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*Medical
Spa Centre*
OF SAVOY WESTEND HOTEL
★★★★★

MEDICAL SPA CENTRE DIRECTORY



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Dear Guests

Traditional balneology, as we know it today, has its origin in far ancient times. Already the Old Romans, and even earlier the Old Greeks and Egyptians, discovered the therapeutic effects of thermal springs. After all the word SPA comes the Latin acronym "salud per aqua", which means "health from water". For centuries thermal water springing in the deepest layers of the earth has been bringing us not only relief from pain and diseases but also the irreplaceable feeling of ease, peace and quiet and relaxation.

Those times have long been gone when spas provided refuge only to those in need of health care. Today spa facilities gain more and more popularity with those who take care of their health actively, who seek deserved rest and relaxation to balance their demanding professional agenda, or who like to improve their beauty by combining the effects of natural products and state-of-the art technologies.

Please accept our invitation and come and join us in the world of relaxation, beauty and gentle care and enjoy the amazing feeling of health and well-being.





The history of balneology in the lands of the Czech Crown

Already in old times water was not only a means of personal hygiene but also a source of pleasure and rejuvenation. The first “spas” date back to Ancient Greece or Rome where we can see the origin of balneology that later spread, among other countries, to Bohemia. The first significant spa venues within the Czech Lands were established as early as the 14th century thanks to the high concentration of natural curative springs. Spa destinations witnessed their boom in the 19th century that is often nicknamed ‘the Golden Era’ of balneology. The then available scientific knowledge and many years of practical experience contributed to the development of therapeutic methods and spa procedures. Many of the then practiced applications are still used in contemporary balneology. Today, spa clients and visitors do not have to be afraid of drastic and exhausting treatment methods that were used in the past. The present-day level of Czech balneology ranks among the best of the world’s balneology and is strictly in the hands of qualified doctors specialized in spa medicine – balneologists – and of other health care professionals.

Legend about Hot Spring discovery and Karlovy Vary foundation

As a number of other historic towns, Karlovy Vary also has its legend about the foundation. Such legend says that Charles the Fourth – the Bohemia King and Roman Cesar took a hunting trip from a nearby castle Locket to the surrounding woods full of animals. At the time of one of such hunts, a hunting dog chased a deer but fell into a pool where hot water was bursting out. The dog cried from pain. Hunters having heard the dog’s wailing rushed there thinking that the dog got hurt by the chased animal. They came closer, pulled the dog off the pool and then also tasted the hot water which scared the dog to death. The King Charles the Fourth was reported this event and went to visit the place of the event in order to admire the unusual work of the nature. At presence of his doctors, the prudent King noted that such hot water may cure serious illnesses and is very useful and energy-giving. He then drank the water too (they say that he had problems with his leg which he used to bathe in the water there) and experienced a relief and improvement. The King was very pleased to see such results and soon ordered to create a settlement at this curing sport and build houses around there. To the honor of its founder, the small town was named – a spa of Cesar Charles – Karlovy Vary. The legend was told in various versions and the so-called “Deer Jump” (Jelení skok) is the local attractiveness until this day together with the hot spring, and it is one of the main symbols of the town.

Karlovy Vary – The Jewel of balneology

There are only a few places on Earth and far in between so picturesque and beautiful such as Karlovy Vary. The town is spread at the north edge of Slavkovský les (Slavkov Forest) 375 to 644 meters above the seal level. Since the old times, the nature there gives the people health from mineral hot springs in the form of the natural ion liquid providing the body with strength and rejuvenating the tired organism. The fundamental importance for modernization of the Karlovy Vary balneology was the life-long engagement by Dr. David Becher (1725 – 1792). He actually was the first person which performed the scientific chemical analysis of Karlovy Vary waters. He contributed to the fact that in 1764 the hot-spring salt was produced and then exported in big volumes. He enforced realization of the advanced curing methods applied until these days under a new-age name of “Comprehensive Spa Cure”. Dr. Becher upon his chemical analysis of the local water promoted its drinking directly at hot-springs and a lot of movement in the form of walks during the curing period. Such principles resulted in building gazebos and colonnades above the hot springs, colonnade routes and specialized spa facilities and a change in the entire style of the spa life. The most famous Czech spa Karlovy Vary nowadays as well as in the past is the favored meeting spot for people from all over the globe which contributes to continuation in the tradition started off hundreds of years ago under the reign of the prudent Kind Charles the Fourth. The cosmopolite nature of Karlovy Vary and reputation of its curing hot springs give a firm hope for the hot-spring town to remain in the 21st century, next to Prague, the most recognized and visited spot in the Czech Republic.



Karlovy Vary Drinking Cure

Drinking cure has been the cornerstone of the Karlovy Vary spa treatment for centuries. The composition of local mineral water springs has beneficial influence on the gastrointestinal tract, stomach lining and intestinal mucosa; it also stimulates the activity of the liver the pancreas. Combined with complex spa treatment, the drinking cure improves the compensation of diabetes mellitus and reduces weight. The most suitable spring and drinking regimen will be suggested by your attending physician – certified balneologist. For the drinking cure to have maximum effects the following principles must be observed: The spa stay should be at least 7 days long, whereas 14-day therapy is highly recommended.

- ❖ Any drinking of hot mineral waters is recommended entirely after consultation with spa physician.
- ❖ For the best curative effect it's recommended to drink hot mineral waters near by the springs.
- ❖ It's recommended to drink hot mineral waters exclusively out of traditional porcelain or glass cups.
- ❖ It's unsuitable to combine the drinking cure with alcohol consumption and smoking of tobacco products; even the second hand smoke is harmful.
- ❖ The exercise is part of the drinking treatment as well; there for it's recommended to walk slowly while drinking the mineral water.
- ❖ The drinking cure should take course in complete relaxation of body and mind.
- ❖ The drinking treatment should be repeated periodically, according to physician's recommendation.
- ❖ The drinking treatment is kind of „small celebration“, so it is not suitable to disturb other patients.
- ❖ Please don't empty up your drinking cups into plants around or on the floor.
- ❖ While filling up your drinking cup, please, don't touch the spring basin due to hygienic regulations.



Karlovy Vary Mineral springs

HOT SPRING NAME	SPRING LOCATION	SPRING TEMPERATURE	SPRING ACCESSIBILITY	SPRING DISTANCE
The Hot Spring	Vřidelní Colonnade	73,4°C	summer 6.00 – 19.00 winter 6.30 – 18.00	0,5 km
The Charles IV. Spring	Tržní Colonnade	64,4°C	non-stop	0,5 km
The Lower Castle Spring	Tržní Colonnade	55,6 °C	non-stop	0,5 km
The Upper Castle Spring	Zámecká Colonnade	55,9°C	non-stop	0,4 km
The Market Spring	Tržní Colonnade	65,2°C	non-stop	0,5 km
The Mill Spring	Mlýnská Colonnade	56,6°C	non-stop	0,7 km
The Nymph Spring	Mlýnská Colonnade	60,2°C	non-stop	0,7 km
The Prince Vaclav Spring I.	Mlýnská Colonnade	65,6°C	non-stop	0,7 km
The Prince Vaclav Spring II.	Mlýnská Colonnade	64,3°C	non-stop	0,7 km
Spring Libuše	Mlýnská Colonnade	63°C	non-stop	0,7 km
The Rock Spring	Pavilon at Mlýnská Colonnade	46,9°C	non-stop	0,7 km
The Freedom Spring	Gazebo at Lázně III	62,4°C	non-stop	0,7 km
The Park Spring	Vojenský lázeňský ústav	41,6°C	daily 6.00 – 18.30	0,2 km
Štěpánka Spring	Military Spa Sanatorium	14,2°C	non-stop	2,0 km
Snake Spring	Sadová Colonnade	28,7°C	non-stop	0,2 km
Ferrous Spring	Železnatý pramen Colonnade	14,3°C	non-stop	0,3 km



Jewel of Modern Spa Industry and Traditional Balneology

Just as Carlsbad rightfully bears the title of the most beautiful and the most famous spa town of the Czech Republic, without doubt the Savoy Westend Hotel luxury spa resort is among the most sought after and most significant spa facilities of its kind not only in Bohemia but also in the whole of Europe. This 5-star resort has gained its uniqueness and reputation particularly through the unmistakable synergy of traditional spa industry and state-of-the-art treatment methods and trends. The unique features of the treatment spa-centre of the Savoy Westend Hotel, such as physicians specialized in balneology, an in-house diagnostic centre with a laboratory, close cooperation with specialized centres within the country and abroad, a selection of over 300 treatment, spa, wellness and cosmetic procedures, and most importantly, the individual client approach, stressing the needs and wishes of our clients in all circumstances, all create a remarkable experience.

The key programme of the Savoy Westend Hotel is the Complex Spa Treatment, utilizing exclusively the local natural healing resources – mineral water, carbon dioxide and peat – whose healing properties are used in the spa procedures. The most important ones are the water treatment, thermotherapy, electrotherapy, movement therapy, nutritional consulting and, last but not least, the world-famous Carlsbad local mineral water drinking treatment.

The drinking treatment has been the foundation of the Carlsbad spa treatment for centuries. The local mineral waters are highly beneficial and can reduce all kinds of gastrointestinal tract ailments. The overall treatment efficiency is increased by active exercising in nature and walks in the surrounding forests. In this respect, the Savoy Westend Hotel offers the ideal conditions as it is located in the immediate vicinity of spa forests, as well as in the walking distance from the forest promenades and viewpoints. The exclusive resort comprising of five historical villas, each one representing a true architectural gem of its time, is embedded in the spa atmosphere of pervasive peace and quiet.

Thanks to a sensitive reconstruction, the buildings have preserved their grace and charm which takes their guests right back into the genteel and elegant 1920s and 1930s. Whether you choose to visit Carlsbad to get treated or just to relax, the luxury Savoy Westend Hotel and Spa Resort will present you with the very best of everything.



Spa Treatment

The spa treatment provided by the Savoy Hotel exploits local natural curing sources – mineral water, carbon dioxide and peat. The hotel also runs its own laboratory and uses a broad range of laboratory examinations, which enables the doctors to determine an accurate diagnosis within a few hours and to prescribe an individual therapeutic regimen. The major components of our spa procedures are hydrotherapy, thermotherapy, electrotherapy, physical exercises, nutritional counseling and the drinking cure which uses local mineral springs. The effectiveness of the entire therapeutic process is further supported by outdoor activities and long walks in nearby forests. The Savoy Hotel offers ideal conditions for outdoor lovers as it is situated in the immediate vicinity of spa groves and forests, and within a walking distance from forest promenades and look-out points.

The Savoy Westend offers a hundred of various diagnostic examinations and over 300 spa, therapeutic and cosmetic procedures.

