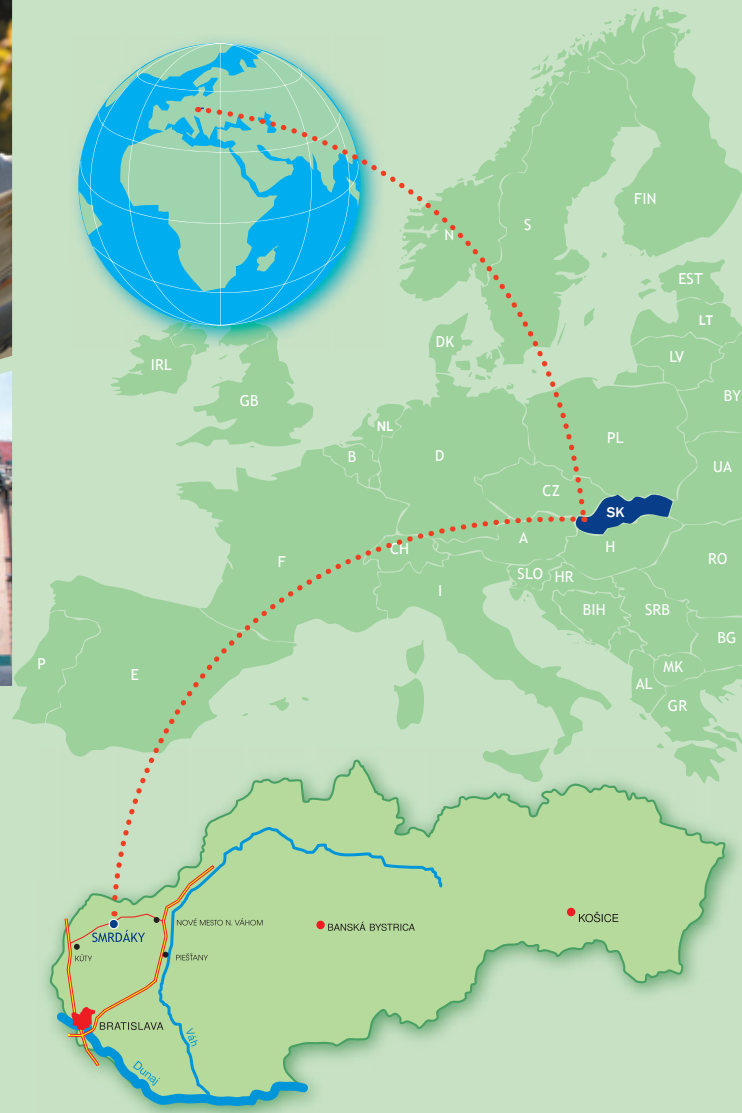


FREE TIME

Natural Health Spa Smrdaky



Wellness, Relaxation and Regeneration

The Regeneration Center offers to our spa guests the opportunity to use a fitness studio, whirlpool, sauna, and an exercise room. Relaxing and refreshing massages and group sports supervised by an instructor are mere examples of favorite services offered by the Center. The Spa Park, which spreads over 16 hectares, is sought after as an ideal place for relaxation and sports.

Cultural and Social Events

The Health Spa prepares for its guests a rich and varied program of cultural and social events, including lectures about health and life style, cinema productions, theater productions, exhibitions, popular dance events, traditional food and beverage tastings, and a number of other events.

Trips

Both within short and longer distances from the spa, there is a number of places interesting for tourists. You can visit the famous royal town of Skalica, or the Zahorie Wine Route. You can wander into the medieval town of Trnava, or the pilgrimage destination town of Sastin, or such places as the "Bata channel" water route, the barrow of M.R. Štefánik in the village of Bradlo. And let us not forget the Branc and Cervený Kamen castles, the mansion in Smolenice, the Driny Cave, and many others. The Spa regularly organizes excursions and trips to these places for its clients.

