

RETREAT



MENTAL LONGEVITY RETREAT

22–26 November 2026

Hotel Aleksander · Rogaška Slatina

MENTAL LONGEVITY RETREAT

Special price when you book by 1 November

When a holiday is no longer enough. A closed group of up to 8 people: a medical check-up at Revita clinic, a psychological programme with two UK-based specialists, spa and free time.

PROGRAMME

Day 1 · Arrival and personal focus

Transfer and check-in, medical check-up and first consultation, meeting your psychologist and setting a personal goal, a relaxing massage, the opening group meeting.

Day 2 · Body and stress

Morning body and breathing practice, a workshop on how stress affects the body, treatments prescribed by the doctor, deep-rest practice. A free evening and spa.

Day 3 · Going deeper

Nordic walking with a psychological focus, a group session, spa and treatments, one-to-one work and an evening deep-relaxation practice.

Day 4 · Your plan for home

Morning practice, a repeat stress assessment (HRV) compared with day one, a personal-plan workshop, the final doctor's consultation and the closing circle.

- A joint programme of Revita clinic and UK psychologists The K&G Practice: Olga Kustova-Krolombi (psychologist, Gestalt therapist, executive coach) and Marina Grigorieva (consultant, hypnotherapist, 20+ years of practice) are with the group all four days
- Medical check-up: full and biochemical blood tests, biological age, body composition; first and final doctor's consultations
- Four treatments as prescribed: hyperbaric oxygen, pressotherapy, Donat Mg inhalations, a therapeutic bath or floating; a massage and a facial
- Psychological programme: one-to-one sessions, workshops, group meetings, mind and body practices
- You take home a Mental Longevity Protocol and a Longevity Passport with your results and practices chosen for you

PRICES · Per person, 4 days / 3 nights



Double occupancy	2 700 € ~~2 990 €~~
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Single occupancy	2 950 € ~~3 290 €~~
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Extra night	900 € / 985 €
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Includes accommodation, three meals a day at Donatela, transfers from Ljubljana, Zagreb or Graz, the medical and psychological programme, a Donat Mg course and 24/7 spa. Flights and treatments outside the programme are extra. The retreat can be extended with one treatment a day, practices, meals and spa.

BOOK

Write to us — a consultant will find dates and a room, send a quote and answer your questions.

Phone: **+386 1 888 83 75** WhatsApp: **+38640536782**

Email: **wellness-consultant1@revita-clinic.eu**

Hotel Aleksander · Revita Clinic · Zdraviliški trg 3, 3250 Rogaška Slatina, Slovenia

Programme and prices as of 29 October 2026