INDICATION FOR A SPA CURE

- ❖ **Illnesses of digestive systems**
 - Esophagus illnesses
 - Ulcer disease of the stomach and the duodenum
 - Gallbladder and gall-duct illnesses
 - Liver illnesses, especially conditions after acute hepatitis
 - Chronic hepatitis
 - Liver steatosis
 - Pancreas illnesses – Crohn Disease
 - Chronic constipation
 - Irritable colon
 - Ulcerous colitis
 - Conditions after gastrointestinal surgical procedures
- ❖ **Metabolic Diseases**
 - Obesity
 - Lipid metabolism disorders
 - Diabetes Mellitus
 - Gout
- ❖ **Locomotor System Illnesses**
 - Degenerative and inflammatory disorders of the spine and joints

SPA CURE CONTRAINDICATIONS

- Ischemic heart disease – advanced
- Circulation failure
- Tracheal asthma – advanced
- Hyperthyreosis
- Tumors in the stage of progression
- Movement limitation
- Infectious diseases



Local Natural Healing Resources

THERMAL MINERAL SPRINGS

Karlovy Vary and Western Bohemia, in general, abound with rare medicinal mineral springs which are rich in minerals and other efficient trace elements. Mineral water abstracted in the Karlovy Vary region is exceptional thanks to its chemical compositions and physical properties. The oldest components of this water are more than 25 000 years old. Gaseous carbon dioxide is a product of post-volcanic activities in the local region. Mineral water also contains a large amount of main, secondary and trace elements. While the basic chemical composition of all springs, whose temperature reaches up to 73.4°C, is nearly identical, every spring has a specific temperature, content of dissolved carbon dioxide, radioactivity and concentration of secondary and trace elements. In scientific terms, local mineral waters are characterized as thermal, hypotonic and strongly mineralized. The medicinal effect of these waters is attributed mainly to the high content of pharmacodynamically effective substances. Today, spa procedures; i.e. drinking cures and other internal or external balneological therapies use 14 springs that are recognized as natural healing resources and that rise from 21 spring vases.

CARBON DIOXIDE

Carbon dioxide was used for healing already in Ancient Rome. Thanks to its low reactivity carbon dioxide is nearly inert and highly soluble in water. It has antibacterial and fungistatic effects and thus it reduces the effects of bacteria and fungal molds. A carbon bath is one of the oldest spa procedures. It is applied in two ways: either as a traditional bath enriched with carbon dioxide, or as a so-called dry carbon bath. Even though their effects are almost identical, some clients find the 'dry' bath more appealing. The absorption of carbon dioxide makes blood vessels dilate and thus leads to better blood supply to tissues. Subsequently, the amount of oxygen in blood is increased and skin, muscles and body organs including the brain are better supplied with oxygenated blood. As a result, the immune system is energized and self-healing properties of the body are enhanced. Another positive effect of this procedure is reduction of blood pressure and pulse frequency. This is why carbon baths belong to our main procedures used to treat ischemic and cardiovascular diseases and to provide additional treatment to patients who suffered a heart attack.

PELOIDS – PEAT & THERAPEUTIC MUD

Peloids - peats or muds – are real gifts of Mother Nature. Depending on the site of occurrence, peloids feature different properties. However, their therapeutic effects are similar. The great advantage of all peloids is their ability to keep a stable temperature for a relatively long time. This is why they are used for procedures during which a stable temperature is required. The beneficial effects of peat for the human body have been known for centuries. Peat wraps and baths have excellent healing effects which have been proved by many generations. Peat consists of hundreds of dead plants and contains a large number of nutrients, minerals, natural trace elements and other substances. Peat is easily absorbed by skin. It helps skin regenerate, supplies it with nutrients, and improves its blood circulation. Peat has wonderful antibacterial and detox properties.

Besides therapeutic effects, peat has also great cosmetic qualities. Mud can be applied locally or as whole-body wraps. They help to reduce muscular tension, improve the nourishment of cartilage, connective tissues and intervertebral discs. Mud wraps are also beneficial during chronic inflammations, arthritis or vertebrogenic syndromes. They also positively affect the immune system, slows down the loss of elastin, collagen and hyaluronic acid. Highly convenient is the mixture of peloid and paraffin, which produces so-called parafango.



The Complex Spa Treatment

The Complex Spa Treatment in the Savoy Westend Hotel includes 1 basic laboratory blood and urine test, 3 spa procedures a day (21 spa procedures a week), 3 medical check-ups (initial examination, follow-up examination and discharge examination); whereas the minimum length of The Complex Spa Treatment is 7 nights. All clients have their therapeutic plan drafted based on the results of their initial examination by our specialist and of laboratory tests. If need be, an attending physician may request additional laboratory test. Because our hotel has its own laboratory and cooperates with specialized health care facilities in the Czech Republic and abroad it offers excellent health care services that have no parallel in Karlovy Vary and even the Czech Republic.

This treatment is designed for clients older than 15 years of age. The treatment of children aged 3 to 15 is indicated on a case-by-case basis and can be taken only after undergoing a special examination by a pediatrician.

INDIVIDUAL TREATMENT PROGRAM

Upon the entry exam and necessary laboratory tests, the treating doctor shall prepare an individual curing program for you depending on your actual health condition. A part of such program usually is:

- ❖ Basic laboratory tests (biochemical urine analysis, blood count, sedimentation rate, total serum bilirubin, AST, ALT, GMT, total cholesterol, HDL cholesterol, LDI cholesterol, triglycerides, atherogenic index, serum creatinine, serum urea, glycemic index)
- ❖ 1 primary treatment a day (Monday through Sunday, incl.) – a bath (hot-spring bubble, carbonized, etc.), massage (water, traditional, relaxing, etc.), lymph drainage, etc.
- ❖ 2 secondary treatments a day – a peat bath, paraffin bath, electrical therapy, magnetic therapy, inhalation, etc.
- ❖ Drinking cure adjusted to your health condition
- ❖ Nutritional therapy consultation – nutrition plan reflecting your eating habits and health issues
- ❖ Locomotor therapy (swimming, exercising in the fitness club, walking tours, etc.)
- ❖ Education in the area of the healthy life style in at the homey environment
- ❖ Offer of secondary programs for free time (culture, sport, excursions, trips, etc.)

DIAGNOSTICS AND CHECK UP

At the beginning of the complex spa treatment the client undergoes basic laboratory tests (see above). After examination by a doctor-specialist the client receives a diagnostic plan that is not included in the flat price of the complex spa treatment. The client can choose from these options:

- ❖ Complex biochemical blood tests, immunological and hematological tests, bacteriological tests, virological and parasitological tests, hormonal level tests, including neurostress hormones in saliva and urine samples
- ❖ Noninvasive functional examination of the liver and the pancreas
- ❖ Testing for H. Pylori bacteria in the gastric mucosa
- ❖ Determination of specific tolerance for foodstuffs by means of measuring immunoglobulin G in blood in relation to individual types of food
- ❖ Determination of the client's allergies by means of measuring immunoglobulin E in relation to individual allergens (dust, pollen, animals, food)
- ❖ Testing stool for parasite, bacteriologic tests, determination of the intestinal flora
- ❖ Apnea examination (snoring and suspension of external breathing during sleep)
- ❖ Examination of pulmonary capacity using a spirometer
- ❖ Complex examination for Hepatitis B and C virus with an option of the most modern therapy
- ❖ Sonographic examination of the stomach, veins, thyroid, breasts, kidneys; urological and gynecological examination by means of high-quality modern sonographic equipment TOSHIBA
- ❖ Gastroscopy and colonoscopy
- ❖ In cooperation with the teaching hospitals of Charles University, Prague and Pilsen we can arrange for magnetic resonance imaging and computer tomography performed with top-notch equipment and followed by consultations with professors-specialists in the areas of cardiology, diabetology, obesitology, gynecology and surgery
- ❖ Consultations and follow-up examination and treatment at partner clinics in Munich and Regensburg, Germany
- ❖ Densitometry – determine a firmness of bones
- ❖ Body monitoring
- ❖ Genetic testing – predisposition to certain diseases



Provable Effects of Spa Treatment

If a doctor-prescribed therapeutic regimen, including an individual dietary plan, is strictly observed for at least 3 weeks, the following effects of our treatment are obviously proved.

❖ REDUCTION OF TOTAL CHOLESTEROL BY UP TO 30 %

Marked reduction of cholesterol levels in overweight individuals and in people whose initial cholesterol levels were too high. Strict observance of medical principles and recommendations after arriving home helps to maintain the positive effects of reduced cholesterol for as long as one year.

❖ AVERAGE REDUCTION OF BLOOD URIC ACID BY 25 %

This reduction of blood uric acid alleviates gout symptoms and promotes general well-being.

❖ REDUCTION OF INSULIN RESISTANCE IN 85 % CLIENTS WITH METABOLIC SYNDROME

This reduction promotes better management of diabetes, mainly of type 2, especially in clients with the elevated secretion of their own yet less effective insulin.

❖ SIGNIFICANT IMPROVEMENT OF FATTY-LIVER DISEASE IN 90 % CLIENTS

As early as 2 weeks after starting an intensive drinking cure based on the mineral waters of Karlovy Vary 90% of clients experience a significant improvement of steatosis, or fatty-liver disease. The respective parameters are measured during FIBROSCAN examination which facilitates unparalleled treatment of this condition.

❖ BETTER JOINT MOBILITY

After two weeks of the intensive application of complex physical therapy joints become more mobile and the symptoms of the degenerative disorders of the locomotor system are alleviated.

❖ SUBJECTIVE IMPROVEMENT IS REPORTED BY 90% CLIENTS WITH DIGESTIVE TRACT DISEASES

90 % clients with functional dyspeptic conditions of the upper and lower gastrointestinal tract (heartburn, bloating, flatulence, diarrhea, constipation) experience improvement as early as 2 weeks after starting a complex spa treatment.

❖ UP TO 5 % WEIGHT LOSS IN SERIOUSLY OVERWEIGHT CLIENTS

Seriously overweight clients report 5 % weight loss after 4 weeks of a complex spa treatment. If the regimen is observed after arriving home, weight tends to decrease even more.





Relax Spa Treatment

The Savoy Westend Hotel offers its clients a 'light' spa treatment that is designed rather as a preventive program to boost one's health and immune system. This program is called Relax Spa treatment and can be reserved in combination with full board or half board or only breakfast.

The Relax Spa Treatment includes 1 spa procedure a day, however a maximum of 7 spa procedures a week, 1 medical checks (entry exam, control exam and leaving exam); provided, the minimum length of the Relax Spa Treatment is 3 nights. As well as in case of the Complex Spa Treatment, the Relax Spa Treatment is designated for persons older than 15 years of age. The treatment for children 3 to 15 years old is solved case-by-case and may be taken only following the special examination by a pediatrician. In such a case a child shall be treated upon a report by the pediatrician which exam may gladly be procured by us upon request of the client following the arrival to the Hotel. The Complex Spa Treatment program and schedule of different procedures will be prescribed to children not until the medical report approving the cure is submitted.

INDIVIDUAL TREATMENT PROGRAM

Based on your initial medical examination your attending physician prepare an individual curing program for you depending on your actual health condition. A part of such program usually is:

- ❖ 1 spa treatment a day (Monday through Saturday, incl.) – a bath (hot-spring, bubble, carbonized etc.), massage (water, traditional, relaxing etc.), lymph drainage, peat wrap, Paraffin pack, electrotherapy, magnetotherapy, inhalation etc.
- ❖ Drinking cure adjusted to your health condition
- ❖ Eating plan structured with the consideration of your eating habits and health problems
- ❖ Locomotor therapy (swimming, exercising in the fitness club, walking tours, etc.)
- ❖ Education in the area of the healthy life style in at the homey environment
- ❖ Offer of secondary programs for free time (culture, sport, excursions, trips, etc.)





Wellness & Relaxation

Wellness – a phenomenon of the recent 10 years – today is already the integral part of the modern spa industry. To the contrary to the traditional curing spa industry serving to cure and complete curing the health complications and problems, the wellness is focused mainly on the healthy life style, keeping the balance between the physical condition, beauty and spiritual comfort of a human being, rest and relaxation and, least but not last, also on prevention against psychological and health problems.

