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 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 Loket 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 wining 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.
## Hot Spring Name

<table>
<thead>
<tr>
<th>Hot Spring Name</th>
<th>Place</th>
<th>Temperature</th>
<th>Accessability</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Hot Spring</td>
<td>Vřídelní Colonnade</td>
<td>73.4°C</td>
<td>Daily 6.00 – 18.30</td>
</tr>
<tr>
<td>The Charles IV. Spring</td>
<td>Tržní Colonnade</td>
<td>64.4°C</td>
<td>non-stop</td>
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<tr>
<td>The Lower Castle Spring</td>
<td>Tržní Colonnade</td>
<td>55.6°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Upper Castle Spring</td>
<td>Zámecká Colonnade</td>
<td>55.9°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Market Spring</td>
<td>Tržní Colonnade</td>
<td>65.2°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Mill Spring</td>
<td>Mlýnská Colonnade</td>
<td>56.6°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Nymph Spring</td>
<td>Mlýnská Colonnade</td>
<td>60.2°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Prince Vaclav Spring I.</td>
<td>Mlýnská Colonnade</td>
<td>65.6°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Prince Vaclav Spring II.</td>
<td>Mlýnská Colonnade</td>
<td>64.3°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>Spring Libuše</td>
<td>Mlýnská Colonnade</td>
<td>63°C</td>
<td>non-stop</td>
</tr>
<tr>
<td>The Rock Spring</td>
<td>Pavilion at Mlýnská Colonnade</td>
<td>46.9°C</td>
<td>non-stop</td>
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<tr>
<td>The Freedom Spring</td>
<td>Gazebo at Lázně III</td>
<td>62.4°C</td>
<td>non-stop</td>
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<tr>
<td>The Park Spring</td>
<td>Military Spa Sanatorium</td>
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<tr>
<td>Štěpánka Spring</td>
<td>Gazebo at Park Hotel Richmond</td>
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<tr>
<td>Snake Spring</td>
<td>Sadová Colonnade</td>
<td>28.7°C</td>
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<tr>
<td>Ferrous Spring</td>
<td>Železnatý pramen Colonnade</td>
<td>54.3°C</td>
<td>non-stop</td>
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</table>

## Drinking Cure
Drinking cure is the cornerstone of the Karlovy Vary spa treatment. The composition of local mineral water springs has beneficial influence on the gastrointestinal tract, stomach lining and intestinal mucosa and stimulates the activity of the liver. An appropriate spring and an ideal drinking regimen will be suggested by your attending physician. For the drinking cure to have maximum effects the following principles must be observed.

1. Any drinking of hot mineral waters is recommended entirely after consultation with spa physician.
2. For the best curative effect it’s recommended to drink hot mineral waters near by the springs.
3. It’s recommended to drink hot mineral waters exclusively out of traditional porcelain or glass cups.
4. It’s unsuitable to cosine the drinking cure with alcohol consumption and smoking of tobacco products; even the second hand smoke is harmful.
5. The exercise is part of the drinking treatment as well; there for it’s recommended to walk slowly while drinking the mineral water.
6. The drinking cure should take course in complete relaxation of body and mind.
7. The drinking treatment should be repeated periodically, according to physician’s recommendation.
8. The drinking treatment is kind of „small celebration“, so it is not suitable to disturb other patients.
9. Please don’t empty up your drinking cups into plants around or on the floor.
10. While filling up your drinking cup, please, don’t touch the spring basin due to hygienic regulations.
The Savoy Westend Hotel dominates the historical, architectonically unique district of Westend established in the 1890’s in the immediate vicinity of the spa center and the famous Mlýnská Colonnade. The construction of the luxury hotel compound Savoy Westend Hotel, which consists of five independent villas Savoy, Artemis, Kleopatra, Carlton and Rusalka, began in 1897 and followed plans by respected architect Alfred Bayern of Vienna. During its existence the hotel hosted a number of prominent personalities, for instance, president T. G. Masaryk who stayed here several times in the years 1923 – 1933. In the years 2004 – 2005 the whole compound underwent thorough, expensive reconstruction and the newly remodeled building was open to the public in June 2005.

