SPA TREATMENT GUIDE

MARIÁNSKÉ LÁZNĚ, CZECH REPUBLIC
Welcome to Danubius Hotels Group, Europe’s largest and most experienced spa operators!

Our spas are situated in unique and beautiful locations in Hungary, the Czech Republic, Slovakia and Romania. Treatments in our spas take advantage of the natural resources found in each of these countries, ranging from thermal waters to mud, spring waters and natural gases. These natural resources have a tradition and history, which we combine with our medical expertise to offer a unique and exciting experience.

**Danubius Health Spa etiquette**

As a valued guest in our health spa, for your safety and enjoyment, we kindly ask you to:

- Please wear your slippers in the spa, pool and wet areas.
- Please always shower before using the spa or pool facilities.
- Some guests prefer using the sauna naked and some not – we try to accommodate all cultural habits so please check the policy at your chosen destination.
- In the interests of hygiene please place your sauna towel under you in the sauna and always shower before going from the sauna into the plunge pool.
- Please arrive to your treatment on time – our therapists are often fully booked – by arriving late you might lose part or all of your treatment.
- Please be aware that some of our spas have a cancellation policy where a part of or all of the treatment cost maybe charged in case of a no show or cancellation.
- If you have any comments regarding your treatment or spa service please fill out our guest questionnaire which you can find in the spa. Alternatively you can leave a comment in our handbook at the spa reception or speak directly to the spa manager.

Enjoy your visit!

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**Marienbad (Czech Republic)**

More than 100 "cold water" springs rise up within the vicinity of Marienbad most of them differing in their chemical composition. When drunk these waters have healing effects on many different disorders of digestion, liver, kidney and the urinary tract. Specific springs have their particular benefits, which is why this drinking treatment is prescribed by a doctor. The water is also used for inhalation therapies and mineral baths. (See Balneotherapy: Mineral Drinking Cure) Also naturally seeping through the earth’s surface in Marienbad is its famous natural gas from the Marie Spring. This gas is combined with the mineral water and experienced in the form of a bath, (See Balneotherapy: Individual Mineral Bath) or alternatively is pumped into a ‘dry gas bag’ around the body, resulting in a treatment excellent for circulation disorders, lowering blood pressure and even the improvement of sexual functions. (See Balneotherapy: Natural Dry Carbon Gas Bath) When injected into certain areas such as the spine or joints it reduces pain and speeds up the natural healing processes. (See Balneotherapy: Natural Gas Injections) Peat is used in Marienbad in the form of a peat wrap for treating mobility disorders and as a gynecologic treatment for many conditions including sterility due to its healing and anti-inflammatory effects. (See Packs: Peat Pack, Gynecological Peat Treatment)
**List of spa treatments**

**Balneotherapy** | Mineral water and natural gas
---|---
6 | Mineral drinking cure No ![°] ![°] ![°] ![°] ![°]

**Therapeutic and Medical Services**

**Hydrotherapy**
8 | Spring water bath No ![°] ![°] ![°] ![°] ![°] 30
8 | Hydrotherapy No ![°] ![°] ![°] ![°] ![°]

**Phototherapy**

**Other**
15 | Dry wrap No ![°] ![°] ![°] ![°] ![°] 15

**Cryotherapy**

**Relaxation | Massage**
18 | VITAL vacuum massage Yes ![°] ![°] ![°] ![°] ![°] 20
18 | Classical partial massage after peel wrap Yes ![°] ![°] ![°] ![°] ![°] 15
19 | Lymphoven - pressure massage Yes ![°] ![°] ![°] ![°] ![°] 60

**Relaxation | Further relaxation treatments**
20 | Dead sea complex body treatment No ![°] ![°] ![°] ![°] ![°] 60
20 | Light therapy Yes ![°] ![°] ![°] ![°] ![°] 30

**Fitness**
21 | Plateaus No ![°] ![°] ![°] ![°] ![°] 60
21 | Nordic walking No ![°] ![°] ![°] ![°] ![°] 60–70
22 | Thal-uni No ![°] ![°] ![°] ![°] ![°] 60–70
22 | Rover Plate No ![°] ![°] ![°] ![°] ![°] 20
22 | Mechanotherapy Yes ![°] ![°] ![°] ![°] ![°]
23 | Relaxation gymnastics No ![°] ![°] ![°] ![°] ![°] 60

**† CSS – List of spa treatments that can be, free of charge, added to the Comprehensive spa stay.**
Times for spa treatments are only indicative and are inclusive of the time for dressing and showering.

**ISL – in some location.**

*CSS*(Comprehensive spa stay)
List of spa treatments and remedies

<table>
<thead>
<tr>
<th>No.</th>
<th>Treatment</th>
<th>Doctor’s prescription</th>
<th>Duration (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maria’s mineral bath with peat extract</td>
<td>No</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Maria’s dry carbonated pool with oxygen therapy</td>
<td>No</td>
<td>25</td>
</tr>
<tr>
<td>3</td>
<td>Maria’s Kneipp therapy</td>
<td>No</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>Maria’s peat massage</td>
<td>No</td>
<td>25</td>
</tr>
<tr>
<td>5</td>
<td>Maria’s group inhalation</td>
<td>No</td>
<td>12 – 15</td>
</tr>
<tr>
<td>6</td>
<td>Maria’s peat pack</td>
<td>No</td>
<td>30</td>
</tr>
<tr>
<td>7</td>
<td>Partial massage / classical complete</td>
<td>ISL</td>
<td>20 – 40</td>
</tr>
</tbody>
</table>

Specialised doctors in the fields: urology, gastroenterology, ophthalmology, work in our complex Nové and Centrální lázně. You can have a special medical examination for an extra charge.

Information and Advice for Spa Guests

1) Always consult with a doctor, as to which spa procedures are suitable for you.
2) Always consult with your doctor about a drinking cure. Never drink more mineral water than is prescribed by your doctor.
3) In the case that a spa procedure is not suitable or pleasant for you, inform your doctor.
4) Always consult with your doctor about a drinking cure. Never drink more mineral water than is prescribed by your doctor.
5) Always consult with your doctor about a drinking cure. Never drink more mineral water than is prescribed by your doctor.
6) Always consult with your doctor about a drinking cure. Never drink more mineral water than is prescribed by your doctor.
7) Never change a medication therapy from your home doctor without a doctor’s approval.
8) On the third or fourth day there can often occur a so called ‘spa reaction’, which means that you can temporarily feel worse.
9) Rudolf spring is not a mineral water spring, but natural medicinal gas, which is used for dry CO₂ gas baths (euvaps) and dry CO₂ gas application.
10) Mineral springs in Mariánské Lázně contain, besides carbon dioxide and mineral salts, humic acids, which are an important part of peat.
11) Never ask for a different temperature of a mineral bath other than was prescribed by the doctor. It generally governs that the cooler a mineral bath is, the more effective it is.