In the wellness center of Savoy Westend Hotel you may enjoy a bit of all. You can make your psychological condition more perfect in the excellently equipped fitness center under the supervision of a special trainer. Your muscles can be worked on and then relaxed in a roofed swimming pool 25 meters in length equipped with massage jets, waterfalls or countercurrent, and you can enjoy a whirlpool, too. As a great relaxation as well as preventive mean you can use a dry sauna or steam bath, or only rest on a lounge and let be relaxed by listening running water, and forget about the world outside for a minute.

Medical Programmes

In addition to a possibility of taking the Comprehensive Spa Cure and Spa Cure Relax, Savoy Westend Hotel offers also several special curing programs focused on a specific type of health problems and illnesses and with respect to them, even with a specific structure of the spa procedures possible be undertaken following the consultancy with a treating doctor and adjusted based on the guest's actual health condition. Such programs are prepared always for 1 week in advance provided that at some of them the recommended term of cure is extended to 14 up to 21 days.

You can select from the programs focused on:

- ❖ Avoidance of stress from an extensive workload and relaxation and rest thereafter
- ❖ Regeneration after uncomplicated operations and acute inflammations
- ❖ Reduction of weight (overweight) and adoption of basic rules of the healthy life style
- ❖ Easement of chronic signs of the civilization diseases
- ❖ Cure of locomotor system illnesses
- ❖ Cure of and prevention against diabetes
- ❖ Easement of signs of cellulitis, reinforcement of muscles and forming the posture
- ❖ Cleaning the organism from harmful substances and the organism regeneration





Spa Treatment Procedures by prescription only

REFLEXIVE MASSAGE

Another term for this method is also neuromuscular massage. It affects reflective changes on body surface by disturbances of internal organs. Neuromuscular therapy consists of alternating levels of concentrated pressure on the areas of muscle spasm. The massage therapy pressure is usually applied with the fingers, knuckles, or elbow. Once applied to a muscle spasm, the pressure should not vary for ten to thirty seconds. Neuromuscular therapy can be painful at first, but the pressure of the massage should alleviate the muscle spasm. At this point, it is extremely important to communicate with the massage therapist regarding the pressure – whether the pressure is too much, too little, getting better, getting worse. The therapist should listen and respond accordingly. The massage therapy pressure should never be overly painful. In fact, most people describe the pressure as “good pain”. Following a neuromuscular therapy massage, any soreness that presents itself should fade after twenty-four to thirty-six hours. The muscles that were tight should remain noticeably more relaxed for four to fourteen days, depending on stress, activity level, and severity of back pain prior to beginning massage therapy. This massage is to be indicated after medical examination. (20 min.)

UNDERWATER MANUAL MASSAGE

The intensive full massage with a water flow in a bath of 35 to 38°C is applied by a masseur using a jet in the massaging hose. The water massage helps to release muscle tension, reduces joint pains and improves blood circulation. It is recommended for treating illnesses of a locomotory apparatus, at a limitation of spine movement and conditions after an injury. It is not recommended in case of a circulation deficiency, acute inflammations, pyrexias and open wounds. (20 min.)

HOT SPRING BATH

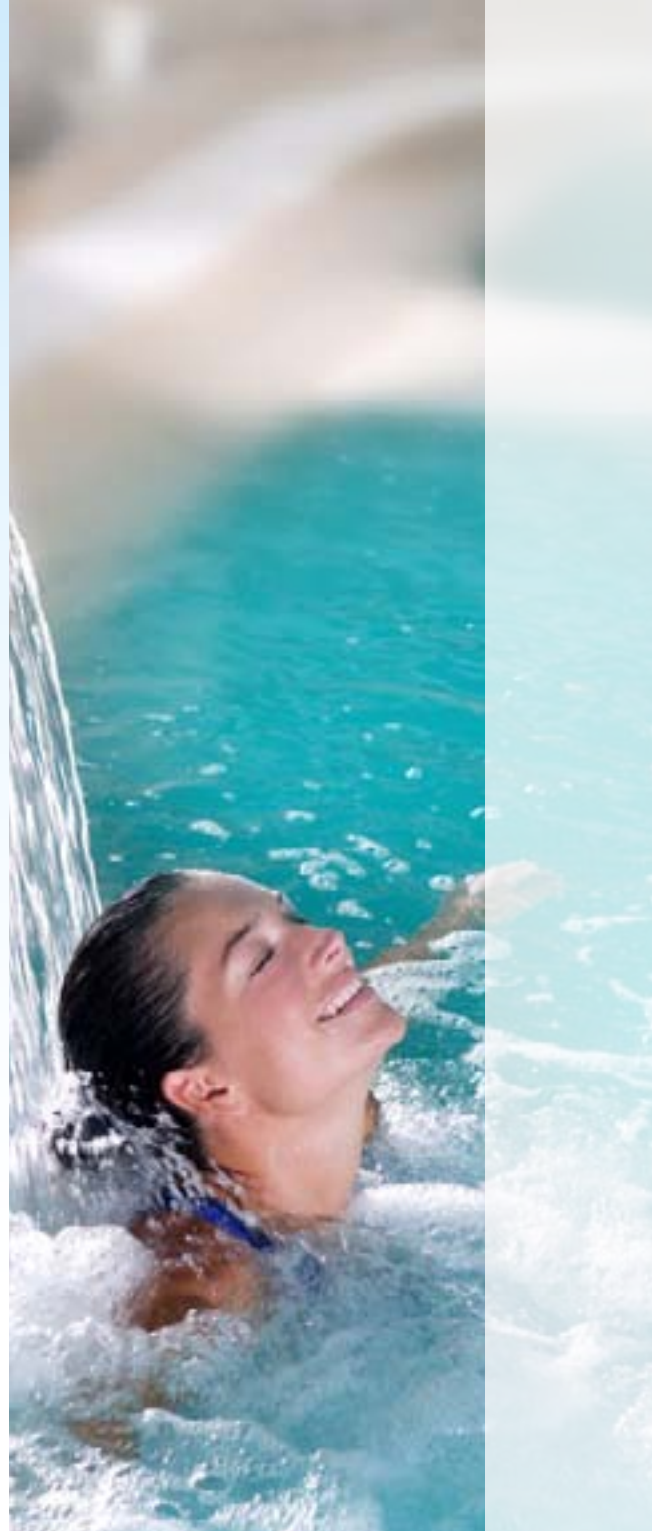
This is a full immersion tub bath in hot spring of Karlovy Vary. Its effect depends on temperature, hydrostatic pressure and content of minerals. Main effect is on circulatory system, general sedation and favourable influence on gastrointestinal tract. (20 min.)

CARBON DIOXIDE BATH

It is a bath in thermal water with a temperature of between 33°C – 35°C saturated with carbon dioxide. Its effect combines that of tub bath and dissolved carbon dioxide. The last one has two main effects: countless water bubbles on the skin's surface and flushed colour of the skin. Carbon dioxide bath improves blood circulation, lowers blood pressure and promotes mental relaxation. Serial applications have adaptive changes in circulatory system. (20 min.)

DRY CARBON DIOXIDE BATH

In case of this particular procedure, we speak about the application of carbon dioxide on a whole body fixed in a plastic sack filled with CO₂. To the contrary to the traditional carbonic bath, its dry form may be indicated in cases where the water bath is unsuitable. Its preferences are mainly the blood circulation improvement, blood pressure reduction, wounds healing support and excellent effects on skin receptors. Based on the foregoing, it is clear that the main indications of dry carbonized baths are disorders of extremities (limbs) blood return, hypertension, gynecologic and urologic illnesses or sexual dysfunction. (30 min.)





Spa Treatment Procedures by prescription only

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SCOTTISH JET SHOWER

It is a jet shower with alternating water temperature. Treated person stays and jet shower is applied from a distance of three metres. It has stimulating effect. (10 min.)

LIMB WHIRLPOOL BATH

This is about another of healing baths working on a principle of pressure changes caused by flowing water, and it is used primarily for an improvement in blood circulation at ischemic disease of legs. In the course thereof changes in the pressure occur on soft structures of legs resulting in the blood passage increase. (20 min.)

EXTREMITER – VACUUM COMPRESSION THERAPY

This is automated vacuum compression therapy for treatment of peripheral circulatory disorders. Principle of this method are cyclic changes of the over pressure and under pressure in application cylinder where treated limb is hermetically sealed. The limb is exposed to the controlled effect of hypobaric and hyperbaric atmosphere. Vacuum compressive therapy is usually applied in circulatory disorders (functional, atherosclerotic, in diabetics), in diabetic neuropathy and many other conditions. Using of this therapeutic method needs medical prescription. (from 40 min.)

WATER TRACTION

Traction therapy is a passive procedure, during which the effects of mechanical force induce centrifugal traction in the axis of the spinal column or the root joint. Water traction therapy also exploits the traction of the body, however, gravitation effects are significantly eliminated in a water environment due to the buoyancy force of hydrostatic pressure. The procedure is subject to prescription by a physician who will specify the required traction type and location. (10 min.)

PEAT WRAP

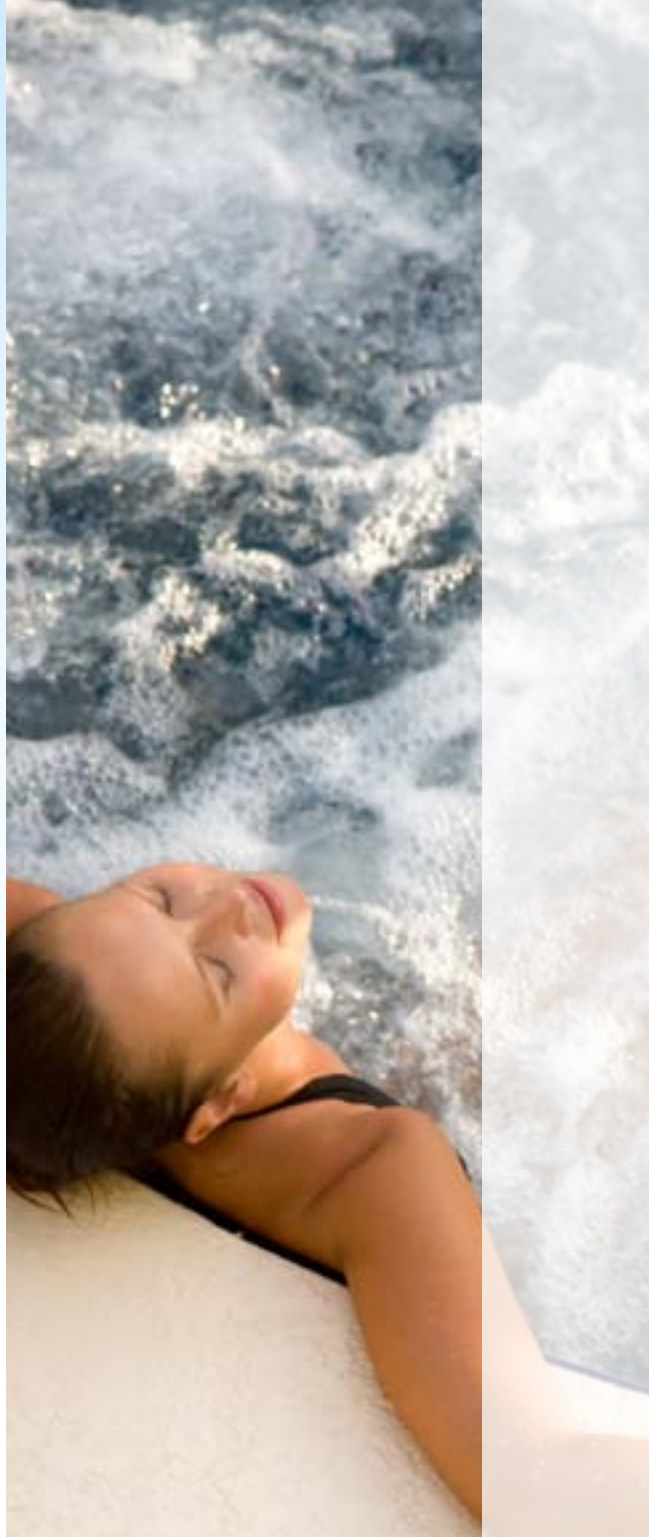
A bag of warm peat is put on the part of the body to be treated and this involves a slow transfer of heat into the body. The pack is used to treat disorders of musculoskeletal system, problems of the digestive tract. (20 min.)

