Spa Menu
The Spa Treatments You Deserve
THE SPA JOURNEY BEGINS

For your own comfort, we suggest that you check in at the spa reception desk 10 minutes before your scheduled treatment. Arranged treatment times are binding and can be changed at least 24 hours before their start, availability permitting.

Before the massage, take a shower and warm up your muscles. The shower will prepare your skin for the absorption of high-quality massage oils and creams. We suggest that you do not eat immediately before the massage and that you drink a lot afterwards so that your organism can discharge the released toxins.

Pamper yourself and relax. Close your eyes and focus on the salubrious effects of your treatment. Breathe calmly and deeply, and let all the stress and tension fade away. For the sake of yourself and other guests, please do not use cell phones or other inappropriate devices that could be disturbing.

KARLOVY VARY

THE KARLOVY VARY REMEDIAL SPRINGS From time immemorial, the springs rise in the valley of the Teplá river. The Karlovy Vary balneology, over 600 years old, is built upon its curative effects. Up to 2000 litres per minute of thermal water rises from the Sprudel, its fountain geysering 12 m high. From approximately 100 springs of various yields, 12 of them are captured; their temperature varies from 42 °C to 72 °C.

The following diagnoses are traditionally treated in Karlovy Vary: gastro-intestinal disorders, metabolism disorders, diabetes mellitus, obesity, gout, parodontosis, disorders of locomotive organs.

DRINKING CURE An important part of the treatment at Karlovy Vary is the drinking cure. The springs have various temperatures and content of carbon dioxide gas. Therefore, you must follow the prescribed springs, quantity and drinking times. The drinking cure is mostly suitable before meals, when walking, in small sips. Besides a positive impact on digestion, on overall health and on the immune system, it helps detoxify the body.
**TREATMENT INSPIRED BY NATURE**

**TREATMENT** The curative treatment is based on an individual treatment plan determined by the physician during the introductory exam. For maximum effect, the treatment stay should last 14 days or more, but even shorter wellness stays are an essential part of our lives nowadays. They have preventive effects, relieve your body of stress and jump-start your personal development. Treatment stay should be repeated twice a year, with a break of six months.

**HEALING POWER OF NATURE**

**MUD BATH** Mud baths combine the effects of a warm bath and peloid (mud), which has a significant impact on all chronic pathological diseases of the locomotive system, especially joints.

**MUD COMPRESS** Mud compresses have an anti-inflammatory effect, regenerate damaged tissue, supply it with blood, and mitigate pain and cramps. They warm up and relax the muscles in a very pleasant way. Compresses are mostly used for diseases of the locomotive system and for chronic diseases of joints and the spine. They are anti-inflammatory and can benefit chronic adhesions. Last but not least, they help fight cellulitis.
**Bubble Bath** The procedure involves a micromassage of the skin by air bubbles. It improves the blood supply and fosters relaxation.

**Bath with Ingredients** The treatment combines the effect of a warm bath with specific ingredients (beer, wine, whey) prescribed depending on the health problem (e.g. insomnia, fatigue, joint pain, neurosis, skin problems). These ingredients can stimulate the organism, relieve and regenerate it, mitigate the pain of the locomotive system and improve the healing of cutaneous afflictions.

**Carbon Dioxide Bath** A bath in a bathtub with added carbon dioxide improves blood circulation, lowers blood pressure and fosters overall relaxation.

**Dry Dioxide Carbon Bath** An application of the carbon gas in a special sack full of carbon dioxide. This treatment is fairly mild and suitable even for elderly patients. The impacts are similar to wet carbon dioxide baths, i.e. improvement of blood circulation, lower blood pressure and overall relaxation. It is also used as an efficient form of regeneration and recovery in all age groups.

**Inhalation** This treatment involves the inhalation of an aerosol enriched with Vincentka mineral water through the nose or mouth by patients with upper or lower respiratory tract diseases.

**Oxygen Therapy** This procedure involves the inhalation of 40% oxygen through a two-way nasal probe. It improves oxygen supply to tissue and thus improves the psychic and physical functions of the body. The treatment is tolerated well. Patients indicate that they stop feeling tired and that their overall condition improves.

**Colon Cleansing** A colon cleansing treatment using a device. A physician decides whether it is to be prescribed. The treatment leads to perfect colon cleansing suitable mainly for patients with obstipation and other colon afflictions, as well as for patients suffering from allergies.
CAPTIVATING MASSAGE EXPERIENCE

CLASSIC MASSAGE A partial or overall manual massage using a cream or oil, focused mainly on the regeneration of the locomotive system. Accelerated circulation improves the local metabolism and the supply of tissue with oxygen, and relieves muscle tension.

