ATLANTIC TRAVEL & TOURS

MEDICAL - WELLNESS TRAVEL PLANNER





WWW.VISITATLANTICTRAVELTOURS.COM



A MESSAGE FROM CEO - FOUNDER

DR. STEVE TABACCHI

Dear travelers,

Medical and wellness travel has a very important place in the travel industry in terms of the number of travelers and profits. We recognize that in many countries, accessing adequate medical care and wellness treatments is very difficult due to high costs. We wish to offer our experience to offer quality services at affordable prices. In order to achieve this goal, it requires careful planning of all the details by organizing well in advance..

We are pleased to present our travel planner and you will be able to learn more about our services, the countries of origin of the travelers with whom we wish to organize medical - wellness trips and our carefully selected destinations.

Welcome on board!





ABOUT US

We are a tour operator based in the USA and UK, specializing in medical - wellness travel for individuals and groups located in the USA, Canada, United Kingdom, Ireland, Italy, Australia.

We have carefully selected countries that are able to offer adequate medical - wellness treatments at advantageous prices without compromising the quality of services and you can view them in the subsequent pages of this travel planner.

We also wish to offer **ancillary services** in our medical - wellness travel capable of giving customers total freedom and comfort in terms of **tourist visas**, **currency exchange, shipping of luggage before departure, insurance policy and experience unparalleled airport services including priority check-in, fast-track access through security and exclusive lounge use.**



OUR REFERENCE MARKETS

We organize medical - wellness travel for individuals and groups based in the following countries:

- **USA**
- **CANADA**
- **UNITED KINGDOM**
- **IRELAND**
- **ITALY**
- **AUSTRALIA**

OUR SERVICES

OUR EXCELLENT PARTNERSHIPS WITH VARIOUS SUPPLIERS ALLOW US TO GIVE MEDICAL - WELLNESS TRAVELERS THE BEST IN EACH OF THE SERVICES INDICATED BELOW.

COMFORTABLE TRANSPORT
COMFORTABLE ACCOMMODATIONS
MEDICAL AND WELLNESS TREATMENTS AT AFFORDABLE PRICES
QUALITY TRIPS, EXCURSIONS AND RECOVERY ACTIVITIES
ADVANCED SHIPPING OF LUGGAGE
TOURIST VISAS
CURRENCY EXCHANGE
INSURANCE POLICY











TRAVEL ANCILLARY SERVICES

In the following pages, you can examine the ancillary services we offer. They will be able to allow you to significantly reduce all the reasons for stress to enjoy a worry-free travel.

PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**







COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**







TOURIST VISAS

Do you need a tourist visa to visit a country? We provide all the necessary support for the application.



CURRENCY EXCHANGE

Although the use of credit / debit and prepaid cards is the best solution, we suggest that you always have some money in cash and we are happy to assist you in changing the currency before your departure.



SHIPPING OF LUGGAGE BEFORE DEPARTURE

Do you want to speed up airport security and travel comfortably? Contact us and we will help you to send your baggage before departure.



INSURANCE POLICY

Do you need an insurance policy and do you need support to understand the type of service best suited to your trip?
Contact us and we are happy to assist you in making the best choice regarding the following aspects:

- Travel cancellation
- Health cost
- Lost baggage
- COVID-19

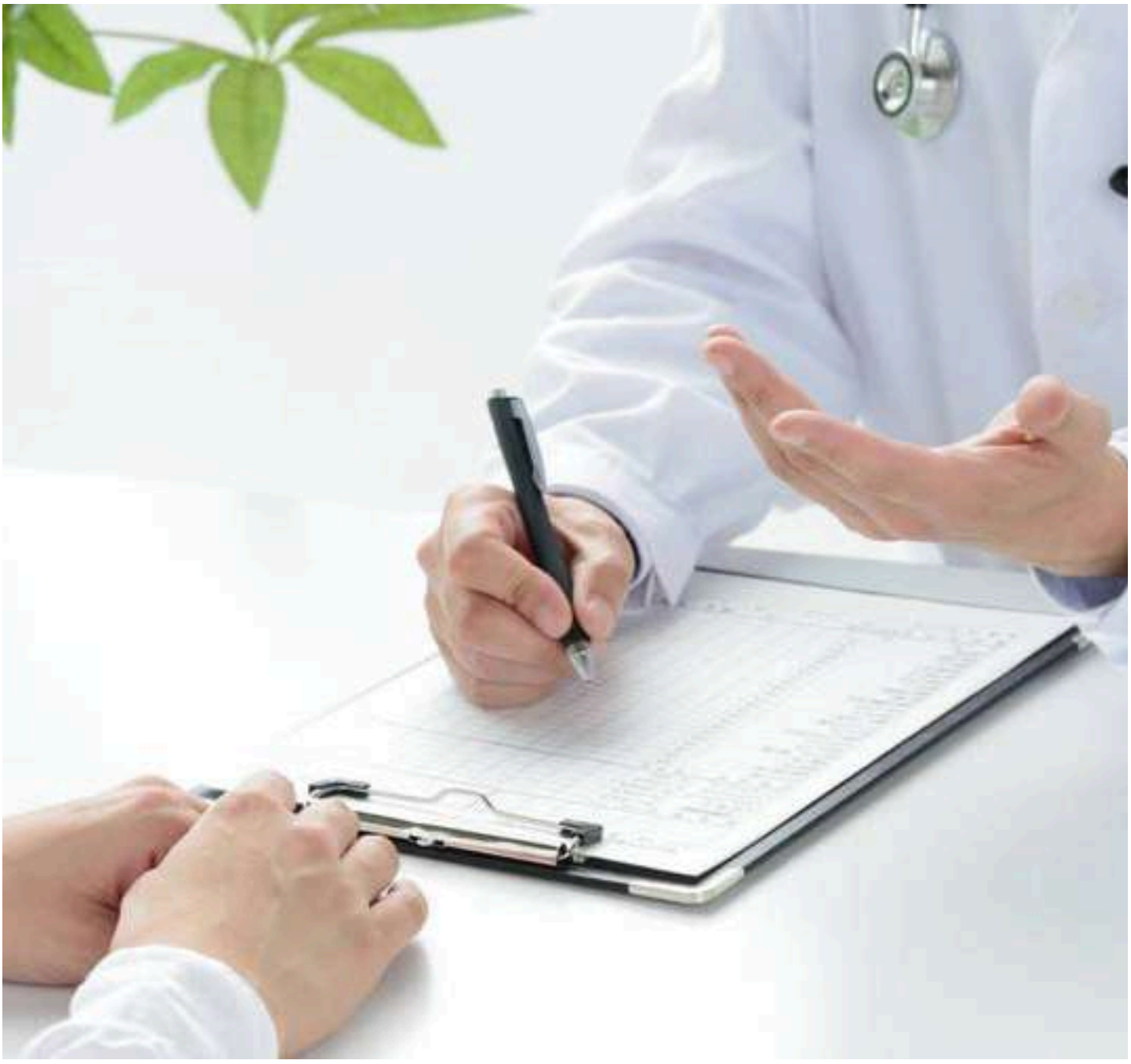


OUR SELECTED DESTINATIONS

SAFETY AND STABILITY **FIRST**

For Atlantic Travel & Tours the safety of our travellers comes first and for this reason our tour operator carries out constant monitoring which helps us to understand which locations in the world guarantee greater social, political and economic stability.

After all, a good travel will be remembered not only for its internal attractions but also for its safety and stability and our customers deserve the best.



