

O—R—E—A

Resort Horal
Špindlerův Mlýn

SPA



SPA

SPA - VEŘEJNÁ ZÓNA | PUBLIC ZONE

Vstup zdarma
Freier Eintritt
Free Entry

Neomezeně
Unbegrenzt
Unlimited

Ubytovaný hotelový host
Resident Hotelgast
Resident hotelguest

250 CZK

90 Min.

Veřejnost | Öffentlichkeit | Public

Otevírací doba 09.00 - 21.00
Öffnungszeiten 10.00 - 21.00
Opening hours 19.00 - 21.00

/sauna, Sauna/
/vstup pouze pro osoby od 12 let věku, Eintritt nur für
Personen ab 12 Jahren, entry only for persons up to 12
years of age/

PREMIUM SPA - PLACENÁ ZÓNA | BEZAHLTE ZONE | PAID ZONE

500 CZK

1 vstup
1 Eintritt
1 Entry

Ubytovaný hotelový host
Resident Hotelgast
Resident hotelguest

500 CZK

90 Min.

Veřejnost | Öffentlichkeit | Public

Otevírací doba 10.00 - 21.00
Öffnungszeiten
Opening hours

/vstup pouze pro osoby od 12 let věku, Eintritt nur für
Personen ab 12 Jahren, entry only for persons up to 12
years of age/

SPA - MASÁŽE | MASSAGEN

Otevírací doba 09.00- 21.00
Öffnungszeiten
Opening hours



O—R—E—A

Resort Horal
Špindlerův Mlýn

&

TAWAN

Original Thai massage



HOTEL SPA / WELLNESS



9:00 - 21:00



3453 / 499 463 453



www.orearesorthoral.cz

Original Thai massage

OREA

Resort Horal
Špindlerův Mlýn



Svatopetrská 280
Špindlerův Mlýn



9:00 - 21:00



linka/line: 3453

Massages / Masáže		30 min.	60 min.	90 min.	120 min.
Classic Thai	Traditional Thai full body stretching massage Tradiční chrámová thajská protahovací masáž		1 320 Kč	1 720 Kč	2 120 Kč
Aroma Oil	Oriental whole body aromatic oil massage Orientální celotělová relaxační olejová masáž		1 530 Kč	1 930 Kč	2 330 Kč
Kombi	Perfect combination of Aroma oil and Classic Thai massages Dokonalá kombinace olejové a tradiční thajské masáže		1 570 Kč	1 970 Kč	2 370 Kč
Royal Thai	Royal Thai massage with hot herbal packs Královská thajská masáž s horkými bylinkami			1 850 Kč	
Royal Aroma	Hot herbs and aromatic oil full body massage Horké bylinné pytlíčky a celotělová olejová masáž			1 990 Kč	
Foot Reflexology	Feet and legs reflex relaxation massage Reflexní masáž chodidel a masáž nohou	750 Kč	1 150 Kč		
Back	Back and head massage with herbs, balms and oils Speciální masáž zad a hlavy s bylinkami, balzámem a oleji		1 570 Kč	1 970 Kč	
Face	Head and face acupressure relieving massage Uvolňující akupresurní masáž obličeje a celé hlavy	750 Kč			
Hands	Upper limbs relieving massage, great for tennis elbow Uvolňující masáž horních končetin, skvělá na tenisový loket	750 Kč			
Anti-Stress	Neck and shoulders herbal massage, get well quick Rychlá pomoc pro vaše záda, šíjí a zablokovaný krk	850 Kč			
Pregnancy	Relaxing prenatal oil massage beneficial to mother and child Relaxační těhotenská olejová masáž prospívající mamince i dítěti		1 530 Kč		
Office Therapy	Intensive massage for those who lack movement Intenzivní masáž vhodná při sedavém zaměstnání	45 min.	75 min.	1 250 Kč	1 650 Kč

All provided by **TAWAN**



Original Thai massage

Classic Thai 60 / 90 / 120 min.

Tradiční thajská masáž stlačuje akupresurní body, svaly a šlachy, protahuje končetiny a páteř, pomáhá ulevit od bolesti, ztuhlosti a stresu. Prokrvuje a uvolňuje lymfatický systém.

This traditional Thai massage compresses acupressure points, muscles and tendons, stretches the limbs and spine, as well as helping to relieve pain, stiffness and stress. It also supports blood circulation in the lymphatic system.

Aroma Oil 60 / 90 / 120 min.

Orientální relaxační masáž od konečků prstů na nohou až po šijové svaly. Horké vonné oleje spolu s masáží napomáhají maximálnímu uvolnění, odstranění bolesti, únavy a stresu.

A relaxing oriental oil massage of the whole body from the tips of the toes up to the neck muscles. Choose a natural aromatic oil according to your taste and indulge in a unique relaxing massage.

Kombi 60 / 90 / 120 min.

Výjimečná kombinace klasické thajské protahovací masáže prováděné od pasu dolů s relaxační olejovou masáží zaměřenou na horní polovinu těla včetně končetin a dlaní.