The luxury resort Savoy Westend Hotel is stylized as a spa hotel offering a broad variety of therapeutic and relaxation procedures based on up-to-date balneological principles and on the exploitation of a local curative resource – thermal mineral water. The Spa Afrodit balneological center was built as part of the resort reconstruction project and was open together with it in June 2005.

Its vast area of 3000 m² and state-of-the-art technical equipment make the Savoy Westend Hotel’s balneological center one of the most modern facilities of its kind in the Czech Republic. Besides traditional spa procedures (hydrotherapy, physiotherapy, electrotherapy, etc.) the center offers its guests a number of relaxation and wellness programs, including the latest trends in the area of wellness, cosmetics or esthetic medicine such as LPG Systems®, VIP Complex®, SPA Jet®, Thal’ion therapy and the like. A swimming pool, sauna, steam bath, whirlpool and fitness gym are a commonplace.

**Spa treatment**

The spa treatment is typical for its use of the natural curing sources – mineral water for drinking cures, baths, rinses, inhalations, and carbon dioxide. In addition to such natural sources, the curing programs include a water treatment, massages, thermotherapy, electrotherapy, magnetic therapy and other forms of energy, physical activity and nutrition consulting. The integral part of the curing process is the environment initiating the feeling of comfort and creating pleasing experiences, and active movement in the nature.

**Indication for a spa care**

- Illnesses of digestive systems
  - Esophagus illnesses
  - Ulcer dinase
  - Gallbladder and gall-duct illnesses
  - Liver Illnesses, especially conditions after acute hepatitis
  - Liver steatosis
  - Pancreas illnesses – Crohn Disease
  - Chronic constipation
  - Irritable colon
- Metabolic Diseases
  - Obesity
  - Lipid metabolism disorders
  - Diabetes Mellitus
- Locomotor System Illnesses

**Spa cure contraindications**

- Ischemic heart disease – advanced
- Circulation failure
- Tracheal asthma – advanced
- Hyperthyreosis
- Movement limitation
- Infectious diseases
The complex spa treatment

The Complex Spa Treatment includes 3 spa procedures a day, except for Sundays, however, 18 spa procedures a week in maximum, 3 medical checks (entry exam, control exam and leaving exam); provided, the minimum length of The Complex Spa Treatment is 7 nights. This treatment is designated for persons older than 15 years of age. The treatment for children from 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. All other spa services (treatments, medical examinations, laboratory examinations etc.) are effected in price of Complex Spa Treatment and will be charged separately. 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:

- 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 (Monday through Sunday, incl.) – a peat bath, paraffin bath, electrical therapy, magnetic therapy, inhalation, etc.
- Basic laboratory tests (creatinine, uric acid, total bilirubin, ALT, GMT, ALP, cholesterol, HDL-cholesterol, triacylglycerols, glucose, blood count, red blood cell count (FW), chemical analysis and urine sediment)
- 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.)

Relax spa treatment

This is an easy form of the Relax Spa Treatment structured as a preventive program for strengthening your health and immune system. The Relax Spa Treatment includes 1 spa procedure a day, except for Sundays; however, 6 spa cures a week in maximum, 3 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 from 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. All other spa services (treatments, medical examinations, laboratory examinations etc.) are not included in price of Relax Spa Treatment and will be charged separately. 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:

- 1 spa treatment a day (Monday through Sunday, 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, 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 lounger 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 and 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
- 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
- Protection against and therapy of damaged organs.
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.)

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 (15 min.)
Aromatic massage – overall (40 min.)

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 soothe 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. (20 min.)

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.)