PEAT VAGINAL TAMPON

This procedure represents a local thermotherapy method. Tampons are made of bog rich in sulfur and iron that offers anti-inflammatory, analgesic and spasmolytic effects. The vaginal mucosa absorbs phytoestrogens, substances whose composition and effects resemble female hormones. However, this procedure can be prescribed only by a gynecologist after a gynecological examination. During this procedure a tampon is applied through insertion into the vagina. Afterward, the client relaxes in a pleasant environment with relaxation music in the background. (30 min.)

PEAT BATH

Finely ground balneologic peat is used with mineral water as a supportive treatment in chronic rheumatic diseases, arthritis, muscle contractures, painful vertebral syndromes, eczemas, mild skin inflammations and acne. It helps to relieve tension and stress conditions. It strengthens the activity of the sweat glands and related functions. (20 min.)





Spa Treatment Procedures by prescription only

PARAFANGO

It is a mixture of dehydrated „mud“ containing healing ingredients such as minerals and converted plants parts, mixed with various paraffin. Parafango retains its temperature of application for nearly 1 1/2 hours. Parafango does not stick to body hair; the person is completely clean after removing the pack. Perspiration cannot penetrate the Parafango mixture. The Parafango bars are melted, heated and applied to specific portions of the body. Dilation of blood vessels, tissue hyperaemia and increased blood flow are among the most important results. During the treatment the patient experiences deep heat and relaxation. Parafango therapy is the deepest localized heat treatments available, replacing traditional hot packs commonly used. (20 min.)

BIOLAMP – POLARIZED LIGHT

The most natural areas for using a bio-stimulating light are primarily dermatology and cosmetic treatments, then it is also suitable be used in orthopedy, surgery, rehabilitation and sporting medicine. The positive results at treating focal eczemas or infantile atopic eczemas were confirmed in dermatology. Good results were accomplished at the application to healing post-operation scars when by the application of this method the substantial acceleration of healing treatments occurs. The positive effect is visible also at curing burns. The important help is provided by “BIOLamp” at curing edemas and reflexion changes, and last but not least, “BIOLapm” is used in cosmetic treatments and is recommended primarily for its substantial regenerative effects on aging skin or skin exposed to harmful effects. The radioation is performed in a distance of about 6 centimeters from a dry and clean tissue so the falling light creates a circular trace and heats only a little. The recommended therapy is in the length of 2 to 3 minutes several times a day over 3 to 15 days.

BOWEL IRRIGATION

Whole bowel irrigation (WBI) cleanses the bowel by the enteric administration of large amounts of mineral water which induces a liquid stool. Irrigation of the large intestine and the removal of deposits from the intestine mucosa are done by a special apparatus, water and belly massage. (30 min.)

OXYGEN THERAPY

The oxygen therapy rests in an increased supply of oxygen to tissues in a human organism. It is applied using a special instrument called the “oxygen concentrator” taking other gases away from air, especially nitrogen, which results in creating a greater concentration of oxygen. By inhaling oxygen we reinforce the organism immunity against infections, vascular illnesses and allegedly also against sarcoma. It has an extraordinarily beneficial influence on human mental condition – contributes to treating depressions and gives the energy for fighting a day-to-day stress. Women are recommended to take oxygen therapy at the time of climax, and it often succeeds to improve skin condition at chronic acne. Greatful will also be your lungs, bronchi and the entire respiration system. Among other problems, oxygen is able to ease diabetes, cardiac arythmia, high blood pressure or crural ulcers. To the contrary, also such conditions exist at which the oxygen therapy is not recommended at all – epilepsy, increased activity of thyroid gland or conditions after organs transplantation. (60 min.)



Spa Treatment Procedures by prescription only

ELECTROTHERAPY – MAGNETOTHERAPY

The magneto therapy is non-invasive physiatric method based on effecting of the magnetic field on organism and is a gentle and natural way of treatment. The action of a pulsative magnetic field favourably affects tissues of the human body and increases permeability of cell membranes. This method is successful used for the treatment of much health troubles in present time. Wide extent of the therapeutic applications, convenient use and absence of the by-effect, raise its importance. Contemporaneous clinical practice prefers use for magneto therapy a pulse magnetic field (PMF). Effecting of the PMF in human organism excites complicated biophysical processes on molecular, cellular and system level. On the base of many laboratory experiments and clinical experiences as well, it is possible to conclude that the PMF causes these following processes and effects: vasodilatation, analgesic action, anti-inflammatory action, spasmolytical activity, healing acceleration, anti-oedematous activity. (25 min.)

ELECTROTHERAPY – DD STREAMS, TENS

TENS is a method of electrical stimulation which primarily aims to provide a degree of pain relief (symptomatic) by specifically exciting sensory nerves and thereby stimulating either the pain gate mechanism and / or the opioid system. The different methods of applying TENS relate to these different physiological mechanisms. Mechanism of Action: The type of stimulation delivered by the TENS unit aims to excite (stimulate) the sensory nerves, and by so doing, activate specific natural pain relief mechanisms. (from 5 min.)

ELECTROTHERAPY – ULTRASOUND

Therapeutic ultrasound is a form of mechanical energy, not electrical energy and therefore strictly speaking, not really electrotherapy at all. Mechanical vibration at increasing frequencies is known as sound energy. Below about 16 Hz, these vibrations are not recognisable as sound, and the normal human sound range is from 16 Hz to something approaching 15 – 20,000 Hz (in children and young adults). Beyond this upper limit, the mechanical vibration is known as ultrasound. The frequencies used in therapy are typically between 1.0 and 3.0 MHz (1 MHz = 1 million cycles per second). (from 5 min.)

ELECTROTHERAPY – SHOCKWAVES

This is a highly effective yet uncomplicated physiotherapeutic method without any side effects. The method is primarily designed to treat insertion pain in the shoulder area, elbows, heels, Achilles tendon, muscular pain, etc. The shockwave works especially in patients who have not benefited from standard treatment. Many patients can thus avoid a surgical procedure. Treatment usually consists of 3 to 6 procedure scheduled approx. 7 days apart. (up to 5 min.)





Spa Treatment Procedures by prescription only

LASER THERAPY

Laser (Light Amplification by Stimulated Emission of Radiation.) This is the device that produces a focused beam of light at a defined wavelength that can vaporize tissue. In surgery, lasers can be used to operate on small areas without damaging delicate surrounding tissue. In low level laser therapy – therapeutic laser is used. Laser affects the body's metabolic and control functions at two levels: Energy supply, transfer of information. (up to 5 min.)

CARBON DIOXIDE THERAPY

Carboxytherapy is a new non-surgical cosmetic medicine treatment during which medicinal CO₂ is infused below the skin. Thanks to its ability to alleviate pain and relax spasms carboxytherapy has been employed in physiotherapy for many years to treat joint diseases and spine-related problems. Esthetic medicine uses this treatment to rejuvenate the skin on the neck and in the eyelid area, on temples, on the forehead, around mouth corners, on the low-neck and on the back of the hand. Carboxytherapy has lipolytic effects in the subcutaneous tissue, which helps to shape and tone problematic body parts such as the belly, thighs, knees or double chin. Carboxytherapy also improves cellulites. CO₂ is applied through a doser of gas needles that is connected to a CO₂ reservoir through a pressure control valve. CO₂ is applied into the subcutaneous tissue through a thin needle. During treatment, a patient feels tingling and even burning sensation in the site of application; this sensation, however, goes away quickly. Sometimes a small bruise can appear in the site. After treatment a patient is not restricted in any of his common activities.

GEROVITAL H3 – REJUVENATE CURE – 10 INJECTIONS*

"Gerovital" is one of the most effective natural substances slowing down the process of aging. It is an intramuscular injection of a preparation developed in Vienna Institute of Gerontology. The positive side of the gerovital treatment is a visible improvement in brain blood circulation, revitalization of important life organs as well as improvement in memory. It is suitable as a supplemental therapy during the Karlovy Vary spa treatment. In addition, by combination of the gerovital treatment and oxygen therapy the provable effects of both such treatments get mutually multiplied.

EKG

ECG (electrocardiogram) is a very simple, undemanding, and mainly, nonpainful examination due to which a medical doctor gains the overall idea about your heart electric activity. Each contraction of the heart muscle is accompanied with a rise of light electric voltage spreading to the surface of your body where it may be scanned by ECG, an instrument sensitively scanning the electric activity of your heart in time. By means of conductors attached to your body at several different places, it evaluates the electric changes on your heart at several different spots at the same time.

SOMNOCHEC

A device for identifying sleep disorders and sleep apnea

BODY MONITORING

Measurement of body fat, muscle mass and water. Determination of BMI and of metabolic age.





Spa Treatment Procedures by prescription only

LOCOMOTORY THERAPY = PHYSIOTHERAPY

The physiotherapy mobilizes the entire locomotory apparatus and increases a load of the cardiovascular apparatus. The method and intensity of an exercise depends on the illness of a patient. The main objective of the physiotherapy is then a treatment of function disorders of the locomotory apparatus among which are e.g. blockages of joints, muscle spasms, etc., with the application of anatomic and physiology knowledge of the locomotory apparatus. The main diagnostic and therapeutic "instrument" is a therapist's hand detecting by palpation not only stiffness and tension of muscles but also, at the same time, the temperature and humidity of skin referring to reflection changes in given medullary segments, etc. The healing physical exercise may be taken in a group or individually, always under professional supervision of an experienced physiotherapist.

- ❖ Physiotherapy – group motion therapy (20 min.)
- ❖ Physiotherapy – individual motion therapy (20 min.)
- ❖ Exercise in water – physical exercise therapy, individual (20 min.)
- ❖ Exercise in water – physical exercise therapy in a group (25 min.)
- ❖ Nordic walking – physical exercise therapy, individual (50 min.)

NUGABEST

This is a multipurpose massage and relaxation device that employs several regeneration methods, including reflection therapy, manual therapy or myostimulation. Regular application of this procedure will promote, among others, rehabilitation of the neck spine, relaxation of spine muscles, improved blood circulation as well as body detoxication and regeneration. (38 min.)

MANUAL LYMPHATIC DRAINAGE

This special kind of a massage is carried out through a light pressure without using any oils or emulsions. We speak about the so-called "tacticle" technique focused on the lymphatic system. The massaging clutches are slow and performed in the exact sequence. The objective of this treatment is to reduce a lymphatic edema and improve the lymphatic system blood circulation. The massages may be done in various combinations – most often, it is a massage of bottom extremities (limbs) and lower back, then arms, back, chest, face and head. The lymphatic drainage (lymph drainage) is fit for treating tired arms and legs, swelling, for prevention against cellulitis, increase of immunity and detoxication of the organism.

