

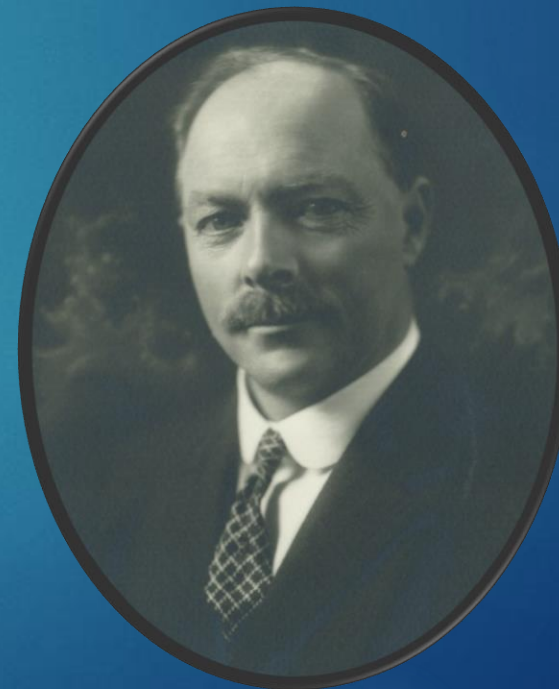


NLFI Rehabilitation and Health Clinic

Hveragerði - Iceland

Health Clinic since 1955

- ▶ Heilsustofnun Health Clinic was formally opened in 1955
- ▶ The founder Dr. Jónas Kristjánsson (1870-1960) was the pioneer for the operation and the NLFI Association (1937)





About Heilsustofnun

- ▶ 40km east of Reykjavík
- ▶ In a village with natural hot springs
- ▶ Next to Varmá river
- ▶ With paths for walks across the river, the small woods, along the mountain and to the hot springs
- ▶ Sustainability
- ▶ Geothermal energy
- ▶ Organic greenhouses

The Philosophy

- ▶ The basic philosophy of Heilsustofnun is to build up the client's health and sense of wellbeing and support the individual to learn to be responsible for own health
 - Motivation
 - Education
 - Treatments
 - Mindfulness



Our clients

- ▶ Around 2000 clients per year
- ▶ Average 120-130 pr day
- ▶ Average stay is 4 weeks per person
- ▶ Around 65% are female
- ▶ Average age is 63 years
- ▶ Individualized treatment
- ▶ Individual, group activities, educational programs
- ▶ Total of 25 hours per week
- ▶ 100 employees



Rehabilitation

- ▶ Neck and back injuries
- ▶ Chronic pain management
- ▶ Cancer
- ▶ Obesity
- ▶ Cardiac problems
- ▶ Severe stress and burnout
- ▶ Psychiatric disorders
- ▶ Geriatrics



Interdisciplinary teamwork

- ▶ Physicians - Nurses and nurse assistants - Physiotherapists - Sports instructors - Massage therapists - Nutritional therapist – Psychologists - Acupuncturists



Variety of treatment

- ▶ Medical diagnosis and treatment
- ▶ Physiotherapy
- ▶ Massage
- ▶ Physical strength enhancement and endurance
- ▶ Walks
- ▶ Gym session
- ▶ Balance therapy
- ▶ Water gym
- ▶ Nutritionist
- ▶ Psychological and psychotherapy
- ▶ Mindfulness
- ▶ Compassionate mind training
- ▶ Acupuncture
- ▶ Deep heat therapy – clay
- ▶ Smoking cessation
- ▶ Memory training
- ▶ Educational programs
- ▶ Healthy diet
- ▶ Mud-, hot and cold water- and herbal baths
- ▶ Parafin wax treatment
- ▶ Tai Chi
- ▶ Hypnosis
- ▶ Yoga
- ▶ Relaxation/meditation

Relaxation





Peloids - Mud baths

- ▶ Peloids (mud baths) have been used as treatment for over 60 years at Heilsustofnun
- ▶ Are one of the cornerstones in treatment at Heilsustofnun and main attraction
- ▶ Peloids are an ancient remedy that has evolved as natural medicine in Europe for centuries
- ▶ The peloids are harvested at Reykjafjall in Hveragerði, and cleaned and diluted with water at Heilsustofnun
- ▶ In addition to mud baths, peloid treatment is provided for hands and/or feet. This treatment is useful for arthritis patients who can not use the mudbaths





Peloid treatment

- ▶ The mud baths are 39-40°C and provide deep heat to the core of the body
- ▶ Clients lay in the mud for 15 minutes and then go to a relaxation area where they are wrapped in blankets and relax for 20 minutes



Peloid treatment

▶ Indication

- ▶ Muscle aches
- ▶ Arthritis
- ▶ Back pain
- ▶ Psoriasis
- ▶ Stress

▶ Contraindication

- ▶ Nickel allergy
- ▶ Pacemakers
- ▶ Cardiac problems
- ▶ Varicose veins
- ▶ Open wounds