MEDICAL TOURISM



CANADA

WHY GO FOR MEDICAL TOURISM

Canada is one of the top preferred destinations, attracting around 14 million Americans besides other nations. Canada is famous for its **surgical procedures**, i.e., **coronary angiography and angioplasty, joint replacements, plastic surgery**, and other treatments.











ANGIOGRAPHY AND CORONARY ANGIOPLASTY

WHAT IS THE TREATMENT?

Coronary angiography is a minimally invasive diagnostic test that allows visualization of the heart's arteries through the injection of a contrast medium. If narrowing or blockages are detected, angioplasty can be performed immediately, a procedure that uses a balloon (and often a stent) to dilate the artery and restore proper blood flow. It is one of the most widely used and safe techniques for preventing heart attacks and treating coronary artery disease.

WHY CHOOSE CANADA

Canada is a world leader in interventional cardiology, thanks to cutting-edge technologies such as next-generation angiographs and the use of drug-eluting stents, combined with the experience of highly qualified teams who treat thousands of cases each year. Wait times are competitive for international patients, and numerous specialized centers are located in metropolitan and convenient settings such as Toronto, Vancouver, and Montreal. Additionally, many facilities offer customized programs for medical travelers, with language assistance, logistical support, and remote follow-up services.

TIMES AND METHODS

The procedure lasts an average of 1–2 hours. Hospitalization varies from 1 day for angiography alone to 2 days for angioplasty. Postoperative recovery is generally rapid: in many cases, you can return to light activity within 48 hours and to a normal life within 3–7 days. Some Canadian clinics also offer cardiac rehabilitation programs in peaceful, nature-filled environments, ideal for a gradual and complete recovery.

WHO IS IT FOR?

This treatment is indicated for patients diagnosed with coronary artery disease, in the presence of symptoms such as chest pain or shortness of breath, as well as for those with previous cardiac events or at high cardiovascular risk. It is also particularly suitable for those seeking a second specialist opinion or faster, more personalized treatment than is available in their home country.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to supporting patients in organizing their journey, from travel planning to remote post-operative care, ensuring the greatest possible safety and peace of mind. We work continuously to select and verify the best facilities and to offer our clients personalized support, adapting to individual needs and real opportunities in the area. We do everything possible to offer continuity of care and quality assistance. Our goal is always to ensure the most complete, safe, and transparent medical tourism experience possible.



JOINT PROSTHESIS

WHAT IS THE TREATMENT?

Joint replacement surgery involves the partial or total replacement of worn or damaged joints, particularly the hip and knee, with artificial implants. This procedure is indicated for patients with advanced osteoarthritis, trauma, or other degenerative conditions that severely limit mobility and cause chronic pain. Modern techniques involve minimally invasive procedures and biocompatible materials that ensure long-lasting and rapid functional recovery.

WHY CHOOSE CANADA

Canada is recognized for the quality of its orthopedic surgery and rehabilitation, thanks to highly specialized centers and multidisciplinary teams. These facilities offer cutting-edge technologies, such as robotic-assisted surgery, and integrated rehabilitation programs that speed the return to daily activities. Many hospitals are located in major cities such as Toronto, Montreal, and Calgary, which also offer language assistance and dedicated support for international patients.

TIMES AND METHODS

The procedure generally lasts 1-3 hours, with a 3-5 day hospital stay, depending on the type of prosthesis and the patient's condition. The rehabilitation process, which often includes intensive physical therapy, is essential to regaining full joint function and can last from a few weeks to a few months. Some centers also offer personalized recovery programs, including natural environments conducive to well-being.

WHO IS IT FOR?

This procedure is suitable for patients with severe joint pain and functional limitations that don't respond to conservative treatments. It is also recommended for those seeking advanced techniques or shorter waiting times than in their home country, and for those seeking a comprehensive and personalized rehabilitation approach.

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PLASTIC AND RECONSTRUCTIVE SURGERY

WHAT IS THE TREATMENT?

Plastic and reconstructive surgery in Canada ranges from cosmetic procedures such as rhinoplasty, breast augmentation, and facelifts to reconstructive treatments for trauma, congenital malformations, or the consequences of disease. Cutting-edge techniques and a multidisciplinary approach ensure natural and safe results, with particular attention to patient care throughout the process.

WHY CHOOSE CANADA

Canadian centers boast highly qualified and internationally recognized surgeons, advanced technologies, and modern facilities that combine comfort and safety. Cities such as Toronto, Vancouver, and Montreal are centers of excellence in this field and offer dedicated services to international patients, including interpreters and pre- and post-operative care. Attention to privacy and professional ethics is particularly high.

TIMES AND METHODS

Surgeries range from short outpatient procedures to more complex procedures requiring a few days' hospitalization. Recovery depends on the type of surgery but generally includes a period of rest and follow-up visits to monitor the results and prevent complications. Many clinics offer remote follow-up programs for international patients.

WHO IS IT FOR?

These treatments are chosen by patients seeking aesthetic improvements or those requiring reconstructive procedures for functional or medical reasons. The high quality and professional expertise make Canada a preferred destination for those seeking safety, expertise, and comprehensive service.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

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COSTA RICA

WHY GO FOR MEDICAL TOURISM

Very near to Miami, it has become a preferred tourist destination for health tourists. It is ranked high in **dentistry and cosmetic surgery procedures**. Some of the best health services this country offers to medical tourists are **eye surgery, weight-loss surgery, cancer treatment, bariatric surgery** at very low costs when compared to regional centers.











DENTISTRY

WHAT IS THE TREATMENT?

Dentistry in Costa Rica offers a wide range of services, including both functional procedures and aesthetic improvements. Among the most popular treatments are: dental implants, ceramic crowns, bridges, root canal treatments, veneers, invisible orthodontics, professional whitening, and complete restorations. Private clinics utilize advanced digital technologies such as 3D scanners, guided surgery, and CAD/CAM systems for precision prosthetics.

WHY CHOOSE COSTA RICA?

Costa Rica is among the world's top destinations for dental tourism, with professionals often trained in the United States or Europe. International patients, particularly from the United States and Canada, find high-quality treatments here at up to 70% lower costs. Clinics are concentrated in easily accessible areas such as San José, Escazú, and Santa Ana, and many facilities offer dedicated services for medical travelers, including language and logistical assistance.

TIMES AND METHODS

Treatment times vary depending on the complexity of the treatment: a crown can be made in 1–2 days using CAD/CAM technology; an implant can require 5–7 days for the initial phase (plus any subsequent visits for final integration). Aesthetic treatments such as whitening or veneers can be completed in 2–4 days. Many clinics organize treatments to accommodate shorter sessions, thus making it easier for travelers.

WHO IS IT FOR?

This destination is ideal for those seeking an accessible and qualified alternative to private healthcare in their home country. It caters to both patients with complex dental needs (implantology, prosthetics, endodontics) and those seeking to enhance their smile with aesthetic treatments. It is particularly suitable for those requiring multiple procedures concentrated in a single visit, with continuous care and a welcoming environment.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to supporting each patient through every stage of their journey: from selecting the most suitable clinic to treatment planning, from travel arrangements to post-operative care. We do everything possible to offer continuity of care and quality assistance even after their return, thanks to collaboration with qualified facilities and remote follow-up services.



EYE SURGERY

WHAT IS THE TREATMENT?

