

WAY OF ST. JAMES CARDIO PROGRAMME



CARDIAC EXAMINATION

Cardiology appointment
Complete blood analysis*
Cardiac stress test
Echocardiograph
Electrocardiogram
Thorax X-ray

Price
per
person

1.534€

*blood count, glucose, urea, creatinine, ions, transaminases, phosphatase alkaline, total bilirubin, cholesterol (HDL, LDL), triglycerides, uric acid, coagulation, thyroid profile, iron profile, PSA (men)

CHILD EXAMINATION

Paediatrician appointment / Complete blood analysis
Ophthalmology check-up / Growth monitoring
Dental check-up / Dental and side cranial panoramic

Consult prices for Waterhealth Way of St James Child programme

These prices are for groups of 20 people.

Day 1

- *Arrival at Porto
- Transfer airport - hotel
- **Tourist visit to the city of Porto**
- Accommodation in hotel with board (lunch and evening meal)

Day 2

- Breakfast at hotel in Porto
- **Boat trip on the river Duero**
- Lunch
- Journey to the Laias Spa
- Accommodation and evening meal at Laias Spa

Day 3

- Breakfast at Spa
- **Spa treatments (Essences Bath + Venous Drainage) + Thermal Pools**
- Lunch
- **Afternoon: Tasting at an El Ribeiro wine cellar**
- Visit to the medieval town of Ribadavia

Day 4

- Breakfast at Spa
- **1st STAGE OF THE WAY OF ST. JAMES (CAMINO DE SANTIAGO): Allariz – Cathedral of Ourense**
- Lunch at Laias Spa
- **Afternoon: Spa Treatments (Hydro-massage Bath + Massage) + Thermal Pools**
- Evening meal

Day 5

- Breakfast at Spa
- **Boat trip in the Ría de Pontevedra estuary (visit to floating mussel farms)**
- Seafood meal and visit to the city of Pontevedra
- Evening meal at Spa

Day 6

- Breakfast at Spa
- **Special cardiac medical examination at the El Carmen Medical Centre in the city of Ourense**
- Lunch at Laias Spa
- **Afternoon: Spa Treatments (Sauna + Relaxing Neck-Shoulder Massage) + Thermal Pools**
- Evening meal at Spa

Day 7

- Breakfast at Spa
- **2nd STAGE OF THE WAY OF ST. JAMES: Cea – Monastery of Oseira**
- Lunch at a typical restaurant in the village of Cea
- **Afternoon: Spa Treatments: (Essences Bath and Partial Relaxation Massage) + Thermal Pools**
- Evening meal at Spa

Day 8

- Breakfast at Spa
- **3rd STAGE OF THE WAY OF ST. JAMES: Monte do Gozo - Santiago de Compostela**
- Lunch and visit to the city of Santiago
- Evening meal at Laias Spa

Day 9

- Breakfast at Spa
- **Results from the special cardiac medical examination at the El Carmen Medical Centre**
- Guided visit to the city of Ourense with lunch in the city
- Evening meal-fiesta with traditional queimada local drink at the Laias Spa

Day 10

- Breakfast at the Laias Spa
- Departure for Porto



HEALTH **STAR** ON THE WAY
OF SAINT JAMES PROGRAMME
2016 JUBILEE YEAR

WAY OF ST. JAMES BASIC PROGRAMME



BASIC EXAMINATION

Internist appointment
Complete blood analysis*
Electrocardiogram
Spirometry
Thorax X-ray
Abdominal-pelvic echograph
Urology appointment men: Urological echograph
Gynaecology appointment women: mammograph,
vaginal and cytological echograph

Price
per
person

Man
1.659€

Woman
1.859€

*blood count, glucose, urea, creatinine, ions, transaminases, phosphatase alkaline, total bilirubin, cholesterol (HDL, LDL), triglycerides, uric acid, coagulation, thyroid profile, iron profile, PSA (men)

CHILD EXAMINATION

Paediatrician appointment / Complete blood analysis
Ophthalmology check-up / Growth monitoring
Dental check-up / Dental and side cranial panoramic

Consult prices for Waterhealth Way of St James Child programme

These prices are for groups of 20 people.

- Day 1**
- *Arrival at Porto
 - Transfer airport - hotel
 - **Tourist visit to the city of Porto**
 - Accommodation in hotel with board (lunch and evening meal)

- Day 2**
- Breakfast at hotel in Porto
 - **Boat trip on the river Duero**
 - Lunch
 - Journey to the Laias Spa
 - Accommodation and evening meal at Laias Spa

- Day 3**
- Breakfast at Spa
 - **Spa treatments (Essences Bath + Venous Drainage) + Thermal Pools**
 - Lunch
 - **Afternoon: Tasting at an El Ribeiro wine cellar**
 - Visit to the medieval town of Ribadavia

- Day 4**
- Breakfast at Spa
 - **1st STAGE OF THE WAY OF ST. JAMES (CAMINO DE SANTIAGO): Allariz – Cathedral of Ourense**
 - Lunch at Laias Spa
 - **Afternoon: Spa Treatments (Hydro-massage Bath + Massage) + Thermal Pools**
 - Evening meal

- Day 5**
- Breakfast at Spa
 - **Boat trip in the Ría de Pontevedra estuary (visit to floating mussel farms)**
 - Seafood meal and visit to the city of Pontevedra
 - Evening meal at Spa