REFLEX MASSAGE A manual massage performed by a specialized rehabilitation therapist according to the medical prescription and focused on the removal of pathological reflex changes in the locomotive system, mostly in the spinal area, with impacts on the vegetative nervous system.

AROMA MASSAGE This massage combines the salubrious effects of manual massage and aromatic oils, whose fragrant essences influence the central nervous system and amplify the complex impact of the massage on the body.

LIGHT AND HEAT THERAPY FOR YOUR HEALTH

BIOPTRON The biolamp uses light energy for local biostimulation that accelerates regenerative and healing processes in the body. It shortens the period of healing due to its impact on the immune system.

LASER PHYSIOTHERAPY Suitable for chronic afflictions of the locomotive system (joint, muscle, connective tissue, tendon disorders), for accelerating the healing of cutaneous and subcutaneous lesions, post-traumatic and postoperative conditions of the locomotive system where the biostimulating effect is of much importance.

PARAFFIN WAX ON HANDS Used to improve the supply of blood in hands and to warm them. It relieves stiff and painful joints and softens hard skin. The results are aesthetic but also curative – it affects rheumatism, joints, low blood pressure and cold hands.

INFRATHERAPY This procedure uses infra-red radiation that penetrates deep into the skin and subcutaneous structure to thoroughly warm the organism. It has a salubrious effect on chronic degenerative and post-traumatic afflictions of the locomotive system and on the respiratory tract. It strengthens the immune system and improves vitality. People usually tolerate this treatment better than sauna and steam.
REVITALIZE YOUR BODY WITH PHYSIOTHERAPY

INDIVIDUAL GYMNASTICS Conducted under the supervision of a rehabilitation therapist according to the medical prescription, this procedure focuses on the elimination of certain pathological changes of the locomotive system.

MANIPULATION TREATMENT This procedure is usually used to treat functional joint blocks that are painful, restrict movement and lead to other pathological reflex changes, in particular the creation of painful points, hyperalgetic zones and muscle spasms. The goal of the treatment is the relaxation of the locomotive system (in the spine region), the recovery of the joint-play range and also the removal of muscle tension and the treatment of trigger points, which are often the cause of pain, muscle weakness or movement restriction.

LYMPHATIC MASSAGE MANUAL OR USING A DEVICE A treatment that supports the flow of lymph and body fluids (from the lower or upper limbs). It is used e.g. for lymphoedemas, some post-traumatic conditions and venous insufficiency; it is also effective against cellulitis.

INJECTIONS Injections around pain points are applied by physicians.

PNEUMOACUPUNCTURE An application of a small quantity of carbon dioxide in the subcutaneous region with acupuncture points or trigger points. Main indications – painful spine and joint disorders. Conducted only by a trained rehabilitation therapist.

DISCOVER AN ELECTROTHERAPY

ELECTROTHERAPY During electrotherapy, electric impulses cause muscle contractions. Each contraction increases the supply of blood in the skin. In this respect, electrotherapy is several times more intense than classic massage. Electrotherapy strengthens muscle fibres and burns fat in the tissue.

MAGNETOTHERAPY The use of a high-frequency magnetic field is advisable for a number of conditions and diseases of the locomotive system, fractures, insufficient blood supply, osteoporosis, etc. The magnets can be applied through clothing or a plaster cast.
**SHOCK WAVES**  Shock wave therapy involves the interaction of body tissue with high-intensity sound waves. This has a number of salubrious effects such as the suppression of chronic inflammation, stimulation of collagen and dissolution of calcium deposits. The stimulation of these biological mechanisms creates optimal conditions for healing. When the injured area returns to a normal condition, its function is recovered, and the pain subsides.

**ULTRASOUND**  A treatment employing mechanical energy and prescribed to improve blood supply, absorption of post-traumatic oedemas, haematomas, and to deeply warm subcutaneous structures and muscles. A wide range of indications – particularly afflictions of the locomotive system.

**SALT CAVE**

**THE MICROCLIMATIC SALT CAVE** with a waterfall and the starry sky above is fully lined with salt crystals from Pakistan, including on the floor. Their mineral content (iodine, bromine, potassium, magnesium, iron, calcium, selenium and other trace elements) is released into the air through gradual ionization and in the form of an aerosol inhaled into the lungs and absorbed into the body. Salt caves have beneficial effects on respiratory diseases, inadequacies of the thyroid gland, high blood pressure and dermatological diseases, nervous disorders and fatigue.
Welcome to the New Spa Tradition