- ❖ Manual lymphatic drainage-1 limb (30 min.)

KINESIO TAPING

Kinesio Taping uses elastic tapes to allow support to muscles, ligaments and joints. It promotes blood supply and has positive effects on the position of joints and muscular tension. They provide relief to pain receptors.





Spa Treatment Procedures by prescription only

PHYSIOTHERAPY – SOFT TISSUE TECHNIQUES AND MOBILIZATION

It is a complex diagnostic and treatment process working with soft tissues and joints, affecting the muscular system function. The soft tissue techniques recover the ability of soft tissues (skin, subcutis, fascia, muscles and their insertions) to stretch and move against each other in all layers. The aim of mobilization is to remove joint blockages and renew joint mobility, including the so-called joint play and thus ensuring the necessary range of movement.

PHYSIOTHERAPY – “BALLING” OR BALL FACILITATION

Balling is a highly effective physiotherapy method used in treatment of many diseases and as such it has a wide range of applications. Balling is a reflective method with positive impact on the activity of internal organs, reducing tension in both striated and involuntary muscles and causing other changes. The balling technique uses compression of acupuncture and acupressure points. It is based on the assumption that compression of tissues is followed by their relaxation.

The method is performed using small foam balls of different sizes (2 to 9 cm in diameter), by which a particular body part is being massaged. There are two techniques for directing the balls over the body. The first technique is rolling; the balls are rolled away by fingers, palms and wrists. The second technique is wiping, when the ball is drawn pulled over the skin by fingers without rolling.

Balling is effective in treating air passage diseases, such as bronchial asthma, pollen allergies, inflammatory diseases of the lungs, bronchial tubes, larynx, vocal cords and sinuses. It is used for treating acute or chronic cold or cystic fibrosis. It has also been incorporated into therapy aimed at poor posture in children and treating post-accident conditions, such as painful scars, swelling and painful joints. Balling can be used to improve spasticity (condition in which muscles are continuously tight or stiff) in patients suffering from cerebral palsy; it is also used for peripheral nerve palsies or migraines.

VEINOPLUS®

Is a device designed for use at home. It is used to prevent and treat venous insufficiency. It has unique therapeutic effects over symptoms of venous illnesses, ranging from 'heavy' painful legs to more serious concerns. VEINOPLUS® is recommended to clients suffering from 'heavy' painful legs, venous illnesses during pregnancy, swollen calves or ankles, swollen feet, night cramps, post-thrombosis syndromes or leg ulcers. The use of VEINOPLUS® is further recommended for the management of various risk-bearing conditions such as deep venous thrombosis, prolonged sitting or standing, performance of certain occupations (waiters, waitresses, flight attendants, etc.), long-distance flights, inability to get enough exercise, overweight, obesity, varicous veins. VEINOPLUS® must not be used by individuals with an implanted cardiostimulator or defibrillator. For further cautions read the user manual carefully. Further details about this device and treatment will be provided by your attending physician.





Spa Treatment Procedures by prescription only

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ANTI-CELLULITE AND BODY SHAPING MASSAGE

The main components of these types of massage is manual lymph drainage and a light fluid cream with anti-cellulite effects that hydrates skin, makes it finer and better supplied with blood. The skin remains soft and after several therapies a marked decrease in the orange peel skin is sets in. Bioactive molecules target the structures of fat cells and fat storage. Lymph drainage helps to reduce water retention and eliminate toxins that cause swelling of the limbs, uneven skin surface and cellulite. The therapy should be repeated at least ten times in a month, including treatment applied at home. The volume of the treated areas decreases by 1-3 cm per month. This therapy is a suitable complement after being on a diet, after undergoing liposuction or after pregnancy.

Suitable after dieting, liposuction or pregnancy.

- ❖ Anti-cellulite massage of the abdomen and legs (45 min.)
- ❖ Anticellulite forming massage-whole body and wrap (75 min.)

ALGAE REDUCER – MASSADA PROCEDURE

When an alga wrap is applied to fight cellulite the body shape are toned and the whole organism becomes detoxicated and drained. Furthermore, this procedure helps the body to relax and restore its energy, supports the removal of harmful substances and has beneficial effects on swollen legs. (90 min.)

CUPPING THERAPY – PARTIAL MASSAGE USING CUPS

Cupping (sometimes also called vacuum therapy) is a suitable additional method complementing traditional massages. Cupping is believed to come from ancient China where it has been practiced for millennia. Cupping can eliminate backache and the pain of other locomotive organs. It also has beneficial effects on internal organs. During cupping glass cups are applied to the skin. The air inside the cup is heated to form a partial vacuum. The cup is then applied to the skin (it sucks to the skin) and pulls in soft tissue that is pulled by the vacuum into the inside of the cup. The skin is quickly supplied with blood and turns red. However, this method is absolutely painless. The client feels only slight tension, as if his skin was being pulled. This method has several effects, for instance, elimination of contracted and stiff muscles, body detox, beneficial effect on the lymphatic system, alleviation of asthma, bronchitis, cough, etc. (30 min.)

MAGNETO STYM

Treatment of the pelvic floor and of the incontinence of urine. The pulsed magnetic field causes the pelvic floor to contract without using electrodes. Magnetic stimulation increases the strength and the muscular endurance of the sphincter and of the pelvic floor muscles. Treatment is painless and has no side effects. (20 min.)



Spa Treatment Procedures over-the-counter

CLASSICAL MASSAGES

Massage is one of the oldest curing procedures. At the traditional massage a pressure is used as well as chafing, kneading or shaking out applicable muscle sections. In order to increase the effect of the massage various massaging creams, emulsions and oils are used. Massage has the positive effect on the physical as well as mental condition of a human being. It significantly increases nutrition of dermal cells which improves their activity, raises and maintains joints flexibility and has the positive effect on nervous system, soothes mind, accelerates removal of lactic acid from muscles resulting in their relaxation, decreases the level of stress and also supports the lymphatic system activity.

- ❖ Classical massage – partial (20 min.)
- ❖ Classical massage – overall (40 min.)
- ❖ Relaxing head, neck and shoulders massage (40 min.)
- ❖ Relaxing back massage (20 min.)
- ❖ Relaxing head massage (25 min.)

AROMATIC MASSAGES

Aroma massages are done using aroma oils from various healing and scented herbs, such as, e.g. lavender, pink wood, eucalyptus, mint and many others containing vitamins and antiseptics. Aroma massage is usually connected to acupressure and reflexology and amended by inhalation of scented oils using aroma lamps. This type of therapy is focused on soothing and harmonizing the human spirit and body. Different aroma oils may be used also as additives in a tub bath. In either case, such active substances are absorbed through the skin which results in a deep relaxation and reduction of stress, tension and muscle pain.

- ❖ Aromatic massage – partial (20 min.)
- ❖ Aromatic massage – overall (40 min.)





Spa Treatment Procedures over-the-counter

SPORT AND RECONDITION MASSAGES

Sport massages serve mainly to refresh and accelerate the muscle regeneration and remove fatigue fast. Their other importance rests mainly in preventive measures, contributing to a better regeneration of muscles, avoiding the muscles reduction and increasing their flexibility. Recondition massages are aimed to provide for the overall relaxation and enforcement of muscles. At the same time, we can use it for prevention against neck spine pain and back pain. Recondition massage is already a routine supplement for sportsmen prior or after a sporting performance. The use of clutches, their frequency and intensity sooth or mobilize the entire organism.

- ❖ Sport and recondition massage – partial (20 min.)
- ❖ Sport and recondition massage – overall (40 min.)

SOLE MASSAGE

At a number of ends of a human body (e.g. auricle, arms, legs) the nerve terminals exists reflecting applicable organs or area of the human body. Right feet soles are a place were organs of the whole human body are spread. By developing a pressure on different points of the feet soles we can positively influence functions of the internal organs, activity of the nervous system and glands or locomotor apparatus, and so harmonize physical as well as psychological processes. We speak about a very pleasing procedure preceded with a feet refreshing bath containing herbal extracts. Even only one massage may be sufficient for preventive and general regeneration effect. At more complicated or chronic organ disorders it is fit to take the feet massage several times a day after short breaks.

- ❖ Sole massage (20 min.)
- ❖ Sole massage and bath (40 min.)





Spa Treatment Procedures over-the-counter

BODY CARE MASSAGES

HOT LAVA STONE MASSAGE

Hot lava stone massage is a special type of massage that has been practiced for time immemorial in Hawaii. The core of this massage is the use of special Hawaiian techniques that – when combined with hot lava stones that can accumulate heat for a long time – provide highly efficient therapeutic and relaxation effects. This therapy will make your body and mind get rid of everyday stress and will take you to the world of relaxation and ease.

- ❖ Full-body massage with hot lava stones (75 min.)
- ❖ Back massage with hot lava stones (40 min.)

SENSUAL MASSAGE WITH CANDLE WAX

This full-body relaxation massage will become a truly sublime experience. Your skin will be supple and silky and your muscles will relax thanks to the effects of warm candle wax. (70 min.)

INDIAN HEAD MASSAGE

The Indian massage of the head and neck is performed without using any oil. It introduces you to the secrets of ayurveda that has beneficial effects in the treatment of headaches. (40 min.)

LUXURIOUS CHOCOLATE MASSAGE

Chocolate therapy is generally famous for its excellent effects that leave your skin smooth and beautiful, remove cellulite, cheer you up, drain toxic substances and loosen stiff muscles. This chocolate treatment is a combination of peeling, massage and a subsequent wrap. The massage or wrap of chocolate supplies your body with vitamins, amino acids, minerals and antioxidants, which has beneficial effects on the heart, detox, and removal of undesirable and toxic substances. (50 min.)





Spa Treatment Procedures over-the-counter

LOMI LOMI HAWAIIAN MASSAGE

Lomi Lomi massage is a highly traditional relaxation massage using specific rhythmical techniques. It is applied by fingers, palms yet mainly by elbows, forearms and knuckles. The massage helps to remove pain and muscular fatigue and to eliminate stress. It also stimulates lymphatic and blood circulation and loosens joints. (50 min.)

HONEY DETOXIFYING MASSAGE

Honey massage cleanses the body of harmful substances. It helps to eliminate all body fatigue, tension and exhaustion. It cleanses the body of toxins and has favorable effects on the skin that remains velvety and smooth. (45 min.)

MASSADA FACIAL AND FULL-BODY PEELING

These peeling treatment pamper the skin of the face and body and give it a perfectly balanced, radiant look. It cleanses the skin of dead skin cells. The skin can thus 'take a deep breath' again and become properly prepared for the following body and facial treatment. The peeling treatment is complemented with an unmistakable scent that invigorates your senses and leaves the long-lasting feeling of freshness and radiance.

- ❖ Shea butter peeling (30 min.)
- ❖ Pearl peeling with yoghurt gelatine (30 min.)
- ❖ Dead Sea salt peeling with a touch of green tea (30 min.)





Spa Treatment Procedures over-the-counter

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UNDERWATER AUTOMATIC MASSAGE

This is about the all-body water bath at which the massage is done using a pressure water beam. This massage in a deep water bath allows better relaxation of muscles and its effect is yet substantially increased. The effects of the massage rest primarily at relaxing muscles, improving the blood circulation, flexibility of joints and overall relaxation of the organism. The indication of this treatment depends on the overall health condition or health problems of a client and often it is recommended as a part of the recondition. (15 min.)