Hydroxeur
A unique technology of all-body whirlpools – Hydroxeurus – does not offer only millions of whirling water and air bubbles but also a great show because of the light variations. Thanks to such a combination, this procedure is not only a true relaxation but also has the verified healing effects – overall psychological and physical relaxation, stimulation effects on the overall capillary return and lymphatic system, encourages metabolic processes, has the successful effect on rheumatic and arthritis signs, and encourages fat cells removal and reduces the signs of cellulitis. (15 min.)
Spa treatment procedures
over-the-counter

**Herbal bath**
As already clear from the name, it is the all-body bath at which various additives are used. The kind of an additive is selected upon the effect of a bath required. Most often used additives are:

- **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 soothe 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 excretion. 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.)

Mouth irrigation
This is about a micro-massage of gums using a stream of mineral water. It has the positive effect mainly on parodontosis 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.)

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. (50 min.)

Automatic lymphatic drainage
In this case, the lymph drainage is carried out using an instrument creating peristaltic pressure on legs, thighs, hips and buttocks. In order to be most effective, such a treatment is performed repetitively and it is important during the application to monitor and evaluate the procedure at reduction of a swelling. With respect to the fact that the instrument compression is limited to a periphery, it is suitable to supplement such a curing method with the manual lymph drainage. (40 min.)

Paraffin pack
This treatment is about a local thermotherapy where a warm paraffin bath is applied – i.e. several layers of warm paraffin are put on a critical spot. Heating eases pain and relieves the muscle tension. The paraffin baths are used at back pains and pains of extremities (limbs) and extremity (limb) joints. The application of this particular bath is not recommended to persons suffering from osteoporosis. (20 min.)
Spa treatment procedures over-the-counter

Evening bath in natural hot spring water with lavender
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, in this case lavender – having the harmonizing effects.

Evening bath in natural hot spring water with meadow flowers
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, in this case meadow flowers – having the stimulating effects.

Evening bath in natural hot spring water with sweet balm
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, in this case sweet balm – having the soothing effects.

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 and 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.)
Spa treatment procedures by prescription only

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. (20 min.)

Extremiter – simultaneous application of CO₂
This procedure finds its application whenever vacuum compression therapy is indicated. The transcutaneous effects of carbon dioxide widen veins, promote oxygen absorption and significantly improve blood supply to peripheral body parts. It activates the bloodstream and the lymphatic system and therefore positively affects the removal of harmful substances through the bloodstream and lymphatic vessels. This procedure has anti-inflammatory, healing, analgesic and invigorating effects. (20 min. and more)

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.)

Spa treatment procedures by prescription only

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 spasmylytic 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. (From 30 up to 120 min.)

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. Dilution 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, “Biolamp” is used in cosmetic treatments and is recommended primarily for its substantial regenerative effects on aging skin or skin exposed to harmful effects. The radiation 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. (10 min.)
Spa treatment procedures
by prescription only

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.)

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.)

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 arrhythmia, 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.)

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. Between about 16 Hz, these vibrations are not recognizable 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 10 min.)


**Spa treatment procedures by prescription only**

**Carbon dioxide therapy**

Carbon dioxide is a new non-surgical cosmetic medicine treatment during which medical 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 cellulates. 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 though 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.

**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. (10 min.)

**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 body’s metabolic and control functions at two levels: Energy supply, transfer of information. (10 min.)

**ECG**

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.

**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.)

**Cryosauna**

Cryo-sauna or low-temperature treatment is a revolutionary therapeutic and regeneration method during which your body is exposed to extremely low temperatures (as low as -170°C). The effects of cryotherapy induce pronounced peripheral blood supply caused by an increased level of hormones that suppress inflammatory reactions; they also stimulate faster metabolism and healing processes. Stiff muscles resulting from an extreme strain and activity are relaxed and lasting pain, including backache and motor system aches, disappear. To achieve prolonged therapeutic effects a series of ten to twenty procedures should be taken. (od 1 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 cellulates, increase of immunity and detoxication of the organism. (30 min.)
Wellness & beauty treatments

The Wellness programs using preparations of the cosmetics brand “Biodroga” include mainly a program for firming body contours, increasing skin elasticity and form, detoxing the organism, supporting microcirculation and metabolism, and acting as the cellulitis prevention. Thanks to a pleasant relaxation you recharge your energy and feel great not only on the outside but inside, too.