Preventive and Spa Programs for Children in Mariánské Lázně

Children programs with hippo Mariánek

Children programs with hippo Mariánek at Mariánské Lázně a.s. offers a unique and proved system of curing children by using treatments from natural sources. Classical spa stays for children is offered to children from 6 years old and it is especially aimed at curing children’s disorders of the locomotive system, kidney and urinary system, respiratory tract and gynecological illnesses. Preventive spa programs are offered to children from 4 years old who are accompanied by their parents. All programs are run under the supervision of an experienced spa paediatrician.

Comprehensive spa stay for children from 6 to 12 years old

Minimal length of stay is 7 nights.

The stay includes: 7x accommodation, full board in the form of a children’s menu and drinks (or diets if the doctor prescribes), initial and final medical examination, check-up examination if required, laboratory tests, final medical report and a maximum 21 spa treatments per week. A paediatrician prepares a medical plan with 2 to 3 spa treatments per day according to the initial examination and they determine the drinking cure and dietary regime.

Preventive spa stay for children from 4 to 7 years old

Minimal length of stay is 7 nights.

Preventive program for healthy children accompanied by their parents is aimed at strengthening the immunity system and at the correct development of the locomotive system. At the guest’s disposal are baby friendly rooms, children’s corners and a children’s playground.

The stay includes: 7x accommodation, half board in the form of a children’s menu, drinks for children (tea, juice) available all day, entrance consultation with a paediatrician, drinking cure.

Spa treatments: 3x mineral water inhalations, 2x vitarolin (together with an accompanying person), 1x saline cave (45 minutes together with an accompanying person), 2x practising softball massage of the chest (in a group), 1x practising correct posture with breathing exercises and exercises for flat feet (in a group), free entrance to the swimming pool (together with an accompanying person).

Preventive spa stay for children from 7 to 12 years old

Minimal length of stay is 7 nights.

Preventive program for healthy children accompanied by their parents is aimed at strengthening the immunity system and at the correct development of the locomotive system. At the guest’s disposal are baby friendly rooms, children’s corners and a children’s playground.

The stay includes: 7x accommodation, half board in the form of a children’s menu, drinks for children (tea, juice) available all day, entrance consultation with a paediatrician, drinking cure.

Spa treatments: 3x mineral water inhalations, 1x exercises on a gym-ball for correct posture (in a group), 1x Nordic walking to Přelat Spring (together with an accompanying person), 2x mineral bath or 2x dry CO₂ gas bath, free entrance to the swimming pool (together with an accompanying person).

Doctor’s advice

- Do not forget to take with you a medical report about the child’s health condition (written on PC or typed).
- Do not forget to bring prescribed medicines for your child.
- Accompany your child through the whole length of a treatment.
- Make sure that your child rests between treatments.
- Do not let your child run around without the supervision of an adult, due to accident hazard.
- Acute cases will be taken care of in conjunction with the emergency services away from the hotel.

Leisure time

For the little-ones, children’s corners are prepared in our hotels, an outside children’s playground next to the hotel Centrální Lázně, near by there is situated the natural park Prelat with many attractions and also the newly opened rope and adventure centre, which is not only an adventure experience for adults but it provides adventure even for children from 3 years old. Children can also admire miniature models of Czech castles and chateaux in the Bohemium mini park, visit the mini Zoo in Lázně Kynžvart or the Zoo and dino-park in Přelat. In winter, it is possible to organise ski school or nursery on request we can provide babysitting.

Preventive program for healthy children accompanied by their parents is aimed at strengthening the immunity system and at the correct development of the locomotive system. At the guest’s disposal are baby friendly rooms, children’s corners and a children’s playground.

The stay includes: 7x accommodation, half board in the form of a children’s menu, drinks for children (tea, juice) available all day, entrance consultation with a paediatrician, drinking cure.

Spa treatments: 3x mineral water inhalations, 1x exercises on a gym-ball for correct posture (in a group), 1x Nordic walking to Přelat Spring (together with an accompanying person), 2x mineral bath or 2x dry CO₂ gas bath, free entrance to the swimming pool (together with an accompanying person).
**MINERAL DRINKING CURE**

Drinking medicinal mineral water is an important part of your spa stay. The rich mineral waters gently regulate the functioning of the stomach, bowels, kidneys and liver. A drinking treatment normally consists of drinking a prescribed amount of the mineral before meals as drinking on an empty stomach increases the efficiency and effect of the mineral substances and their absorption into the body. Generally, it is advised to drink between 1 and 2 litres before meals. Our Health Spa Resort of Marienbad was built around the healing effects of its medicinal drinking springs, world famous for their curative effects on kidney and urinary tract conditions. There are seven different mineral water springs in Marienbad, each with their own particular benefits and healing mineral components. Because of this, combined with the importance of embarking upon the correct drinking regime, your spa doctor will advise you on which spring will best benefit your health condition. In Marienbad you will normally be prescribed to drink from between 1 to 2 litres per day.

- **Doctor’s prescription required:** No, but advised in certain locations
- **Benefits:** Therapeutic, Well Being, Medical Wellness

**THERAPEUTIC AND MEDICAL SERVICES**

**INITIAL DOCTOR’S CHECK UP**

If you are staying with us for one week or longer on a traditional or therapeutic spa package you will, upon arrival, be booked in for a check up with one of our spa doctors. The aim of this initial consultation is to check your health complaints, health history, that the treatments prescribed are safe and effective. If necessary the doctor may prescribe additional examinations and/or laboratory tests.

**DOCTOR’S CONTROL**

If you are staying with us for one week or longer on a traditional or therapeutic spa stay, it is likely that you will receive a weekly control check up with one of our spa doctors. The purpose of this consultation is to ensure that your treatment plan is having the best results possible and that you are getting the best out of our spa services. In some cases the treatment plan might be adjusted and additional treatments advised, depending on your progress.

**FINAL DOCTOR’S CHECK UP**

At the end of your stay our spa doctors will conduct a final consultation to ensure that the treatments prescribed have gone according to plan. This is also an opportunity for the doctor to give you the necessary medical and lifestyle advice to help continue the improvement in your health once you leave.