Superb combination of classic Thai massage focused on the stretching of the lower body and relaxing oil massage focused on the upper body including arms and hands.

Royal Thai 90 min.

Královská thajská masáž protahovacími cviky odstraňuje napětí svalů, ztuhlost a bolest. Následné ošetření horkými bylinkami ve vás dokonale rozproudí energii a povzbudí a posílí nervový systém.

Royal Thai massage reduces muscle tension, stiffness and pain by means of stretching. Subsequent warm herbal treatment boosts and strengthens the nervous system.

Royal Aroma 90 min.

Starodávná královská léčebná metoda kombinující relaxační olejovou masáž, která povzbudí tělo i mysl s aplikací horkých bylinných balíčků, které uvolňují napětí hluboko uvnitř svalů.

Ancient healing method combining a relaxing oil massage to boost the body and spirit with a special treatment of applying hot herbal packs to relieve deep muscle tension.

Office Therapy 45 / 75 min.

Masáž vytvořena na míru dnešnímu způsobu života. Nedostatek pohybu a časté sezení vede k problémům v oblasti hýždí, stehna, beder i horních končetin. Intenzivní masáž odstraňuje ztuhlost, předchází bolestem a pomáhá obnovit vnitřního toku energie.

Massage made to fit today's way of life. Lack of exercise and sedentary lifestyle lead to problems with glutes and thighs, the lower back area and with the upper limbs. This intensive massage alleviates stiffness, prevents pain and stimulates internal energy flow.

Foot Reflexology 30 / 60 min.

Masáž reflexních bodů na chodidlech aktivuje pohyb energie po celém těle, snižuje stres a přináší hlubokou relaxaci. Při 60 min. doplněno o masáž hlavy a ramen.

Reflexive massage of the soles of the feet stimulates energy flow throughout the whole body, reduces stress and brings deep relaxation. 60min treatment includes head & shoulder massage.

Back 60 min.

Masáž zaměřená na odstranění bolesti zad, šije a ramen. Je prováděna spojením techniky tradiční thajské masáže, balzámů a čerstvých bylin, které napomáhají celkovému uvolnění.

This treatment focuses on alleviating pain in the back, neck and shoulders by using classic Thai massage, salves and fresh herbs which endorse the overall relaxation.

Face 30 min.

Uvolňující masáž obličeje a hlavy spojená s akupresurní technikou na šiji. Masáž prokrvuje pokožku hlavy a tím pomáhá její regeneraci. Další varianta masáže je doplněna o peeling a pletovou masku obličeje.

Relaxing face and head massage combined with neck acupressure. It stimulates blood flow of the scalp and endorses regeneration. 60min treatment includes peeling and facial mask.

Anti-stress 30 min.

Relaxační thajská masáž s čerstvými bylinkami a thajskými mastmi zbavuje pomocí akupresurních technik pocit stresu a napětí v oblasti hlavy, šije a ramen.

This relaxation Thai massage involves fresh herbs and Thai balms. It helps to get rid of stress and tension in the back, neck and shoulders by using acupressure.

Pregnancy 60 min.

Těhotenská relaxační masáž pomáhá zmiřňovat bolesti hlavy, zlepšuje spánek, posilují funkci svalů a působí jako prevence proti striím. Prenatální prospívá toku kyslíku a živin k dítěti a postnatální pomáhá relaxovat a regenerovat celé tělo.

Prenatal relaxing massage helps to reduce headaches, improve sleep, have positive effects on muscle function and serve to prevent stretchmarks. Prenatal massage increases the flow of oxygen and nutrients to the baby, postnatal regenerates.

Hands 30 min.

Masáž zahrnuje ramena i paže až po konečky prstů. Díky tlakové technice odstraňuje bolest a pomáhá odstranit i tzv. tenisový loket a syndrom karpálního tunelu. Masáž je doporučena těm, kteří mají manuální zátěž nebo tráví spoustu času prací na počítači.

The massage includes the shoulders, arm and fingertips. Thanks to pressure technology, it removes pain and helps to eliminate the so-called tennis elbow and carpal tunnel syndrome. Massage is recommended for those who have a manual load or spend a lot of time working on a computer.

SPA - PUBLIC ZONE

FOR HOTEL GUESTS FREE OF CHARGE.

ENTRY INCLUDES: SWIMMING POOL, WHIRLPOOL, ATTRACTION CHILDREN'S POOL,
FINNISH SAUNA /WITH SWIMMING SUIT/, STEAM SAUNA /WITH SWIMMING SUIT/,
RELAXATION ROOM.

SWIMMING POOL

WHIRLPOOL

ATTRACTION CHILDREN'S POOL

RELAXATION ROOM

FINNISH SAUNA

Sauna with the scent of Finland

Temperature 85-105 °C / Humidity 3-12% RH / Number of persons 9

The right sauna, as in Finland.

If you are a fan of traditional sauna, Finnish sauna is right for you. It is a classic sauna, originally from Finnish, which is typical for its high temperature, low humidity and wooden interior. The main features are wood paneling, wooden benches, and a sauna stove that heats the room.