HERBAL BATH

Additives with a peat extract – where positive properties of peat are utilized. The substances containing minerals effectively relax muscles and tissue, initiate regeneration and healing process, and stimulate the natural cycle of the organism. The additives containing ethereal oils from healing herbs – e. g. lavender – having the harmonizing effect, eucalyptus – relaxing the respiratory system, chamomile – protecting, soothing and caring for irritated skin, etc. Dead Sea products – e. g. mineral crystalline salt and mineral mud. They all contain a great number of minerals (magnesium, iodine, potassium, calcium, bromine, lithium). It has a great effect on patients suffering from psoriasis, eczema, rheumatism, acute and chronic inflammations or pains of the locomotor apparatus. (20 min.)

PEARL BATH

The typical for bubble baths is the use of thermal water 36°C warm containing pressured air. Air bubbles cause a micro-massage of skin which results in an improvement of the blood circulation. Overall, the bubble baths encourage the heart activity, improve breathing, and help prevent pains of back, spine and joints. They have the positive effect in case of a nerves exhaustion, stress and depressions, encourage the activity of internal organs and sooth and refresh the organism. (20 min.)

INHALATION

The inhalation or inhalation treatment is an indication for breathing in the healing aerosols through nose or mouth. At its application the mineral waters are used improving the function of respiratory system mucosa, having an anti-inflammatory effect, liquidizing mucus and easing the expectoration. Also medicine may be added to the mineral waters as the base for inhalations in case of serious cases of dyspnea (breathlessness), natural salts for catarrhs of upper respiratory system or extracts from herbs. (15 min.)





Spa Treatment Procedures over-the-counter

MOUTH IRRIGATION

This is about a micro-massage of gums using a stream of mineral water. It has the positive effect mainly on paradentosis but also helps to improve functional disorders in digestion (saliva creation). It also improves gums blood return and increases the resistance of jaw tissue. Before undergoing this treatment, the removal of plaque is desired. (15 min.)

AUTOMATIC LYMPHATIC DRAINAGE

This special kind of a massage is carried out through a light pressure without using any oils or emulsions. We speak about the so-called "tactile" technique focused on the lymphatic system. The massaging clutches are slow and performed in the exact sequence. The objective of this treatment is to reduce a lymphatic edema and improve the lymphatic system blood circulation. The massages may be done in various combinations – most often, it is a massage of bottom extremities (limbs) and lower back, then arms, back, chest, face and head. The lymphatic drainage (lymph drainage) is fit for treating tired arms and legs, swelling, for prevention against cellulitis, increase of immunity and detoxication of the organism. (30 min.)

PARAFIN GLOVES

A local thermotherapy using heated paraffin bath (temperature of 40 – 42 °C). Dipping one's hands into the bath repeatedly forms a firm layer. Afterwards the poultice is wrapped in a plastic bag and put in thermal gloves to keep it warm. It affects the small joints in the hands. It is commonly indicated for chronic and degenerative diseases. (20 min.)

EVENING BATH IN NATURAL HOT SPRING WATER WITH ESSENCES (20 MIN.)

A full immersion tub bath in hot spring of Karlovy Vary. Its effect depends on temperature, hydrostatic pressure and content of minerals. Main effect is on circulatory system, general sedation and favourable influence on gastrointestinal tract. The additive containing ethereal oils from healing herbs of your choice:

- ❖ Sweet dreams – mixture of lavender, valerian and hops
- ❖ Lavender dreaming – levander
- ❖ Good old days – mixture of red poppy and cannabis
- ❖ Muscles and joints – arnica
- ❖ Perfect relaxation – melissa





Spa Treatment Procedures over-the-counter

ORIENTAL CENTRE

ORIGINAL THAI MASSAGE

The original Thai massage has been performed for thousands of years in an almost unchanged manner. It helps relieve pain, stiffness and tension of muscles and tendons by pressing body acupressure points. It stretches the spine and limbs and improves the mobility of joints. This massage also strengthens the nervous system and rewards you with a perfect mental relief and recovery. (30 min., 60 min., 90 min.)

THAI HERBAL MASSAGE

This long Thai massage will first remove stiffness and tension of muscles, tendons and joints. Hot herbal massages will then firm up your skin, strengthen your nervous system and bring a long-term relief to your re-energized body. (60 min., 90 min.)

THAI AROMA OIL MASSAGE

Whole body oriental massage with the use of aromatic oils – from the tips of your toes up to the very roots of your hair – will give you a complete relief, make you healthier and remove the tiredness and pain. (60 min., 90 min.)

THAI AROMA HERBAL MASSAGE

Let yourself be carried away by an ancient healing method based on the application of hot herbal massages on the tired body. The heat and scent of herbs will gradually penetrate deep into the muscles and consequently relax them. The final aromatic massage will scent your body and thoroughly heal your mind. (60 min., 90 min.)

THAI BACK MASSAGE

This massage is targeted at the removal of back, neck and shoulder pain. By combining the traditional Thai massage and special herbal ointments it helps loosen up muscles and contributes to the overall recovery. Hot herbal balls are part of this massage and help you relax deeply. (30 min., 60 min.)

THAI FOOT MASSAGE

This is an acupressure massage of all reflexion points on the sole of the foot. The theory of these reflexion massage therapies comes from the teaching on body meridians – energy lines – interconnecting the feet with all body organs. The regained energy removes useless fear and brings deep relief. (30 min., 60 min.)





Spa Treatment Procedures over-the-counter

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ORIENTAL CENTRE

THAI LEG MASSAGE

A relaxing massage for all the muscles of the lower limbs, which improves blood circulation, joint stiffness and muscle insertions and includes an acupressure foot massage. (30 min., 60 min.)

ORIENTAL HEAD MASSAGE

A very soothing massage of the head and neck, which promotes blood circulation in the skin, reduces pain, helps prevent migraines and charges the body with new energy. Performed using oil and great attention is paid to the neck muscle insertions. Their release brings relief from problems with the cervical spine. (30 min., 60 min.)

ORIENTAL MASSAGE OF THE UPPER LIMBS AND SHOULDERS

A full-body massage of the shoulders and upper limbs using aromatic oils that relieve fatigue and stiffness after work or after long periods at the wheel, or computer. (30 min., 60 min.)

ORIENTAL RELAXING MASSAGE

A short relaxing whole-body massage which restores lost strength using acupressure techniques that support the smooth flow of energy and calms your mind. (30 min.)

ORIENTAL MEDICAL MASSAGE FOR PREGNANT WOMEN

This Thai massage greatly helps the unpleasant side effects of pregnancy and has numerous beneficial effects on the health of the expectant mother and her baby. Helps reduce feelings of nausea, eases stresses on the back, supports restful sleep and improves blood circulation aiding the flow of oxygen and nutrients to the baby. (60 min.)

ORIENTAL MASSAGE FOR THE HEALTH OF MOTHERS

A traditional Thai massage focused on mothers after childbirth, revitalizes a tired body and helps the body quickly return to its original form. Enhances quality of milk, the regeneration of the uterus and has a beneficial effect on stomach and abdominal muscles stressed during pregnancy. (60 min.)

ORIENTAL FACIAL MASSAGE

A very pleasing massage not just for women. Using quality creams to first remove dead cells from the face followed by the injecting of nourishing extracts into the skin. A unique technique which helps to prevent aging. (60 min.)



Spa Treatment Procedures over-the-counter

ORIENTAL CENTRE

ORIENTAL BODY SCRUB

This procedure focuses on returning an appearance of adolescents by gently scrubbing the skin with an original Thai rice extract blam. A Gentle swirling scrub motion around the body removes the dry flaky layer of skin while cleansing and nourishing the skin with rice bran oil. The main component of this oil is oryzanol, which has 10 times more antioxidants than vitamin E. (60 min., 90 min.)

ORIENTAL HONEY MASSAGE

A honey massage which is a proven procedure for removing toxins from the body and aiding in a strong recovery of the whole organism. A special pressure massage that enters into the depths of your body. Enables pores to release and improves blood circulation while leaving a pleasantly warm and soft feeling. Supports the immune system, revitalizes the body, soothes tension, removes exhaustion due to stress, provides the skin with minerals, vitamins and enzymes. It prevents disease and helps in many illnesses caused by modern society stresses. (90 min., 120 min.)

ORIENTAL CHOCOLATE MASSAGE

A hot chocolate massage excellent for lifting mood and beautifying the skin. It works on all senses. Chocolate can stimulate the production of the happiness hormone of the brain (serotonin, dopamine and endorphins). Significantly tones, smoothes and rejuvenates the skin. It prevents aging, wrinkles and helps against cellulite. Chocolate also provides the skin with large amounts of vitamins, minerals, co-enzymes and antioxidants. It is beneficial for beauty and improved mood. (90 min., 120 min.)



Spa Treatment Procedures over-the-counter

AYURVEDIC PROGRAM

TRADITIONAL AYURVEDIC MASSAGE

A whole body acupressure massage that allows the absorption of warm herbal oils. This massage rejuvenates muscles, improves the overall physical condition of your body and brings vitality. (60 min.)

SHIRO DHARA MASSAGE

The pouring of warm oil on the forehead warms the heart of your consciousness. This ancient method, which can be found only in Ayurveda medicine, which involves the deep relaxation of the nervous system aiding in the fight against approximately 80 diseases. It calms the mind, soothes headaches, helps with insomnia, migraines and neck pain... During this therapy the body is cleansed and rebalanced. A thin stream of warm oil acts on the so-called „third eye“ – the vital center of the forehead while gently massaging the scalp. (60 min.)

ROYAL AYURVEDIC MASSAGE

The queen of massages. Includes a head, face and body massage using natural hot oil. The massage is performed by two masseurs simultaneously in completely synchronous movements. It is a procedure with acupressure elements, including a massage of the feet and hands and it is suitable for exciting and stabilizing energy. (120 min.)

ROYAL RELAXING MASSAGE

Lukewarm medicinal oil is continuously applied to the body parallel to the massage. Ideal for relaxing stiff muscles and very effective in neurological disorders. They eliminated the symptoms caused by aging. (60 min.)

AYURVEDIC MASSAGE „COMPLETE“

Herbal oil is applied and massaged into the whole body with special long strokes along energy lines and marma-vital points. It removes energy blockages and restores health. It heals and relaxes the whole body. This herbal massage improves blood circulation, reduces muscle tension and has positive effects on the joints. (120 min.)

SIDHU MASSAGE

A set of Ayurvedic treatments to restore your energy. Includes a head and facial massage, synchronized full-body massage, herbal inhalation, steaming the whole body into final relaxation. (90 min.)





Wellness & Beauty Procedures

BODY CARE

DAILY 8:00 A.M. – 7:00 P.M.

Is a new type of care that promotes beauty with the best products obtained from the sea. Body and facial care products are innovative, relaxing and extremely efficient. They invite you to feel good, to immerse in the sea and acquire healthy, natural and lasting buyout. Wellness programs formulated on the use of Phytomer products mainly focus on body shaping, greater skin elasticity and toning, general detoxification, enhanced micro-circulation and metabolism and prevent cellulite. Pleasant relaxation helps you recharge your energy and feel good not only on the outside but also inside.

ENDERMOLOGY

Such a revolutionary method is the only one recognized by plastic surgeons as the full-value option of a liposuction in the sense of a treatment of cellulitis and obesity. Its use is versatile and permits a broad range of the offer of therapeutic, sporting, cosmetic, and mainly, aesthetic programs. The technology is designated for treating pathological changes in a connective tissue and provides for the action of a dozed vacuum and roller massage. The results thereof are primarily the improvement in microcirculation and lymphatic flow, metabolism activation, tissues oxidation improvement, the output of which is an improvement in the skin tonus and adjacent tissues and fibroblasts activation, collagen and elastin growth reinforcement in skin. Lipomassage stimulates fat cells through their beta receptors and activates tissue fat elimination, or lipolysis. This stimulates fibroblasts that strengthen skin and break unevenly deposited fat layers and other deposits contained in skin.

