

SPA  SANTON

RELAX YOUR BODY  
AND MIND

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	Discounted	Basic
<b>ENTRANCE FEES</b> 7 a.m.–3 p.m. (leaving)		3–10 p.m.

### SPA (SWIMMING POOL & SAUNA WORLD)

Wellness – 120 min.	330 CZK	390 CZK
Every 15 minutes commenced	40 CZK	40 CZK
Wellness – over 180 minutes		700 CZK

### SAUNA WORLD

Sauna World – 60 minutes	240 CZK	300 CZK
Sauna World – 120 minutes	310 CZK	370 CZK
Every 15 minutes commenced	40 CZK	40 CZK

### SWIMMING POOL

Swimming pool – 60 min.	160 CZK	180 CZK
Every 15 minutes commenced	40 CZK	40 CZK

### WHIRLPOOL

Private whirlpool for two	25 min.	650 CZK
Private whirlpool for two	50 min.	950 CZK
Each additional person in the whirlpool		200 CZK

### GYM

Gym	unlimited time	CZK 150
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### OUTDOOR SPORTS ACTIVITIES

Tennis	60 min.	CZK 200
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### GIFT VOUCHERS

Vouchers can be purchased at the reception or online:  
[www.orea.cz/darkove-poukazy/](http://www.orea.cz/darkove-poukazy/)



## THAI MASSAGE

### THAI AROMATHERAPY OIL MASSAGE

Full-body relaxation massage. This massage uses essential oils to help to reduce tension and the feeling of both mental and physical tiredness.

25 min.	890 CZK
55 min.	1 390 CZK
85 min.	1 890 CZK

### THAI ANTI-STRESS MASSAGE

This massage is focused on the head, nape and back. Using the acupressure technique, it helps to relieve pain in the cervical spine and in the head. It is beneficial during migraine treatment and it generally relaxes your organism.

25 min.	890 CZK
55 min.	1 390 CZK
85 min.	1 890 CZK

### FOR AN EVEN BETTER EXPERIENCE

Lava stones	Massage price	+150 CZK
Hot shells	Massage price	+150 CZK
Herbal pouches	Massage price	+300 CZK

### REFLEXOLOGY FOOT MASSAGE

This massage is not only perfect for improving the blood perfusion in your tired feet but it also has a beneficial effect on your complete organism.

25 min.	800 CZK
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### CHILDREN'S MASSAGE

A soft massage for your children of over six years of age.

20 min.	650 CZK
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## SPECIAL MESSAGES

### SIAM THAI MASSAGE

Siam Thai combines three classic kinds of Thai massage: traditional Thai, oil and herbal massages. Traditional Thai massage relieves blocked parts of the body through the acupressure technique, while oil massage relaxes both your body and mind, and the herbs warm up muscles throughout your body, which regains its strength. This massage combines the best of this Oriental art to provide your body with perfect relaxation and harmony.

85 min.	2 190 CZK
120 min.	2 490 CZK

### THAI SKIN TREATMENT

This treatment includes skin cleansing, peeling, and massage using active ingredients. At the end, a face pack is applied and your arms are massaged.

Moisturizing treatment	60 min.	1 490 CZK
Lifting treatment	60 min.	1 490 CZK



### FINNISH SAUNA

- Temperature: 85–95 °C

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SAUNA, HONEY SAUNA...  
OF MASSAGES AND A C...  
RELAXATION IS PROVI...  
PRIVATE WHIRLPOOL. ...  
USE COMFORTABLE DR...  
THE RESTING AREA BY...  
POOL AND ENJOY BE...  
THE SURROUNDINGS. ...  
SAUNA YOU CAN GET ...  
PLUNGE IN THE ATRIUM

OUR FRIENDLY AND H...  
FULLY AT YOUR DISPO...



### SPORTS ACTIVITIES

- Tennis



### STEAM SAUNA

- Temperature: 40–45°C
- Humidity: 95–100%



WHIRLPOOL with water  
and air hydromassage jets

- Zone for 2 persons
- Temperature: 36–38 °C

RELAXATION, THERE IS A SAUNA WORLD, FINNISH SAUNA, STEAM SAUNA (SAUNA), A WIDE VARIETY OF SAUNAS. PERFECTLY EQUIPPED BY OUR STAFF, YOU CAN ALSO RELAX IN RECLINING CHAIRS IN THE SWIMMING POOL AREA. BEAUTIFUL VIEWS OF THE CITY AFTER TAKING A WALK OR COOL IN THE COLD AIR.

HELPFUL STAFF ARE AVAILABLE ANY TIME.

## MASSAGES

- Thai aromatherapy oil massage
- Thai anti-stress massage
- Siam Thai massage
- Massage for pregnant women
- Massage for couples
- Children's massage
- Thai skin treatment



## COUNTER-CURRENT SWIMMING POOL

- Size: 12x4 m
- Temperature: 28 °C



## AROMA SAUNA

- Temperature: 65–75 °C
- Humidity: 25–30%



## HONEY SAUNA

Temperature: 75–85°C

## PERMANENT PASSES

A pre-paid permanent pass as a gift.



Children under 12 are not allowed to enter the Spa Centre between 7p.m. and 10p.m.

The operator reserves the right to change the prices. All prices include value added tax (VAT).

## OUR SPA CENTRE ACCEPTS THE FOLLOWING PAYMENT METHODS:

Multisport, Benefit PLUS, Sodexo, Edenred.



## HEALTHY SAUNA

A sauna should be taken at least once a week all year round. Thanks to the sauna process, the human body becomes immune to illnesses and your thermoregulation system is stabilised. Your heartbeat becomes calmer, pain in the joints is relieved, your skin gets rejuvenated and your digestive tract and vascular walls regenerate. Taking a sauna has an excellent impact on your mind, reducing agitation, anxiety, nervousness and sleeplessness.

However, there are some circumstances under which it is better not to have a sauna. These include illnesses, epilepsy, diabetes, high or low blood pressure, skin problems and pregnancy. It is always good to consult your doctor about taking a sauna.

## HOW TO TAKE A SAUNA?

1. Before each entry to the sauna, please, wash yourself with soap and dry yourself thoroughly so as not to make the air in the sauna more humid.
2. For sanitary reasons, you may only enter the sauna without your swimsuit or trunks. Our reception provides you with a bath towel and with a bed sheet to cover your body in the sauna or to lie or sit on.
3. Sauna beginners should sit on the lower benches, where the temperature is higher. If you have difficulty breathing, you can breathe through a wet cloth.
4. You can stay in the sauna as long as you feel comfortable. However, you should stay at least until you start sweating.
5. While you are sweating you can lightly wipe the surface of your body with your hand or with special cloths, which helps your skin pores to open and the skin to get rid of impurities.
6. After leaving the sauna, cool your body down thoroughly using a shower or a Finnish bucket. Soap should not be used when you have a shower while taking a sauna.
7. The sweating and cooling process should be followed by relaxation.
8. Repeat the “heat–cooling–relaxation” procedure at least three times. It is important to drink enough fluids so as to avoid dehydration.
9. Another important rule is to respect other people’s privacy and intimacy and not to be noisy within the Spa Centre.

**Spa Santon**

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