**DOCTOR’S BASE MEDICAL EXAMINATION**

Throughout your stay our doctors are on hand to give you the necessary advice and guidance to ensure that you make the most from our spa facilities and treatments. They will also be able to answer questions that you may have and can give you important advice on our effective preventative therapies and improving your health in general. Some of our signature treatments, because of their unique effects, require a doctor’s consultation prior to booking. Your health spa or hotel reception will be able to give you further information on this and how you can book an appointment to see a doctor.
HYDROTHERAPY

UNDERWATER JET MASSAGE
The treatment is given in a bath of 35 – 37°C. A powerful, pressurized (0.5 – 2.0 atm strength) jet of water is released through a hose under the water and directed manually by the therapist to the main muscle groups from a distance of between 10 and 15 cm and at an angle, in strokes. By varying the distance and angle it is possible to change the intensity of the water jet pressure upon the body. The aim of this deep massage is to release stiffness in the muscles and connective tissues and to partially release the joints. It is also probably one of the most effective relaxing spa treatments available.
- **Time:** 10 – 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Well Being, Medical Wellness

INDIVIDUAL BUBBLE BATH
Privi vilégi a aper tura: The individual bubble bath ordinary water is used that has been heated to a temperature of between 32 – 34°C. This is pumped small “fizzy” bubbles of air. The treatment lasts between 10 to 20 minutes during which you lie relaxing as small air bubbles relaxingly caress and coat the skin. The treatment is ideal for general relaxation as there is a pleasant soothing feeling of general tickling from the bubbles. The treatment in some of our spa locations is followed by a 15 minute dry wrap.
- **Time:** 10 – 20 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Well Being, Medical Wellness

COLON HYDROTHERAPY
Also known as Colonic Irrigation this practice was reputedly used in Ancient Egypt, China and India. However the method common in the West today has its origins in 19th century European Spas. The treatment is conducted lying down, whilst warm purified water is introduced into the colon via the rectum. Once this is completed the therapist uses special massage techniques to stimulate the release of the water. The whole process takes between 30 – 45 minutes and has the effect of cleansing the bowels from built up toxins, bacteria, parasites and other unwanted substances.
- **Time:** 30 – 45 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Medical Wellness

SCOTTISH SPRAY
‘Scottish spray’ is a stimulating and extremely vigorous treatment. Whilst standing in a swimsuit or naked a pressurized jet of water (3 atm) is applied from a 3 to 4 meter distance. For the first 30 seconds the temperature set at 38 – 40°C followed by a spray of 16 – 18°C for 5 – 10 seconds. This procedure is repeated several times first in the area of the upper and lower extremities, then on the torso and belly, following the course of the large intestine, from the front and back. The treatment ends with a cold spray. The treatment improves the immune system, circulation and metabolism and leaves a rejuvenating feeling.
- **Time:** 10 – 15 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

STRING WATER BATH
Soft massage of skin and hypodermis by larger gas bubbles, which permeate the water bath through a perforated grate.
**Indication:** locomotive system disorders, vasomotoris, menopausal dysfunction.
- **Time:** 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Regenerative

HYDROTHERAPY
During this procedure, according to patient’s health condition, 6 types of hydrotherapy are carried out. A part of each hydrotherapy is exercise in a rehabilitation pool. Before the treatment, it is necessary to have a shower and then, according to instructions, to undergo individual stages of the prescribed water treatment. After all treatments, it is recommended to relax for 30 minutes in a room with relaxing music. This procedure is demanding on one time as well as physically, do not plan other program.
- **Time:** 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Regenerative

THERAPEUTIC EXERCISE IN A POOL
It is done as a group exercise and it uses the relaxing effect of warm water in combination with movement therapy, which is due to the ease of floating in water.
**Indication:** locomotive system disorders especially after operations and injuries, spine disorders, kidney and urinary stones without infection of the urinary tract, conditions after urological and gynaecological operations, obesity, nervous disorders
**CounterIndication:** all acute and decompensated disorders, open skin injuries, untreated suppurating and mould disorders of the skin, urino and stool incontinence a relative counter-indication is epilepsy.
- **Time:** 20 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Medical Wellness

PHYSIOTHERAPY

GROUP THERAPEUTIC EXERCISE
Therapeutic exercise is a crucial part of the recovery process and instrumental to any rehabilitation program. This therapy is lead by an expert physiotherapist, normally for a group of guests with a similar diagnostic profile. An example of our classes includes therapeutic exercises for spine or joint conditions, Osteoporosis, Obesity, Vascular conditions of the brain and exercise for Cardiac patients. The therapy uses exercises designed to relax overloaded muscles, strengthen weak muscle groups, improve mobilization of the joints, spine and pelvis and strengthen static/dynamic functions necessary for correct body positioning. An inseparable part of these classes are breathing exercises in addition to training for speed, agility, endurance, balance, strength and overall fitness.
- **Time:** 20 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

INDIVIDUAL THERAPEUTIC EXERCISE
A qualified physiotherapist conducts all individual therapeutic exercise sessions as prescribed by the doctor. These classes are designed to maintain or restore physical mobility capacities as well as to develop functional capabilities. The therapy includes active and passive movements as well as mobilization and manipulation. Other methods may include visualization, active muscle contraction, assisted movements and free active movement. An inseparable part of these classes are breathing exercises in addition to training for balance, strength and flexibility.
- **Time:** 20 – 30 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Medical Wellness

FULL BODY MEDICAL MASSAGE
Performed by qualified masseurs, the medical massage, sometimes referred to as the ‘classical’ massage, uses a variety of techniques during the treatment. The massage generally targets areas where secondary changes have occurred as a result of a reaction to injury somewhere in the body. Its aim is to speed up the recovery process by improving circulation to the problematic area. As well as improving blood flow to the targeted region, it can relax or stimulate muscles and mitigate pain. The massage is normally conducted in the following areas: back, arms, lower extremities, stomach, chest and neck. Depending on which areas are targeted this is either referred to as ‘partial’ or ‘full body’ massage.
- **Time:** 40 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

Physiotherapy exercises

Group therapeutic exercise
MANIPULATION AND MOBILISATION THERAPY

This is a manual technique used for the treatment of joint ‘blocks’ that cause pain and restrict movement that may also cause reflex changes such as aches and spasms. In most cases these are in the so-called ‘joint’ sections of the spine. The purpose of the treatment is the release of the segment and the restoration of joint freedom. Firstly an overstretch is given to the problem area and then the ‘block’ is released through a small movement with mild force. This technique is used using short repetitive movements, starting from a marginal to neutral position, without impact but permanent overstress. This results in a mitigation of the ‘block’ or even in direct elimination. This manipulation has to be carried out by a doctor specially trained and licensed. Mobilisation techniques on the other hand, such as slower muscle pulling and release, stretching etc are normally carried out by a qualified physiotherapist.

- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

ULTRASOUND THERAPY

Ultrasound uses sound of high frequency and intensity that are converted to mechanical and heat energy. 30% of this mechanical energy results in a type of micro-massage in the tissues of the body that are targeted, resulting in heat. The treatment is administered by placing the head of the device in continuous or pulse application into the skin that has been given a coating of paraffin oil or conductive gel. The depth of impact varies between 2 – 6 cm and the effect stimulates the molecules causing subsequent chemical reactions. It also improves blood circulation as well as nutrition of the tissues with an analgesic and anti-inflammatory effect. The site of application needs to be prescribed by a doctor, but it is generally an area that is in pain or in need of relief.

- **Time:** 5 - 15 minutes
- **Benefit:** Therapeutic

Ergometre is a part of medical rehabilitation, which has the aim of loosening large joints and muscles, removing pain and restoring normal locomotive function.

- **Time:** 20 minutes
- **Benefit:** Medical Wellness

EURO-therapy

A holistic relaxing massage improves the blood circulation and skin elasticity, stimulates the immune system, helps to fight everyday stress, it brings deep relaxation and as an additional therapy it is beneficial to many chronic and acute illnesses for example headaches, physical and mental tiredness.

- **Time:** 20 minutes
- **Benefit:** Medical Wellness

REFLEXIVE MASSAGE

This treatment brings release of most pains of the locomotive system. The aim is loosening, stretching and strengthening muscles, removing pain and restoring normal locomotive function.

- **Time:** 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefit:** Medical Wellness

HOLISTIC AROMA MASSAGE

A holistic relaxing massage improves the blood circulation and skin elasticity, stimulates the immune system, helps to fight everyday stress, it brings deep relaxation and as an additional therapy it is beneficial to many chronic and acute illnesses for example headaches, physical and mental tiredness.

- **Time:** 20 minutes
- **Benefit:** Medical Wellness

ELECTROTHERAPY

Interference

In this treatment different midium frequency electrical pads are placed onto the body in conjunction with a small vacuum. The effect is one of a micro massage on the damaged tissue. Depending on the pre-set frequency the muscles can be stimulated to a so-called muscle gymnastic condition or alternatively produce relaxation in muscle tone to have an analgesic effect. The treatment has two advantages, firstly it reduces pain and secondly the micro massage improves the circulation and flow of oxygen to the tissue resulting in a healing effect.

- **Time:** 15 – 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefit:** Therapeutic
**FOUR CELL GALVANIC BATH**

This treatment is especially beneficial for rheumatoid arthritis. The forearms and lower limbs are placed into water trays of 34 °C. Water and a gentle electrical current are the components of this treatment and the electric current is passed through these particular body parts. Because only the limbs of the body are immersed in water, the electric current in the four-cell bath can be given at a stronger intensity that the full galvanic bath (See: Galvanic Bath). The treatment also has the benefit of improving circulation.

- **Time:** 15 – 30 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic

**DIADYNAMIC STIMULUS CURRENT THERAPY**

This treatment uses a mixture of electric currents (both galvanic and impulse) that have an inhibitory or facilitatory effect depending on the frequency, intensity and other parameters. The result is both pain relief and an improvement in circulation. Generally the treatment is prescribed for conditions such as sprains, bruises, oedemas, joint and spine wear and disc degeneration.

- **Time:** 15 – 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic

**MAGNETIC THERAPY**

This treatment is conducted in the lying position on a bed or couch, while the treated body part is exposed to an artificial magnetic field (magnetic blanket, contact treatment head or magnetic cylinder). By creating a weak pulsating magnetic field around the body, it has the effect of recharging the magnetic stimulation of the cells. This results in the normalizing of the metabolism and regeneration of cells thereby supporting the healing process. The treatment also has counter indications, such as implanted cardio stimulators (pace maker), fungal diseases, tumors and pregnancy.

- **Time:** 10 – 30 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Well Being, Medical Wellness

**SHORT –WAVE DIATHERMY**

A short-wave diathermy is an electro-therapeutic procedure, which uses the thermal effect of high frequency electric current. During this procedure, tissues and organs are warmed deep inside, the local metabolism is increased, it also supports absorption of chronic inflammatory, after injury and after operation inffratrates, it improves the elasticity of connective tissues, it also has an analgesic effect. It has to be prescribed by a doctor. The length of application is 10 – 15 minutes.

- **Indication:** chronic illnesses of joint, ligaments and tendons, gynaecologic and urological chronic inflammations, post-operation condition, urgent incontinence.
- **Counterindication:** cardio-stimulator, direct application to metal implants, malign tumours, acute inflammations, bleeding conditions, application on the stomach during menstruation period, application on thymus and growth zones, trombophlebitis etc.
- **Time:** 10 – 20 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Analgesic

**PHYACTION**

Two devices Phyaction, is able to apply all currently available forms of electro-therapy. It is used mainly for its analgesic effect, improving the blood circulation in tissues, strengthening muscles of pelvic fundus and for myo-relaxing effect on the skeletal muscles. It is prescribed by a doctor. The length of application is 3 – 20 minutes depending on the type of electric current and the type of illness.

- **Indication:** locomotor system disorders (vertebrogenic algic syndrome, frozen shoulder syndrome / neuralgia, distortion, stress incontinence, atomic urine bladder, ischaemic illness of lower limbs.
- **Counterindication:** cardio-stimulator, tumours, sensitivity defects, metal implants within current line, pregnancy, eczema, bleeding conditions.
- **Time:** 3 – 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Analgesic

**PARAFANGO PACK**

Parafango is a combination of dry mud, usually used from a local source as in Piešťany and pure hard paraffin and paraffin oil. The mixture is melted and heated in a special unit, then applied to the problematic area of the body in a layer 1 cm thick, just as it begins to harden at a temperature of between 36 – 45 °C. The intensity of the heat is slightly lower than pure paraffin making it a more patient-friendly treatment. The local application of the heat relaxes the muscles, causing spasm release, easing chronic pain and supports the healing and nutrition of the tissues. It also has sedative and immune biological features.

- **Time:** 15 – 45 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

**PEAT PACKS**

In locations where there is no natural thermal mud, for example in Marienbad, peat is used as an alternative. The procedure is similar to the mud pack (See: Mud Pack) in that the heat is applied to the body at a temperature of between 40 – 45 °C and wrapped either partially or fully onto the body with blankets for a period of 20 minutes. The peat is then hosed off and the treatment may then be completed with a dry wrap (See Other: Dry Wrap). The heat from the peat improves the blood circulation rate and local metabolism, softening the muscles/connective tissues and having an anti-inflammatory effect.

- **Time:** 20 – 30 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Well Being, Medical Wellness

**GYNECOLOGICAL MUDPEAT TREATMENT**

Pean is used in Marienbad for gynecologic treatments. The peat and mud act as a form of localized heat therapy and are applied in the form of a tampon. Not only is the treatment effective for inflammatory conditions and rehabilitation after gynecological operations, but is prescribed as a treatment for menstruation and climax disorders.