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A healing touch...

www.spasmrdaky.sk



SPA SMRDAKY



Natural Health Spa Smrdáky

The spa is located in the picturesque West-Slovak region of Zahorie, about 90 km from the capital city of Slovakia - Bratislava. A prehistoric sea from thousands of years ago left a precious legacy in the region in the form of mineral water with high levels of hydrogen sulfide and sulfuric mineral mud. These unique natural resources are now used to treat, regenerate and relax human body and soul. The art of spa care has a two hundred year old tradition in the area and the spa welcomes clients from all around the world.

Your journey to Spa Smrdáky...

Spa guests can reach Smrdaky by plane through Bratislava (1 hr. drive) and Vienna airports (90 min. drive). Train service is available through train stations in Senica, Piestany, Trnava and Bratislava. Bus service is available through bus stations/stops in Smrdáky, and Senica. Transfer services from airports (Airport Bratislava and Airport Vienna), train stations, bus stations and other destinations are provided by Spa resort upon request.

HEALING



Natural healing resources

The basis for basis for healing and regeneration therapies is the natural curative mineral water containing up to 680 mg of hydrogen sulfide per liter. Also used is the natural curative sulfuric mud, a peloid sediment created by the passage of water rich with hydrogen sulfide through alluvial soils in Smrdaky area.

Skin Indications:

Psoriasis vulgaris, generalisata; Dermatitis atopica (Eczema atopicum); Eczema chronicum, professionale; Neurodermitis circumscripta; Pruritus, Prurigo; Ichthyosis; Scleroderma circumscripta; Parapsoriasis; Acne vulgaris, indurata, conglobata; Rosacea; Dermatitis rosaceiformis; post-traumatic conditions caused by fire injuries and scalding.

Mobility Indications:

Arthritis psoriatica; Arthritis rheumatoides; Bechterew's disease; Vertebropathies; Scoliosis; Arthropathies; Coxarthrosis

Counter-Indications:

Astma bronchiale; Epilepsy; pregnancy; serious heart and vascular disorders; malignant processes; infectious disorders

Healing Treatments

Our spa treatment consists of healing treatments including hydrotherapy, packs, electrotherapy, light therapy, therapeutic massages and rehabilitation.

Treatments (hydrotherapy, mud treatments, and massages) are provided in the Balneotherapy Center located in the Spa Park and in the Rehabilitation Center located in Spa Hotel Centrál** (where electrotherapy, light therapy, rehabilitation and paraffin packs are performed).

SPA HOTELS



Hotel Central**

Hotel Central** is located in the center of the spa grounds and consists of 35 Standard and Superior type rooms. They are all equipped with a bathroom, a TV set with satellite reception, and a refrigerator. Minibar and hair dryer are part of standard equipment of all Superior type rooms and they are available upon request in all other rooms. In the hotel, you can also find an Espresso café, Café Central, the Rehabilitation Center, the Spa reception desk, the central reception desk, a theater, a library, a souvenir store, valuables storage, a fax, internet, a sports equipment rental, a hair stylist studio, and a post office.

Hotel Vietoris**

This hotel consists of 30 Standard and Superior type rooms. They are equipped with a bathroom, a TV set with satellite reception, and a refrigerator. Minibar and hair dryer are part of standard equipment of all Superior type rooms and they are available upon request in all other rooms. Most rooms have a small balcony. In the hotel, you can find Restaurant Vietoris and Lobby Bar Vietoris. This hotel has barrier-free access.

Hotel Morava***

This reconstructed hotel is situated on a small hill and overlooking the Spa Park and the spa grounds. The accommodation consists of 40 Comfort type rooms (including 4 suites) equipped with a bathroom, a TV set with satellite reception, and a refrigerator. Minibar and hair dryer are part of standard equipment of all suites and they are available upon request in all other rooms. Most rooms have a small balcony. In the hotel, you can find the à la carte Restaurant Morava with a spacious terrace. The hotel offers barrier-free access.

