

Latvia ❖
travel

Health Tourism in Latvia

CATALOGUE



Health Tourism in Latvia

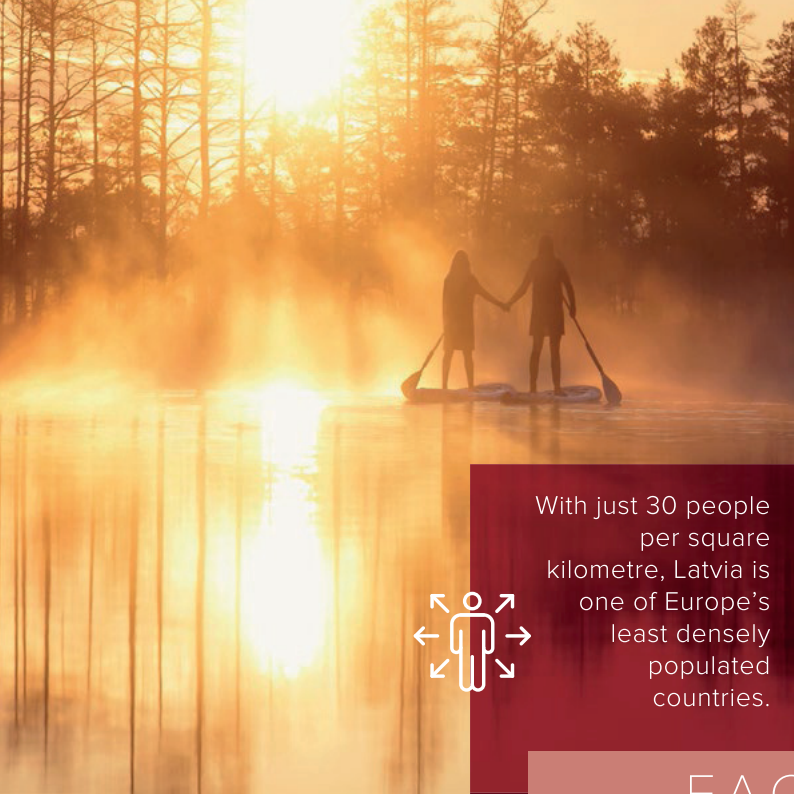
CATALOGUE

The level of quality, professionalism, fast access to services and excellent value for money make Latvia an appealing destination for medical and health tourism. Diagnostics, medical rehabilitation, phlebology, dermatology, plastic surgery and dentistry are among the most popular medical services provided at Latvia's private clinics, rehabilitation centres and hospitals.

Latvian specialists are well-versed in working with international patients and can communicate fluently in several foreign languages. Latvia

boasts a temperate maritime climate and wealth of natural healing resources that provide unique treatment opportunities and a serene setting to encourage recovery.

Latvia is easy to reach by road, sea, air and rail. Riga International Airport offers direct connections to more than 100 destinations. Patients are encouraged to extend their stay to explore Latvia and Riga, the Baltics' capital of culture, a city of stunning architecture and paradise for foodies.



With just 30 people per square kilometre, Latvia is one of Europe's least densely populated countries.



Latvia has a 500 km long coastline with both fine sandy beaches and beautiful rocky stretches.

FACTS

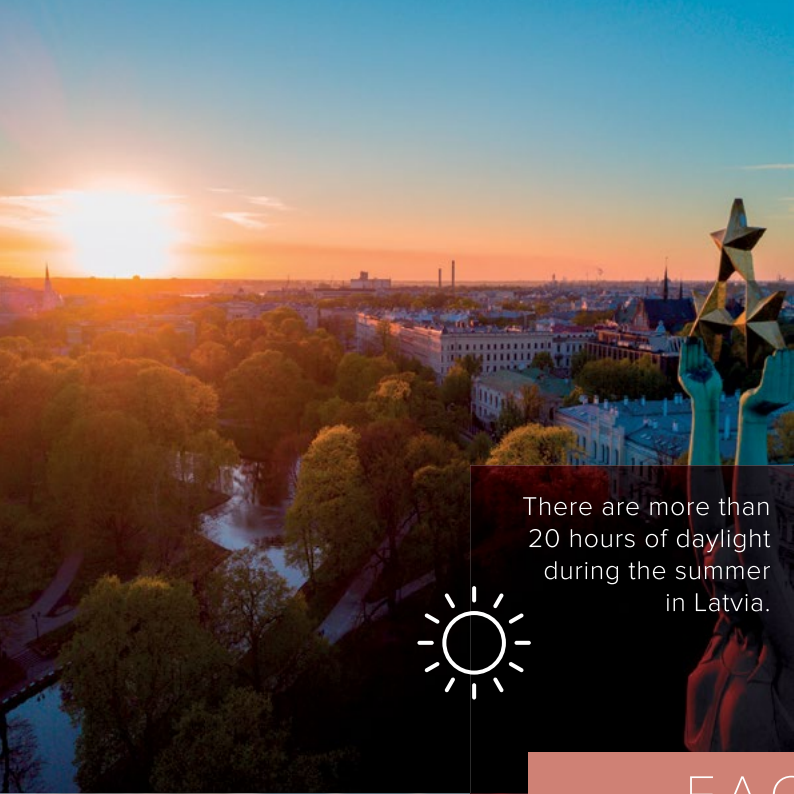


More than half covered with forests, Latvia is one of the world's greenest countries.



Every autumn people from all over Latvia head to Sigulda to see the brightly coloured leaves in Gauja National Park.

Latvia ❖
travel



There are more than 20 hours of daylight during the summer in Latvia.



Measuring 270 metres across, the Ventas rumba in Kuldīga is Europe's widest waterfall.



FACTS

Riga has the most historic wooden houses of any European capital, second only to Reykjavik.

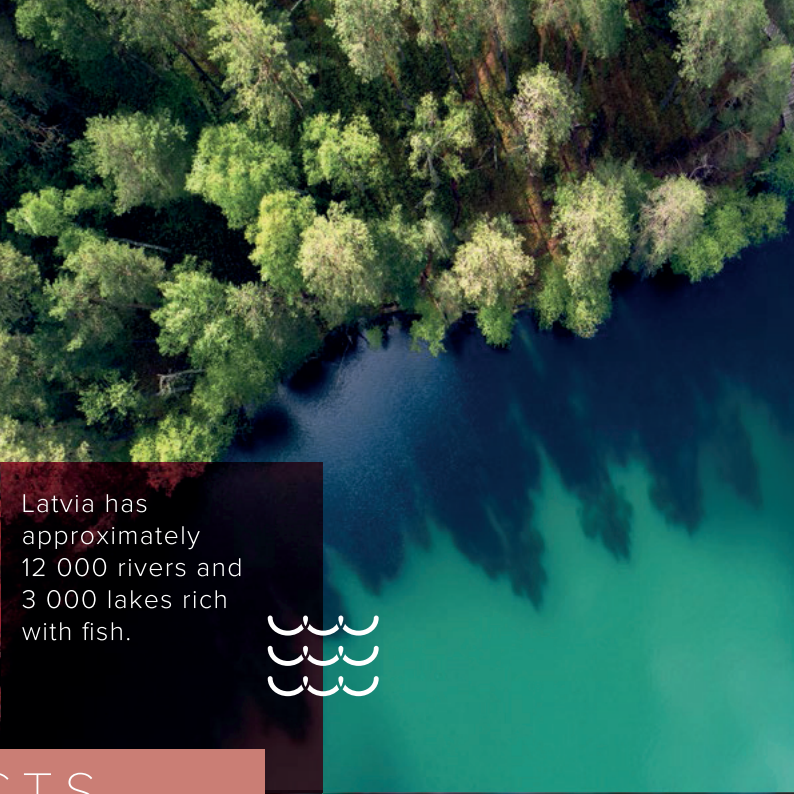


Latvia is rich in nature trails, including the 6 km long Dunika Bog duckboard trail, one of the longest in Europe.





Oak trees have a very special meaning for Latvians. The Oak of the Ancestors in Kaive, western Latvia, is the biggest oak in Latvia with a circumference of 10.4 m.



Latvia has approximately 12 000 rivers and 3 000 lakes rich with fish.



FACTS



Around 10 000 pairs of storks nest in Latvia, and these big birds are traditionally considered sacred.



Latvians don't need organic food shops. Almost every family still forages for berries and mushrooms, gathers teas and collects birch sap juice in the spring.



Latvia ❖
travel

TOP 10 REASONS WHY LATVIA

Latvia's health clinics and hospitals can offer patients quality diagnostic and healthcare services, combining the experience of doctors with the latest technologies and high standards.

QUALITY

The healthcare available in Latvia corresponds to the highest level offered by the world's leading clinics. The clinics use certified apparatus corresponding to international quality standards.

SAVINGS

Latvia's clinics typically offer patients a sensible pricing policy with no hidden charges. Service prices are competitive within the Baltic Sea Region and lower than in Western European and Scandinavian countries, enabling patients to make cost savings of 50-70%.

AVAILABILITY

The date of consultations and operations can usually be arranged within the next two weeks, sometimes earlier. Examinations are available with no waiting lists in accordance with a carefully planned schedule.

PROFESSIONAL KNOWLEDGE

The education of Latvia's specialists corresponds to the highest international standards and the country's top medical practitioners regularly continue their further education, thus mastering the latest healthcare practices.

TECHNOLOGY

Latvia's clinics are continually introducing cutting

edge technologies that are widely acclaimed within the international medical community. Latvia's clinics offer innovative treatment methods, which guarantee the most effective results possible.

SAFETY AND EU QUALITY STANDARDS

The infrastructure, environment and work organisation at Latvia's clinics correspond to Europe's best patient care standards. The country's state-of-the-art healthcare institutions conduct sterilised procedures according to the highest EU quality standards. These clinics have received ISO quality certificates.

PRIVACY

Professional ethics and patient safety are the cornerstones of our professionalism. We guarantee absolute confidentiality, meeting EU requirements in relation to personal data protection.

NO LANGUAGE BARRIERS

Latvia's specialists communicate fluently in several foreign languages including English, Russian, French and German.

CONVENIENT GEOGRAPHIC LOCATION

Reasonably priced transport is available by sea, air and rail. More than 100 destinations are accessible from Riga International Airport.

Added value – Latvia's nature and four seasons. Patients can enjoy Latvia's beauty and visit the capital of culture in the Baltic States, Riga – an architectural pearl and gastronomic paradise.