- **Time:** 20 – 60 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic

**PARAFFIN FOR HANDS**

This treatment uses the healing properties of paraffin. It starts with disinfecting the hands which are then immersed in melted paraffin several times. The paraffin creates an occlusive layer on the hands surface. Then the hands or feet are wrapped in foils and terry gloves to maintain the optimum temperature for the duration of the treatment. At the same time it has sedative and immune-biological effects.

- **Time:** 15 minutes
- **Doctor’s prescription required:** In some locations
- **Benefits:** Therapeutic, Medical Wellness

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INHALATION

Inhalation of mineral water has the same effect and uses the same principles as salt inhalation or thermal water inhalation, but has a stronger effect. A combination of water and mineral water are inhaled through a tube. During this inhalation process the medicine is inhaled directly into the respiratory system and lungs where it helps to dissolve mucus and has a cleansing reaction. It is effective in the treatment of chronic respiratory conditions, allergies or the aftereffects of a cold or respiratory infection.
- **Time:** 10 – 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Medical Wellness

OXYGEN INHALATION

The oxygen is inhaled through an intranasal tube into the nose, whilst you lie comfortably in a reclining chair. The air being inhaled is enriched with about 40-60% oxygen at a reasonable humidity level. A long term supply of oxygen into the body enhances the immune system, improves heart activity and elasticity of the lungs, helps the condition and efficiency of the mind and is excellent for all round health.
- **Time:** 50 – 60 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Medical Wellness

SALT CAVE (artificial salt cave)

The salt cave is a room constructed from real salt and depending on the location this salt can be imported from several different sources. The room is designed to be relaxing and atmospheric. During the treatment you lie comfortably in a chair relaxing whilst breathing in this special salty air. In the process tiny salt particles are inhaled into the respiratory system and lungs. Since salt has an anti-bacterial effect the salt particles help dissolve mucus and have a cleansing reaction in the respiratory system. The salty air is effective in the treatment of chronic respiratory conditions, or the aftereffects of a cold or respiratory infection. Because the body is in a totally relaxed position, the inhalation process is more effective, and it combines improved respiratory function with stress reduction.
- **Time:** 60 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Well Being, Medical Wellness

COMPLEMENTARY

ACUPUNCTURE

Acupuncture is a Chinese therapy that has been used for centuries. It is based on the theory that there is energy, called Chi or Qi, flowing through your body. Chi is thought to flow along energy pathways called meridians. Acupunctureists believe in a blocking or imbalance of the flow of chi at any point on a pathway may result in illness. Traditional Chinese medicine practitioners believe Acupuncture unblocks and rebalances the flow of chi to restore health. People often use Acupuncture to ease pain, which is done by putting very thin needles into the skin at certain points on the body. Acupuncture is especially effective for headaches, joint pain and allergies such as asthma.
- **Time:** 5 – 50 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Medical Wellness

EAR ACUPUNCTURE - AURICULOTHERAPY

According to the scientific definition, auriculotherapy is a method for keeping healthy, which uses points on the external ear for diagnosis and by stimulating these points we can cure functional or other changes caused by an illness. The points on the external ear are active only in the case of a pathological condition.
- **Time:** 15 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Medical

PHOTOTHERAPY

BIOPTRON LAMP

The Bioptron lamp is a source of curative bio-stimulating light, which uses polarized light, generated with a halogenous lamp. This light polarization is a prerequisite for the stimulation of living tissue and supports the development of the cells when there is contact between the light and the tissue. The light is applied locally, after the skin surface has been fully cleansed and degreased, it has the effect of slowing down the degenerative processes of the cells and accelerating the healing of wounds, skin drafts and scars. Since the treatment targets local circulation it can also be used for relieving inflammations of the ears, nose and accessory cavities and relieving pain.
- **Time:** 4 – 10 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Medical Wellness

U.V. SOLUX/INFRARED

Using the same rays that are in parts of sunlight, the body is exposed either partially or fully. U.V. rays can be used to different medical effect. Applied with caution U.V. light can improve the body’s immune system, muscle performance and the creation of red blood cells. U.V. light is also used for the treatment of many skin disorders such as psoriasis and eczema particularly.
- **Time:** 15 – 20 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Therapeutic, Well Being, Medical Wellness

OTHER

DRI WRAP

This treatment is normally given immediately after and in combination with wet treatments, such as mineral baths or a mud wrap. Whilst lying comfortably on a bed the body is wrapped up tightly in blankets for 15 minutes. This allows the blood temperature to return to normal and results in total relaxation of the body. Since the de-stress effect is so effective it is not uncommon to fall asleep during this treatment.
- **Time:** 15 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Well Being, Medical Wellness

VACUUM THERAPY - CUPPING

Firstly there is a massage to the affected area using ‘glasses’, then the ‘glasses’ are attached to the affected place. After applying the warm glasses the cooling process forms a vacuum which leads to them adhering to the skin. Blood circulation and oxygen supply in the surrounding area increases. Bringing blood and oxygen into critical points washes away harmful substances, detoxifies the body and repeatedly brings back-pain relief and adjustment to the function of the appropriate inner organ. So the treatment has physical, reflective and metabolic effects as well because it affects metabolic processes in a surrounding area and stimulates immunity of the organism.
- **Time:** 40 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Therapeutic, Medical Wellness

SLIDE - STYLER

Cosmetic treatment of cellulites, which consists of a cinnamon or paraffin wrap, pressure massage in an apparatus lymphoven and cosmetic skin treatment.
- **Counterindication:** over sensitivity to cinnamon extract, blood circulation disorders, suppurating and mycotic skin disorders
- **Time:** 30 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Anti-cellulite

Dry wrap

Vacuum therapy
**VITASALIN**

Very fine spray consisting of a solution of Vitasol, water and Dead Sea salts are sprayed inside a special cubicle. Fine drops of mist are absorbed by skin and respiratory tract mucosa, where they react with free oxygen radicals, which cause cell damage, premature ageing and participate in the origin of auto-immune disorders. This procedure is suitable for treating repeated disorders of the respiratory system, asthma bronchiale, eczema, atopic dermatitis, psoriasis, increasing of general resistance and immunity, recovery and regeneration of skin.

**Counterindication:** claustrophobia

- **Time:** 12 – 15 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Relaxing, Regenerative

**GEROVITAL**

Injection regenerative treatment, slowing the ageing process, improving concentration and memory.