Eye surgery in Costa Rica includes procedures such as laser vision correction (LASIK, PRK), cataract surgery, glaucoma treatment, and refractive surgery. These procedures aim to improve or restore vision, reducing or eliminating the need for glasses or contact lenses. The cutting-edge technologies used allow for safe, minimally invasive surgery with rapid recovery times.

WHY CHOOSE COSTA RICA?

The country offers top-notch eye care clinics with specialists trained in North America and Europe. The facilities are equipped with state-of-the-art equipment such as excimer lasers, phacoemulsifiers, and corneal tomography. Procedure costs are competitive compared to the United States and many other countries, without compromising on the quality of care. Furthermore, many clinics offer multilingual assistance and personalized services.

TIMES AND METHODS

Laser vision correction procedures generally last a few minutes, with a quick same-day discharge. Cataract surgery requires a very short hospital stay, often a few hours or a day at most. Recovery is rapid, and most patients return to normal daily activities within a few days. Follow-up visits and follow-up are an integral part of the post-operative care.

WHO IS IT FOR?

For patients with myopia, hyperopia, astigmatism, or presbyopia who wish to reduce their dependence on glasses or contact lenses. Also suitable for those requiring surgery for eye conditions such as cataracts or glaucoma, with a safe and personalized approach. It is an ideal choice for those seeking quality, innovation, and a good cost-effectiveness ratio.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to organizing every step of the treatment journey, from preliminary information to booking, providing patients with dedicated assistance throughout their journey and stay. We do everything possible to ensure continuity of care and quality support, collaborating with top-tier clinics and specialists.



BARIATRIC SURGERY

WHAT IS THE TREATMENT?

Bariatric surgery is a set of procedures aimed at reducing body weight through anatomical modifications of the digestive system. The main procedures include sleeve gastrectomy (vertical gastrectomy), gastric bypass, gastric banding, and duodenal switch. These procedures are indicated for people with severe obesity and those with comorbidities such as type 2 diabetes, sleep apnea, or hypertension. The treatment promotes lasting changes in lifestyle and metabolic health.

WHY CHOOSE COSTA RICA?

Costa Rica is now a top destination for bariatric surgery thanks to the presence of highly qualified surgeons, often internationally certified, and accredited hospitals at significantly lower costs than in the United States or Europe. The main private clinics, located in San José, offer comprehensive packages including pre-operative evaluation, surgery, and post-operative nutritional support. The private healthcare system is well-structured to accommodate international patients.

TIMES AND METHODS

Most bariatric surgeries require a 2–3 day hospital stay, with a total stay in Costa Rica of approximately 7–10 days for tests, surgery, and follow-up. Initial recovery is rapid, although long-term follow-up is essential to ensure success. Nutritional and psychological counseling, including remote consultations, is available before and after the procedure.

WHO IS IT FOR?

It is indicated for adults with a body mass index (BMI) of over 35 with related conditions, or over 40 even in the absence of other pathologies. It is ideal for those seeking a quick, professional, and less expensive solution, without sacrificing safety. Bariatric surgery can also represent a psychological turning point in improving quality of life.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to supporting each patient through every stage of the journey: from choosing the most suitable surgical center to planning travel logistics, all the way to post-operative care and remote follow-ups. We do everything possible to offer continuity of care and quality assistance, thanks to our collaboration with highly experienced clinics and specialists.



COSMETIC SURGERY

WHAT IS THE TREATMENT?

Cosmetic surgery encompasses a wide range of procedures aimed at improving physical appearance, boosting well-being and self-confidence. Among the most popular procedures are rhinoplasty, facelift, blepharoplasty, breast augmentation or reduction, abdominoplasty, liposuction, and body lift. All these procedures can be performed in modern facilities with high hygiene and safety standards, under anesthesiological supervision, and with dedicated post-operative care.

WHY CHOOSE COSTA RICA?

Costa Rica has established itself as a top destination for cosmetic surgery thanks to its perfect balance of high-quality medical care and affordable costs. Local cosmetic surgeons are often trained in the United States and operate in internationally certified clinics. The facilities offer dedicated stays for international patients, English-speaking services, and private spaces, ideal for a peaceful recovery.

TIMES AND METHODS

The length of stay and hospitalization vary depending on the procedure: generally, a stay in Costa Rica can last between 7 and 14 days, with a 1–3-day stay in the clinic and subsequent recovery in a hotel or nursing home. The postoperative recovery is usually rapid, and many clinics offer remote follow-up and virtual check-ups to support the patient after their return.

WHO IS IT FOR?

Anyone who wants to improve their appearance in a safe and qualified environment, with the opportunity to combine recovery with a relaxing stay. It's also an ideal solution for those seeking a more private or affordable option, without sacrificing quality.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to supporting patients through every step of the journey: from the initial consultation to booking the procedure, all the way through travel arrangements and post-operative care. We do everything possible to ensure a comprehensive, safe, and coordinated experience, collaborating with top-notch clinics and trusted specialists.



ONCOLOGICAL TREATMENTS

WHAT IS THE TREATMENT?

Oncology care in Costa Rica includes early diagnosis, oncological surgery, chemotherapy, radiotherapy, and immunotherapy, tailored to the type of tumor and stage of the disease. Patients also have access to cancer genetics, integrative oncology, and psychosocial support. The approach is multidisciplinary, patient-centered, with personalized treatment plans.

WHY CHOOSE COSTA RICA?

Costa Rica has advanced oncology centers, equipped with technologies such as tomotherapy, linear accelerators, and stereotactic radiotherapy systems, at significantly lower costs than in the United States. Major private hospitals offer comprehensive treatment with international specialists and multilingual assistance. The country is also renowned for its attention to the human aspect of care, with environments designed for physical and mental well-being.

TIMES AND METHODS

Timeframes vary depending on the clinical condition and the planned treatment. Complete check-ups can be booked in just a few days, with rapid access to surgeries and therapies. Some facilities offer short-term programs for foreign patients, which also include remote follow-up in coordination with doctors in their home country.

WHO IS IT FOR?

For cancer patients seeking faster access to care, cutting-edge treatment options, or a second opinion from a specialist. It's also ideal for those seeking a more humane and integrated approach, in a less hospitalized and more personalized setting.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to providing dedicated assistance at every stage of the oncology journey, facilitating access to the best centers and coordinating every aspect of the journey. We do everything possible to ensure continuity of care and support during and after treatment, thanks to a network of qualified and attentive professionals.







UNITED KINGDOM

WHY GO FOR MEDICAL TOURISM

United Kingdom is an attractive hub for medical tourism with its charming destinations, which include England, Scotland, Northern Ireland, and Whales. The UK is famous for its **cosmetic procedures, such as jaw surgery, facial fillers, skincare treatments, and other anti-aging procedures**.







JAW SURGERY

WHAT IS THE TREATMENT?

Jaw surgery, or orthognathic surgery, is a procedure that corrects skeletal and functional deformities of the mandible and upper jaw. It improves chewing, breathing, and facial harmony, addressing problems such as an open bite, retrognathia, or prognathism. In the United Kingdom, this specialty is highly developed, thanks to centers of excellence linked to university hospitals that offer 3D imaging and digital planning technologies.

WHY CHOOSE THE UK

The United Kingdom is recognized for the high level of professionalism of its maxillofacial surgeons and the quality of its comprehensive services, which include personalized diagnoses, pre-operative care, and post-operative care. The facilities are equipped with advanced technology and follow rigorous safety protocols. International patients can benefit from dedicated support for travel planning and medical follow-up, even remotely.