NON-INVASIVE LIPOSUCTIONS

Dynamic, measurable results achieved without a surgical procedure – reduction of excess fat in problematic body parts

- ❖ Program for excess fat reduction and abdomen area shaping (5 – 45 min.)
- ❖ Program for excess fat reduction and arms shaping (5 – 45 min.)
- ❖ Program for excess fat reduction and inner thighs shaping (5 – 45 min.)
- ❖ Program for excess fat reduction and buttock shaping (5 – 45 min.)
- ❖ Program for excess fat reduction and outer thighs shaping (5 – 45 min.)

MEZHOTHERAPY

Body shaping treatment enabled by the Mezotherapy device activates lipolytic processes in subcutaneous fat cells in selected body parts (abdomen or buttocks, arms, etc.). (45 min.)





Cosmetics Treatments

RELAXATION TREATMENT WITH ORLANE® COSMETICS

ORLANE in its cosmetics uses revolutionary news of the overall care. It is referred to as the so-called "cell life". It is about a complex of extracts and additives directly encouraging and having an effect directly in skin cells where the cells are treated and skin gets rejuvenated from the inside which results in the best and long-term effects. The ORLANE cosmetics also created a broad range of products for sensitive skin due to a great combination of the natural additives. Such fine, light and very intensively working products provide skin with the perfect care; they rejuvenate skin in its natural balance and change skin to be young-looking and radiant.

HYDRATATION – SKIN HYDRATATION

The active hydration preparations help to maintain the optimum skin hydration, prevent skin from a loss of water and protect it from harmful outside effects. The treatment is suitable for all kinds of complexion. (60 min.)

PURETÉ – FOR GREASY SKIN AND SKIN WITH ACNE

Such a program created for an unbalanced complexion has two main objectives: to "retrain" complexion so that it becomes healthy, clear and opaque, and avoid its wasting due to a permanent care to keep it firm and elastic. The result for a beauty: your complexion is clear and opaque. Its texture is finer. Complexion is firm and elastic. It contains the exclusive complex for regulation of a sebum with a plant extract originating from Polypore – a mushroom having regulating, cleansing and toning effect. (60 min.)

OLIGO – REVITALIZATION OF SENSITIVE SKIN

Even the most sensitive complexion may be radiant and soft. It is a protective program for weakened and sensitive complexion unable to tolerate any preparations. Due to the exclusive complex "Vie Cellulaire" (Cell Life) the complexion is properly dozed with 46 elements necessary for its "retraining". Such elements are: trace elements, vitamins, aminoacids and minerals. (60 min.)

SAFA – PREVENTION OF WRINKLES AND SKIN AGEING

Such a special treatment against fatigue and stress firms and softens skin, minimizes a rise of wrinkles and provides complexion with glow and radiance. (60 min.)

ANTIRIDES EXTRÊME – REDUCTION OF WRINKLES

The extremely strong care for complexion regenerating skin. It reinforces metabolism, reduces wrinkles and fine lines. Skin becomes younger-looking and more beautiful. (60 min.)



Cosmetics Treatments

RELAXATION TREATMENT WITH ORLANE® COSMETICS

FERMETÉ – FOR FACE WITH SIGNS OF FATIGUE AND AGEING

The treatment of a new generation against aging and skin laxity. It reinforces and tones up skin and keeps it elastic. The face contours are softer and complexion looks firmer and more toned-up long-term. (60 min.)

PHOTOTHERAPY – COMPLEMENT OF COSMETIC CARE

The special treatment for an acne cure, a combination of blue (acne-destroying) and red (cure-accelerating and complexion-regenerating) biostimulating light, and a fitting supplement to a selected cosmetic treatment. (30 min.)

PHOTOTHERAPY – WITH VITAMIN SERUM – SKIN REJUVENATION

This rejuvenation treatment based on red biostimulating light is combined with the use of a vitamin serum rich in the content of vitamin C to regenerate and liven up tired and faded skin. (30 min.)

PHOTOTHERAPY – LIFTING SERUM – SKIN REJUVENATION

Another method of using phototherapy is its combination with the effects of a lifting serum that intensively affects aging and faded skin. This treatment rejuvenates and stretches the skin. (30 min.)

PHOTOTHERAPY – MASSAGE PROGRAM

Natural skin rejuvenation provided by the source of infrared light and by the manual massage of the face, neck and neck line. (60 min.)

UMO GOLDEN MASK

This special facial mask consist of the application of 24-karat gold flakes onto skin on whose surface the gold is activated by means of steam to be then gently massaged into the skin. Golden flakes make your skin supple and bright; they also reduce wrinkles and fine lines as well as the occurrence of hyper pigmentation and leave your skin firm, smooth and soft. The mask leaves your skin bright, smooth, refreshed and very soft. Results are visible after the very first treatment. However, your skin continues to benefit from the effects of golden particles for another 14 days. (90 min.)

CHAMPAGNE FACIAL MASK

The Champagne mesosystm is an absolute novelty among chemical peelings. It fights the first signs of aging and markedly affects the look of the mature skin. The Champagne mask has highly efficient anti-aging effects and a very original way of application. (90 min.)





Cosmetics Treatments

COSMETIC BOTOX

Botox is a lifting treatment comprising five stages. The first step involves deep skin cleansing which eliminates all skin impurities. Then, an enzyme mask is applied to peel off superficial skin cells and prepare the skin for saturation with catalytic milk. Once these three stages are complete a cosmetologist applies the facial areas involved in most facial expressions with a fixation concentrate which alleviates skin tension and visibly reduces lines and wrinkles. The effects of the fixation concentrate are further enhanced by the application of a bamboo fixation plaster that fixates the muscles of facial expression in a natural, relaxed condition. After removing the fixation plaster the procedure is finished with the application of lifting cream. (60 min.)

BIOSTIMULATION

Procedure suitable for reducing the tenderness of the locomotor system as well as for the better and faster healing of scars. (9 – 20 min.)

LASER GEL MASK

This facial treatment consists of a generously hydrating mask whose unique composition based on hydrogen carbonate anions offers a true breakthrough in cosmetic care. It exploits only the substances that are found in the human body and the human body's own regeneration processes during which toxic and allergic reactions are excluded. The laser gel mask has absolutely extraordinary biostimulation and regeneration effects and can be applied either individually or in combination with laser biostimulation, which significantly strengthens the benefits of the mask. The laser gel mask warms up surface tissues, increases cellular metabolism, and promotes the renewal of blood vessels, healing of tiny wounds and complexion regeneration. Moreover, the mask reduces muscular tension; i.e. the main cause of wrinkles of lines.

- ❖ Laser gel mask – face (30 min.)
- ❖ Laser gel mask – face and neck (30 min.)
- ❖ Laser gel mask – face, neck and décolletage (30 min.)

AESTHETIC MEDICINE, ANTI-AGEING

BOTOX DYSPORT – ANTI-WRINKLES INJECTIONS UNIT

Wrinkles can be reduced and the young look can be achieved without a surgical procedure and scars when Botox (Botulinum toxin type A) cosmetic injections are applied. Botulinum toxin is a cosmetic form of a protein produced by the bacterium *Clostridium botulinum*. Botox is used to eliminate wrinkles and lines on the forehead, at the root of the nose, around the outer eye corners and on to reduce neck wrinkles. One treatment takes 5 – 10 minutes and is performed in an outpatient department without anesthesia. Its effects last 3 months and the treatment can be repeated after some time.



Cosmetics Treatments

AESTHETIC MEDICINE, ANTI-AGEING

CONSULTATION WITH A SPECIALIST (15 min.)

BOTOX DYSPORT – INJECTION FOR THE TREATMENT OF PERSPIRATION

A simple Botox injection is often good enough to treat perspiration. In principle, it blocks the transfer of signals from nerve fibers to sweat glands. Botulinum Toxin, or Botox, is injected through an extremely thin needle under the skin in the affected area. It surrounds sweat glands, making them temporarily inactive. As a result, perspiration in the treated area is either reduced markedly or even stopped. Full effects are observed in 2 – 5 days. During stress the body sends signals that activate sweat glands. During this treatment the nerve-gland connection is interrupted, glands cannot respond and no sweat is produced. The effects of this treatment vary from client to client. Yet they last for a year or longer. Afterwards, the treatment should be repeated. This method proves highly efficient in the treatment of stress-induced perspiration.

HYALURONIC ACID – WRINKLE FILLING INJECTIONS (FILLING MATERIAL: RESTYLAN, JUVEDERM)

Wrinkles can be smoothed with fillers that are applied by injection. The application of fillers is suitable around the mouth, nose or neck line. There is a number of filling materials. Individual types have different duration of effects, the shortest being 3 months, the longest being permanent removal of wrinkles.

MEZOTHERAPY – INJECTIONS

Invasive Mezotherapy is an injection method used in esthetic dermatology for the revitalization of the skin of the face, neck, neck line and the back of the hand.

FRACTIONAL RADIOFREQUENCY

Fractional radiofrequency is a highly efficient, non-invasive method that makes skin look tighter and younger. It is also used to remove tiny acne scars. In addition it is the best product available to treat darker skin types.

NON-INVASIVE MECHANICAL MEZOTHERAPY*

During this therapy the tissue is supplied with a cocktail of active substances. Simultaneously, physiological processes in the tissue are activated. The method supports the production of collagen and elastin; it hydrates, strengthens and completely revitalizes skin. Non-invasive mezotherapy will make your skin lighter and radiant.

- ❖ Lipolytic anti-wrinkles treatment – face (50 min.)
- ❖ Lipolytic anti-wrinkles treatment – face and neck (70 min.)
- ❖ Lipolytic anti-wrinkles treatment – neckline (30 min.)





Cosmetics Treatments

LASERTHERAPIE

Very effective system for Photoepilation, skin rejuvenation, acne treatment and pigmentation (especially senile pigmentation on the hands and neck).