CONTENT

1. DIAGNOSTICS AND MULTIFUNCTIONAL HOSPITALS			
1.1. AIWA CLINIC	14		
1.2. ARS DIAGNOSTIC CLINIC	15		
1.3. ARS MEDICAL CENTRE	16		
1.4. CAPITAL CLINIC RIGA	17		
1.5. GENERA	18		
1.6. HEALTH CENTRE 4	19		
1.7. JURMALA HOSPITAL	20		
1.8. PREMIUM MEDICAL	21		
1.9. SIGULDA HOSPITAL	22		
1.10. VCA (VESELĪBAS CENTRU APVIENĪBA)	23		
2. DENTISTRY			
2.1. DENTAL ART	24		
2.2. DENTARIUM	25		
2.3. DR APINE DENTAL CLINIC	26		
2.4. LATVIA DENTAL CLINIC, DENTAL ESTETIKA	27		
2.5. ROYAL DENT	28		
2.6. SKY DREAM CLINIC	29		
3. IVF AND FERTILITY			
3.1. CLINIC EGV	30		
3.2. DR VASARAUDZE'S PRIVATE CLINIC	31		
3.3. IVF RIGA CLINIC	32		
3.4. MY CLINIC RIGA	33		
3.5. RIGA MATERNITY HOSPITAL	34		
3.6. YOUR DOCTORS CLINIC	35		
4. ONCOLOGY			
4.1. AMBERLIFE CLINIC	36		
4.2. ONKO CLINIC	37		
4.3. RSU NUCLEAR MEDICINE CLINIC	38		
4.4. SIGULDA RADIOSURGERY CENTRE	39		
5. OPHTHALMOLOGY			
5.1. DR LUKIN'S EYE CLINIC	40		
5.2. DR SOLOMATIN'S EYE CENTER	41		
5.3. LATVIAN AMERICAN EYE CENTER	42		
6. RECONSTRUCTIVE AND PLASTIC SURGERY			
6.1. AESTHETICA	43		
6.2. ĀDAŽI PRIVATE HOSPITAL	44		
6.3. CLINIC OF PLASTIC SURGERY	45		
6.4. MICROSURGERY CENTRE	46		
7. PHLEBOLOGY AND PROCTOLOGY			
7.1. BALTIC VEIN CLINIC	47		
7.2. DR MAURINS' VEIN CLINIC	48		
8. PAEDIATRICS			
8.1. CHILDREN'S UNIVERSITY HOSPITAL	49		
9. DERMATOLOGY			
9.1. DERMATOLOGY CLINIC	50		
10. GASTROENTEROLOGY			
10.1. GASTRO CENTRE FOR DIGESTIVE DISEASES	51		
10.2. GOOD LIFE CLINIC	52		
11. ORTHOPAEDICS			
11.1. ORTO CLINIC	53		
12. AESTHETIC MEDICINE			
12.1. ERA ESTHETIC	54		
12.2. SKY BEAUTY	55		

13. OTORHINOLARYNGOLOGY	
13.1. LOR CLINIC	56
14. UROLOGY	
14.1. CLINIC LUC	57
15. PSYCHIATRY	
15.1. CLINIC DZINTARI	58
15.2. STRENCI PSYCHONEUROLOGICAL HOSPITAL	59
16. MEDICAL REHABILITATION	
16.1. JAUNKEMERI RESORT REHABILITATION CENTRE	60
16.2. REHABILITATION CENTRE "LIGATNE"	61
16.3. THE SOCIAL INTEGRATION STATE AGENCY (SIVA)	62
16.4. VAIVARI NATIONAL REHABILITATION CENTRE	63
17. SPA AND WELLNESS	
17.1. AMBER SEA HOTEL & SPA, SPA HOTEL	64
17.2. BALTIC BEACH SPA, SPA HOTEL	65
17.3. HOTEL JŪRMALA SPA, SPA HOTEL	66
17.4. VERDANT ECO SPA, DAY SPA	67

DIAGNOSTICS AND MULTIFUNCTIONAL HOSPITALS

Check-ups carried out in one location in as little as one to three days! Latvia's clinics offer medical imaging, endoscopies, functional and invasive diagnostics, tests and check-up packages. Some screening programmes consisting of two to four procedures can be completed within just a few hours. Patients receive European quality at affordable rates.

DENTISTRY

Many specialists in one place. Visits to a hygienist, dentist, surgeon, implantologist and prosthetologist can be arranged within a short time of one another. All patients receive an individual treatment plan.

Latvia's clinics keep track of the very latest innovations in global dental technology and apply them to their work. The highly qualified specialists have interned at German, Swiss and American clinics and regularly participate in international congresses, conferences and seminars to enhance their knowledge.

Dental services, tooth implants and prosthetics are competitively priced. The clinics are renowned for their transparent pricing policies.

IVF AND FERTILITY

Latvia's clinics have a success rate of well over 50%. In patients up to 30 years of age, fertilisation is successful in over 70% of cases, which is one of the best results in Europe.

The moment a baby joins a family is one of the most beautiful moments in life. Latvia's specialists are here to help that happen, offering full service from consultations to treatment and delivery assistance.

Patients have access to specialists in gynaecology, urology and oncology to identify and address the root cause of infertility.

Latvia is home to the only reproductive genetics laboratory in Northern Europe where tests can be conducted at the embryonic stage, allowing to identify genetic illnesses.

ONCOLOGY

Latvia has over 70 years of experience in the research and treatment of oncological diseases, which ensures specialists are very thoroughly trained. Thanks to their level of expertise, access to modern equipment and methods, Latvian oncology specialists are some of the best in Europe.

OPHTHALMOLOGY

The state-of-the-art equipment in Latvia's clinics and experienced staff comply with European and American quality standards. Latvia's ophthalmologists are dedicated to constant growth and lifelong learning. They regularly attend international training and experience exchange programmes in the USA, the UK, Austria, India, Germany, Denmark, Sweden and other countries to be able to apply the most progressive treatments.

They also practice in academics, teaching the next generation of specialists and mentor experience exchange programme participants.

RECONSTRUCTIVE AND PLASTIC SURGERY

Latvia's leading plastic surgeons are internationally acclaimed and their reconstructive work has been showcased at global congresses. The field of microsurgery has been developing significantly since 1985.

Latvia's surgeons have studied and interned at the best Western medical universities and clinics. They give lectures abroad and belong to leading industry associations including the International Confederation for Plastic Reconstructive and Aesthetic Surgery (IPRAS), the American Society for Aesthetic Plastic Surgery (ASAPS) and European Society for Laser Aesthetic Surgery (ESLAS).

Clinics comply with the European Union's personal data protection requirements to guarantee patient confidentiality.

PHLEBOLOGY AND PROCTOLOGY

Doctors use accurate duplex ultrasound technology to examine blood vessels. Clinics are equipped with state-of-the-art equipment for performing computed tomographic venography (CVT) to assess the extent of deep vein thrombosis. While other methods may only provide insight into certain segments of deep veins, CVT provides a complete overview.

Varicose veins are one of the most common conditions, affecting 26% of women and 24% of men. Nowadays, almost every second person aged between 30 and 70, living in comfortable conditions around the world has some form of venous disease.

PAEDIATRICS

Paediatricians pay deep attention to developmental or congenital defects in infants and toddlers, and work with children and adolescents up to the age of 18. Doctors may look closely at hereditary diseases such as sickle-cell anemia and cystic fibrosis. Trained staff can advise on infectious diseases and immunisation. They have access to contemporary equipment and technology to perform laparoscopies, thorascopies, arthroscopies, microsurgery and other procedures, which can reduce the risk

of complications and shorten the recovery and rehabilitation period.

DERMATOLOGY

The modern equipment at Latvia's clinics helps resolve numerous skin conditions and apply unique skin rejuvenation treatments. Today's less invasive methods ensure quick delivery, a short recovery period and reduce complications.

Dermatologists can help treat acute and chronic skin diseases, skin growths, fungal skin and nail infections, acne and dermatitis, septic and viral skin conditions such as furunculosis and herpes, scabies, pediculosis, demodicosis, skin psoriasis and more.

Latvia's dermatologists are experienced professionals with an international education and focus on development. Many are members of key industry associations in Latvia and Europe.

GASTROENTEROLOGY

Advanced diagnostic equipment and technologies significantly reduce examination times and improve precision. The variety of treatment options available helps doctors find the right course of action for each individual patient.

Latvia's gastroenterologists can help get to the root cause of digestive problems, reflux disease, stomach aches, vomiting, irregular and painful bowel movements, and unexplained weight loss.

ORTHOPAEDICS

Latvia offers innovative solutions such as 3D-printed casts for treating fractures. These allow a patient's skin to breathe, make it possible to wash and have more flexibility during the recovery period. Clinics are kitted out with cutting-edge tech solutions and

equipment for tomography, ultrasound and other diagnostic procedures. Patients have access to the 3,0T, the most powerful, latest generation magnetic resonance machine in the world.

Latvia's doctors are highly sought after by professional athletes, including ice hockey and basketball players, as well as ballet dancers.

Doctors have practiced at several American and European clinics and are members of the European Society of Sports traumatology, Knee surgery and Arthroscopy (ESSKA), International Society of Arthroscopy, Knee Surgery and Orthopedic Sports Medicine (ISAKOS) and other associations.

AESTHETIC MEDICINE

Aesthetic medicine is available at short notice and at competitive rates. Latvia's clinics are equipped with world class equipment to help resolve numerous skin conditions and carry out unique skin rejuvenation procedures. Less invasive methods are becoming more common as technology advances.

OTORHINOLARYGOLOGY

Since ear, nose and throat conditions are often connected with other illnesses, patients may also be seen by otoneurologists, allergologists, gastroenterologists, audiologists, children's neurologists, paediatricians, children's infectologists and hearing aid technicians to determine the best course of action. Contemporary technology and methods can lessen patients' discomfort.

Latvia's specialists are members of the Latvian Otorhinolaryngology Association and regularly upgrade their professional knowledge overseas.

Clinics are accessible to patients with functional and hearing disorders.

GYNAECOLOGY AND UROLOGY

Specialist consultations can be arranged within two weeks of applying to be seen. Doctors use the latest approaches and equipment to carry out accurate diagnostic procedures and surgery.

Doctors have gained international experience at Europe's leading university hospitals in France, the UK, Italy and elsewhere. Both doctors and clinics are members of major international associations of gynaecologists and obstetricians such as the ISUOG and ISPD.

PSYCHIATRY

Taking a complete break from the patient's usual routine, social circle and environment is a vital step in the effective treatment of psychological disorders.

A group of specialists including psychiatrists, psychotherapists, narcologists, physiotherapists and art therapists apply the latest research-based methodology to produce personalised treatment plans to improve patients' physical and emotional wellbeing.

Latvia's doctors adhere to European guidelines on prescribing antidepressants and other psychotropic medication.

MEDICAL REHABILITATION

Several of Latvia's rehabilitation centres boast unrivalled locations on the coast or surrounded by forests, providing excellent conditions for recovery. Latvia's temperate climate, the energy of the forest and fresh sea air are well known.

At the centres, patients receive treatments to encourage recovery after operations, injuries or periods of illness, as well as tackle chronic illness and boost the immune system as a preventative measure. The centres' psychotherapeutic approach also enhances patients' emotional wellbeing.

The centres are accessible to clients with functional problems and provide accessible rooms, bathrooms and toilets, treatment rooms and gyms, lifts between floors and in swimming pools. Wheelchair users with mobility aids can access the beach via special boardwalks and use the accessible changing rooms.

SPA AND WELLNESS

Latvia is rich in healing mud and sulphur, bromine and sodium mineral waters. Many healing, beauty and rehabilitation treatments embrace natural local resources such as honey, flowers, fresh berries, peppermint and amber. These are used for healing purposes, in medical rehabilitation and beauty treatments.

Both locals and international guests appreciate Latvia's beautiful, bountiful nature and the peaceful setting it provides for rest and rejuvenation.

With a choice of over 600 treatments, Latvia's spa specialists will devise a personal treatment plan for each client. Masseurs, spa specialists, cosmetologists, healthcare coordinators, nutritionists, personal trainers and therapists are on hand.



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



AIWA Clinic

The clinic is proud to be part of the VCA network of health centres, Latvia's biggest private outpatient medical chain with eight years of experience. The hospital is equipped with innovative equipment from leading manufacturers. AIWA Clinic offers a full range of surgical services and uses minimally invasive (sparing) methods of intervention through innovative solutions in endoscopy and laser surgery. Its staff comprises the best Latvian specialists with a university clinic background.

Services include:

- surgery (in the fields of bariatry (Gastric Bypass and Gastric Sleeve surgery), traumatology and orthopaedics, proctology, urology, gynaecology, neurosurgery, plastic and reconstructive surgery, otorhinolaryngology, ophthalmology (cataract, glaucoma, laser correction LASIK surgery and eyelid surgeries et.c.))
- diagnostics and conservative management (including check-up programmes and visual diagnostics (MRI, CT, 3D ultrasonography and dopplerography))

The private AIWA Clinic surgical and diagnostic hospital is conveniently located near central Riga. Staff speak Latvian, English and Russian. Medical services that you can trust!

The clinic holds an ISO 9001:2015 quality certificate.