TIMES AND METHODS

The procedure lasts on average 2-4 hours, with a 2-4 day hospital stay depending on the complexity. Full recovery can take several weeks, during which a personalized rehabilitation program is followed to ensure optimal functionality and aesthetic results.

WHO IS IT FOR?

Indicated for patients with skeletal or functional jaw problems, related breathing difficulties, severe malocclusions or those who wish to improve the aesthetics of their facial profile with a medical-surgical approach.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to managing the entire patient journey, from travel planning to remote post-treatment care. We do everything we can to offer quality care, supporting patients at every stage, including logistics, translations, and personalized medical follow-up even after they return home.



FACIAL FILLERS

WHAT IS THE TREATMENT?

Dermal fillers are biocompatible injectable substances used to increase volume, define contours, and improve skin hydration, counteracting the effects of aging. Aesthetic clinics in the UK offer customized treatments with certified products and advanced techniques for natural, long-lasting results.

WHY CHOOSE THE UK

Thanks to strict regulations and high levels of professionalism, the United Kingdom guarantees safety and quality in aesthetic procedures. Clinics in London, Edinburgh, and other cities offer multilingual assistance and programs dedicated to medical travelers, with pre- and post-treatment consultations, including online consultations.

TIMES AND METHODS

The procedure is quick (about 30-60 minutes) and minimally invasive, requiring no hospitalization. Results are immediate and last 6 to 18 months, with the option of maintenance sessions.

WHO IS IT FOR?

Suitable for those who want to improve the volume and shape of lips, cheekbones, and cheeks, or reduce wrinkles and fine lines without invasive surgery.

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SKINCARE TREATMENTS AND ANTI-AGING PROCEDURES

WHAT IS THE TREATMENT?

The UK offers a wide range of dermatological and aesthetic treatments to improve skin texture, reduce blemishes, scars, and signs of aging. These include fractional lasers, radiofrequency, microneedling, and chemical peels, performed by qualified dermatologists and aestheticians.

WHY CHOOSE THE UK

British clinics and medical practices are at the forefront of aesthetic and dermatological technology, ensuring safety and effective results. Furthermore, many centers offer personalized programs and remote follow-up services for continuity of care.

TIMES AND METHODS

Sessions range from 30 minutes to 1 hour, with a treatment cycle tailored to your specific needs. Most treatments require little recovery time, allowing for a quick return to normal activities.

WHO IS IT FOR?

Suitable for those who want to improve skin quality, combat sun spots, acne scars or signs of aging in a non-invasive way.

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SPAIN

WHY GO FOR MEDICAL TOURISM

One of the choicest destinations to travel for medical tourism, with the industry growing at a rate of 20 percent annually, Spain prides itself on providing cost-effective medical procedures that offer patients 30% to 70% in cost savings compared to U.S. prices. This destination is known for its expertise in **orthopedic surgery, cosmetic surgery, fertility treatments, bariatric surgery, tendinosis treatment, foot and ankle deformities, flat foot surgery, dental procedures – laser whitening techniques, cosmetic surgery, breast augmentation**, which are available at one-third of the price as compared to USA.

A huge proportion of Spanish doctors and surgeons are internationally trained and registered, with excellent track records and experience.







ORTHOPAEDIC SURGERY

WHAT IS THE TREATMENT?

Orthopedic surgery encompasses a wide range of procedures designed to correct injuries, malformations, or degenerations affecting the musculoskeletal system. Among the most popular treatments are joint replacements (hip, knee, shoulder), arthroscopic surgery, ligament reconstruction, deformity correction, and regenerative treatments. It is indicated for patients with advanced osteoarthritis, sports injuries, complicated fractures, or chronic conditions that limit mobility.

WHY CHOOSE SPAIN

Spain stands out for the high quality of its orthopedic centers, many of which are recognized throughout Europe. Private clinics offer rapid procedures with minimally invasive techniques and advanced post-operative protocols. Medical staff, often trained in the United States, Germany, or the United Kingdom, ensure a multidisciplinary approach. Cities such as Barcelona, Madrid, and Valencia have hospitals and specialized centers capable of welcoming international patients with language services, dedicated accommodations, and personalized rehabilitation programs.

TIMES AND METHODS

Orthopedic surgery typically lasts 1 to 3 hours, with a 2–5 day hospital stay, depending on the type of procedure. Rehabilitation can begin in the clinic and continues with personalized physiotherapy even after returning home. In some cases, Spanish clinics offer rehabilitation programs in seaside or mountain environments, ideal for a gradual and integrated recovery.

WHO IS IT FOR?

For people with degenerative diseases (arthrosis, osteoporosis), sports injuries, or chronic injuries. It is also suitable for those who have already undergone partial or unsuccessful surgeries and are seeking a high-quality second opinion. Spain also stands out for its minimally invasive surgery, particularly suitable for elderly patients or those with associated frailties.

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COSMETIC SURGERY

WHAT IS THE TREATMENT?

Cosmetic surgery encompasses a wide range of procedures aimed at improving a person's physical appearance and self-esteem. Among the most popular treatments in Spain are breast augmentation, liposuction, abdominoplasty, facelift, blepharoplasty (eyelid surgery), and rhinoplasty. These procedures are based on established techniques and cutting-edge technologies, with a focus on safety, customization, and natural-looking results.

WHY CHOOSE SPAIN

Spain is among the most sought-after destinations in Europe for cosmetic surgery, thanks to the excellent quality of its clinics and their value for money. Spanish cosmetic surgeons are often members of international associations (such as ISAPS) and boast experience in global settings. Cities such as Madrid, Barcelona, Malaga, and Alicante are home to accredited facilities that stand out for their innovation, patient care, and welcoming environments. International patients are supported throughout the process, with language assistance and online pre-operative consultations.

TIMES AND METHODS

Length and hospital stay vary depending on the procedure. Outpatient procedures typically last 1–2 hours, with same-day discharge. More complex treatments require 1–2 nights of hospitalization. The recovery period ranges from a few days to two weeks, during which it is possible to stay in dedicated post-operative recovery facilities with round-the-clock care. Some clinics offer packages that include accommodation, transportation, and follow-up.

WHO IS IT FOR?

For people in good general health who wish to improve their physical appearance or correct visible imperfections. It is also suitable for patients who have been dissatisfied with previous aesthetic treatments and wish to undergo a surgical revision by highly qualified specialists. All this with the opportunity to benefit from attentive, humane, and culturally sensitive service.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

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BARIATRIC SURGERY

WHAT IS THE TREATMENT?

Bariatric surgery includes various procedures for the treatment of obesity and its metabolic complications: sleeve gastrectomy (vertical gastrectomy), gastric bypass, mini-bypass, and non-invasive endoscopic techniques. These procedures affect the stomach and/or intestines to reduce food intake or calorie absorption, promoting significant and lasting weight loss.

WHY CHOOSE SPAIN

Spain is recognized throughout Europe for the quality and safety of its bariatric programs. Many centers offer an integrated multidisciplinary approach (surgeons, endocrinologists, nutritionists, psychologists), with modern clinical protocols and extremely low complication rates. The cost of the procedure is significantly lower than in the United Kingdom and the United States, and waiting lists are minimal for international patients.

TIMES AND METHODS

The clinic stay varies from 2 to 4 days, depending on the procedure. Full recovery takes several weeks to several months, with remote nutritional and psychological follow-up. Many facilities offer online follow-up plans and multilingual post-operative care, even for extended periods.

