



**SPRING  
OF HEALTH**



## **THE MAGNESIUM RENAISSANCE**

Rebirth of the body at the  
Medical center Rogaska

## TABLE OF CONTENTS

- 1 Does your body need more magnesium?
- 2 The Magnesium renaissance programme
- 3 Magnesium at the Medical center Rogaška
- 4 Magnesium and its importance for the body
- 5 Magnesium deficiency in the body

If you notice any of the following symptoms or pathological conditions, there is a great chance that you suffer from magnesium deficiency, therefore the Magnesium renaissance is particularly recommended for you:

- muscle cramps (leg cramps, twitching eyelids), muscle pains;
- insomnia;
- tiredness and poor memory;
- irritability;
- anxiety;
- headaches/migraines;
- diabetes;
- obesity;
- constipation;
- the use of diuretics or proton pump inhibitors.

*We invite you to experience the immeasurable richness of our magnesium and let it become the source of your health and beauty. For you we have prepared a one-of-a-kind programme, which is the product of the cooperation between nature and the many years of experience of our experts.*

---

**WARNING**

*The programme is not suitable for patients with renal insufficiency (creatinine clearance less than 30 ml/min), pregnant women, children and patients with decompensated heart failure.*



The programme includes different procedures which help your body to restore its magnesium reserves. The procedures follow each other in such a manner that your body receives the optimal amount of magnesium.

*The Magnesium renaissance programme is a development project and the result of the innovative work of the experts of our Medical centre Rogaška team. It is based on nature's gift of magnesium, scientific proof, our experts' experience and on modern professional guidelines.*



### The programme includes:

Medical examination with a balneologist

Water drinking treatment with the natural mineral water Donat Mg from the spring

Consultation with a nutritionist - Magnesium diet at the Medical center Rogaška

The procedures:

Day 1	peeling, magnesium bath, magnesium palm reflexology
-------	---

Day 2	magnesium oil massage, magnesium wrap
-------	---------------------------------------

Day 3	magnesium bath, magnesium oil massage
-------	---------------------------------------

Gift: a magnesite stone

**3-day treatment programme price: €300**

**5-day treatment programme price: €420. The 5-day treatment programme also includes:**

Day 4	magnesium oil massage, magnesium wrap
-------	---------------------------------------

Day 5	magnesium bath, magnesium palm reflexology
-------	--

*The programmes can be repeated after they are completed.*

**Drinking treatment:** The effects of the Donat Mg mineral water have been scientifically proven. It is a unique water with the highest magnesium content in the world. The water drinking regime is prescribed by a balneologist.

**Magnesium diet at the Medical center Rogaška:** The nutritionists will give you information about a proper diet rich in magnesium, so you will be able to continue to consume just the right amount of magnesium even at home.

**In the peeling treatment (20 min)** tiny grains will remove the dead skin cells and improve the effects of the magnesium bath, thus improving the skin's absorption of active ingredients of oils, wraps and creams.





**Magnesium bath:** Due to high CO<sub>2</sub> content dispersed in water, the most important effects of the mineral baths are improved circulation and its aid in balancing the vegetative state. After the bath the magnesium oil is massaged all over the body. It improves the mineralization and additionally contributes to a number of positive effects of the magnesium on the organism.

**The magnesium palm reflexology (40 min)** is a relaxing and painless massage of the palms, which improves the circulation, stimulates the nervous system and the energy meridians in the body. The massage also has a beneficial effect on your health, it reduces the swelling of the hands, relieves joint pain and rejuvenates the skin of the hands. Magnesium oil is also applied to both hands.

**Magnesium oil massage:** The half-hour massage begins with magnesium oil being sprayed onto the region of your back. The massage includes special techniques of the deep-tissue and gua-sha massage, where magnesite and jade stones are being used. The magnesium oil is absorbed through the skin and enters the muscular system, where it plays an essential role for its optimal functioning.

**The magnesium wrap on the water bed Soft pack system (40 min):** Prior to the application of the magnesium wrap the body is sprayed with magnesium oil. The wrap is applied on a warm water bed with a massage which contributes to the additional relaxation of the body.



At the Medical center Rogaška we proudly continue our 400-year tradition of healing with natural substances. For the prevention and treatment of different diseases we use the unique Donat Mg natural mineral spring water with the highest magnesium content in the world, mineral and other baths, fango and other wraps as well as different inhalation therapies. All the procedures at the Medical center Rogaška are under the supervision of doctors, and performed by experts with many years of experience and a vast amount of knowledge. Balneology specialists determine the type, sequence and correct combination of procedures by considering all the indications and contraindications based on a detailed examination and eventual additional tests.

At the Medical center Rogaška we combine healing using natural substances with state-of-the-art medical equipment and top experts. As the main holder of healthcare services at the Rogaška Slatina health spa and the largest private health institution in Slovenia we are proud of the Accreditation Canada Gold certification, which proves the quality and safety of our services according to the international standards of excellency in the quality of health treatment.