Maskavas iela 241, Riga, LV-1019

info@aiwaclinic.lv

+371 67799100; +371 20022581

www.aiwaclinic.lv

AIWAClinic
 AIWAClinic
 AIWAClinic

ARS Diagnostic Clinic

The newly opened ARS Diagnostic Clinic is a branch of the ARS Medical Centre, which has over 30 years of experience, gathers a team of the best Latvian medical practitioners and boasts cutting edge technology. The clinic offers:

- specialist consultations
- medical imaging - MRI (3.0T and 1.5T), CT (320-slice scan) PET/CT, ultrasound and invasive ultrasound
- endoscopic examinations - gastroscopy, colonoscopy, capsule endoscopy
- a range of breast diagnostics in a single location: tomosynthesis, ultrasound mammary gland biopsy, magnetic resonance for mammary glands, PET/CT exams (to rule out distant mammary gland metastases)
- shock wave lithotripsy for treating kidney stones.



Jāņa Asara iela 3, Rīga, LV-1009

ars@ars-med.lv

+371 67 201 007

www.ars-med.lv

 MedicinasCentrsARS



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



ARS Medical Centre

ARS Medical Centre was founded in 1988 and was the first private multiprofile medical institution in Latvia. It offers:

- specialist consultations
- medical imaging, endoscopic examinations and functional diagnostics
- health checks/check-ups
- surgery at the ARS Day Hospital
- gynaecology and aesthetic gynaecology
- dentistry, implants, prosthetics etc.
- shock wave lithotripsy for treating kidney stones.

Currently employing over 200 of Latvia's best specialists, ARS is one of the country's largest private medical establishments. Combining specialist knowledge and state-of-the-art diagnostic equipment, the centre provides new opportunities for the early diagnosis and treatment of numerous diseases.

ARS Medical Centre employs the best radiologists in Latvia who apply the latest diagnostic methods through the most advanced technologies in the world. They use 3.0T MRI, 320-slice CT, PET/CT, ultrasound, scintigraphy and other practices to ensure the timely diagnosis of the most common tumours (breast, bowel and prostate) and cardiovascular diseases.



Skolas iela 5, Rīga, LV-1010

ars@ars-med.lv

+371 67 201 007

www.ars-med.lv

MedicinasCentrsARS



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Capital Clinic Riga

CAPITAL CLINIC RIGA is a top level clinic in Riga offering a wide range of medical services, providing the latest medical examinations and treatments, established for those whose greatest value is time.

Because time is fleeting and cannot be preserved, CAPITAL CLINIC RIGA'S work is organized so that the patients do not have to wait in lines. Setting an appointment is streamlined, it can be done online, and doctor visits are precisely planned. To achieve this the clinic has employed not only detailed planning, but also the most modern medical technology.

Keeping in mind that preventative healthcare is vital to maintaining one's health and well-being, CAPITAL CLINIC RIGA provides the most complete medical examination program in Latvia by offering five levels - Standard, Bronze, Silver, Gold and Platinum - of specifically designed and altered check-up programs to suit the needs of every single patient.

Duntes iela 15A, Riga, LV-1005

info@capitalclinicriga.lv

+371 29334224

www.capitalclinicriga.lv

 CapitalClinicRiga  CapitalClinicRiga





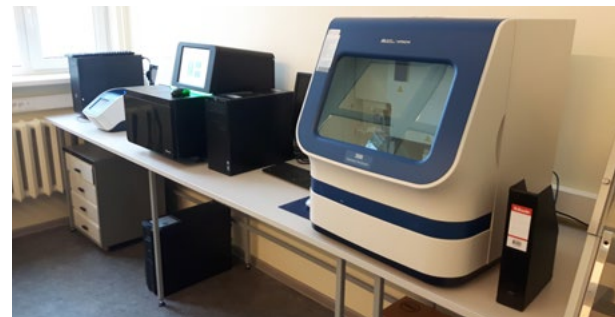
GenEra

GenEra is an accredited clinical diagnostic laboratory specialised in human DNA testing. It has 17 years of experience in DNA testing for medical reasons, as well as paternity and maternity tests.

The DNA tests can be divided into three groups:

- Standardized medical DNA tests in gynaecology and obstetrics, gastroenterology, infectology and hepatology, oncology, hematology and neurology. These include: celiac risk DNA test, lactose intolerance DNA test, hereditary hemochromatosis, Gilbert's syndrome, Alpha 1 antitrypsin deficiency mutation testing, cystic fibrosis (delta F508 mutation) testing, Crohn's disease, detection of TPMT gene polymorphisms, thrombophilia DNA test. For prenatal diagnostics the clinic offers: fetal rhesus factor (RhD) DNA test from mother's blood, detection of most common trisomias from amniocentesis material, also NIPT Panorama, in collaboration with Natera, USA.
- NGS, if referred by a clinician, Illumina hardware and technology. This method is used in diagnostics (e.g. in patients with a vague diagnosis), including prenatal diagnostics.
- Determining paternity and/or maternity, kinship analyses between two people: siblings, half-brothers - half-sisters, uncles/aunts - nieces/nephews, grandparents - grandchildren, first-degree cousins, great-grandparents - great-grandchildren.

The lab is equipped with modern equipment. From 2014, DNA testing is performed in line with the standard LVS EN ISO 15189: 2013: molecular biological testing of human-derived material.



Rātsupītes iela 1k-1, Rīga, LV-1067

info@genera.lv

+371 26267833

www.genera.lv

 GenEraLaboratorija



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health
private health tourism cluster

Health Centre 4

Health Centre 4 is one of the largest private multiprofile medical establishments in Latvia and has 25 years of experience in caring for patients. Its main areas of focus are diagnostics, treatments, rehabilitation and aesthetic medicine. In fact, the centre is the largest diagnostic service provider in Latvia with 33 branches and group companies.

The team of outstanding industry specialists prides itself on an individual approach to each patient. The latest artificial intelligence software helps deliver accurate diagnoses and state-of-the-art treatment.



Barona iela 117, Rīga, LV-1012

reg@vc4.lv

+371 67847100

www.vc4.lv

📍 Veselibascentrs4 📱 @veselibas_centrs_4



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Jurmala Hospital

Jūrmala Hospital is a multiprofile and emergency care centre with modern equipment and a professional staff to deliver the highest standards of service. It's located a mere 10 km from Riga International Airport in the resort town of Jūrmala. Reach white sand beaches in just five minutes on foot.

Services include:

- weight reduction surgery: gastric bypass, gastric sleeve surgery and intragastric balloon placement
- personalised health check ups. These can be done within a day!
- pregnancy care (incl. the homebirth at hospital service and water birth).



Vienības prospekts 19/21, Jūrmala, LV-2010

info@jurmалasslimnica.lv

+371 67752254

www.jurmалasslimnica.lv

 JurmalaHospital

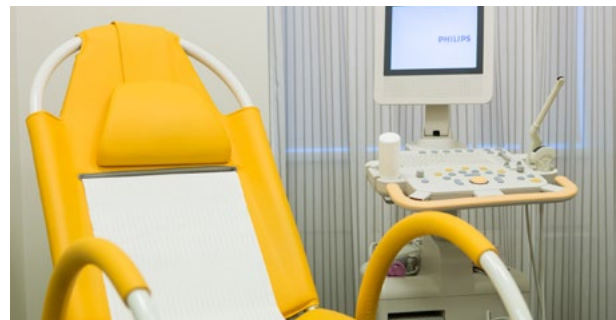


Premium Medical

The first premium-class medical institution in Latvia. Premium Medical provides a wide range of outpatient and inpatient health services such as diagnostics, check-up programmes and beauty specialist services (including medical manipulations) for adults and children. It employs around 90 of Latvia's best specialists practicing in over 30 fields including general practice, paediatrics, neonatology and gynaecology (including pregnancy care), acupuncture, allergology, aviation medicine, cardiology, dentistry, endocrinology, gastroenterology, hematology, immunology, infectology, kinesiology, neurology, oncology, ophthalmology, osteopathy, physiotherapy, proctology, psychiatry, psychology, pulmonology, rheumatology, surgery, traumatology, trichology and urology.

The centre prides itself on VIP level service, multilingual staff and modern equipment. Premium Medical ensures patient confidentiality, promises to answer all questions and deliver service with a smile. The professional team is committed to making a patient's visit convenient and comfortable.

13. janvāra iela 3, Rīga, LV-1050
 info@premiummedical.lv
 +371 24881111
 www.premiummedical.lv
 f premiummedical





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Sigulda Hospital

Sigulda Hospital is the leading bariatric surgery provider in Latvia. Surgeons Dr Olegs Kozlovskis and Dr Juris Zarinovs perform gastric bypasses and sleeve gastrectomies. Together, they've carried out 2000 weight loss surgeries.

Founded in 1950, today the hospital is one of Latvia's most modern medical institutions. It has separate departments for elective surgery and intensive care, rehabilitation, therapy and diagnostics, as well as an ambulatory care centre and maternity ward.

The Baltics' only Stereotactic Radiosurgery Centre was opened in 2015 for the treatment of benign and malignant tumours with the latest CyberKnifeM6 technology.

In 2020 4K high-quality image resolution laparoscopy equipment was purchased at Sigulda Hospital to have first 4K surgical system in country and have the latest generation of this kind of technology in the world. The sharper, more detailed picture helps improve surgical vision therefore small invasive operations can be performed more accurately, better and faster. The new medical system at Sigulda Hospital is equal and competitive with that used in the US, Germany and Japan.



Lakstīgalas iela 13, Sigulda, LV-2150
 slimnica@apollo.lv
 +371 67973973
 www.siguldasslimnica.lv/en
 f weightlosslatvia



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health
Private Health Tourism Cluster

VCA (Veselības centru apvienība)

The biggest private outpatient medical service provider in Latvia. Many specialists are available in one location and at short notice. VCA clinics cater to patients of all ages seeking help for acute and chronic illnesses and in periods of recovery.

VCA offers:

- individual check-up programmes
- surgical, therapeutic and rehabilitation day hospitals
- women's healthcare in all stages of life
- paediatric services
- ophthalmology and laser surgery
- comprehensive tests and treatment at the Heart Centre
- medical imaging including computed tomography, magnetic resonance and ultrasonography
- personalised rehabilitation programmes
- consultations by the most sought-after medical specialists
- dance therapy, cosmetology, massages and wet treatments to increase personal wellbeing
- dentistry
- traveller vaccinations.



Saharova iela 16, Rīga, LV-1021
 administracija@vca.lv
 +371 67136974
 www.vca.lv epoliklinika.lv
 f epoliklinika.lv



Dental Art

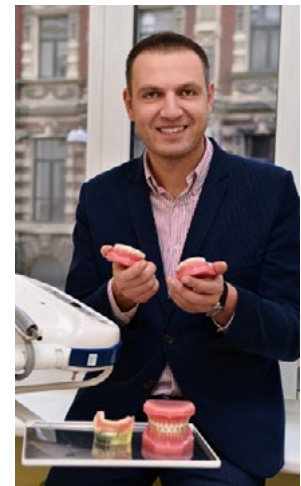
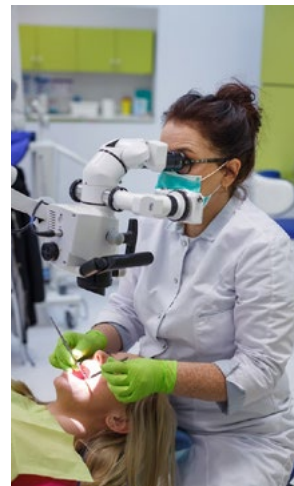
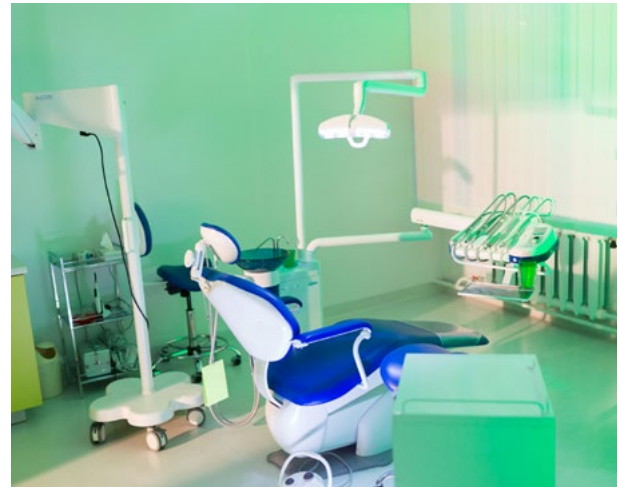
Dental Art clinic is surrounded by Art Nouveau style buildings in central Riga. The old town is a five-minute walk away. We offer:

- 95% of dental services in one clinic
- to establish a complete treatment plan
- a detailed cost estimate before commencing treatment
- strict sterility standards
- service in Latvian, English and Russian
- a team of caring, courteous and well-trained staff.