WHO IS IT FOR?

For people with a body mass index (BMI) over 35, especially if associated with conditions such as type 2 diabetes, hypertension, or sleep apnea. It is also a suitable solution for those who have already unsuccessfully attempted diet or medication programs and want a long-term clinical approach in a welcoming and highly professional environment.

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DENTAL TREATMENTS

WHAT IS THE TREATMENT?

Medical and aesthetic dental treatments include laser whitening, dental veneers, invisible orthodontics, ceramic crowns, root canal treatment, implantology, and bone reconstruction. Modern Spanish dentistry uses digital technologies, 3D CT scans, and innovative materials to ensure precise, minimally invasive procedures with natural, long-lasting aesthetic results.

WHY CHOOSE SPAIN

Spain is one of the most popular European destinations for dental tourism thanks to its excellent value for money. Clinics in cities like Madrid, Barcelona, Alicante, and Malaga offer specialized care aligned with EU standards, with doctors often trained in the United Kingdom, Germany, or the United States. Costs can be up to 70% lower than in the US, with significantly shorter waiting times.

TIMES AND METHODS

Many aesthetic treatments (such as laser whitening or veneers) require 1–2 sessions, while complex procedures like implants can take 4–7 days, with follow-up sometimes required remotely. Some clinics offer comprehensive packages that include transportation, accommodations, and multilingual support.

WHO IS IT FOR?

For those who want to improve the appearance of their smile, resolve chronic dental problems, replace missing teeth, or get a second opinion on treatments already offered in their country. It's also ideal for those seeking a quick and accessible solution, yet with high professional standards and guaranteed certified materials.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

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TREATMENT OF TENDINOSIS

WHAT IS THE TREATMENT?

Tendinosis is a chronic degeneration of tendon tissue caused by overload or repetitive microtrauma. Treatments include intensive physiotherapy, shock waves, ultrasound-guided injections, and, in severe cases, minimally invasive surgery. The goal is to reduce inflammation, stimulate regeneration, and restore function.

WHY CHOOSE SPAIN

Spain is at the forefront of sports medicine and rehabilitation. Specialized centers in Barcelona, Valencia, and Seville collaborate with international sports teams and offer personalized care with accurate diagnoses and rapid treatment. Costs are lower than other European destinations, while maintaining extremely high clinical standards.

TIMES AND METHODS

Non-surgical treatments typically last 3 to 5 days, with daily sessions. Surgical procedures require a short hospital stay (1–2 days) and gradual rehabilitation, sometimes in partner physiotherapy clinics. Some programs combine therapy and vacation, promoting recovery in a relaxing environment.

WHO IS IT FOR?

For those suffering from chronic tendon pain (Achilles, patellar, epicondyle), professional and amateur athletes, and those with overuse injuries or tendon degeneration. Ideal for those seeking a regenerative approach or a second opinion on previous ineffective therapies.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to managing the entire patient journey, from travel planning to remote post-treatment care. We do everything we can to offer quality care, supporting patients at every stage, including logistics, translations, and personalized medical follow-up even after they return home.



FOOT AND ANKLE DEFORMITIES / FLAT FEET SURGERY

WHAT IS THE TREATMENT?

Foot and ankle deformities (bunions, flat feet, high arches, and joint instability) can affect posture and gait, and cause chronic pain. Corrective interventions include minimally invasive bone realignment techniques, ligament reconstruction, and the insertion of internal orthotics.

WHY CHOOSE SPAIN

Foot surgery is a field of excellence in Spain, with highly specialized orthopedic clinics in Madrid, Barcelona, and Palma de Mallorca. Spanish orthopedic surgeons are often members of international societies and adopt rapid and safe protocols, with short hospital stays and optimized recovery times.

TIMES AND METHODS

The procedure generally lasts 1 to 2 hours. Hospitalization varies from 1 to 3 days. Patients can begin physiotherapy within a week and walk (with orthopedic shoes) quickly. Clinics offer support during the rehabilitation phase and remote post-operative consultations.

WHO IS IT FOR?

For those with structural foot or ankle conditions, chronic pain, mobility difficulties, or those wishing to correct functional and aesthetic problems. Also recommended for those who have previously received ineffective conservative treatments.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to managing the entire patient journey, from travel planning to remote post-treatment care. We do everything we can to offer quality care, supporting patients at every stage, including logistics, translations, and personalized medical follow-up even after they return home.



DENTAL PROCEDURES – LASER WHITENING

WHAT IS THE TREATMENT?

Laser whitening is a non-invasive aesthetic procedure that uses a whitening gel activated by laser or LED light to remove stains and lighten the color of teeth. It offers immediate, safe, and long-lasting results, often visible after a single session.

WHY CHOOSE SPAIN

Spanish dental clinics, particularly on the Costa del Sol, Madrid, and Valencia, offer high-quality aesthetic treatments at competitive prices. Teeth whitening is performed by qualified professionals, using certified products and cutting-edge technology.

TIMES AND METHODS

A session lasts approximately 60–90 minutes. In some cases, a series of 2–3 sessions spaced a few days apart is recommended. The treatment does not require anesthesia and requires no recovery time.

WHO IS IT FOR?

For those who want to improve the aesthetics of their smile, reduce yellowing caused by smoking, coffee, or aging. It is also recommended for those who want a quick option before an important event or in conjunction with other cosmetic dental treatments.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

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BREAST AUGMENTATION

WHAT IS THE TREATMENT?

Breast augmentation (augmentation mammoplasty) is a surgical procedure that involves the insertion of silicone gel or saline implants to increase breast volume or correct asymmetry. It is one of the most requested cosmetic surgery procedures globally.

WHY CHOOSE SPAIN

Spain is renowned for its internationally renowned plastic surgeons and certified clinics that combine safety, natural results, and attention to the patient's physical and mental well-being. Cities like Barcelona, Marbella, and Madrid offer state-of-the-art facilities with multilingual teams.

TIMES AND METHODS

The procedure lasts approximately 1.5 hours. Hospitalization is one day, followed by 5–7 days of on-site recovery. Full recovery takes 4–6 weeks. The clinics also provide remote post-operative consultations and scheduled check-ups.

WHO IS IT FOR?

For women who wish to improve the aesthetics of their breasts for personal, post-pregnancy, or reconstructive reasons. Particularly suitable for those seeking a harmonious, discreet, and personalized result in a safe and welcoming environment.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to managing the entire patient journey, from travel planning to remote post-treatment care. We do everything we can to offer quality care, supporting patients at every stage, including logistics, translations, and personalized medical follow-up even after they return home.



UNITED ARAB EMIRATES









WHY GO FOR MEDICAL TOURISM

DUBAI - The most visited medical destination in the Arab region, with its world-class hospitals and best doctors in various specialties. Dubai attracts medical tourists mainly from neighboring Arab and Gulf countries, Asia, and some European and African nations. Top-class medical services include **orthopedics, dentistry, dermatology, cosmetic surgery, and fertility treatment.**

ABU DHABI - The capital city of UAE has been an emerging destination for medical tourists. It provides numerous medical and surgical facilities in the field of **multi-organ transplantation, cancer care, and heart bypass services**. The Mayo Clinic and Cleveland Clinic have established their hospitals in the emirate. Abu Dhabi offers easy medical visa procedures, medical tourism insurance, and cost-effective packages to attract medical tourists globally.