**Counterindication:** over sensitivity to procaine.

- **Time:** 2 tests + 10 applications
- **Doctor’s prescription required:** Yes
- **Benefits:** Antiaging, Regenerative, Biostimulation

**CRYOTHERAPY**

**CRYOSAUNA**

The overall cryotherapy in a cryosauna is a unique method of whole-body cold therapy, during which the body is exposed to extremely low temperatures down to minus 160 °C for the period of 1 – 3 minutes. Cooling an organism as a medical tool has been used in medicine for centuries, however only since the 1980’s has it been possible to use the technology for treatments at extremely low temperatures in the form of overall body application. The procedure has come from Japan and it has now spread to a number of European countries too. Whole body cryotherapy is safe and it is very well endured. Due to the fast cooling of the body surface, the blood circulation is massively stimulated; it is 4 times higher than before cryotherapy. This speeds up the metabolic processes, removal of toxins and metabolic waste products. As a reaction to the cold, the organism starts producing a number of active substances (for example endorphins, corticosteroids), which has a total analgesic effect – reducing pain and it has an anti-inflammatory and regenerative effect, improving the performance of the immune system and thereby reinforcing the body’s defence system and also improvement of physical and mental endurance.

- **Time:** 1 – 3 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Medical Wellness

**RELAXATION | Massage**

**THAI MASSAGE**

This ancient massage actually has its origins in India. The founder of this art was an Indian Doctor, Jivaka Kumar Bhaka who was a contemporary of Buddha. This massage is conducted in light clothing, on a special floor mattress. It is a full body massage during which the masseur uses steady and precisely directed pressing actions on the pressure points of the body, combining this with passive stretching movements. Massaging these pressure points removes energy blockages and removes pain in the joints, spine and muscles. The massage also helps strengthen the nervous system, increases mobility/ flexibility and improves the blood and lymph circulation.

- **Time:** 30 – 120 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

**RELAXATION MASSAGE**

The relaxation massage is conducted on a massage bed whilst the masser massages part or all of the body. This is a slow massage with Swedish techniques that uses steady stroking movements of the hand. It is effective in improving blood circulation, the oxygen supply to the tissues and muscle flexibility. The time of the massage depends very much on your choice, but is generally purchasable in times of 20 minutes which can be extended according to your wishes. Our spa offer many different types of massage choices and styles to choose from, many within the frame of special complementing treatments.

- **Time:** 20 – 60 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

**RELAXING HEAD AND FACE MASSAGE**

This treatment is conducted lying in a comfortable position. A relaxing massage technique is applied with gentle pumping and stroking movements to the face, forehead, nose, eyes and ears. The same technique is also used on the nape or back of the neck. This massage gently reduces stress and tension and is recommended after a stressful day, stillness after a long journey or after working on the computer for a long stretch.

- **Time:** 15 – 30 minutes (followed by 5 minutes relaxation)
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

**TRADITIONAL DRY BRUSH MASSAGE**

This special massage uses stroking technique, applied in a special technique to the skin using a brush of half bristles. This action helps increase the blood circulation in the skin and removes from upper skin layer the dead cells. This leaves the skin surface smooth and receptive for other treatments. It is therefore often used as a preparation treatment for some packs (See: Further relaxation treatments: Aphrodite Pack). Owing also to its effect as a metabolism stimulator is can be used as part of a detoxification or anti-cellulite treatment.

- **Time:** 15 – 25 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Well Being, Medical Wellness

**DOLCE VITAE MASSAGE**

This treatment begins with a relaxing aroma massage (See: Relaxing Aromatic Massage). This is a slow massage technique that uses steady stroking movements of the hand with relaxing aroma oils. This is then followed with a hot towel back massage (See: Hot Towel Back Massage) for 20 minutes and uses two rolled up towels soaked in hot water. The massage targets the back muscles using the heat from the towels in a special rolling action. The masser firmly rolls the towels across the neck, shoulders and down the back to the sacrum in one continuous action. It finished with a short relaxation back massage. The combination of both treatments helps improve muscle flexibility, blood circulation, built up emotional stress in the back and releases tension and pain.

- **Time:** 45 – 50 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

**SHIATSU MASSAGE**

Shiatsu is an old, traditional Japanese healing method which is carried out on the floor in loose clothing. (Shiatsu in Japanese means ‘finger pressure’). Unlike the massages of the West that focus on kneading and friction, in Shiatsu, pressure and stretching are the techniques used. The masser uses palms, fingers, thumbs, louchiades, elbows, knees and feet onto the body’s acupuncture points along what are considered the body’s meridians or energy channels. In Shiatsu it is believed that disease is a result of blocked or un-balanced energy in these channels, the pressure applied in the massage helps to release it. Shiatsu massages are effective in treating many conditions particularly respiratory, digestive problems as well as headaches.

- **Time:** 50 – 75 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

**HOT STONE THERAPY**

Hot stone therapy is a variation on classic massage therapy. Massage oil is first applied to the body, which allows the stones to glide smoothly along the muscles. The stones used are normally lava stones or basalt, a type of rock rich in iron that retains heat. These stones are heated up to a suitable temperature and used to massage the back.
After the massage with the stones is completed, the treatment continues with a normal massage with Swedish techniques. When this is completed, the hot stones may then be placed in key points on the body and left for a short period of time. Depending on the length of the massage this can be repeated on the front section of the body. The massage is effective for back pain, poor circulation, stress relief and tension.

**Time:** 30 – 60 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

### VITAL VACUUM MASSAGE

The unique treatment is carried out utilizing the positive effects of suction through a specially designed rubber cup. This cup is gently pressed down onto the skin, and when slightly released produces a natural pressured vacuum effect. The skin then is lubricated with oil through soft massage techniques. The cup is pressed down onto the skin and directed in circular movements across the hip, waist, back and shoulders. As well as relaxing the body, this treatment is especially effective for stimulating the blood circulation.

**Time:** 20 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

### CHOCOLATE MASSAGE

The treatment begins with a special body scrub followed by a shower, during which chocolate-almond massages of a heated to a warm temperature. This delicious combination is applied all over the body and left to absorb for 20 minutes. This is washed off in a second shower. The final phase of the treatment is a mouth watering chocolate lotion that is rubbed into the skin. This unique mixture of chocolate and almond oil not only revitalizes the skin and replaces lost nutrients, but also has a positive, uplifting effect on your state of mind.

**Time:** 20 – 60 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

### DETOX HONEY BACK TREATMENT

In this treatment we use honey combined with a special pumping massage movement that causes a vacuum effect. This helps to absorb the minerals from the honey deep into the skin layer. Not only does this help to activate the inner organs, but at the same time it removes toxins from the body. This treatment is recommended for spine problems, neck, shoulder, backache, rheumatism and joint inflammation. In addition it helps relieve any tightness and improves the elasticity of the skin.