At Dental Art Riga, treatment costs are up to 70 % lower than the price of comparable treatment in Scandinavia and Western Europe.

The clinic understands that travelling for dental treatment takes both time and money. The team is happy to help with every step of the way from providing information on its services to arranging accommodation and transfers. Feel free to ask for tips on what to see and do in your free time!

Barona iela 20, Riga, LV-1050
info@dentalart.lv
+371 67278933, +371 29207418
www.dentalart.lv/en
f dentalart @ dentalartiga



DENTARIUM

dr. D.Petrosyan's clinic

Dentarium

The team at Dentarium uses the latest innovative technologies and methods to deliver quality treatments and care in a laid-back and friendly environment. The specialists are true masters of their craft who are constantly expanding their skill set and regularly attend international medical exhibitions and conferences.

Dentarium works with world leaders in the manufacture of medical equipment and dental materials to apply the latest achievements in modern dentistry in practice.



Nītaures iela 3, Rīga, LV-1024

info@dentarium.lv

+371 20252505

www.dentarium.lv

 Dentariumlv  dentariumlv

 Dentarium_Riga

Dr Apine Dental Clinic

Dr Apine Dental Clinic aspires to make any dental treatment a pleasant experience with a guaranteed result. The team is focused on constant development, follows and applies the latest trends in dental technology and equipment. Communication between the doctor and the patient takes place in a calm, home-like setting.

The clinic is a family enterprise with four generations of history in the medical profession. Dentistry is every staff member's passion, so each patient is met with a heart-warming smile and is bound to leave with a smile on their own face. Smiling customers bring joy and motivation to the team.

Staff use only the highest quality dentistry materials produced by world leading manufacturers. The clinic has been certified by the Health inspectorate of Latvia.

Panorama Plaza shopping mall
Lielirbes iela 17A, Rīga, LV-1046
info@apinesklinika.lv
+371 29184219
www.apinesklinika.lv/en
f Apinesklinika @ apinesklinika



latviadental

Latvia Dental Clinic, Dental Estetika

LatviaDental Clinic is located in the most architecturally beautiful part of Riga, referred to as The Golden Mile.

At the heart of our LatviaDental philosophy is to bring health and beauty into clients' lives that builds confidence in their appearance and brings success to our clients. Using state-of-the-art equipment, our skilful team of doctors create individual treatment plans. New technologies allow us create a beautiful smile within 1-2 days, while having a clear estimate of the costs involved.

We have excellent reputation for:

- Teeth restoration and cosmetic dentistry
- Anti-aging dentistry
- Ceramic and composite veneers
- Prosthetic dentistry
- Teeth whitening
- Preventive and holistic approach for all ages

The clinic focuses on preventing various oral diseases. Our multi-disciplinary team helps clients to enhance their natural perfection, preserve their health, youthfulness and bring that little more happiness into their lives.

KIDS Dental IQ educational program:

Our child-friendly program provides inviting and safe environment for our young clients to engage with doctors in a group play-therapy. As a result of fun and educational games children are willing to be treated. Children and parents learn how to prevent most dental problems in the adulthood.

Join our program to keep your teeth healthy until you are 100!



Antonijas iela 8-1, Riga, LV-1010

info@stomatologija.lv

+371 26185020

www.latviadental.eu

f Latvia-Dental f kidsdentaliq

@ kids.dental.iq @ latviadental



Royal Dent

ROYAL DENT aspires to deliver top quality and efficient service in a comfortable and luxurious setting. Clients care for their self-confidence and the beauty of their smile, and appreciate the ease of communication at the clinic.

ROYAL DENT has been in operation since 1995 when a private sector emerged in Latvia, and the possibilities of research in modern dentistry significantly widened. The team has withstood competition, built an impressive skillset and gained international experience. The specialists have received additional training in Belgium (Brussels), the USA (New Jersey, Wildwood), Italy (Milan), Germany (Berlin, Cologne, Düsseldorf, Hamburg (Meldorf), Switzerland (Lausanne), Denmark (Bornholm, Rønne) and Russia (Moscow, Saint- Petersburg).

Having been based in the coastal resort town of Jūrmala for seven years, the clinic has noted that the Baltic climate is favourable for receiving dental treatment.

Piestātnes iela 11A, Jūrmala, LV-2015
 info@royaldent.lv
 +371 27057783
 www.royaldent.lv
 f royaldent.jurmala



SKY DREAM CLINIC

ESTĒTISKĀS MEDICĪNAS UN STOMATOLOĢIJAS KLĪNIKA

Sky Dream Clinic

Sky Dream Clinic is fitted with innovative dental equipment and the staff employs the latest techniques. The clinic's specialists give personalised advice on oral cavity care, select the appropriate treatments and medication and answer all patients' questions in a comfortable environment.

The team comprises dental hygienists, surgeons and implant surgeons who provide the following services at affordable rates:

- therapy – treating tooth decay and placing fillings
- applying removable and non-removable prosthetics – dental implants, porcelain and porcelain fused to metal crowns for treating adentia
- restoring the shape of the tooth – attaching veneers and lumineers. Bringing Hollywood smiles to life!
- surgery – tooth extraction and implantology;
- aesthetic procedures – cleaning and whitening, dental plaque removal
- paediatric dentistry – tooth extraction and treatment, taking care of tooth decay without tears.

Bērzaunes iela 7, Rīga, LV-1039

info@skydream.lv

+371 20012559

www.skydream.lv/en

 skydreamclinic





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Clinic EGV

Clinic EGV's experts were the first to perform successful in vitro fertilization in Latvia. The clinic is equipped with top-notch diagnostic tools and the latest technologies for treating male and female infertility. Empathic personnel take an individual approach to each client in a relaxed environment.

Services provided:

- infertility treatment "IVF", "ICSI/PICSI" with latest technologies, blastocysts
- EMBRYOSCOPE+ time-lapse incubator; assisted hatching/laser assisted hatching
- genetic tests PGT-A, PGT-M, PGT-SR
- andrology centre, Micro-TESE, TESA
- minimally invasive surgery
- donation (anonymous donors only) - egg donation programme, donor sperm bank
- genetic material storage - embryo and egg vitrification (freezing), sperm freezing
- ERA Test, hysteroscopy, hysteroresectoscopy, colposcopy
- all the analysis and tests you need
- taking care of your pregnancy.

ISO 9001, Tissue Establishment.

Together, we create new life!



Lāčplēša iela 38, Rīga, LV-1011

info@egv.lv

+371 6727183

www.egv.lv/en

EGVclinic ClinicEGV



VASARAUDZES
privātklīnika

MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Dr Vasaraudze's Private Clinic

The small modern clinic in the centre of Riga has been providing medical services since 1998. Initially, the clinic specialized in gynaecology, but has expanded to offer services for women, men and children. It is equipped with the latest medical equipment and staff can carry out examinations and tests at short notice. The cosy and friendly atmosphere encourages successful treatment and examinations. Highly-qualified specialists develop an individual examination and treatment plan for each client.

The clinic specializes in gynaecological services, with a primary focus on gynaecological endocrinology — menstrual cycle disorders, female infertility, menopausal problems, excess hair, acne, and obesity. Our specialists can also perform fertilization procedures in our partner clinics.

Services offered:

- gynaecology, therapy, maternity, laboratory services
- specialist consultations: family physician - internist, gynaecologist - endocrinologist, oncologist
- diagnostics: gynaecological ultrasonography, ultrasound for pregnant women, I and II trimester foetal genetic screening with risk analysis, breast gland ultrasound, thyroid gland ultrasound, abdominal ultrasound, soft tissue ultrasound, blood vessel ultrasound, echocardiography
- health check for women under 40 (laboratory tests, radiology, cardiovascular system, gynaecological examination, therapeutic examination)
- health check for women over 40 – Premium (laboratory tests, radiology, cardiovascular system, gynaecological examination, therapeutic examination)
- health check for women and couples in case of infertility. The full examination takes two to three days, fasting blood samples are required.



Čaka iela 92, office 6B, Riga, LV-1011

info@vasaraudze.lv

+371 67291777

www.vasaraudze.lv

Dr.Vasaraudzes.klinika



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



iVF Riga Clinic

The first choice infertility treatment and reproductive genetics clinic in Riga. iVF Riga is a centre for ART and reproductive genetics that specialises in treating and diagnosing infertility.

iVF Riga comprises the Infertility Treatment Clinic, Centre for Reproductive Genetics and Centre for Stem Cells, which collects, processes and stores cells, and will soon provide cell therapy.

Turn to iVF Riga clinic:

- to diagnose and treat infertility (IUI, IVF, ICSI)
- to diagnose and treat male infertility (urology and andrology consultations, sperm tests, PICSI, TESA)
- for its donor programs – egg donation (egg bank), sperm donation (sperm bank), embryo donation/adoption (legal donation, wide choice of screened anonymous donors, donor sperm for single women)
- to access the first official reproductive tissue bank in the Baltic States (cryopreservation of the genetic material – eggs, sperm and embryos)
- for fertility preservation for oncology patients
- for services at the Centre for Reproductive Genetics: pre-implantation genetic testing of embryos at the chromosome and gene level (PGT-A and PGT-M), genetic consultations, karyotyping, molecular genetic testing (thrombophilia, PAI, non-invasive determination of fetal Rhesus factor in pregnant women, testing for the fragile X chromosome syndrome, testing for determination of AZF region microdeletions of Y-chromosome, HLA typing, KIR typing, genetic testing of missed abortion material), genetic tests for the complex examination of female/male infertility, genetic passports for newborns
- for prenatal care and gynaecology.

ISO 9001:2008 Certificate

ISO 15189:2013 Certificate

Holder of an international quality certificate for sperm testing

Winner of The IVF Clinic Award 2015

Winner of Whatclinic.com Award for excellent customer service

Winner of Treatment Transparency Award 2015



Zaļā iela 1, Riga, LV-1010

ivfriga@ivfriga.eu

+371 61111117

www.ivfriga.eu, www.genetikascents.lv

 ivfriga  Genetikascents

 ivfriga  genetikascents



My Clinic Riga

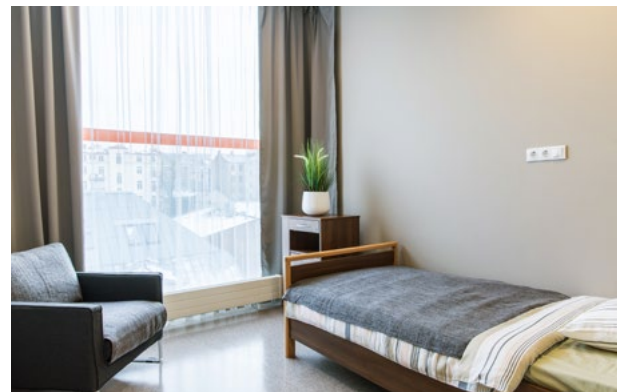
The world-class My Clinic Riga offers a full range of services from medical consultations and diagnostics to surgery, infertility treatment and complex medical procedures. The clinic has established itself as a reputable and reliable choice for women's health.

My Clinic Riga specialises in gynaecology, gynaecological endocrinology, gynaecological surgery, assisted reproductive technology, pre-implantation genetic diagnosis and pregnancy management.

Headed by a progressive team of young and knowledgeable specialists, combining evidence-based methodology and cutting-edge technology with a supportive and sincere approach, the clinic strives to achieve the best possible results.