ORTHOPEDICS

WHAT IS THE TREATMENT?

Dubai offers high-quality orthopedic services for the treatment of bone, joint, and muscle injuries. Procedures include complex fracture repair, arthroscopy, joint replacement (knee and hip replacement), and treatments for degenerative conditions such as arthritis. The clinics feature advanced imaging technologies and personalized rehabilitation programs for rapid and functional recovery.

WHY CHOOSE DUBAI

Dubai's orthopedic specialists combine international experience with innovative techniques, ensuring effective results even in complex cases. The presence of cutting-edge facilities in easily accessible urban settings makes treatment convenient for international patients.

TIMES AND METHODS

Procedures range from outpatient procedures to hospital stays lasting a few days. The rehabilitation process can last from weeks to months, often complemented by physiotherapy and pain management programs.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

Indicated for patients with fractures, degenerative joint diseases, sports injuries or accidents, as well as those requiring joint replacements to recover functionality and quality of life.

WHO IS IT FOR?

We are committed to providing comprehensive support to patients, from travel planning to care during their stay and follow-up. We collaborate with specialized clinics and centers to ensure continuity of care and quality care.



DENTISTRY

WHAT IS THE TREATMENT?

Dubai is a leading dental center offering services ranging from preventive and conservative care to dental implants, orthodontics, aesthetic treatments such as whitening and veneers, and complex oral surgery. The clinics are equipped with digital technologies for precise and minimally invasive diagnoses and treatments.

WHY CHOOSE DUBAI

Dubai dentists boast international training and use cutting-edge materials, ensuring excellent aesthetic and functional results. The offer includes customized packages with planning and follow-up assistance.

TIMES AND METHODS

Sessions range from short cleaning sessions to longer courses for orthodontic or implant treatments. Healing times depend on the type of treatment and the patient's profile.

WHO IS IT FOR?

Suitable for those seeking quality dental care, even for complex or cosmetic procedures, at competitive prices compared to other countries, with a focus on comfort and safety.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We provide comprehensive assistance, from travel preparation to support during and after treatment. We collaborate with specialized facilities to ensure therapeutic continuity and high-quality care.



DERMATOLOGY

WHAT IS THE TREATMENT?

Dubai's dermatology facilities offer diagnosis and treatment for skin conditions, allergies, infections, and chronic conditions such as psoriasis and eczema. Cutting-edge aesthetic treatments are also available, including laser rejuvenation, blemish and tattoo removal, and acne and scar treatments.

WHY CHOOSE DUBAI

The approach combines clinical dermatology and aesthetic medicine with innovative technologies such as fractional lasers and pulsed light. The specialists are internationally trained, ensuring safety and effectiveness.

TIMES AND METHODS

Many dermatological treatments are outpatient, with short recovery times and minimal discomfort. Personalized treatment plans ensure long-lasting results.

WHO IS IT FOR?

Suitable for patients with chronic or acute dermatological conditions and for those who wish to improve the appearance of their skin with safe and modern aesthetic treatments.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We offer support in planning and organizing your trip, assistance during your stay, and follow-up services to ensure a comprehensive and coordinated treatment plan.



COSMETIC SURGERY

WHAT IS THE TREATMENT?

Dubai offers a wide range of aesthetic procedures, from reconstructive plastic surgery to cosmetic procedures such as facelifts, rhinoplasty, liposuction, breast augmentation and reduction, blepharoplasty, and non-invasive treatments such as fillers and Botox.

WHY CHOOSE DUBAI

The clinics boast internationally renowned plastic surgeons and rigorous safety protocols. Dubai's international setting guarantees privacy, comfort, and high-quality services, even for international patients.

TIMES AND METHODS

Procedures range from outpatient procedures to operations requiring a few days' hospital stay. Recovery depends on the complexity of the procedure but is always supported by follow-up programs.

WHO IS IT FOR?

Suitable for those who wish to improve their aesthetic appearance, correct congenital or post-traumatic defects, or undergo reconstructive surgery.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We guarantee comprehensive care from pre-operative to post-operative follow-up, coordinating every step for a safe and comfortable experience.



MULTI-ORGAN TRANSPLANT

WHAT IS THE TREATMENT?

Abu Dhabi is establishing itself as a center of excellence for liver, kidney, heart, and lung transplants. Hospitals have highly qualified multidisciplinary teams and state-of-the-art technology to ensure high success rates.

WHY CHOOSE ABU DHABI

Collaborations with institutions like the Mayo Clinic ensure high standards of care and innovative protocols. The healthcare system offers comprehensive care from pre-transplant to post-operative rehabilitation.

TIMES AND METHODS

Recovery times vary depending on organ availability and patient preparation. Patients receive ongoing support to minimize the risk of rejection and optimize their quality of life.

WHO IS IT FOR?

Indicated for patients with end-stage organ failure who are candidates for transplant, with defined clinical indications and followed by multidisciplinary teams.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to organizing the entire process, from travel preparation to remote post-operative care, collaborating with specialized centers to ensure continuity and quality.



CANCER TREATMENT

WHAT IS THE TREATMENT?

Abu Dhabi hospitals offer comprehensive programs for the diagnosis, treatment, and management of cancer. Precision radiotherapy, advanced chemotherapy, immunotherapy, and psychological and nutritional support programs are available.

WHY CHOOSE ABU DHABI

The multidisciplinary approach and the use of cutting-edge technologies allow for personalized treatments for each patient, improving recovery prospects and quality of life.

TIMES AND METHODS

Treatments vary in duration and intensity, often coordinated in cycles. Post-treatment care is integrated to manage side effects and prevent relapse.

WHO IS IT FOR?

Indicated for early or advanced cancer patients seeking personalized care, second opinions, or access to innovative therapies.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We provide support at every stage of the oncology journey, ensuring personalized care and collaboration with specialized teams, including remote follow-up management.



BYPASS CARDIAC

WHAT IS THE TREATMENT?

Abu Dhabi has specialized centers for cardiac surgery, including coronary artery bypass grafting for the treatment of blocked arteries. Surgical teams combine expertise and high-precision technology for safe and effective procedures.

WHY CHOOSE ABU DHABI

The facilities collaborate with international centers to offer cutting-edge protocols, competitive waiting times, and comprehensive pre- and post-operative care.

TIMES AND METHODS

The procedure generally requires hospitalization for about a week, followed by a personalized cardiovascular rehabilitation program.

WHO IS IT FOR?

Indicated for patients with severe coronary artery obstructions or advanced cardiovascular disease who require surgery to prevent heart attacks and improve their quality of life.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We organize every phase of treatment with attention to safety and therapeutic continuity, offering personalized assistance before, during, and after the procedure.







TURKEY

WHY GO FOR MEDICAL TOURISM

Three key benefits: low cost, high quality of care, and quick access to top-notch medical care. Patients can save money in Turkey compared to other countries because Turkish treatment costs are 70%–90% less than those in Europe, North America, and the UK. Some of the popular treatments in Turkey among international patients are **general and aesthetic dentistry, obesity & bariatric surgery, renal dialysis, stem cell & organ transplantations, psoriasis treatment, hair transplants, orthopedic injuries treatment, oncology treatment, fertility and sterility, cosmetic surgery, and neurological disorders.**







GENERAL AND AESTHETIC DENTISTRY

WHAT IS THE TREATMENT?

It includes conservative dentistry, implantology, prosthetics, cosmetic veneers, orthodontics, and professional whitening services. Turkish clinics use digital technologies such as 3D scanners and CAD/CAM to ensure precise procedures and rapid aesthetic results.