Anti-cellulite body wrap
The bath from brown sea mud and brown algae encourages microcirculation and metabolism. It creates an airproof film on skin intensifying the active substances absorption and fighting unwanted signs of cellulitis. The bath is light and cool and removes an uneven picture of skin. The quick and visible result is achieved immediately after the application. (60 min.)

Slimming detoxicating body wrap
Such a treatment encourages a strong reduction in the body girth immediately after the very first application, detoxication of tissues, and it forms skin. It frees the body of toxins burden and excess water. Thanks to this treatment, the body girth is reduced as well as the body skin gets softened and evened which is remarkably visible and even measureable. (120 min.)

Aromatic algae wrap
Due to the active engagement of sea algae extract, the body contours get firmed, organism detoxicated and cellulitis avoided. At the same time, such a pleasant relaxing treatment releases tension and vitalizes the body, encourages the harmful substances to leave the body, eases cellulitis signs and firms skin. (90 min.)

Honey & milk wrap
Honey helps to renew the organism natural detoxication ability and its strong revitalization. The honey therapy makes complexion look younger due to polyphenols, and revitalizes and nourishes the complexion. At the same time, it releases tension in dorsal and cervical muscles and activates internal organs. The honey-milk bath is designated primarily for a treatment of very dry and aging skin bringing the perfect hydration to it and renewing its balance. (90 min.)

Wellness & beauty treatments

Special body peeling
Such a special peeling provides the body skin with a sensational rejuvenating experience and fluorescent, soft and balanced appearance. It strips the body of dead skin flakes so that it may “take the second breath” and prepare it in optimum for the following body treatment. Peeling is topped with an unsubstitutable scent revitalizing senses and procuring the long-term freshness. (30 min.)

ENDERMOLOGY – LPG SYSTEM®
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.

Program for weight loss and cellulitis removal
As it is clear from the name, this is a program focused on reducing the cellulitis signs and forming the posture. It is suitable to repeat the treatment in regular intervals in order to provide for the perfect effect. (35 min.)

Program for unified skin
This is another of the programs prepared especially for the purpose of perfecting and forming your posture. The result of the treatment is a visible reinforcement of skin due to which you will feel more beautiful and more self-confident. The program is suitable be applied primarily at a significant loss of weight, at signs of aging or at women after giving birth. (35 min.)

Relaxation back massage
If you suffer from frequent or chronic back pain caused by stress or a job requiring a lot of seating then we recommend this effective treatment focused on a release of a muscle tension in the back area. (30 min.)

Legs treatment – lymph drainage
The method of endermology brings excellent results in removing the lymphatic circulation disorders and edemas. Therefore, the specialists compiled this special program designated for a treatment of “fatigue legs”. (30 min.)
Wellness & beauty treatments

MYOSTIMULATION – VIP COMPLEX® TREATMENTS

The professional myostimulator known as “VIP COMPLEX” represents the universal solution of the whole set of cosmetic problems: prevention against and treatment of cellulitis, overweight loss, fat deposits reduction, different body parts fast modeling, tissues and muscles tonus increase, permits to carry out lymphatic massages, prevent signs of aging and treat the same, perform a mini-lifting and remove wrinkles.

Body toning – “Transion” body treatment

As a result of the “Transion” function is the je VIP Complex, the only instrument at this time solving not only muscles longitudinal acrocontrature but themuscles torsal twisting (analogy of the manual laundry spinning). At the use thereof, the muscles consume glucose from neighboring fat reserves, the muscle tonus is regenerated and edemas removed in problematic parts of the body. The therapy at which the “Transion” function is used provides for results analogical to methods of surgical stretching but without the necessity of applying narcosis and interfering with the tissues entirety. The loss in the waist girth is guaranteed to be in a number of centimeters occurring in the course of the first 15 to 20 minutes after the very first treatment. (25 min.)