Dr Arājs, the head of the clinic and chief specialist in reproductive medicine always makes sure the patient is put first and their needs considered on an individual basis.

Staff are always ready to help and available 24/7. Conversations are open and honest, and any information given is easy to follow. The clinic is open on Saturdays, Sundays and holidays. Its space is designed to make patients feel at home, reduce stress and discomfort.



5th floor, Tērbatas iela 30, Riga, LV-1011
 info@myclinicriga.lv
 +371 62666222
 www.myclinicriga.lv/en
 f myclinicriga @ myclinicriga



Riga Maternity Hospital

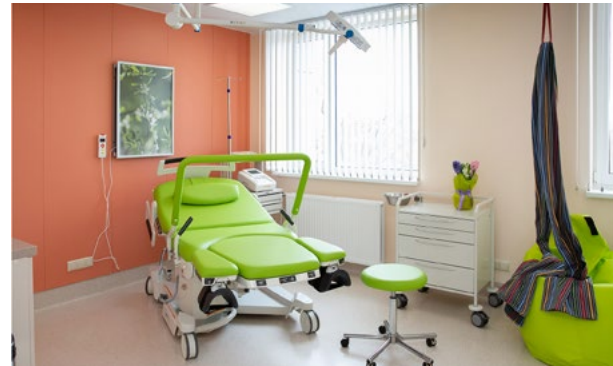
Riga Maternity Hospital is the country's largest and most modern delivery assistance and prenatal care institution with 70 years of experience. The hospital team conducts an average of 6000 deliveries every year, which is roughly a third of all the deliveries in the country.

The Maternity Hospital employs experts with research and clinical backgrounds who apply contemporary methods and use the latest technologies. This has allowed the hospital to achieve significantly higher perinatal care quality indicators than the national average.

Patient care standards comply with the ISO 9001 Quality Management System. The Maternity Hospital/ Riga Stradins University residential programme in obstetrics and gynaecology is accredited in Europe by the European Board and College of Obstetrics and Gynaecology.

Riga Maternity Hospital offers both state-funded and paid, both outpatient and inpatient services: prenatal care, childbirth assistance, neonatal intensive care and postnatal care.

Riga Maternity Hospitals' Admission ward provides medical assistance constantly all day and night to women who are pregnant or in labour. Contact information: + 371 67011300



Miera iela 45, Riga, LV-1013

rdn@rdn.lv

+371 67011225

www.rdn.lv/en

 dzemdibunams  dzemdibunams

 dzemdibunams

Jūsu Ārsti
privātklīnika



Your Doctors
clinic

Your Doctors Clinic

Your Doctors private clinic specialises in innovative infertility treatment. Its highly experienced team is dedicated to achieving the best possible results and develops an individual treatment plan for every patient, based on previous treatment history. The clinic boasts high success rates in a broad group of patients, including those with previously unsuccessful IVF attempts, complicated fertility disorders and who have been declined fertility treatment elsewhere. It has over 15 years of experience treating international patients.

Your Doctors Clinic offers a wide range of donation programmes, such as egg, sperm and embryo donation programmes. Women receive treatment regardless of marital status or age. The clinic also offers egg and embryo cryopreservation and storage on site.

Staff use a vitrification method to freeze genetic material. The method ensures a cell survival rate of over 95% after thawing. The clinic offers a wide range of preimplantation genetic diagnosis (PGD) and preimplantation genetic screening (PGS) programmes both as part of a patient's cycle and within donor programmes.

Your Doctors Clinic is accredited by the State Agency of Medicines of the Republic of Latvia to perform all

assisted reproduction methods allowed by current Latvian legislation. This accreditation also allows transporting genetic material across Europe, which makes it convenient for international patients.

It is the only clinic in the Baltic region to have received an FDA certificate. It complies with the ISO 9001:2015 international standards of quality management set by the International Organization for Standardization.



Apuzes iela 14, Rīga, LV-1046

jusuarsti@jusuarsti.lv

+371 28664723; +371 26407723; +371 67870029

www.fertility.lv/en

 JusuArsti  @jusuarsti



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health

AmberLife Clinic

Clinic for advanced Functional and Integrative therapies leading the path to optimum health. All clinicians and coordinators speak English, Latvian and Russian. The clinic offers effective and safe cancer treatment in a peaceful and relaxing environment, provides quality medical care and ensures patient comfort.

The clinic promises The Right Treatment, for the Right Patient, at the Right Time by focusing on the patient as a whole, not just the primary disease.

Integrative medicine and virotherapy are the fastest growing personalised treatment methods with an increase of over 50 % in healthy results. Integrative medicine is a combination of alternative, complementary and conventional types of treatment.

The integrative approach includes dendritic cell vaccine therapy, cytokine vaccine therapy and oncolytic virotherapy, as well as ozone therapy, vitamins, antioxidants, the use of various biological components, as well as energy, physiotherapy and acupuncture support programmes, an anti-tumour diet, a course of vitamins and food supplements.




Jaunā iela 12, Jūrmala, LV-2015

clinic@amberlifeclinic.eu

+371 67229522

www.amberlifeclinic.eu

 AmberLifeClinic

 [amber-life-clinic](https://www.linkedin.com/company/amber-life-clinic)

Onko

KLĪNIKA

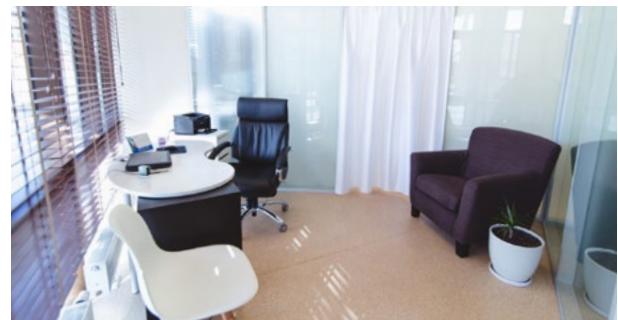
ONKO Clinic

ONKO Clinic's specialists have both clinical and research experience. They consult and examine patients with benign and malignant breast tumours, skin formations, diseases of the gastrointestinal tract, gynaecological diseases and hereditary tumours.

During a consultation, the specialist will provide information on the most contemporary radiotherapy, chemotherapy and target therapy approaches. They may suggest performing broad-profile genetic tests to detect mutations in a particular disease. Such tests can also determine the risk for healthy people or family members of cancer patients to genetically inherit the tumour genes. Blood samples for both genetic and oncology biomarker testing are carried out on site making it easier to get fast results.

The clinic aspires to find solutions even in cases of rare oncological diseases or when the recommended therapy isn't available in Latvia. Staff can provide an independent assessment on the type of therapy offered by other clinics. In case of different opinions, the clinic can arrange a multidisciplinary consultation.

Tallinas iela 1, office 26, Riga, LV-1001
onkoklinika@gmail.com
+371 24508300
www.onkoklinika.lv



RSU Nuclear Medicine Clinic

The first and most experienced nuclear medicine clinic in Latvia provides a wide range of examinations using PET/CT technology. PET/CT is primarily used in oncology to:

- detect cancer
- determine whether the cancer has spread in the body
- assess the effectiveness of a treatment plan
- determine if the cancer has returned after treatment.

PET/CT imaging is also often used to diagnose cardiovascular disease and neurologic disorders.

Riga Stradins University (RSU) is one of the leading medical schools in the Baltic States. It founded the Nuclear Medicine Clinic with its PET-CT technology for the development of nuclear imaging procedures and technologies. The Nuclear Medicine Clinic meets all European standards and offers a wide range of PET/CT exams using various radiopharmaceuticals.

The RSU radiological research laboratory participates in research on the latest radiopharmaceuticals and provides scientific support to the clinic. PET/CT scanning is performed using radiopharmaceuticals produced in the clinic's cyclotron, that additionally guarantee the compliance of the drug to the individual needs of each patient.

The clinic has formed a stable team of highly qualified professionals with an international background in nuclear medicine.

Services on offer:

- ^{18}F -FDG PET/CT – powerful imaging tool for assessment of cancer and various inflammatory and infectious diseases
- ^{18}F -PSMA PET/CT – for imaging prostate cancer
- ^{18}F -NaF PET/CT – for detecting calcification activity
- oncology and urology consultations
- a second opinion
- a doctors' council - evaluating a patient's medical record and indications for referral to PET/CT exam.

The International Patient Services team can assist in obtaining visas, booking a hotel, transfers on arrival, etc.



Gardenes iela 13, Riga, LV-1002

info@nmk.lv

+371 27078822

www.nmk.lv/en

 NuklearasMedicinasKlinika



Sigulda Radiosurgery Centre

Founded in 1950, the hospital today is among the most modern medical institutions in Latvia. Sigulda Hospital specialises in -

- Elective surgery - offering a wide range of surgical treatment, including bariatric surgery (gastric bypass, sleeve gastrectomy, conversion surgery), hernia surgery, gallbladder surgery and other, using minimally invasive surgical methods.
- Diagnostics - full range of medical diagnostics.
- Rehabilitation - specialised inpatient and outpatient rehabilitation programs.
- Maternity and delivery services.
- Treatment of benign and malignant tumors with the latest CyberKnifeM6 technology by Stereotactic Radiosurgery Centre "Sigulda".

The hospital is located in Sigulda – one of the most beautiful and touristic towns of Latvia in 1h drive from Riga. Sigulda is a centre of winter sports, tourism, and recreation. It attracts visitors year-round with its nature and historical beauty. Scenic nature views, walking trails, city centre is in a few minutes walk from the hospital, offering it's patients recovery friendly and calm atmosphere. Hospital's single and double rooms are made to make patient feel like home. There is a free wi-fi available in all rooms.

The doctors and medical personnel are committed to the highest quality of patient care and has earned a good reputation both between local and foreign patients.



Lakstīgalas iela 13, Sigulda Hospital, Sigulda, LV-2150

info@cyberknife-sigulda.com

+371 20270077

www.cyberknife-sigulda.com

 cyberknife.sigulda  CyberKnifeLatvia



Dr. Lūkina acu klīnika

Dr Lukin's Eye Clinic

Dr Lukin's Eye Clinic in Riga is one of the most modern and experienced eye clinics in Latvia specializing in laser vision correction surgery. With more than 15 years of LASIK experience, we have performed more than 20 000 LASIK surgeries to help people from Latvia and abroad to forget about needing glasses or contact lenses.

The clinic's mission is to offer the best possible care with a warm and welcoming approach from every employee. The clinic is well known for its individual approach, uncompromising quality and lifelong care for every patient. Even NBA players trust us.

Its modern facilities are located in the heart of Riga – in the pleasant setting of Bergs Bazaar arcade.

Services offered:

- different consultations and manipulations for people of all ages
- LASIK laser vision correction surgery
- orthokeratology for children
- 2RT retinal rejuvenation for macular degeneration (AMD)
- laser floater treatment (LFT) for vitreous eye floaters
- cataract surgery.



Marijas iela 13, office 1, Riga, LV-1050

info@acuklinika.lv

+371 67288180

www.acuklinika.lv/en Acuklinika

 Acuklinika  Acuklinika

 Dr. Lūkina acu klīnika



**Dr. Solomatina
Acu Centrs**

Dr Solomatin's Eye Centre

Dr Solomatin's Eye Centre helps clients free themselves of glasses and contact lenses. Its team of laser and cataract surgeons use three state-of-the-art laser devices on patients of very varied ages. The centre is the only one in the Baltics to perform cataract surgery by laser.

The clinic's surgeons are members of European and American refractive and cataract societies, regularly attending conferences and seminars around the world. The clinic is honoured to be an official Carl Zeiss Meditec reference center. Prof. Solomatin himself is an associate professor at the University of Latvia.

Dr Solomatin's Eye Centre is the leading eye centre in the Baltics. The Baltics' first ever laser surgery for vision correction was carried out here in 1998. Since then, the team has carried out over 15 000 similar operations. Thousands of customers and colleagues in the field of ophthalmology value the clinic's work.