WHY CHOOSE TURKEY

Costs in Turkey are 70–90% lower than those in Europe, North America, and the United Kingdom, but the quality is high thanks to foreign-trained doctors. Clinics in Istanbul, Antalya, and Izmir offer modern facilities, multilingual staff, and packages dedicated to international patients.

TIMES AND METHODS

Whitening or veneers can be completed in 1–3 days; implants and prosthetics require 5–7 days for placement and follow-up. Many clinics offer accelerated programs for international patients.

WHO IS IT FOR?

For those who want to improve their smile, solve complex dental problems, or combine aesthetics and functionality at an affordable cost and high quality.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We support patients at every stage of the journey: clinical selection, travel, accommodation, and post-treatment follow-up. We strive to ensure continuity of care through partnerships with reliable centers, including international ones.



BARIATRIC SURGERY AND OBESITY

WHAT IS THE TREATMENT?

It includes procedures such as sleeve gastrectomy, gastric bypass, minigastric bypass, and endoscopic techniques. They are often combined with nutritional and psychological support and personalized post-operative programs.

WHY CHOOSE TURKEY

Thanks to dramatically reduced costs and advanced clinical expertise, Turkey is a preferred choice for bariatric treatments. Private hospitals in Istanbul and Antalya are accredited by international bodies and adhere to high safety standards.

TIMES AND METHODS

Average hospitalization is 2–4 days; total on-site stay is 7–10 days for tests and post-operative follow-up. Follow-up is often conducted remotely with multilingual support.

WHO IS IT FOR?

For people with a BMI above 35, in the presence of comorbidities such as diabetes or hypertension, or for those who have not achieved results from conservative interventions.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We organize every step of the way: center selection, travel, accommodation, surgery, and post-operative remote care, collaborating with qualified facilities to maximize continuity of care.



ORGAN TRANSPLANTS

WHAT IS THE TREATMENT?

Turkey offers kidney and liver transplants for hematological or degenerative diseases. The centers employ multidisciplinary teams and advanced technologies to maximize success rates.

WHY CHOOSE TURKEY

State-of-the-art facilities are located primarily in Istanbul and Ankara, often in collaboration with European centers. Costs are lower than in many Western countries, and access to procedures is efficient.

TIMES AND METHODS

The length of stay depends on the availability of the organ or donor; the process includes pre-transplant evaluation, surgery, and intensive rehabilitation. The patient may stay for weeks or months, with full care.

WHO IS IT FOR?

For patients with severe or terminal diseases for which a transplant is indicated.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We plan your medical treatment, stay, and follow-up, collaborating with qualified centers. We guarantee ongoing supervision and support throughout the entire treatment process.



PSORIASIS TREATMENT

WHAT IS THE TREATMENT?

It includes phototherapy (PUVA, UVB), biological therapy, and innovative multiple pharmacological therapies. Some centers combine dermatological therapy with climate and wellness approaches.

WHY CHOOSE TURKEY

Clinics in cities like Izmir and Antalya offer affordable multimodal treatments, with doctors specializing in clinical and biological dermatology. The tranquil environment also promotes mental and physical recovery.

TIMES AND METHODS

Treatment plans range from 7 to 21 days, with daily sessions in the outpatient clinic or dedicated clinics. Remote follow-up and ongoing support are an integral part of the program.

WHO IS IT FOR?

For patients with moderate or severe psoriasis seeking modern treatment options and short waiting times, with comprehensive medical and psychological support.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We organize the therapeutic stay and provide comprehensive assistance even after your return, supporting post-treatment clinical monitoring.



HAIR TRANSPLANT

WHAT IS THE TREATMENT?

Hair transplants (FUE, DHI techniques) are performed with precision by specialized surgeons, using robotic microinstruments and high-definition tools for natural-looking results.

WHY CHOOSE TURKEY

Turkey is a world leader in hair surgery: high professional standards and low costs—typically 70–90% lower than in Western countries. Istanbul is the leading center for this specialty.

TIMES AND METHODS

The procedure generally lasts 6–8 hours, with a minimal hospital stay. The patient can return home in 2–3 days; the growth process takes 6–12 months, with scheduled post-operative checkups.

WHO IS IT FOR?

For men and women with thinning or hair loss who want a permanent, personalized treatment with natural-looking results and short recovery times.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We take care of planning your travel, accommodation, follicle collection, and post-procedure check-ups, ensuring therapeutic continuity and personalized support.



ORTHOPEDIC INJURIES

WHAT IS THE TREATMENT?

Treatment of complex fractures, sports injuries, tendinopathies, muscle tears, early osteoarthritis, and malformations. This includes arthroscopic surgery, microimplant repairs, and regenerative therapies.

WHY CHOOSE TURKEY

Specialized orthopedic centers in Istanbul and Ankara adopt rapid recovery protocols and high-precision technologies, with lower costs and immediate accessibility.

TIMES AND METHODS

Outpatient procedures or hospitalization for up to a few days. Rehabilitation is supported by intensive physiotherapy and personalized programs, often complemented by wellness stays.

WHO IS IT FOR?

Suitable for those who have suffered sports injuries or accidents that limit motor function or cause chronic pain.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We support the entire therapeutic process with assistance before, during, and after surgery, collaborating with specialist centers to ensure continuity of care.



ONCOLOGICAL TREATMENT

WHAT IS THE TREATMENT?

It includes advanced diagnostics, oncological surgeries, chemotherapy, stereotactic radiotherapy, immunotherapy and integrated care, with personalized plans and nutritional and psychological support.

WHY CHOOSE TURKEY

Well-equipped oncology clinics in Istanbul and Ankara offer competitive costs and internationally trained medical staff. Some are accredited by European bodies and meet high quality standards.

TIMES AND METHODS

Personalized programs can last weeks or months, depending on the type of tumor. Follow-up and psychological support are an integral part of the process.

WHO IS IT FOR?

For patients diagnosed with cancer who seek modern, multidisciplinary, and personalized treatments, or a prompt second opinion from a specialist.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We guarantee comprehensive organizational support and therapeutic continuity by coordinating the entire process, including post-treatment care and remote follow-up.



NEUROLOGICAL DISORDERS

WHAT IS THE TREATMENT?

Includes complex diagnostic assessments, therapies for multiple sclerosis, Parkinson's disease, drug-resistant epilepsy, congenital malformations, and minimally invasive neurosurgery.

WHY CHOOSE TURKEY

University hospitals and neurological centers in Istanbul and Ankara collaborate with international clinics and offer technologies such as deep brain stimulation (DBS). Costs are very competitive compared to North America or Western Europe.

TIMES AND METHODS

Outpatient evaluations may last a few days; neurosurgical procedures require hospitalization from a few days to a week, followed by follow-up and specialized physiotherapy.

WHO IS IT FOR?

For patients with complex neurological disorders requiring advanced diagnoses or sophisticated neurosurgical interventions.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We proceed with complete medical travel planning, with support throughout the diagnosis, intervention, and treatment process, and we guarantee continuity with remote follow-up and personalized assistance.







JAPAN

WHY GO FOR MEDICAL TOURISM

One of the most developed healthcare systems in the world, by every measure. Leading to recent advances in technology and medicine, Japan continues to deliver top-notch healthcare services to citizens and foreign tourists, most of whom come from mainland China.