Overall weight loss – “Body System” treatment

Another function of the instrument is a function of Body System, in other words, the function of an “infrared radiation” the main effect of which is the cells and metabolism bioactivation, cellulitis treatment, fat pads reduction and overall overweight loss and posture modeling. (30 min.)

Muscle shaping – “Isogei” body treatment

The function “Isogei” does not have any competitor in its category if we compare results and costs of the therapy. The revolutionary results are accomplished in the area of breasts during the cycle of treatments – the breasts are lifted up to 15 centimeters which is unheard of as far as a nonsurgical method. The treatment called “Brasil Rear” guarantees significant lifting the flaccid buttocks. (15 min.)

Lifting effect – “Isogei” face treatment

At the use of the instrument in the area of cheeks, the strong isotonic contractions of masseters occur and their tonus as well as a volume gets regenerated so the face looks younger. The cycle of 10 to 15 treatments permits a full deactivation of flaccid features appearing as a result of the progressing trophic change in the connection to aging. (15 min.)

Puffiness treatment and aging prevention – “Linfogei” face treatment

As well as in case of a body treatment, in this case also the main effect of this particular treatment is a removal of edemas and prevention of aging. (30 min.)

Wellness & beauty treatments

Cellulitis treatment – “Linfogei” body treatment

The Linfogei function permits to perform lymphatic massages and a venous drainage by means of an impulses special regulator allowing working synchronously with a heart rhythm. As a result of this, blood flows in veins only in a moment of the venous valves opening where the valves are protected from damage (reduces the possibility for veins varicose expansion). (30 min.)

Wrinkles correction – “Mikrogei” face treatment

This function of the VIP Complex instrument brings regeneration and formation of surface epithelial tissues, prevention and treatment of premature signs of aging and removal of wrinkles. (30 min.)

VIP LIPOLINE DUO® TREATMENTS

Ultrasound cavitation – local panniculus noninvasive removal

The cavitation is a process at which due to ultrasound waves the content of fat cells is moved into the intercellular area. It is led into the blood circulation and released from the body by means of the lymphatic system. This is ideal for removing fat areas and cellulitis, forming the posture and reinforcement and rejuvenation of skin. (65 min.)

Anti-cellulitis massages

The main component of this particular massage is a manual lymphatic drainage or suction cup massage, and a light fluid with anti-cellulitis effect which hydrates, softens and provides for the skin capillary return. Skin is then soft and after a regular use the substantial reduction of signs of the “orange” skin occurs. Bio-active molecules purposefully work on structures of fat cells and fat reserves. The lymphatic drainage helps to reduce water and toxins causing edemas and unevenness on skin as well as cellulitis. The treatment should be repeated at least for ten times during one month, including a home treatment. The loss of volume at the treated parts of the body comes to 1 to 3 centimeters a month. This is suitable to be taken after a diet, pregnancy or liposuction.

Anti-cellulite belly massage (15 min.)
Anti-cellulite massage (30 – 90 min.)
Unified skin massage (30 – 45 min.)
Wellness & beauty treatments

SPA JET® TREATMENTS

The Spa-Jet capsule permits to arrange for treatments based on an ancient recipe. It provides for chromotherapy, colorotherapy, baths, water spas, vibro-massages, programs for a weight loss, cellulitis treatment, relaxation and preventive programs. By combination of various massages the fat cells get activated under the surface of your body and allow so their slow release and reduction. The optimum effect is visible at the connection with colortherapy and steam bath. The instrument then can help you a quite simple way to improve various parts of your body. The whole design of the instrument is based on the maximum comfort and making a routine day more pleasant. Listening to music and undertaking a relaxing massage help to renew the organism balance and improve a psychological state of the mind of an individual.

Spa treatments in SPA Jet® multifunction facility (30 min.)