Nutrition - Food

- ▶ Diverse healthfood every day
- ▶ Fish is served twice every week
- ▶ No added sugar
- ▶ No meat
- ▶ Seminars by the chef
- ▶ Health tea
- ▶ Organic vegetables from own greenhouse



Greenhouses

- ▶ Organic certification (Tún)
- ▶ GMO-free area
- ▶ All vegetables are organic
- ▶ We cultivate:

Tomatos, cucumbers, carrots, celery, salad, leek, cabbage, herbs for tea and more



Espa Innovation Awards

2019

► Four times winner











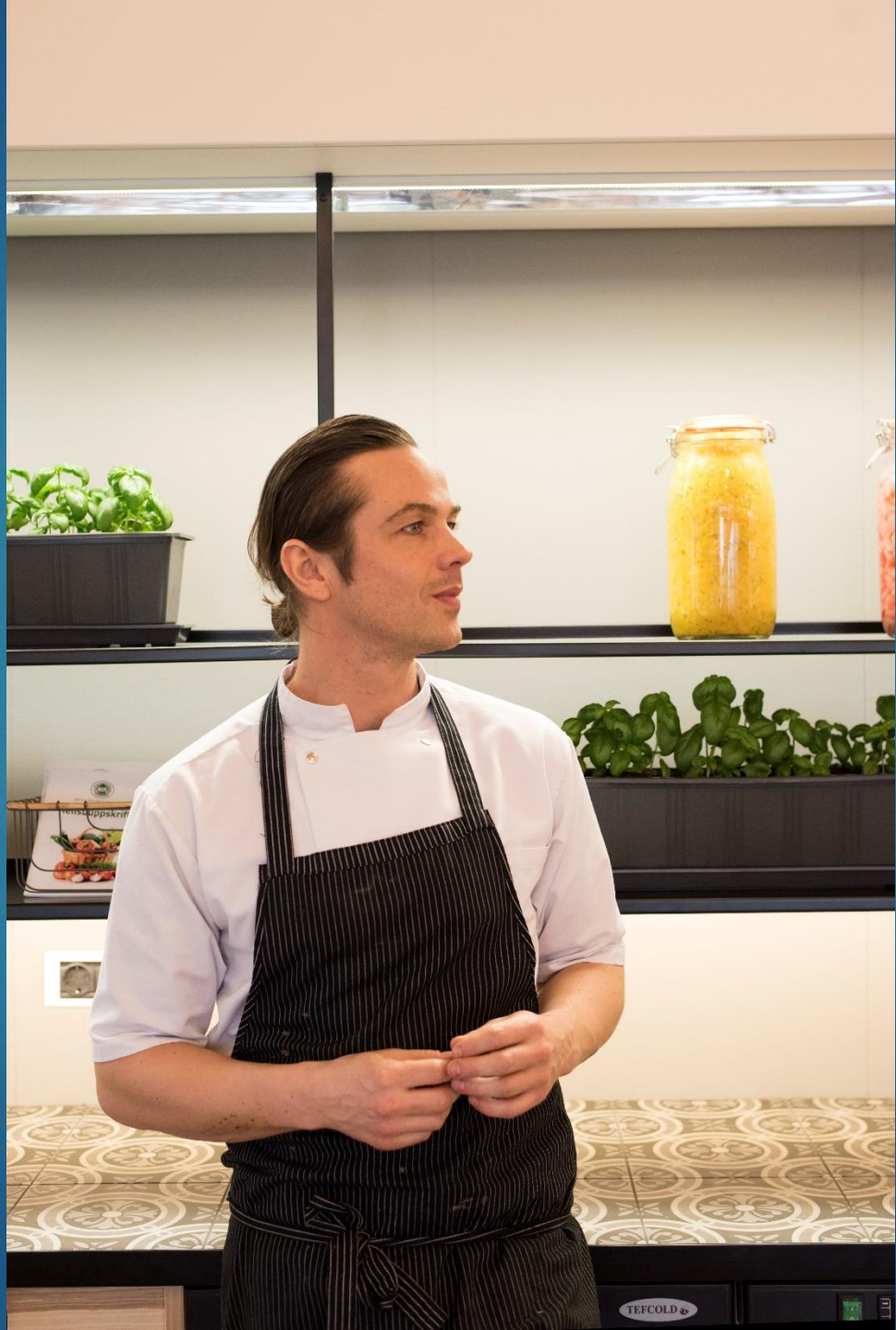


VÖRUR
NÁTTÚRUNNAR

SÍÐAN























Be responsible for your health

NLFI Rehabilitation and Health Clinic

heilsustofnun.is