Low cost of care is also a major driver of Japan's inbound medical travel, attracting medical tourists from across the world for its expertise in minimally invasive medicine and tech-driven procedures in **plastic and orthopedic surgery**. Famous for its **cosmetic surgery procedures** and **cancer treatments**, which are cost-effective when compared to other major medical tourist destinations.







COSMETIC SURGERY

WHAT IS THE TREATMENT?

Cosmetic surgery in Japan ranges from minimally invasive procedures like fillers and Botox to more complex procedures like rhinoplasty, blepharoplasty (eyelid surgery), and facelifts. Great attention is paid to harmonious features and a natural effect, with an approach geared toward precision and customization.

WHY CHOOSE JAPAN

Japan is renowned for its use of cutting-edge technology, non-invasive techniques, and aesthetics that emphasize natural and discreet results. Clinics are highly regulated, with excellent hygiene standards and specialized surgeons with international experience. Tokyo, Osaka, and Fukuoka are home to cutting-edge aesthetic centers, often offering language services for foreign patients.

TIMES AND METHODS

Many minor procedures are performed as day surgery, with recovery time 24–72 hours. More complex operations require 1–2 days of hospitalization and 1–2 weeks of convalescence. Some clinics offer comprehensive packages that include recovery at traditional spas or ryokans.

WHO IS IT FOR?

Suitable for patients seeking a delicate, personalized, and technologically advanced aesthetic approach. Also ideal for those seeking discreet surgery in a highly confidential and culturally sensitive setting.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We are committed to supporting every step of the journey: from choosing the most suitable facility to organizing the stay, with translations, interpreters, and dedicated transportation. We do everything possible to offer continuity of care and quality assistance, even after returning to your country of origin.



ONCOLOGICAL TREATMENTS

WHAT IS THE TREATMENT?

Japan offers a wide range of oncology treatments, including robotic surgery, targeted therapies, immunotherapy, and proton therapy. Protocols are based on precise molecular diagnoses and tailored treatment plans. Patients are cared for by multidisciplinary teams, with an integrated approach that combines conventional medicine and psychological support.

WHY CHOOSE JAPAN

Leaders in proton therapy and pioneers in numerous anticancer technologies, Japanese hospitals are known for their high long-term survival rates for many types of cancer. Kyoto, Tokyo, and Nagoya are home to world-renowned cancer centers. Costs are significantly lower than in the United States and some European countries, while maintaining extremely high quality standards.

TIMES AND METHODS

Treatment times vary depending on the treatment: from the initial consultation to planning the protocol, it can take 3–5 days. Treatments can last from 1 to 6 weeks. Some clinics offer extended stays in medical facilities.

WHO IS IT FOR?

Patients diagnosed with cancer seeking a second opinion, access to advanced technologies, or treatments unavailable in their home country. Also suitable for those seeking innovative therapies in a humane and culturally sensitive setting.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We offer personalized support for complex travel, such as oncology travel, taking care of every detail of the stay and medical documentation. We collaborate with centers that guarantee continuity of care remotely, and we also provide assistance during follow-up.



ORTHOPAEDICS AND NON-INVASIVE SURGERY

WHAT IS THE TREATMENT?

The most common orthopedic procedures include joint replacements (hip, knee), endoscopic shoulder or spine surgery, and regenerative therapies for cartilage and ligaments. Japan is a pioneer in the use of robotic systems and minimally invasive techniques for rapid recovery.

WHY CHOOSE JAPAN

The Japanese healthcare system invests heavily in prevention and post-operative rehabilitation, promoting full recovery. Orthopedic facilities are equipped with advanced equipment and often integrated with rehabilitation and spa centers. Japanese medical universities are among the most active in musculoskeletal research.

TIMES AND METHODS

Many procedures require short hospital stays (2–4 days) and short recovery times, including physiotherapy support. Regenerative therapies can also be performed on an outpatient basis.

WHO IS IT FOR?

Patients with joint problems, athletes, the elderly, or those with chronic conditions requiring rapid and effective solutions. Also suitable for those seeking a combination of high-tech and preventive medicine.

RECEPTION, LOGISTICS AND CONTINUITY OF CARE

We manage every aspect of the process, including health documentation, medical visas, and translation services. We partner with facilities that offer personalized rehabilitation plans and remote support after the return to their home country.



WELLNESS TOURISM

WHY WELLNESS TRAVEL









We live in a period of great progress and innovation, but at the same time, we are subjected every day to very frenetic and competitive rhythms of life which can create a lot of stress and tension.

We need moments of peace and serenity to eliminate stress and regain the energy we need to face everyday life.

Wellness travel can allow us to achieve the psycho-physical balance we need.

Generally, when we think of the term wellness, three activities come to mind, namely:

. Nature - Excursions in the open air
. Wellness services - Spa, massages
. Fitness centers - Physical activity

All the destinations that we have selected in the following pages offer the three activities described above and are also able to guarantee a serene journey from a social, political and economic point of view.

OUR SELECTED DESTINATIONS

NORTH AMERICA
USA - CANADA









OUR SELECTED DESTINATIONS

NORTH ATLANTIC
GREENLAND - BERMUDA









OUR SELECTED DESTINATIONS

CENTRAL AMERICA
CARIBBEAN









O U R S E L E C T E D D E S T I N A T I O N S

EUROPE

UNITED KINGDOM - IRELAND - ICELAND
NORWAY









O U R S E L E C T E D D E S T I N A T I O N S

EUROPE

SWEDEN - FINLAND - NETHERLANDS
FAROE ISLANDS









O U R S E L E C T E D D E S T I N A T I O N S

EUROPE

SPAIN - PORTUGAL - ITALY - GREECE









OUR SELECTED DESTINATIONS

EUROPE

MALTA - CANARY ISLANDS









OUR SELECTED DESTINATIONS

ASIA

UAE - ISRAEL - PALESTINE - JAPAN









OUR SELECTED DESTINATIONS

OCEANIA

AUSTRALIA - FRENCH POLYNESIA









O U R S E L E C T E D D E S T I N A T I O N S

INDIAN OCEAN

MALDIVES - SEYCHELLES - ZANZIBAR
MAURITIUS









OUR SELECTED DESTINATIONS

AFRICA
EGYPT











WOULD YOU LIKE A FREE QUOTE?

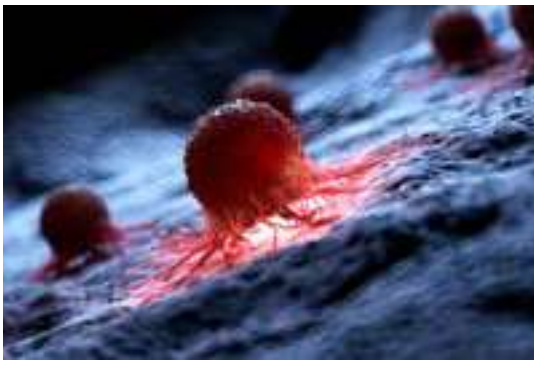
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REQUEST QUOTE







OUR SUPPORT FOR SAFEGUARDING THE PLANET AND CANCER RESEARCH

WITH OUR TOURS, WE WANT TO OFFER OUR CUSTOMERS THE OPPORTUNITY TO CONTRIBUTE TO NON-PROFIT ORGANIZATIONS COMMITTED TO SOLVING THE FOLLOWING GLOBAL PROBLEMS

- CONSERVATION OF FLORA - FAUNA
- GLOBAL WARMING
- CANCER RESEARCH



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