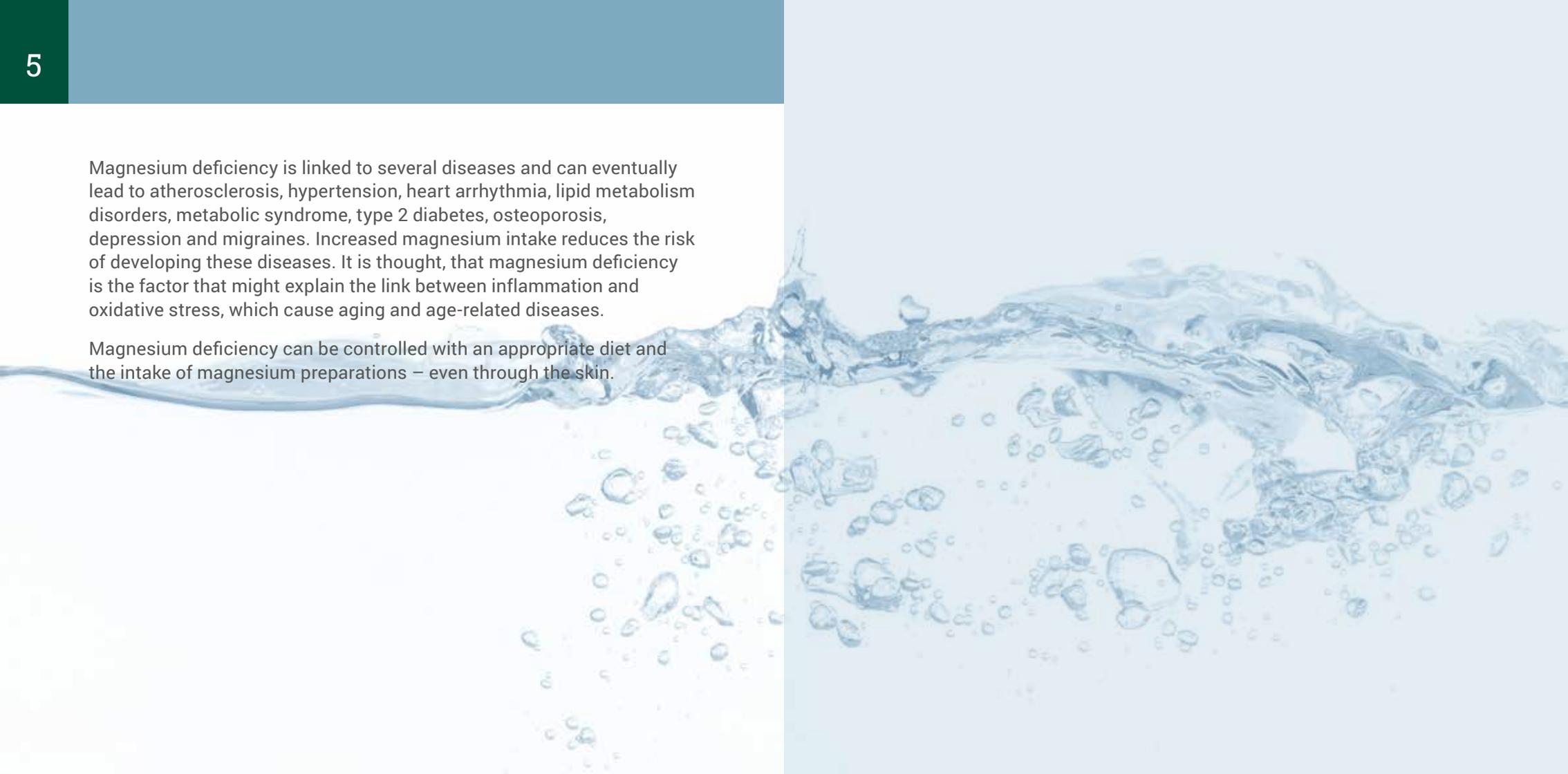
Magnesium is, beside potassium, sodium and calcium, the fourth most important mineral in the body, all of which are essential for life. Magnesium plays a crucial role in over 300 metabolic processes in the body, it aids in the synthesis of proteins and nucleic acids, the aerobic and anaerobic production of energy, transmission of nerve signals as well as in the control of blood sugar, blood pressure and cholesterol. It affects the passing of calcium and potassium through the cell membranes, which is important to enable the normal contraction of the muscles, vascular tone, a normal heart rhythm and the normal transmission of nerve impulses. It plays a very important role in the process of building bones and teeth and keeping them hard. During pregnancy it is believed to lower the risk of abortion and premature birth. Magnesium can help prevent the accumulation of heavy metals in the body such as nickel, lead and aluminium, which can lead to the development of mental illnesses.

Conditions which may lead to magnesium deficiency include alcoholism, badly managed diabetes, malabsorption (e.g. Crohn's disease, chronic inflammatory bowel diseases, Whipple's disease ...), endocrine diseases (aldosteronism, hyperparathyroidism, hyperthyroidism), chronic kidney failure, the use of certain medications (diuretics, proton pump inhibitors, certain antibiotics and chemotherapeutics), long-term stress, long-term vomiting and diarrhea.

Symptoms which indicate magnesium deficiency are many and varied: irritability, muscle symptoms (cramps, fasciculations, tremor, infirmity), tiredness, loss of appetite, insomnia, bad memory and reduced concentration. Severe magnesium deficiency can lead to heart arrhythmia, nausea, vomiting, changes in the psyche, electrolyte disturbances and death because of heart failure. Magnesium plays a vital role in the process of carbohydrates metabolism, magnesium deficiency can cause reduced insulin resistance.

Magnesium deficiency is linked to several diseases and can eventually lead to atherosclerosis, hypertension, heart arrhythmia, lipid metabolism disorders, metabolic syndrome, type 2 diabetes, osteoporosis, depression and migraines. Increased magnesium intake reduces the risk of developing these diseases. It is thought, that magnesium deficiency is the factor that might explain the link between inflammation and oxidative stress, which cause aging and age-related diseases.

Magnesium deficiency can be controlled with an appropriate diet and the intake of magnesium preparations – even through the skin.





**Zdravilišče Rogaška - Zdravstvo d.o.o.**

Zdraviliški trg 9 | 3250 Rogaška Slatina | Slovenija  
Tel: +386 (0)3 811 70 15 | Fax: +386 (0)3 811 70 11  
E-naslov: [info@rogaska-medical.com](mailto:info@rogaska-medical.com)  
[www.rogaska-medical.com](http://www.rogaska-medical.com)