Today, the centre has followers in Latvia, Estonia and Lithuania but Dr Solomatin's Eye Centre has the advantage of years of experience. Another advantage is its close cooperation with leading medical technology manufacturers, providing access to the latest technologies and devices.

Ten minutes is all it takes for a patient to be free of glasses and contact lenses. Vision improves immediately after surgery, but sharpness without glasses reaches 80 - 100 % of the norm on the day following surgery.



2nd floor, Elizabetes iela 75, Riga, LV-1050
contacts@acucentrs.lv, acucentrs@acucentrs.lv
 +371 67217317

www.acucentrs.lv/en/

 Acucentrs  acucentrs



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health
green health tourism cluster

Latvian American Eye Center (LAAC)

LAAC is the first and unique model of a private eye clinic in the Baltic States founded by the American Professor John Joseph McDermott in 1993. Since then it has developed into a well-equipped world-class affiliate network offering services to local as well as foreign patients.

LAAC provides services to patients from all age groups starting from infants till elderly and is covering full range of ophthalmology services – diagnostics, ambulatory treatments, surgeries, eyelid plastic surgery, corneal transplantation, laser vision correction and vision correction with implantable lens. Team of 19 ophthalmologists is providing transparent world-class treatment process and guarantees the most appropriate treatment method adjusted to the individual needs of the patient.

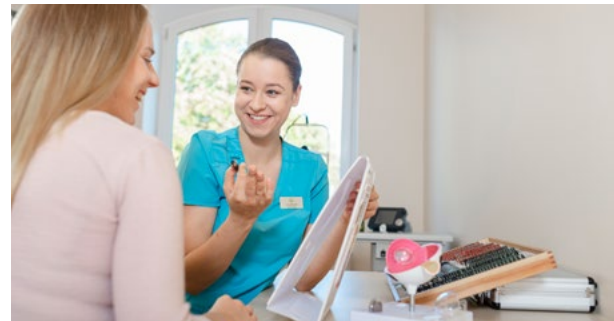
Laser Vision correction surgeries are performed with the two newest ZEISS Visumax and MEL90 lasers and patients can choose between LASIK, FEMTO-LASIK, TRANS-EPI (PRK) or SMILE methods.

LAAC is the top choice among the patients due to high-quality treatments, advanced technologies, qualified and experienced doctors, reputation, international recognition, customer-oriented approach, patient confidentiality, friendly environment for disabled people, continual

improvement and most importantly happy previous patients.

Besides the medical services LAAC hosts as a base of the ophthalmology residency program, provides educational training courses, is actively involved in Clinical Trials, owns the Corneal Tissue Bank and provides medical supplies and equipment to industry colleagues.

ISO 9001-2015



A. Deglava iela 12A, Rīga, LV-1009

laac@laac.lv

+371 67272257

www.laac.lv

www.getvision.eu

 latvijasamerikasacucentrs

 latvijasamerikasacucentrs

 Latvian American Eye Center



Aesthetica

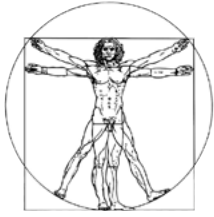
Aesthetica Beauty Clinic is located in the Heart of the Baltics – Riga, Latvia. We are proud of being one of the most modern brand-new clinics in the Baltics, having more than 20 years of experience and 8000 satisfied customers. Our mission is excellence in the fields of healthcare and plastic surgery by ensuring highest quality services in a modern and comfortable clinic. Improving quality of life is an art – we ensure it by combining perfection, sense of beauty and precision.

The Clinic provides wide range of services - breast, body, face and intimate corrections, aesthetic injections, dentistry, cosmetology, reconstructive and hand surgery procedures, physiotherapy, massages, taping, USG examinations, tests, gynaecological services. The Clinic also offers a guest apartment apartment and spacious, modern premises for organizing inspiring quality events.

Our team of highly skilled professionals believes that a great result is achieved not only by skill and modern technologies, but also through passion to give more than our clients expect. Our motto: to look better - it's not luck, it's a decision!



Tāļivalža iela 15, Rīga, LV-1006
 info@aesthetica.lv
 +371 20385822; +371 67808800; +371 67411144
 www.aesthetica.lv/en/
 f aestheticbeautyclinic.riga
 @ aestheticbeautyclinic



Ādaži Private Hospital

The Centre of Plastic and Aesthetic Surgery at the Ādaži Private Hospital is the private practice of Latvia's leading plastic surgeons, Dr Jānis Zaržeckis and Dr Tālvāldis Krūmiņš. The team performs aesthetic, reconstructive and hand surgery.

The hospital is located near Riga in the centre of Ādaži town. The ward layout, comfortable surroundings and professional care makes patients feel like they're at a hotel rather than a hospital.



Gaujas iela 13/15, Ādaži, LV-2164
hospital@ml.lv
+371 67997898
www.plasticsurgery.lv



Plastikas ķirurģijas klīnika
Clinic of Plastic Surgery

MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health
LATVIAN HEALTH TOURISM CLUSTER

Clinic of Plastic Surgery

Dr Jānis Ģīlis founded his private clinic in 1992. For 25 years, it has been occupying stable and leading positions among Latvia's plastic surgery and aesthetic medicine institutions. The clinic is one of few private clinics in Latvia where the consultation and administrative rooms are located in the same building as the operating block and recovery area, providing comfort, better access to information and security to the patients.

The clinic employs 25 professionally educated and reliable staff who take care of patients' comfort and wishes.

The clinic has an exclusive location in the centre of Riga where patients can enjoy a beautiful view over the Old Gertrude Church and other architectural masterpieces.

In the words of plastic surgeon Jānis Ģīlis: "A private clinic means holding personal responsibility and never compromising our standards of excellence. In our clinic we provide unique operating and recovery conditions that guarantee the best aesthetic outcome and absolute confidentiality."



Baznīcas iela 31, Rīga, LV-1010

klinika@gilis.lv

+371 28300800

www.gilis.lv

 gilisplasticsurgery



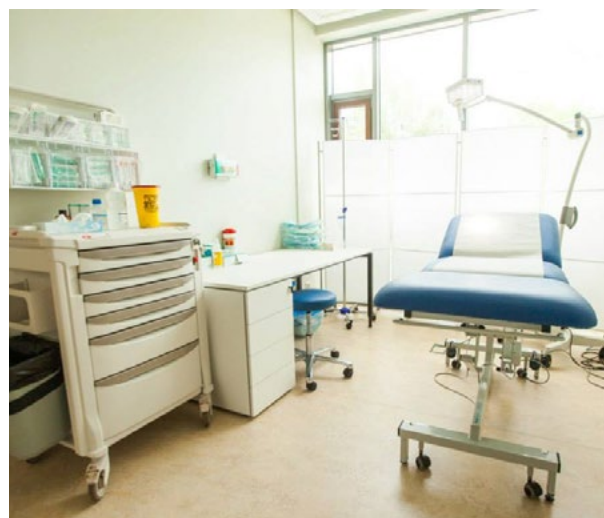
MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Microsurgery Centre

Latvia's leading and world renowned plastic surgeons, traumatologists, orthopaedists and hand surgeons are here to help. The team has gained experience and continues to do so at clinics in the USA, Singapore, Norway, Germany and Austria. The specialists are always up-to-date with the latest trends in the industry to deliver world-class service to patients.

Clients have access to a range of beauty and leisure services. The clinic prides itself on its holistic approach. Patients receive medical advice, plastic surgery and even optional tours along the coast of the Baltic Sea. Individual hotel-like rooms ensure patient privacy.



Brīvības gatve 410, Rīga, LV-1024
 centre@mcl.lv
 +371 67969830
 www.mikrokirurgija.lv
 f Mikroķirurgija

Baltic Vein Clinic

The Baltic Vein Clinic is part of the Health Centre 4 network. It is the largest, most experienced medical institution in Latvia and the Baltics to offer the most advanced vein diagnostics and treatments, such as sclerotherapy, vein closure using bio-glue, laser coagulation, vein radiofrequency ablation, steam vein sclerosis and thermocoagulation with world renown technologies.

The clinic also offers diagnostics and treatment of various proctological diseases. Specialists from the Baltic Vein clinic not only know everything about hemorrhoids, but also know how to deal with it effectively. Moreover, they use the most advanced and progressive methods.

Every year, its team performs over 2 500 vein operations. Over the last years the Baltic Vein Clinic has significantly increased the range of its services and updated technical equipment of the clinic adding new high-quality devices, including updated operating rooms.

The Baltic Vein Clinic has been granted an ISO 9001: 2015 standard international quality management system certificate.



Barona iela 115, Rīga, LV-1012
venuklinika@vc4.lv
+371 67847200
www.venas.lv
f BaltijasVenuklinika



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health

Dr Maurins' Vein Clinic

Dr Maurins' Vein Clinic is one of the most modern laser medicine and vein treatment clinics in Europe. Thousands of patients visit the clinic every year to receive safe and proven treatment for their varicose veins, trophic ulcers and other vein diseases. Only highly qualified phlebologists and vascular surgeons work at the clinic.

Services offered:

- sclerotherapy for leg veins
- laser surgery
- phlebology: duplex sonographic diagnostics
- foam sclerotherapy under ultrasound control
- trophic ulcer treatment
- proctology and laser proctology.

Dr Maurins' Vein Clinic offers world class services and facilities at a lower cost to patients.

Kokneses prospekts 18A, Riga, LV-1014

info@lazermedicinasklinika.lv

+371 67374747

www.veinlaserclinic.eu/en

 [drmaurins](#)

 [Lazermedicinasklinika](#)





**Children's University
Hospital Latvia**
Happiness in serving children!

Children's University Hospital

Hospital consists of two complex institutions, one in Riga, Vienības gatve, and one in Juglas iela 20, which is the only one specialized children multi-profile treatment institution in Latvia. Every year more than 30'000 inpatients and more than 160'000 outpatients receive medical care services.

Children's university hospital is located in Torņkalns that is 5 km away from the city centre and 8 km away from the airport. It is convenient to use public or private transportation to arrive at the hospital. Parking lots are available in the territory of the hospital.

Specialists of Children's Hospital provide a wide range of treatment and health care in the treatment of complicated and complex illness cases. All the processes in our hospital are organized so that the patient receives the most effective, safe and the best quality treatment and care. It is realized through following the international experience and achievements in medical science and research, and by implementing these principles in the practice.

In surgery the most effective operating notices and methods of treatment are used that are recognized at an international level, such as: laparoscopy, thoracoscopy, arthroscopy, microsurgery and

others, which reduce the risks of complications and significantly eliminate the recovery and rehabilitation period. Complex diagnostic and treatment services are provided through highly qualified and professional support services.



Vienības gatve 45, Riga, LV-1004

inga.sproge@bkus.lv

+371 25680140

www.bkus.lv

 bernuslimnica  bernuslimnica



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health
green health tourism cluster

Dermatology Clinic

The Dermatology Clinic is the largest and most modern clinic of its kind in Latvia. Its team comprises specialists in dermatology, dermatovenerology, laser treatment, podology (medical foot care), phlebology (vein treatment), urology, cosmetology and plastic surgery.

The doctors use the latest technology to provide diagnoses and treat acute and chronic skin and vein conditions and diseases.

The clinic operates under the strict standards of its ISO 9001: 2015 international quality management system certificate.



3rd floor, Skanstes iela 50, Rīga, LV-1013

dermaclinic@vc4.lv

+371 67847102

www.dermaclinic.lv

📍 Dermatologijasklinika 📱 @vc4_beauty



GASTRO

GREMOŠANAS SLIMĪBU CENTRS

GASTRO Centre for Digestive Diseases

As the largest gastroenterology centre in Latvia, the GASTRO Centre for Digestive Diseases offers a full spectrum of services from diagnostics and detection to treating diseases of the digestive tract. The centre has over 15 years of experience.

GASTRO offers:

- specialist consultations
- comprehensive examinations of the digestive tract (esophagus, stomach, gut, bile duct, pancreas, and liver) or check ups
- colonoscopies and other endoscopies, using anesthesia and modern patient care methods
- a full range of medical manipulations.

