



Thalassotherapia
Opatija

Specialized hospital for
medical rehabilitation of cardiac,
pulmonary and rheumatic diseases

NUTRITIONIST SERVICES

NUTRITIONIST CONSULTATION

Professional and individual counselling that helps in recognising non-optimal eating patterns and guides towards healthier habits.

60.00 €

CREATION OF A NUTRITION PLAN

Based on the analysis of your needs, a personalised menu is created with instructions for meal scheduling and grocery shopping.

100.00 €

NUTRILIPO PROGRAM

The program combines nutritional counselling, anthropometric measurements, and Nutrilipo supplements to support weight loss.

220.00 €

ANTHROPOMETRIC MEASUREMENT

Precise analysis of body composition is performed using a modern Tanita scale that uses the bioimpedance method. It calculates the proportion of fat and muscle tissue, hydration level, basal metabolism, metabolic age, and other key indicators of body composition.

15.00 €

NUTRITION ASSESSMENT FOR ATHLETES

The assessment of the nutritional status of athletes includes bioimpedance analysis, an individual menu, and two progress controls.

200.00 €

THALASSOTHERAPIA OPATIJA

Maršala Tita 188/1, 51410 Opatija
Thalasso Wellness Centre Opatija
Reception: 051 202 855
www.thalassotherapia-opatija.hr

CONTACT:

Please leave your contact information and inquiry, and our nutritionist will contact you as soon as possible.
E-mail: nutricionizam@tto.hr

Laboratory services - food intolerance tests

TEST 63 FOODS - VEGE	200.00 €
TEST 93 FOODS	260.00 €
TEST 125 FOODS	312.00 €
TEST 221 FOODS	360.00 €

Food intolerance testing reveals the presence of IgG antibodies to certain foods that can cause non-specific complaints such as bloating, fatigue, skin problems, and digestive issues. Based on the results, dietary recommendations are made by eliminating problematic foods to reduce discomfort and improve overall condition.

NutriGen™ Genetic Test

Based on your genetic profile, a personalised nutrition plan is created for effective weight management. The test analyses genes related to fat metabolism, carbohydrates, response to physical activity, and micronutrient needs.

550.00 €

Vitamin Infusions

IMUNOBOOSTER ELIXIR	90.00 €
IMUNOBOOSTER ELIXIR MAX	240.00 €
REVITALITY GLUTATION	150.00 €
REVITALITY GLUTATION MAX	220.00 €

Intravenous vitamin infusions allow the intake of vitamins, minerals and antioxidants directly into the bloodstream, which achieves maximum utilisation. They are used to strengthen the immune system, increase energy, detoxify, and speed recovery after stress, illness or exhaustion.

VAT is included in the price except for the nutritional assessment of athletes, which is exempt from VAT, according to Article 39, paragraph 1, point b, of the VAT Act (Official Gazette 115/16).