Relaxation programs, programs for a weight loss and cellulitis treatment, preventive programs against cellulitis and complexion aging.

THALION® COSMETICS BODY TREATMENTS

Body peeling – “Velvet Treatment”

This is about peeling containing extracts from sea algae, essence oils, vitamin F and hazel nut oil. This particular treatment cleans, nourishes and increases the effect of baths and cosmetic preparations applied thereafter. (30 min.)

Body peeling, relaxation and energy-boosting massage – “Absolute Relax”

This treatment in particular is recommended to people often feeling tired, suffering from the feeling of a lack of energy, the increase of pressure from the surrounding environment, stress and nervosism. The body peeling and a pleasant relaxation massage thereafter bring your body the physical and mental relaxation and provide you with a new energy. (75 min.)

Triple-active wrap for slimming, unified skin and re-mineralizing in SPA Jet®

This special bath is fitting not only for the improvement of local problem, such as a removal of accumulated fat or Firming the skin but it also stimulates the synthesis of collagen fibers and maintains a balance among minerals in the organism. After the treatment, your body shall look slimmer and your skin more Firm and healthier. (40 min.)

Wellness & beauty treatments

Mineral wrap in sea mud and aroma oils in SPA Jet®

The sea mud bath is strongly detoxicating due to its rich content of mineral salts and trace elements (calcium, magnesium, iron, potassium, etc.). Such a bath encourages cells regeneration and supports release of waste substances from the organism due to the action as described above. (45 min.)

Drainage body treatment with plastic mask for slimming

This is about a very effective treatment focused on modeling a posture and body contours. Such a bath has a drainage effect which results in a reduction of the cellulitis signs; skin is then firmer, more elastic and smoother. (45 min.)

Modeling mask for belly and waist areas

As it is already clear from the name, this is a treatment focused on problematic parts of a body – belly and waist. The active components of a modeling mask help to split Fat cells, works as a drainage and firms skin. The result thereof is a visible reinforcement of the belly and slimmer waist. (40 min.)

Active skin unifying wrap in Sea Algae

This bath is designated for a body skin treatment. Due to active substances from sea algae the skin gets firmer and more elastic. At the same time, such substances encourage cells regeneration and provide skin with a younger look. (40 min.)

Special breasts firming wrap

This is about a very popular and pleasant treatment after which your breasts will look “sexier” which fact shall get appreciated not only by you but by your family, friends and acquaintances as well. Due to the engagement of active substances with a high content in proteins and vitamins of Group B in combination with horsetail rich in silicon and yeast bio-membranes, the breasts get firm and fuller. Such an effect surely shall contribute to your better feeling about your body and increase of your self-confidence. (40 min.)

Overall drainage wrap in SPA Jet® for body detox

This drainage bath is recommended at cleansing the organism from accumulated toxins. It is designated for people having been treated with antibiotics, for smokers and those consuming alcoholic beverages, but its is also used for an improvement in the effect of weight-loss and anti-cellulitis treatments which then bring better results and the effect thereof is so recognizably increased. (40 min.)
Wellness & beauty treatments

Local drainage wrap in SPA Jet® for body detox
This local treatment works on the same principle as the full drainage bath. The active components of sea mud and sea algae effectively release toxins from the organism, split fat cells and help the body to get rid of excessive liquids. (40 min.)

Energy-boost wrap in Sea Algae and back relaxation massage
The body mask with extracts from sea algae together with a relaxation massage improve the organism metabolism, nourish and tone up skin and release muscles which results in your body having the pleasant feeling of easiness and new energy. (60 min.)

Relaxation sea-mud pack and back relaxation massage
The body mask with active substances from sea algae, rich in magnesium and calcium, cleanses skin and provides it with needed materials and vitamins. Together with the relaxing massage, it works against stress and brings you the psychological as well as physical release. (60 min.)