**Time:** 15 – 40 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Well Being, Medical Wellness

### CLASSICAL PARTIAL MASSAGE AFTER PEAT WRAP

After medical examination and diagnosis, massage of a certain part of the body is recommended. The aim is the stimulation of blood circulation in a certain body part, loosening muscle tension and improving the mobility of ligaments and joints. A classical partial massage is done after a peat wrap.

**Time:** 15 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Medical Wellness

### CLASSICAL MASSAGE WITH IVY - PARTIAL AND FULL BODY

The massage is done by a qualified masseur. Sometimes it is called ‘anti-cellulite’ massage. During the treatment, various techniques are used. An ivy massage gel warms the hypodermis and consequently releases adipose tissue. By means of the massage toxins are removed from the body. The aim of the massage is to speed up the healing process by improving blood circulation in problematic areas, loosen or stimulate muscles and reduce pain.

**Time:** 20 – 40 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Medical Wellness

### TIBETAN MASSAGE

Tibetan massage is a group of mechanical impulses, done by hands on a guest’s body with the aim of gaining harmony of body and soul. The massage takes 30 – 40 minutes.

**Doctor’s prescription required:** Yes
- **Benefits:** Medical Wellness

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### ACUPRESSURE MASSAGE

This treatment is done in a comfortable lying position. During an acupressure massage of trigger points occurs gradual loosening of the constricted nerves and muscles in certain areas, namely in the pelvis. To increase the effect we recommend repetition of the massage.

**Time:** 20 – 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Medical Wellness

### REGENERATING MASSAGE

Regenerating massage is done on a massage bed, where a massager massages parts of the body or the whole body. Due to the massage, surface veins and the lymphatic system are emptied quicker. The supply of nutrients, oxygen and protective substances improves and the degradation of harmful substances in the organism is quicker.

**Time:** 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Medical Wellness

### MANUAL LYMPHATIC DRAINAGE OF THE HEAD

The aim of this special massage (done by a physiotherapist) is to support the lymphatic system mainly in cases, where occur or have occurred functioning disorder. A massage includes light rhythmic movements of the hands, which are applied to lymph-nodes and the lymphatic system of the head and neck. The function of lymph-nodes is stimulated to clean the body, lymph flow helps to remove toxins, waste products, cell waste and dead particles. At the same time swellings from the facial area are removed.

**Time:** 30 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Medical Wellness

### BACK SCHOOL

The procedure “back school” helps many people to move without pain and leads towards overall reconvalescence. Nowadays some exercise theories have become outdated because according to the latest research there are no correct or incorrect movements, but according to the situation and body strength - pleasant, convenient or inconvenient movements. A short time program includes exercises aimed at all kinds of body muscles, which support the correct body posture. Without doubt they are stomach muscles, thigh and back muscles.

**Time:** 30 minutes
- **Doctor’s prescription required:** No
- **Benefits:** Medical Wellness

### LYMFOVEN - PRESSURE MASSAGE

Excess pressure machine massage of the upper or lower limbs or abdomen area, buttocks and thighs. Due to health reasons it is recommended to put on compressive stocking or elastic bandage after the end of the massage. The whole procedure lasts 40 – 60 minutes.

**Indication:**
- Primary and secondary lymph oedema especially after breast ablation,
- chronic swellings in cosmetics as a supportive cellulite cure

**Counterindication:**
- untreated malignant disorders, swellings in consequence of heart decompensation, liver and kidney disease, untreated suppurating and mould disorders of the skin.

**Time:** 60 minutes
- **Doctor’s prescription required:** Yes
- **Benefits:** Medical Wellness

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**Manual lymphatic drainage of the head**

**Indication:**
- illnesses of locomotive system, neuro-vegetative dystonia, states of tiredness and irritability, convalescence, sleeplessness, migraine based headaches

**Counterindication:**
- venous and infectious illnesses, suppuring and mycotic skin disorders, scarring, bleeding conditions, osteopathy, pregnancy, menstruation, excessive vellus redness and irritability, convalescence, sleeplessness, migraine based headaches
**SIGOROL - MASSAGE ROLLER**

Instrumental massage for strengthening and stretching connective tissue, skin and weak muscles, removal of cellulite, metabolism stimulation and reduction of body mass. It is possible to support the effect by an application of ivy gel.

**Counterindication:** all acute and decompensated disorders, bleeding, immediate post-operation conditions, pregnancy.

**Time:** 30 minutes

**Doctor’s prescription required:** No

**Benefits:** Anti-cellulite

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**RELAXATION | Further relaxation treatments**

**APHRODITE PACK**

This treatment begins with a dry brush massage (See Massage: Traditional Dry Brush Massage). This special massage uses stroking techniques applied in a special way to the skin, using a brush of half bristles. This action helps increase the blood circulation in the skin capillaries and removes from upper skin layer dead cells leaving the skin surface smooth and receptive. The body is then covered with a special cream containing whipped cream, honey and orange oil and wrapped. This cream wrap is left for 20 minutes whilst the nutrients from the honey and cream are absorbed into the skin. The treatment is completed with a short relaxation massage.

**Time:** 45 – 50 minutes

**Doctor’s prescription required:** No

**Benefits:** Well Being

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**DEAD SEA COMPLEX BODY TREATMENT**

The treatment begins with a traditional body scrub, which cleans, opens up the pores and removes dead skin. The scrub mixture is then washed off in a warm shower, whilst a special mixture of Dead Sea mud is prepared. This mixture is applied to all the body and is then covered with a foil and blanket. Following a relaxing rest for 20 minutes the mud is removed in an invigorating shower. An effective anti-cellulite gel is then applied to all the problem areas of the body.

**Time:** 60 minutes

**Doctor’s prescription required:** No

**Benefits:** Well Being, Anti-cellulite, Medical Wellness

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**LIGHT THERAPY**

Light therapy is a medicinal method, the light energy has an effect on hypothalamus through the eyes. Hypothalamus affects body processes. An important role is played by the vegetative nervous system and its effect on all live functions.

**Time:** 30 minutes

**Doctor’s prescription required:** Yes

**Benefits:** Well Being, Medical Wellness

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**SAND SUN THERAPY**

This treatment uses UV device and it is provided in a room, which evokes a feel of being by the sea. It serves for relaxation and warming up the organism.

**Time:** 20 minutes

**Doctor’s prescription required:** No

**Benefits:** Relaxing

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**SAUNA**

For this procedure the effect of dry hot air at a temperature of 80 °C is used. The length of time in a sauna is 10 – 15 minutes. When you have the feeling of heat, leave the cubicle and cool down with a shower or a stream of water from a water tub. After a short rest, repeat the whole procedure, do this 2 – 3 times. You can insert swimming in a pool in-between individual phases. The body is then covered with a special cream containing whipped cream, honey and orange oil and wrapped. This cream wrap is left for 20 minutes whilst the nutrients from the honey and cream are absorbed into the skin. The treatment is completed with a short relaxation massage.