Some treatments will require a short visit while others may take up to a day. Some may require return visits to our full day treatment facility.

Treatment results may be recorded, stored and transmitted digitally, if necessary.

Gaiļezera iela 1, Rīga, LV-1079

info@gastrocentrs.lv

+371 66901212

www.gastrocentrs.lv/en

 GASTRO





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Good Life clinic

The cosy premises of the Good Life clinic are surrounded by a beautiful green forest. Highly-qualified specialists use state-of-the-art diagnostic technologies to provide quality medical services.

Gastroenterology is one of the clinic's main areas of focus. The clinic provides both consultations and endoscopic examinations – the gastroscopy, colonoscopy and capsule endoscopy. A traumatologist - orthopedist, urologist, dermatologist, paediatrician, neurosurgeon, therapist and proctologist are also available.

Staff place great emphasis on educating their patients. In the words of general practitioner, Dr Sabri Abdul Massih: "The primary task of the doctor is preventive work. There has to be a dialogue, people need explanations on what to do and what lifestyle to lead. Our patients benefit from an individual approach. This is the only way to find the right way for the health and wellbeing of your patient."

Rīgas iela 22, Piņķi, LV-2107
info@goodlifeclinic.lv
+371 67331133; +371 27773341
www.goodlifeclinic.lv/en





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



green land of health

ORTO Clinic

ORTO Clinic is the only private clinic in the Baltic States to specialise in traumatology, orthopaedics, spine surgery, rheumatology and sports medicine.

The clinic is a longterm partner of the Latvian Olympic Committee and most of Latvia's leading sports clubs. Many of Latvia's top athletes seek help for their sports injuries at ORTO Clinic.

The team at ORTO Clinic assesses and treats diseases and traumas of the musculoskeletal system through:

- specialist consultations
- diagnostics (tests, ultrasonography, x-ray projection, diffusion tensor imaging (DTI) and magnetic resonance imaging (MRI) with 3,0T which is currently the most powerful magnet available)
- surgery and post-operative inpatient care (three operating theatres, fifteen private wards and an intensive therapy ward)
- rehabilitation and physiotherapy.

ORTO Clinic doctors consult around 40 000 patients and perform approximately 2 000 operations per year with a low infection risk of 0.2 – 0.5 %. The average infection risk at other hospitals is ~2 %.

The clinic works only with certified and leading implant brands and other medical products and technologies

to minimise the risk of infection and ensure the long lasting effects of surgery. A painless perioperative period helps prepare for surgery and increases patients' satisfaction after the surgery, which are essential factors for a positive outcome.



Bukultu iela 1A, Riga, LV-1005

office@orto.lv

+371 67144013

www.orto.lv

ORTO Klīnika ClinicOrto



ERA ESTHETIC
AESTHETIC AND LASER MEDICINE CLINIC

MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



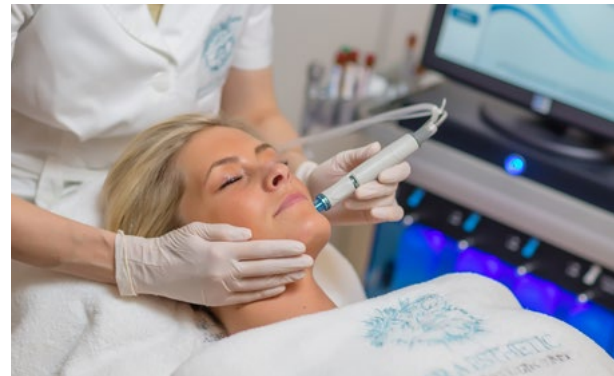
ERA ESTHETIC

ERA ESTHETIC Laser and Aesthetics Clinic is located in the centre of Riga, the capital of Latvia. ERA ESTHETIC has 12 years' work experience in the Baltic states (Lithuania, Latvia), Germany. The ERA ESTHETIC team is working with the newest generation lasers, state-of-the-art ultrasound, radiofrequency, ELOS and other technologies of skin treatment and rejuvenation. The clinic offers only the most reliable and effective methods of injectable skin treatment. Advanced technologies, the best medications, experienced doctors, VIP service for every customer!

ERA ESTHETIC is an innovative beauty clinic. We offer state-of-the-art and effective methods of skin treatment and rejuvenation – the gold standards of facial aesthetics. Experienced doctors and cosmetologists of our clinic have the most advanced beauty technologies in store for you.

ERA ESTHETIC clinic ensures its customers the best aesthetic results in the following directions:

- skin diagnostics and rejuvenation
- diagnostics and removal of skin malformations
- removal of pigmentation
- removal of tattoos
- treatment of vascular malformations
- laser hair removal
- laser skin resurfacing
- radiofrequency skin rejuvenation
- Thermage® CPT non-surgical skin rejuvenation
- Ultherapy® non-surgical SMAS-lifting
- RegenLab® PRP therapy
- beauty injections with the most reliable medications
- VelaShape® figure re-shaping and cellulite treatment
- laser vaginal rejuvenation, gynaecologist consultation



K. Valdemāra iela 41, Riga, LV-1010
Jūras iela 23/25, Jūrmala, LV-2015
info@eraesthetic.lv
+371 25711117
www.eraesthetic.lv
f era.esthetic.lv @ eraesthetic.lv



Sky Beauty

Sky Beauty micropigmentation and cosmetology centre offers permanent make-up treatments delivered by the best micropigmentation professionals in Latvia who've won competitions and undergone in-depth training in micropigmentation in Latvia and abroad.

The centre also offers medical micropigmentation, which has already helped a great number of women and men to restore their beautiful and confident looks.

Having discussed each client's wishes, the specialists offer to give beauty injections, make an appointment with leading cosmetologists, recover physical wellness through the help of experienced physiotherapists, or undergo a course of the ICOONE LASER, which can transform the patient's profile. 36 individual programmes with ICOONE LASER 36 do wonders.

Eyelashes and eyebrows are also taken care of at the clinic with a selection of treatments aimed at thickening lashes, shaping eyebrows correctly and applying tint.

Bērzaunes iela 7, Rīga, LV-1039
 info@skybeauty.lv
 +371 24886555
 www.skybeauty.lv
 f skybeautypro





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



LOR

The ENT clinic is specialised in diagnosing and treating ear, throat and nose (ENT) conditions in both children and adults. Patients always feel welcome and at ease in the clinic's comfortable and pleasantly-designed setting.

The team of doctors and nurses have gained experience at university hospitals and are well-versed in the latest diagnostic methods and advanced care.

ENT clinic offers:

- laser therapy, examinations such as audiometry, endoscopy of the nasal cavity and nasopharynx, rhinomanometry and tympanometry
- full diagnostics, consultations and surgery of ear, throat and nose diseases and full spectrum of therapeutic measures
- hearing aid consultants to ensure hearing aids are individually adjusted and tuned
- a paediatrician, allergist, gastroenterologist, neurologist, physiotherapist and speech therapist for a holistic approach to the patient's symptoms.



Vienības gatve 51, Rīga, LV-1004
 Brīvības gatve 410, Rīga, LV-1024
 info@lorclinika.lv
 +371 25727676
 www.lorclinika.lv
 f LORclinicRiga



Clinic LUC/Latgales uroloģijas centrs

The clinic has been delivering high level service for 13 years. It offers:

- Urological examinations: Endoscopic urological examinations: Urethroscopy; Cystoscopy; Fibrocystoscopy; Cystoscopy with biopsy; Medical cystoscopy; Ureteroscopy; Fiboureterorenoskopiya; Endoscopy with stent evacuation
- Ultrasound diagnosis in urology: Transrectal ultrasound of the prostate gland (prostate) and seminal vesicles; ultrasound of the scrotum; ultrasound of the penis; Doppler blood vessels of the penis
- Ultrasound of the kidneys and bladder: “Core” Prostate Biopsy; Percutaneous cystostomy; Percutaneous nephrostomy; Puncture of kidney cysts under ultrasound control; Puncture hydrocell under ultrasound control; Installation of radiological markers in the prostate before radiotherapy; Urodynamic examinations: Cytometry; Profilometry; Uroflowmetry; Electromyography; Research “pressure – flow”; The method of biofeedback; X-ray diagnostics
- Cardiological examinations: Laboratory Tests; ECG (electrocardiography); Daily monitoring by Holter; ECG with a load (bicycle ergometry); Echocardiography; Dopplerography
- Expert consultations in urology, gynaecology, cardiology, endocrinology, surgery, oncology, chemotherapy, mammography, nephrology, anesthesiology
- Prenatal care: ultrasound screening of pregnant women in trimesters 1-3, 3D, 4D, 5D (Live HD) ultrasound examinations
- Surgical treatment of prostatic hyperplasia: holmium laser enucleation of the prostate (HOLEP); TURP
- Surgical treatment of urolithiasis: endoscopic contact laser and ultrasound lithotripsy (crushing of stones in the kidneys, ureters, bladder); Sling operations for the correction of stress and postoperative urinary incontinence in men and women: TOT, Endoscopic bladder surgery, URB; Surgical treatment of erectile dysfunction – endofalloprosthetics; Operations on the penis and scrotum.



Rīgas iela 54A, Daugavpils, LV-5401

info@klinikaluc.lv

+371 65444200

www.klinikaluc.lv

klinikaluc.latvia

Clinic Dzintari

The private Clinic Dzintari has over 20 years of experience. It is located by the sea, in the quiet Melluži area of Jūrmala.

The clinic helps those going through a crisis in life to regain inner peace, courage and the energy to live. Psychiatric, psychotherapeutic and psychological help is available to those looking to enhance their quality of life. Professional specialists deliver treatment in a welcoming, open and encouraging setting, which is exactly what is needed for the intensive and integrated therapy to result in stable changes to patients' health.

Services on offer:

- tailored professional advice geared towards results
- range of psychotherapeutic approaches based on art, dance and movement, themed groups, consciousness activation
- massages and beauty treatments, wellness exercise classes, yoga, ergonomics, pilates and Nordic walking lessons to restore physical strength
- accommodation at the Daina Jurmala Beach Hotel & SPA.

Guests will benefit from the change in environment and feeling the energy of the sea nearby.



Mežsargu iela 4/6, Jūrmala, LV-2008

dzintari@dzintari.lv

+371 67754811

www.dzintari.lv/en

 [klinikaDzintari](https://www.facebook.com/klinikaDzintari)



Strenči Psychoneurological Hospital

The hospital provides outpatient and inpatient services in psychiatry and narcology. It's located a two-hour drive away from Riga in a complex of historical buildings in an area abundant in nature.

Brief facts about the hospital:

- founded in 1907
- total of 320 beds among several profiled units
- treats 4314 psychiatry and narcology patients per year
- offers the only psychotuberculosis unit in Latvia.

In addition to the treatment provided by psychiatrists and narcologists, patients are offered physiotherapy, occupational therapy and music therapy.

The hospital has been operating under ISO 9001 standards since 2013 and received ISO 9001:2015 certification in 2018.

Valkas iela 11, Strenči, LV-4730

info@strencupns.lv

+371 64731580

www.strencupns.lv

 StrencuPNS





MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Jaunķemeri Resort Rehabilitation Centre

Jaunķemeri Resort Rehabilitation Centre is located in Jūrmala, just 36 km away from Riga and on the coast of the Gulf of Riga. Clients benefit from the proximity of the beach, being surrounded by pine forests, fresh air and having access to mineral waters and healing mud.

Purpose-built in 1967, the centre is focused on personal wellbeing, so clients can leave their worries behind and enter an area of peace and harmony.

Clients can receive treatment for heart and peripheral vascular diseases, conditions of the musculoskeletal system, spinal diseases, urologic and gynaecologic conditions, children's diseases, digestive issues, obesity and orthopaedic trauma.

The centre works throughout the year (including Saturdays and Sundays) and clients can receive multiple treatments in a day to encourage speedy results. It has a capacity of 370 clients at one time.