Peeling, wrap in SPA Jet® and body massage – “Orient” cleaning ritual
Such a ritual is created in harmony with traditional oriental methods of the organism detoxication. The “Orient, Cleansing Way” treatment relieves the body of toxins and all harmful substances, provides skin with its softness and smoothness and the body with a special feeling of easiness and freedom. (115 min.)

Peeling, Seal Algae wrap in SPA Jet® and relaxation body massage – “ATLANTIC” ritual
This regeneration ritual is designated for feeding the body with minerals and energy recharge. The sea granules, a peeling powder rich in sea components, re-mineralizes the body; the sea algae bath revitalizes and tones-up skin, and the relaxation energizing massage thereafter and special cream regenerate and heals your body. (115 min.)
Wellness & beauty treatments

Mud slimming wrap for belly and waist areas

This particular treatment is exclusively focused on the area of a belly and waist. In this case, the preparations of the "GUAM" cosmetics utilize all natural favorable effects of algae with two specific additives – caffeine and escin. Their effect is positive for collection of fat and helps to release nonaesthetic signs in the area of the belly and waist. It provides skin with the extra strength and tension. (50 min.)

Relaxation & recondition treatments

Treatment with hot lava stones

The massage with hot lava stones is a special type of the massage practiced for ages in Hawaii. The basis of this unique massage is a use of special Hawaiian techniques in connection with hot lava stones having the ability to cumulate heat for a long time and having a high therapeutic and relaxation effect. The therapy results in your body and mind be free of any stress of the routine life, and taking you to the world of full relaxation and release.

Body massage with hot lava stones (75 min.)
Face massage with hot lava stones (60 min.)

Body peeling, massage and bath in natural chocolate – "Thalaspa" treatment

The chocolate therapy is generally known due to its excellent results as to smoothing and improving skin, removal of cellulitis, getting good state of mind, release of toxic substances and tensed muscles. The exceptionality of chocolate is known for more than 2000 years now. The chocolate treatment is a combination of peeling, massage, bath thereafter with the application of the natural chocolate. Due to the chocolate massage or bath the body absorbs vitamins through skin as well as aminic acids, minerals and antioxidants which results in a favorable influence on the heart activity, detoxiation, release of unwanted and toxic substances. (75 min.)

Migraine avoiding massage

Migraine is not only a random headache but chronic illness characterized by repetitive attacks of pain having a significant impact on professional and private life of a patient and his close family. We use special technique for a release of muscle tension, reduction of stress and avoidance of migraine attack triggers which may be, e.g. stress, depression, a lack of sleep, extensive noise, alcohol or smoking, etc. (20 min.)

Face lymph-draining manual massage

The face lymphatic drainage serves to improve lymphatic ways passage resulting in a removal of face and neck dermal unevenness and dermal defects (wrinkle wrinkles, acne, rosacea, fissured venules, proriasis, eye area edemas, etc.). The application of manual lymphatic drainage is recommended be performed once a month within a routine cosmetic treatment. (50 min.)

Relaxation massages

Such massages are suitable for releasing a stiff nape, neck spine, removal of pains in subscapularis and sacral areas. It has a positive effect on the overall release of tension in a body, muscle blood circulation and its regeneration abilities start-off. The treatment contributes to good spirits and a release of stress, psychological as well as physical.

Relaxation massage – overall (60 min.)
Relaxation massage – partial (30 min.)

Tired legs ritual – relaxation bath, peeling and light massage

This is about a very pleasant relaxation treatment designated for treating legs. The relaxation bath in thermal spring water in a combination with peeling and fine massage brings a release and the feeling of easiness to your tired legs. (50 min.)

Rejuvenating treatment of feet soles using self-heating Sea Algae

This treatment shall be literary a balsam for your hard-working and tired soles. The self-heating sea algae provide for a better penetration of the sea active components into the body and release the same. The special massage then relieves your soles of tiredness and provides them with a great feeling of easiness. (60 min.)
Thai massages

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.)

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 cellullits. 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 Kneipps 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.

Beauty 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 hydration
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.)