Basically we distinguish two types of Finnish sauna, classical (dry sauna, low humidity, high temperature) and sauna with steam shocks (higher humidity, glowing stones with water). It has a beneficial effect on strengthening health and strengthening immunity.



SPA - PUBLIC ZONE

STEAM SAUNA

Turkish Bath - Smell of the Orient

Temperature 45-48 °C / Humidity 100% RH / Number of persons 8

A unique combination of heat and humidity in one cab

Pleasant warmth, high humidity and ubiquitous fog. These are typical features of a steam sauna. The temperature here is lower than in a classic sauna (40-50 °C), with a humidity of up to 100%. The cabin is equipped with a steam generator that takes care of steam production. The cabins are equipped with ceramic tiles or other non-absorbent and water-resistant materials are used.

Due to the lower temperature, the sauna is also suitable for people who are less able to withstand the high temperatures of a classic sauna. In addition, the presence of steam enhances the effects of the bath on our organism. Steam is known for its positive effect on the skin as it helps to cleanse pores and leaves the skin soft and soft. In addition, it has a positive effect on the airways. The effects can be further increased by using aromatherapy, where the steam is enriched with essential oils, or the cabin can be equipped with chromotherapy.



PREMIUM SPA - PAID ZONE

500 CZK / 1 ENTRY TIME UNLIMITED / 1 PERSON

PRICE INCL. / ENTRY ONLY FOR PERSONS UP TO 12 YEARS OF AGE/: FINNISH SAUNA, STEAM SAUNA, HERBAL SAUNA, TEPIDARIUM, COOLING AND EXPERIENCE SHOWERS, ICE MAKER, COOLING SWIMMING POOL, INFRA BENCH, RELAXATION ROOM.

FINNISH SAUNA

Sauna with the scent of Finland

Temperature 85-105 °C / Humidity 3-12% RH / Number of persons 13

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PREMIUM SPA - PAID ZONE

HERBAL SAUNA

Herbal sauna - the charm of old wood and herbs

Temperature 45-65° C / Humidity 45% RH / Number of persons 10

Linking traditional sauna and aromatherapy

The herbal sauna, or aroma sauna, offers the opportunity to enjoy moments in the sauna scented with your favorite scent. The classic sauna is enriched with the use of aromatic oils or fumes from medicinal herbs. Herbal essences multiply the effects of the sauna, and the sauna has a greater relaxation effect. The sauna is kept relatively low temperature and humidity (45-65 ° C, 20-45% RH). Therefore, it is also suitable for people who do not breathe in a classic sauna.

"Aromatherapy, the controlled use of essential oils to maintain, support and improve physical, mental and mental well-being." (Mojay, 2000)

Due to heat, the essences evaporate and release into the air. Not only is the sauna pleasantly scented, but the essences also help prevent airway diseases. In addition, the essences remain on the skin, the pores of the skin become widespread during the sauna, which improves the absorption of essences. The skin is healthier and brighter.

Depending on the type of aroma, it is possible to partially influence the effect of the sauna. Eucalyptus relaxes the airways, soothes lavender, menthol energizes the body and lemon brightens the skin. Choose according to your preferences, mood or mood. Sauna compositions can also be mixed with medicinal herbs and essences, sea salt can be added.

TEPIDARIUM

Number of persons 15

Tepidarium is a room with a temperature of about 40 ° C with a relative humidity of about 40%

The room is heated by means of heated benches, walls and floors that radiate heat. A visit to tepidarium is suitable as a prevention, to stimulate the immune system without burdening the blood circulation. The room is relaxing while looking at the starry sky overlooking the center of Spindleruv Mlyn.



PREMIUM SPA - PAID ZONE

COOLING AND EXPERIENCE SHOWERS (COOLING FOLLOWING LAST TRENDS)

Number of persons 4

Cooling phase as an important part of the sauna process

Each sauna needs its own cooling room. It is based on the very essence of sauna, ie alternation of the heating and cooling phases.

After each warm-up in the sauna, the body needs to be cooled down. As a result, the blood vessels in the body contract, the heartbeat calms down, and body temperature returns to normal. Blood is oxygenated, and overall refreshment occurs.

Proper cooling can also be achieved in attractive showers that imitate a storm or fog, etc.

ICE MAKER

Cooling phase as an important part of the sauna process.

Each sauna needs its own cooling room. It is based on the very essence of sauna, ie alternation of the heating and cooling phases.

After each warm-up in the sauna, the body needs to be cooled down. As a result, the blood vessels in the body contract, the heartbeat calms down, and body temperature returns to normal. Blood is oxygenated, and overall refreshment occurs.

Proper cooling can also be achieved by using ice, which is considered the most hygienic way of cooling, including local use.

COOLING SWIMMING POOL

For a proper and traditional cooling down the sauna, there must be a cooling pool. We will achieve the correct reaction of the organism, which leads to metabolism, blood oxygenation and proper strengthening of the cortex integral part of the sauna.

INFRA BENCH

Infra rays for your health, relaxation and well-being. The infrared bench warms up the spine, relieves stiff parts of the body, and blood flow to the limbs

RELAXATION ROOM

