEALTH HOTEL NAFTALAN)

- Check – up
- General blood test
- Biochemical analysis
- Total analysis of urine
- Naftalan bath
- Amplipuls
- Darsanval
- Vacuum Electrotherapy
- Electrophoresis
- Short-term therapy
- Infrared
- Laser therapy
- Magnetotherapy
- Ultrasonotherapy
- Solux
- Sauna
- Pool
- Turkish bath
- Gym

GENERAL INCLUSIONS

- Accommodation in twin rooms
- Daily breakfast, lunch and dinner at the hotel (in Central Baku Hotel- only breakfast)
- Transportation in a fully air-conditioned, non-smoking vehicle
- Professional English-speaking tour guide and driver
- Entrance Fees (Shirvanshah Palace)

EXCLUSIONS

- Personal expenses
- Single room supplement
- Optional activities

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(BT-08/10/2019)