Kolkas iela 20, Jūrmala, LV-2012

sanare@jaunkemeri.lv

rezervacija@jaunkemeri.lv

+371 67733242

www.jaunkemeri.lv

 Jaunkemeri



Rehabilitation Centre “Līgatne”

Rehabilitation Centre “Līgatne” is located in one of the most beautiful and greenest places in Latvia – Līgatne. On arrival to our centre you will be surprised by the beauty of the nature surrounding us, which already on itself is instantly relaxing and healing. We are located in the Gauja National Park - inside a charming forest, with picturesque Gauja river by its side, away from the metropolitan hustle and bustle.

Rehabilitation centre “Līgatne” offers a variety of medical rehabilitation services, special health and beauty programs and procedures, using advanced medical rehabilitation equipment and technologies. Each specialist of the multidisciplinary team carries out his work according to the clear set of responsibilities and individual approach.

Offers:

- wide range of doctors and specialists
- various rehabilitation programs
- health and beauty programs
- catering and hotel services
- seminar and conference facilities
- wide range of outdoor leisure activities
- excursions to a unique underground Soviet bunker.



Skaļupes, Līgatnes novads, LV-4110

ligatne.info@gmail.com

+371 64161915; +371 26467747

www.rehcentrsligatne.lv/en

 RehCentrsLīgatne



The Social Integration State Agency (SIVA)

SIVA has over 30 years of experience in providing rehabilitation services. The centre is located in the heart of the Jūrmala resort on the coast of the Gulf of Riga. The fresh sea air, pine trees and scenery provide a comfortable environment for recovery.

A team of occupational therapists, physiotherapists, psychologists, physical and rehabilitation doctors and nurses, masseurs, social rehabilitators and nutrition specialists work on site.

Clients can choose between single and double rooms. Accessible rooms are available. Wheelchair users have access to the beach. Onsite catering provides balanced and vitamin-rich meals. The centre can arrange dietary menus.

SIVA provides 24/7 monitoring services and emergency medical assistance.

Dubultu prospekts 71, Jūrmala, LV-2015

siva@siva.gov.lv

+371 67769890

www.siva.gov.lv

 SocialasIntegrācijasValstsAgentura

 SIVA_gov_lv





VAIVARI National Rehabilitation Centre

The leading rehabilitation centre in Latvia attracts the best specialists for helping patients overcome serious trauma and illnesses and return to their daily lives healthier and fitter. The centre offers an array of medical rehabilitation programmes such as:

- orthopaedics for children and adults
- spinal cord injury rehabilitation
- neurorehabilitation after strokes, head trauma and neuroinfections
- rehabilitation for children after internal and neurological diseases
- rehabilitation for adults after internal disease
- comprehensive spinal cord surgery rehabilitation
- post-cancer recovery.



Asaru prospekts 61, Jūrmala, LV-2008

info@nrc.lv

+371 67766122

www.nrcvaivari.lv

 vaivari



Amber Sea Hotel & SPA

MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Amber Sea Hotel & SPA

The perfect place for rest and rehabilitation. Amber Sea Hotel & SPA focuses on restoring harmony in the body and spirit.

The hotel is located in the centre of Jūrmala, surrounded by pine trees and just 100 metres from the beach. Rooms are decorated with natural and eco-friendly materials.

Services on offer:

- healthy dining at SIMMER onsite restaurant
- a wellness centre with special treatments including Endospheres therapy and Thai massage. The spa team will put together a combination of treatments to suit personal body philosophies
- a swimming pool, sauna, steam bath and gym studio
- seasonal bicycle and Nordic walking pole rental.



Dzintaru prospekts 68, Jūrmala, LV-2015

info@amberhotel.lv

+371 29165865

www.amberhotel.lv

 amberseahotelspa

 amberseahotel



Baltic Beach Hotel & SPA

medical spa • conferences



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER



Baltic Beach SPA

The largest spa centre in Eastern Europe. Baltic Beach SPA is a certified medical facility, occupies an area of over 4 810 m² and offers more than 400 treatments and options for relaxation, all tailored to the individual needs of each customer.

Guests can experience an authentic Russian bath or relax in the saunas of The Garden wet relaxation area. Hotel guests benefit from free access to the heated 25 m sea-water-pool, Finnish sauna and modern gym with cardio and heavyweight machines.

Nestled directly on the shore of the Baltic Sea, the 5* Baltic Beach Hotel & SPA has a unique location in Jūrmala amidst the dunes and pine trees. It offers direct access to a fully equipped private beach with catering service. Jūrmala's major visitor attractions, railway station, restaurants and shops are within walking distance.

Awards

World Luxury SPA Awards 2016 - Luxury Medical Spa of the Continent, Trip Advisor 2016, World Travel Awards 2015, Green Key 2015, World Luxury Hotel Awards 2015, World Travel Awards 2015, World Luxury Hotel Awards 2015



Jūras iela 23/25, Jūrmala, LV-2015

info@balticbeach.lv

+371 67771400

www.balticbeach.lv

spabalticbeachhotel baltic_beach_hotel



MEMBER OF
LATVIAN HEALTH
TOURISM CLUSTER




Hotel Jurmala Spa

A modern 4* spa resort and conference centre at just 200 m from the beach. The hotel's spa and health centre is spread over three floors, offers massages and water therapies, spa programmes and the Wellness Oasis sauna and pool centre with six different saunas and four pools with varied water temperatures.

Hotel Jūrmala Spa also offers medical checkups, facial and body treatments, electrotherapy, hairdressing services, manicures, pedicures, a spa capsule, sports activities, a gym and more.

With over 200 different spa treatments, the spa centre and beauty parlour are the perfect spa oasis, where everyone will find their suitable spa treatment to improve their health and well-being.

Children and teenagers are also welcomed at the spa centre with special massages, spa rituals and seasonal offers as well.

Jomas iela 47/49, Jūrmala, LV-2015
booking@hoteljurmala.com
 +371 67784415
www.hoteljurmala.com/en
 HotelJurmalaSpa





Verdant Eco Spa

The first beauty salon in Riga to use only the highest quality natural and eco-friendly beauty products to provide the best results without harming health or the environment.

Services on offer:

- hairdressing services applying only environmentally friendly products and hair dyes
- facial treatments with custom-made products
- holistic facials
- waxing with honey wax
- sugaring (special recipe)
- manicure and pedicure with Big5free products
- massages, body treatments and spa rituals with freshly-made spa supplies from natural Latvian ingredients.



13. janvāra iela 33, Riga, LV-1050

info@verdant.lv

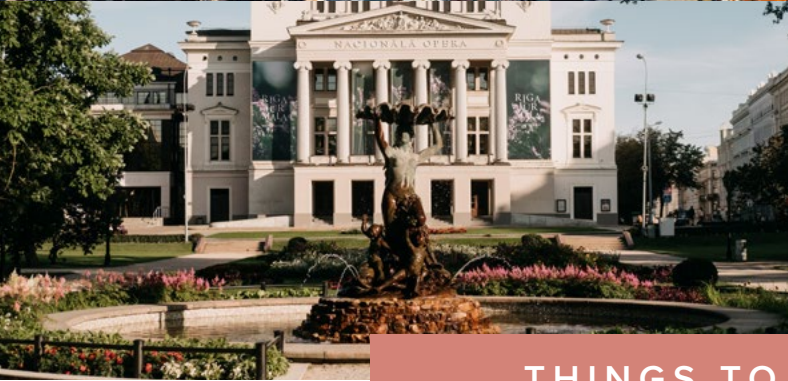
+371 29837191

www.verdantecospa.lv

 VerdantEco  verdantecospa

DISTANCES FROM RIGA TO NEIGHBOURING CAPITALS:

	Capital	Distance	Flight time
LT	Vilnius	293 km	50 minutes
EE	Tallinn	309 km	50 minutes
FI	Helsinki	397 km	1 hour
BY	Minsk	479 km	1 hour
SE	Stockholm	520 km	1.15 hour
PL	Warsaw	655 km	1.20 hour
RU	Moscow	917 km	1.45 hour
NO	Oslo	1006 km	1.50 hour
UA	Kiev	1027 km	1.50 hour
GB	London	2276 km	2.50 hour



THINGS TO DO IN RIGA

The largest and most exciting metropolis in the Baltics, Riga will inspire you.

Architecture from Gothic cathedrals to world-class Art Nouveau, buzzing cafes and bars and delicious dining from haute cuisine to local market produce are all yours for a price tag that will add to the pleasure.

RIGA OLD TOWN

Riga's historic centre is deservedly on the **UNESCO World Heritage** list, and a visit to the captivating Old Town is an unforgettable experience. Wander romantic cobblestoned lanes, admire soaring church steeples and marvel at architectural gems like the House of Blackheads.

ART NOUVEAU

Riga boomed in the early 20th centuries just as Art

Nouveau architecture was flourishing.

Today the city is one of the world's greatest galleries of this style, boasting over 800 Art Nouveau gems. You will be bowled over by the incredible ornamentation of this style, and don't forget to look all the way to the top of the buildings...

MARKET VALUES

Prefer to do your own food shopping? Then venture down to Riga Central Market, an enormous complex of 5 zeppelin hangars offering smoked fish, black bread, pīrāgi, honey, birch sap juice, pickled cabbage and much more in a rollicking, friendly atmosphere.

Or grab a bite at Central Gastro Market that covers half of one of its zeppelin style hangars and features over 20 different caterers and 2 bars.



JURMALA SEASIDE GETAWAY

Just 20 minutes' drive from Riga, Jurmala (Jūrmala) is a seaside resort like no other. If you're looking for fun, there's vibrant life on the beach and in the unique spas, offering a tempting menu of mud packs and massages.

But Jurmala is also a great place to get back to nature, strolling the miles of pine-fringed shore or admiring beautiful timber summer cottages.

TOP THINGS TO DO

Jurmala offers fascinating attractions for everyone from families to singles, and nature lovers to gourmets.

JOMAS STREET

People-watch the diverse crowd on Jomas iela, Jurmala's kilometre-long pedestrian boulevard, a

strip of friendly bars, cafes and restaurants.

LĪVU AKVAPARKS

The whole family will love the dozen slides and other crazy rides at Līvu akvaparks, the biggest water park in the Baltics.

OPEN AIR MUSEUM

Discover Jurmala's fishing heritage at the Open Air Museum and take a stroll through a unique ecosystem of pines at dunes at the nearby Ragakapa Nature Park.

KEMERI NATIONAL PARK

Enjoy abundant birds, animals and plants, sulphur springs, walking trails and unique architectural sites like the grand Sanatorium at unique Kemer National Park.



SIGULDA AND GAUJA NATIONAL PARK

Less than an hour's drive from Riga, Sigulda is the perfect antidote to big city bustle. Stunning scenery, ancient castles and incredible adventures await you in this natural wonderland.

STUNNING SCENERY AND HISTORY

For centuries, painters, poets and lovers have found inspiration amidst the lovely landscapes of Sigulda, and visitors continue to embrace this exceptionally beautiful part of Latvia today.

Overlooking the picturesque Gauja River in the majestic **Gauja National Park**, Sigulda's forested valleys are steeped in myths and legends.

They are a treat for the eyes in all seasons, especially the autumn when the leaves blaze gold and red.

Sigulda also offers fascinating glimpses into life in medieval Europe. Travel back to the past with a visit to **Turaida Museum Reserve**, home to impressive Turaida Castle as well as Folk Song Hill, a symbol of Latvia's rich musical heritage where timeless pagan ceremonies are held.

Or take in the poetic ruins of Sigulda Castle across the valley and the imposing 19th century New Castle next door.

For more detailed information please contact
Latvian Health Tourism Cluster

www.healthtravellatvia.lv

NATIONAL
DEVELOPMENT
PLAN 2020



EUROPEAN UNION
European Regional
Development Fund

INVESTING IN YOUR FUTURE

Latvia 
travel



Investment and Development Agency of Latvia
Pērses iela 2, Rīga, LV-1442, Latvia
www.liaa.gov.lv