Clairiculae – for skin with pigment blemishes
It helps to keep a light appearance of complexion and avoids a rise of dark spots. It fights losses of radiance in complexion. It hydrates and protects from sun and harmful external effects. (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.)
**Beauty treatments**

**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. (90 min.)

**Jeunesse – renewal of activity of vital cell functions**
Such an extraordinary care for beauty maintains a face look young by helping complexion to keep a “breathing rhythm” and reinforce its cells. Due to unbelievable properties of the sea algae – Padina Pavonica and Laminaria Digitata – used for the very first time ever for the cells rejuvenation, the cells are supplied with oxygen necessary for their maximum health as well as calcium needed for maintaining their structure. The face is provided with energy and gets visibly younger. (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.)

**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.)

**Omnilux – 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. (20 min.)

**RELAXATION TREATMENT WITH DIOR® COSMETICS**

Intensive Care Dior – hydration and skin protection
Dry, rough complexion without any natural elasticity – these are the main signs of a strong dehydration and weak condition of skin. Such a special treatment nourishes skin, makes it firm and softer, and removes dry and rasped skin. It also renews the naturals hydrolipid film and avoids losing humidity. The reenourished and protected skin regains its natural balance, hydration, elasticity and softness. (90 min.)

**Beauty treatments**

**Ultra Smooth Dior – reduction of wrinkles**
This treatment eliminates wrinkles and is aimed at suppressing the factors resulting in the occurrence of wrinkles. The combination of a special smoothening mask and a fine massage, which ensures cellular stimulates, achieves a surprising effect. To enhance the treatment of your skin we work with the Capture R60/80 cream that offers extraordinary revitalizing and rejuvenating effects. One of its excellent properties is the ability to reduce up to 60 % of wrinkles one hour from application and even up to 80 % wrinkled after one month. (90 min.)

**Complete care – Madame de Pompadour – Royal Cosmetic Care**
Indulge yourself with a unique treatment using an exclusive line of skin products. This regeneration treatment is designed to nourish and replenish dry and tired skin. It consists of both a revitalization massage and a special pressure massage. The effects of the strong extract of the vine root grown in the Sauvignon area improves skin regeneration and provides intensive skin nourishment which will be felt during the application of nature’s best – cream Lor de Vie. (90 min.)

**AESTHETIC MEDICINE, ANTI-AGEING**

**Botox – 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 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.

**Dysport – anti-wrinkles injections unit**
Deep frown wrinkles around eyes and on the forehead can be eliminated without undergoing complex surgical procedures. They can be removed by injections of Dysport. The doctor applies this substance to problematic areas through several tiny punctures with the thinnest needles possible. One treatment takes about 10 to 20 minutes. Its effects set in within about 48 hours from the first application and last, on average, four months. The visible improvement fades away gradually and the treatment should therefore be repeated.
Beauty treatments

Restylane – injection fillers of wrinkles
Restylane is a popular, hyaluronic acid-based preparation with temporary effects (6 – 12 months). Restylane is designed to smooth wrinkles, to soften scars, to define the contour of lips and to suppress vertical lip lines, to reduce the sagging corners of the mouth and to enhance lips.

Omnilux 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. (20 min.)

Omnilux with lifting serum – skin rejuvenation
Another method of using Omnilux is its combination with the effects of a lifting serum that intensively affects aging and faded skin. This treatment rejuvenates and stretches the skin. (20 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.

Meder 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.

Meder cosmetic botox
This facial treatment consists of a generously hydrating mask whose unique composition based on hydrogen carbonate ions 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
Laser gel mask – face
Laser gel mask – face and neck
Laser gel mask – face, neck and décolletage

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 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.)

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.)
Physical exercise & 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 of 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. (90 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. (90 min.)

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. (90 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. (90 min.)

Physical exercise & additional services

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. (90 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. (90 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 – 90 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 – 90 min.)

Body forming
Cardio exercises and body building on gym machines promote tonus improvement and the healthy way of general body shaping. (60 – 90 min.)
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