- ❖ Photorejuvenation – face
- ❖ Photorejuvenation – face and neck
- ❖ Photorejuvenation – face, neck and neck line
- ❖ Photorejuvenation – face, neck, neck line and hands
- ❖ Hair removal – upper lip
- ❖ Hair removal – chin
- ❖ Hair removal – bikini line
- ❖ Hair removal – armpits

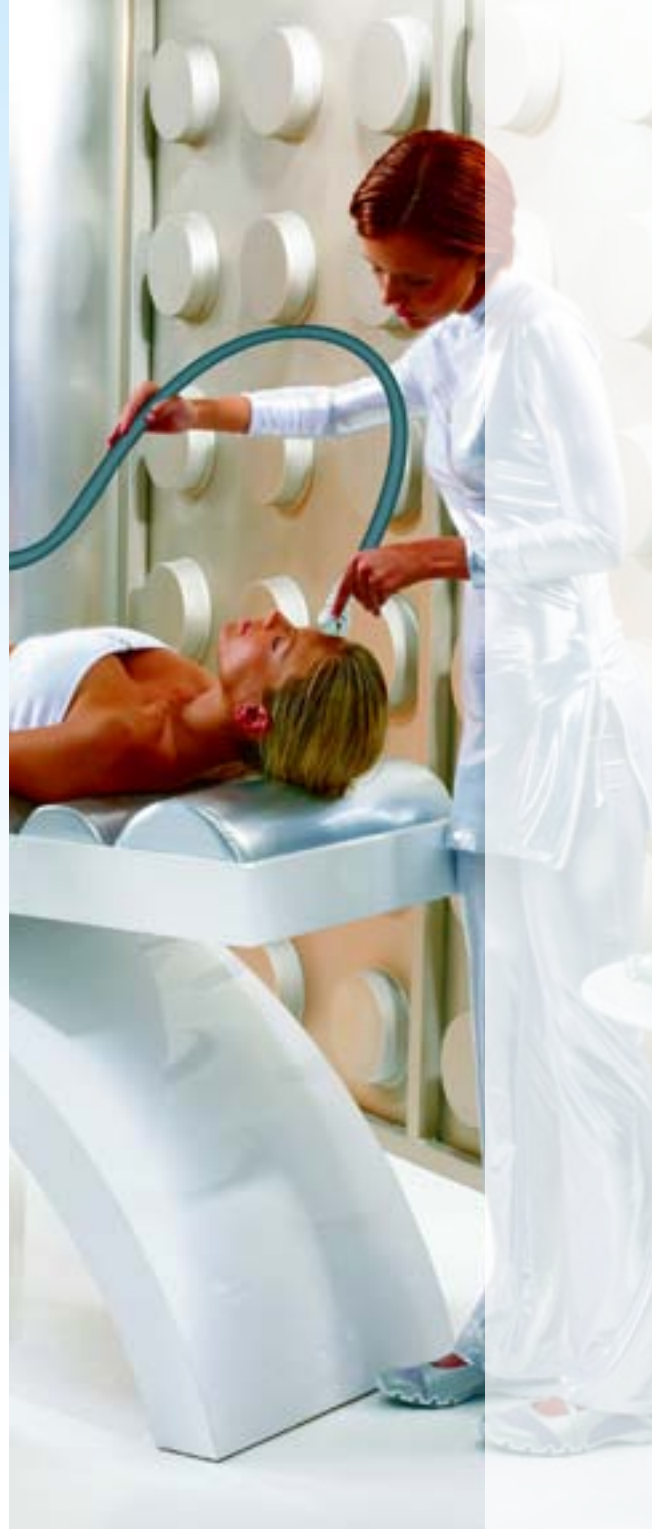
ADDITIONAL COSMETIC TREATMENTS

MANUAL PEELING

Manual peeling is performed with a special brush. It is a very gentle method of facial cleansing that removes dead skin cells and leaves your skin healthier and more beautiful. (20 – 30 min.)

FACE, NECK AND DÉCOLLETAGE MASSAGE

This is one of the most pleasant massage treatments providing the most complex effects. A quality massage rejuvenates your skin, postpones its aging, suppresses line formation, makes the skin in the eye area smooth, combats stress and thus eliminates the 'hard' facial expression. On the contrary, the facial expression becomes softer and makes you look younger and refreshed. Thanks to the involvement of a large number of neural receptors the massage positively affects your psyche and promotes your confidence, relaxation and happiness. (30 min.)





Cosmetics Treatments

MICRO MASSAGE AROUND THE EYE AREA

Micro massage around the eye area comprises 20 stages whose completion takes about 15 – 20 minutes. This massage reduces the depth of lines around your eyes, bags under your eyes, as well as intraocular pressure. As a result it improves your sight and helps to clear sinus passages. In addition micro massage strengthens eye brows that tend to droop with age, and contributes to the ample greasing of and blood circulation in the skin, thus postponing its thinning and premature aging. Micro massage also helps to remove toxins through the lymphatic system, promotes cellular renewal, and keeps the skin moist. Of all the face the area around and under eyes is covered with the finest and most vulnerable skin. This area is extremely sensitive, bears the sign of aging, climatic conditions and fatigue. Eyes present our overall physical and emotional condition. (20 min.)

SKIN CLENAISNG

Special cleansing of skin with a special cleansing milk followed with skin tonic and mask. To help your skijn breathe mosre freely te treatment is completed with a fine skin lotion. (90 min.)

CREAMY MASK

The mask provides deep hydration, nourishment and metabolism stimulation. Its active substances activate free-radical fighting mechanisms. Its effects are rejuvenating and radiating. (30 min.)

EYEBROW TINT / EYELASH TINT

(30 min.)

EYEBROW WAX

(10 – 30 min.)

WAX

- ❖ Lip Wax (10 min.)
- ❖ Chin Wax (10 min.)
- ❖ Underarm Wax (20 min.)
- ❖ Arm Wax (20 – 30 min.)
- ❖ Half leg Wax (20 – 60 min.)

MANICURE & PEDICURE

Treat yourself to a perfect nail and hand care. Modify your nails to your liking and fashion trends.





Wellness & Fitness Services

SWIMMING POOL

Swimming is not only an attractive sporting discipline but also the popular method of active rest and relaxation. Swimming belongs to the basic human skills and may bring you not only a lot of fun and joy but also improve your physical condition, and it may even be an effective supplement to rehabilitation. As a bonus for making the effort at fighting the swimming pool length, you can enjoy a pleasant massage by any of the massaging jets built in our swimming pool.

FINNISH SAUNA

These days full of stress, the sauna became the best tool for a removal of fatigue and tension. The beneficial effects of a sauna are known over hundreds of years and so even today we use the wisdom of our predecessors for relaxation and reenergizing after a hard day. The sauna brings the physical and mental powers in balance and by energies, scent of wood and essences it brings us back to the nature. Tired muscles get released and the stressed brain relaxed since the body releases an ease-bringing substances such endorphins. Sauning on the regular basis improves the human immune system.

TURKISH SAUNA – STEAM BATH

The steam bath was popular a long time ago before our times, and these days, it is a fitting tool for relaxation for a number of us. The steam bath has an effect on a human due to the air maximum humidity at the temperature of 50°C. You sweat in the steam bath but the air humidity does not permit the sweat to evaporate and so the body does not get cool. Lower temperatures and high air humidity (80 %) are very suitable for an application of various etheric oils and herbs. Find every day at least a short while and take advantage of a steam bath for your rest, and mainly, for your health.

JACUZZI – WHIRLPOOL

The whirlpool is relaxation equipment working on the principle of hydrotherapy; and most of the time, it combines the water air massage and water flow massage. In addition to the fact that the hydrotherapy releases a muscle tonus, it also tones up metabolism, removes tension and stress and increases the organism overall immunity. Its positive effect is also proven as to a reduction of a body weight, forming posture and removal of cellulitis. It balances blood pressure, increases a tissue blood circulation and causes its overall rejuvenation, improves a capillary return and cardiovascular system and avoids a rise of civilization diseases. It contributes to the improvement of a locomotory apparatus, reinforces and firms muscles, tendons attachments and joints.





Wellness & Fitness Services

KNEIPP'S FOOTBATH

It is a part of hydrotherapy which consists in walking in water on pebbles in artificial streamlet. It is used typically for Kneipp's system walking in cold and warm water by rotation. Pebbles on the bottom of this artificial streamlet knead feet; alternating water temperature and exercise improve circulation. (Sebastian Kneipp was a German priest who developed integral system of natural healing which includes hydrotherapy, exercise, phytotherapy, nutrition and spirituality).

CONTRAST BATH

It is a further method of Kneipp's hydrotherapy. A contrast bath consists of two water containers, each large enough to hold two legs. Into one container is poured enough cold water to cover the immersed leg, and the other container is filled with hot water. The cold water may be held at a level of about 10°C to 16°C and the hot water at 38°C to 44°C. The leg or legs are first placed in the hot water for four to six minutes and then at once in the cold water for one to two minutes. For the client to finish treatment with a feeling of comfort, the final immersion should be in the hot water. Contrast baths are used to stimulate local circulation in limbs without obstructive vascular pathology.

FITNESS

You can use our modern fitness center individually or under a supervision of a personal trainer who shall teach you how to exercise properly and compile your training schedule. You will do something for your health and beauty of your body as well as the exercise shall contribute to your mental comfort, release you from the accumulated stress and you will feel full of energy and power.

Physical Exercises & Additional Services

YOGA EXERCISES

Yoga refers to ancient traditional and mental disciplines that help to establish the harmony of body, mind and psyche. People have been practicing yoga for thousands years to achieve the innermost peace and harmony. The exercise of individual yoga postures is one of the best known types of yoga. During a yoga exercise we become more aware of our breathing and cooperation between our body and mind. Yoga also helps us feel healthier and happier which is thanks to the vital energy flowing through our body. (60 min.)

FITNESS YOGA

Fitness yoga is a modern dynamic form of yoga that has recently gained great popularity with the sports-minded public. Its aim is to use appropriate stretching and fitness exercises and to emphasize proper breathing techniques in order to eliminate muscular dysbalance. (60 min.)





Physical Exercises & Additional Services

PILATES

This exercise is aimed at interconnecting and intentionally harmonizing body and mind. The exercise promotes coordination, strength, balance, flexibility and breathing. It focuses on back, abdominal and buttock muscles that are crucial for keeping a proper body posture. It also emphasizes good breathing techniques and thus supplies muscles with oxygen and supports blood circulation. The pilates method is not based on endless repetition until feeling muscular fatigue. On the contrary, it builds a supporting system by continually forming individual groups of muscles with the aim of creating a harmonic whole. Every exercise program consists of a carefully formulated sequence of movements to eliminate ill habits and to easily strengthen the whole body and its posture. (60 min.)

BODYBUILDING

This exercise will help you to tone and shape all body, to reduce body stress, to stretch tightened muscles and to strengthen the weakened ones. It's also corrects a wrong posture, renews physical vitality and, most importantly, does not overstrain the body. This exercise can be handled by everyone regardless of age or stamina. Moreover, this exercise has highly positive side effects. It provides a secondary therapy during the treatment of lifestyle diseases of the spine and of the early aging of joints. (60 min.)

STEP AEROBIC

Step aerobics has become a traditional form of aerobics which belongs to true favorites. Step aerobics uses an elevated platform or a step which is stepped on during an exercise call. The exercise is thus more strenuous and entertaining. Step aerobics classes are offered at common gyms and halls. Naturally, they would not be complete without beat music. (60 min.)

BALLET

The main purpose of this "exercise" is physical and psychical development – the proper posture, improved coordination and concentration as well as better perception of esthetic values. It also provides a highly effective rehabilitation method for the alleviation of frequently occurring body posture disorders and psycho-physical development. (60 min.)

ZUMBA

A new dynamic fitness program that combines the elements of aerobics and Latin dances. Zumba is based on a principle of interrupted cardio exercise during which a brisk pace and a slow tempo take turns. This combination of movements leads to fat burning and to the effective shaping of your whole body. (60 min.)

AEROBIC

This fitness exercise performed to music is aimed at the promotion of blood circulation and at improving one's endurance and physical performance. During this type of exercise fats are burnt, the function and structure of locomotive organs are improved and the nervous system is positively affected too. (60 min.)

BODY FORMING

Cardio exercises and body building on gym machines promote tonus improvement and the healthy way of general body shaping. (60 min.)





VILLA SAVOY

&



VILLA ARTEMIS

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VILLA CARLTON

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VILLA KLEOPATRA

&



VILLA RUSALKA

Savoy Westend Hotel, Petra Velikého 16, 360 01 Karlovy Vary, Czech Republic,
tel.: +420 359 018 888, +420 359 018 898
e-mail: reservation@savoywestend.cz, reservation2@savoywestend.cz
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