- Day 6**
- Breakfast at Spa
 - **Medical check up at the El Carmen Hospital in the city of Ourense**
 - Lunch at Laias Spa
 - **Afternoon: Spa Treatments (Sauna + Relaxing Neck-Shoulder Massage) + Thermal Pools**
 - Evening meal at Spa

- Day 7**
- Breakfast at Spa
 - **2nd STAGE OF THE WAY OF ST. JAMES: Cea – Monastery of Oseira**
 - Lunch at a typical restaurant in the village of Cea
 - **Afternoon: Spa Treatments: (Essences Bath and Partial Relaxation Massage) + Thermal Pools**
 - Evening meal at Spa

- Day 8**
- Breakfast at Spa
 - **3rd STAGE OF THE WAY OF ST. JAMES: Monte do Gozo - Santiago de Compostela**
 - Lunch and visit to the city of Santiago
 - Evening meal at Laias Spa

- Day 9**
- Breakfast at Spa
 - **Results from the medical check up at the El Carmen Medical Centre**
 - Guided visit to the city of Ourense with lunch in the city
 - Evening meal-fiesta with traditional queimada local drink at the Laias Spa

- Day 10**
- Breakfast at the Laias Spa
 - Departure for Porto

WAY OF ST. JAMES PREMIUM PROGRAMME



PREMIUM EXAMINATION

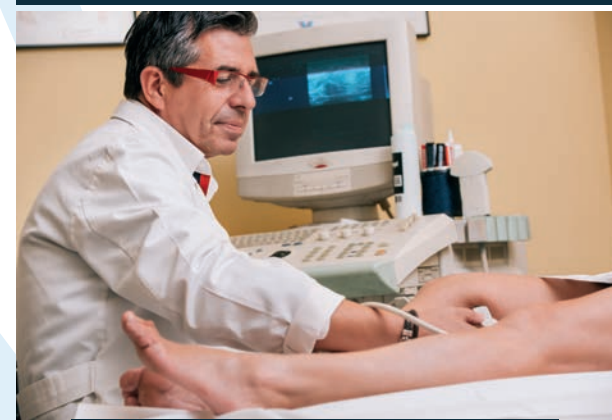
Internist appointment
BMI calculation
Complete blood analysis*
Urine analysis
Electrocardiogram
Cardiac stress test
Echocardiograph
Thorax X-ray
Abdominal-pelvic echograph
Spirometry
Urological echograph and appointment (men)
Cytology, transvaginal echograph and appointment.
Mammography (women)
Ear, nose and throat examination. Fibroscopy, audiometry, and laryngoscopy.
Ophthalmological examination. Intra-ocular pressure
Colonoscopy

Price
per
person

Man
2.309€

Woman
2.459€

*blood count, glucose, urea, creatinine, ions, transaminases, phosphatase alkaline, total bilirubin, cholesterol (HDL, LDL), triglycerides, uric acid, coagulation, thyroid profile, iron profile, PSA (men)



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Paediatrician appointment / Complete blood analysis
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Dental check-up / Dental and side cranial panoramic

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These prices are for groups of 20 people.

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 - Transfer airport - hotel
 - **Tourist visit to the city of Porto**
 - Accommodation in hotel with board (lunch and evening meal)

- Day 2**
- Breakfast at hotel in Porto
 - **Boat trip on the river Duero**
 - Lunch
 - Journey to the Laias Spa
 - Accommodation and evening meal at Laias Spa

- Day 3**
- Breakfast at Spa
 - **Spa treatments (Essences Bath + Venous Drainage) + Thermal Pools**
 - Lunch
 - **Afternoon: Tasting at an El Ribeiro wine cellar**
 - Visit to the medieval town of Ribadavia

- Day 4**
- Breakfast at Spa
 - **1st STAGE OF THE WAY OF ST. JAMES (CAMINO DE SANTIAGO): Allariz – Cathedral of Ourense**
 - Lunch at Laias Spa
 - **Afternoon: Spa Treatments (Hydro-massage Bath + Massage) + Thermal Pools**
 - Evening meal

- Day 5**
- Breakfast at Spa
 - **Boat trip in the Ría de Pontevedra estuary (visit to floating mussel farms)**
 - Seafood meal and visit to the city of Pontevedra
 - Evening meal at Spa

- Day 6**
- Breakfast at Spa
 - **Premium examination at the El Carmen Hospital in the city of Ourense**
 - Lunch at Laias Spa
 - **Afternoon: Spa Treatments (Sauna + Relaxing Neck-Shoulder Massage) + Thermal Pools**
 - Evening meal at Spa

- Day 7**
- Breakfast at Spa
 - **2nd STAGE OF THE WAY OF ST. JAMES: Cea – Monastery of Oseira**
 - Lunch at a typical restaurant in the village of Cea
 - **Afternoon: Spa Treatments: (Essences Bath and Partial Relaxation Massage) + Thermal Pools**
 - Evening meal at Spa

- Day 8**
- Breakfast at Spa
 - **3rd STAGE OF THE WAY OF ST. JAMES: Monte do Gozo - Santiago de Compostela**
 - Lunch and visit to the city of Santiago
 - Evening meal at Laias Spa

- Day 9**
- Breakfast at Spa
 - **Results from the premium medical examination at the El Carmen Medical Centre**
 - Guided visit to the city of Ourense with lunch in the city
 - Evening meal-fiesta with traditional queimada local drink at the Laias Spa

- Day 10**
- Breakfast at the Laias Spa
 - Departure for Porto