**Time:** 3 – 14 minutes

**Doctor’s prescription required:** No

**Benefits:** Well Being, Anti-cellulite, Medical Wellness

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**FITNESS**

**PILATES**

Joseph Pilates developed his concept in England whilst injured during the First World War, basing his principles on yoga and Tai Chi (See: Yoga, Tai Chi). Whilst working in a hospital he began devising equipment to rehabilitate his patients, taking springs from beds and rigging them to create resistance. Pilates is mainly taught on a mat, sometimes using special equipment that has changed little from the original hospital bedsprings. Practiced faithfully Pilates yields numerous benefits, including increased lung capacity, strength, flexibility, posture and balance. The balance and control taught in Pilates helps in all areas of one’s life. His methods are so successful that all types of people now use them from ballet dancers to rugby players.

**Time:** 60 minutes

**Doctor’s prescription required:** No

**Benefits:** Well Being, Medical Wellness

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**NORDIC WALKING**

Nordic walking is derived from cross-country skiing and its principle is based on using two specially designed poles whilst walking. This means that during the workout the upper body is utilized, resulting in a more intensive cardiovascular workout compared to normal walking. However because of the support from the walking sticks, you do not feel you are working out at such a high intensity, meaning a lower ‘perceived rate of exertion’. In addition, the exercise works the arms, shoulders, upper chest and back muscles through a full range of movement, lengthening muscles that are often tight. The poles are also good support and they provide stability if you have balance, knee or leg problems.

**Time:** 60 – 75 minutes

**Doctor’s prescription required:** No

**Benefits:** Well Being, Medical Wellness
Mechanotherapy

The last type of phototherapy. The treatment is designed for large screen 3D light therapy of polarised quasi-monochromatic light with defined parameters.

- Improvement of balance and coordination
- Improvement of solidity of bone tissue
- Enhancement of some hormone levels
- Acceleration of process of recovery and regeneration
- Support of lymph system activities
- Support of nerve and muscle functions

- Doctor's prescription required: No
- Benefits: Medical Wellness, Relaxations

THAI CHI

Tai Chi, as it is practiced in the West today, is a combination of a moving form of yoga and medita-
tion. In Tai Chi there are a number of so-called ‘forms’, (also called ‘sets’) which consist of a number of movements. Many of these movements were originally derived from martial arts and from the na-
tural movements of animals and birds. These movements are performed slowly and gracefully, with smooth, even, transitions between them. In Chinese philosophy and medicine there exists the concept of ‘chi’, a vital force that animates the body. The aim of Tai Chi is to foster the circula-
tion of this ‘chi’ within the body to enhance health and vitality. Another aim is to develop a calm and tranquil mind focused through the precise execution Tai Chi exercises.

- Doctor’s prescription required: No
- Benefits: Well Being, Medical Wellness

POWER PLATE

A new method of health provision in any other age. It doesn’t depend on Your fitness or on Your life
tyle! It is a real break-through in fitness and boost exercise, because it enables weight human or-
ganism optimally and in so doing are minimized excessive strokes, falls and encumbrances. The ef-
effect is: the body gets over a higher endurance during each move. Apparature is a vibration boost
machine, that makes our muscles vibrating and knees are not stressed. Muscle parts are due to va-
nous positions activated. It is for people, who have problems with movement, time, pain of shoul-
ders and stress.

- Time: 30 minutes
- Doctor’s prescription required: Yes
- Benefits: Medical

MECHANOTHERAPY

It includes assisted exercise with the help of exercise devices (rehabilitation tables, exercise
bikes, exercise bench, pulley, exercise devices for training the lower and upper limbs, wall bars,
dumbbells, etc.).

- Time: 30 minutes
- Doctor’s prescription required: Yes
- Benefits: Medical

BIOSTIMULATOR

The latest type of phototherapy. The treatment is designed for large screen 3D light therapy of polarised quasi-monochromatic light with defined parameters.

- Time: 5 – 35 minutes
- Doctor’s prescription required: Yes
- Benefits: Anti-inflammatory, Biostimulation, Analgesic

BIO-SOLARIUM

Bio-solarium is a devise designed for cosmetic purposes – creating a suntan. Gaining a suntan is quic-
kier and it lasts longer, with the intensified effect of UV radiation and the filtration of UVA radiation.

- Time: 6 – 12 minutes
- Doctor’s prescription required: No
- Benefits: Regenerative, Cosmetic

LAVATHERM - DUOTHERM

Local warm appliances, where heat is generated by warming in a water bath or by che-
mical reaction inside the cover.

- Time: 20 minutes
- Doctor’s prescription required: No
- Benefits: Analgesic

EXTREMITER

An apparatus used for vacuum-compressive therapy of upper or lower limbs. By chang-
ing high and low pressure an improvement of the blood circulation and tissue nou-
ishment is gained, it supports re-opening of blood-vessel connections and reduction in swellings.

- Indication: ischaemic disorders of the lower limbs, blood circulation disorders, chronic

VIBROSAUNA

Combined therapy, which uses the effects of a vibrosauna, heat, relaxing music and
aromatherapy. It affects all senses, evokes a condition of physical and mental balance,
loosens muscles, improves blood circulation and nourishment of tissues, accelerates
metabolism and reduces blood pressure.

- Indication: locomotive system disorders, aching muscles, recovery, increased non-spe-
cific immunity, physical and mental exhaustion due to a busy work load, functional
 disorders of blood circulation, supportive treatment for obesity

MYOFEEDBACK

This treatment serves to strengthen muscles of the pelvic bottom and practicing
correct urination. The patient themselves checks the effectiveness of this exercise on
a computer screen. Very important is the patient’s well-being and concentration.

- Time: 20 minutes
- Doctor’s prescription required: Yes
- Benefits: Medical

RELAXATION GYMNASICS

It is a relaxation therapy with gradual loosening of muscles according to the Jacobson
method. This relaxation is based on the systematic contraction and loosening of the
skeletal muscles, which can remove muscle overstrain. During the exercises pleasant
body feelings arise, which also contribute to physical relaxation. In cases of long-term
physic discomfort, strain shows in the function of the central nervous system and dis-
turb the function of the cardiovascular, endocrinal and other autonomic systems.

- Time: 60 minutes
- Doctor’s prescription required: No
- Benefits: Relaxing
ROYAL CABIN OF EDWARD VII.

The jewel of the hotel Nové Lázně is the royal cabin, built in 1896 in neoclassic style. The cabin was named after the English king Edward VII., who used to take mineral baths in the original Mariánské Lázně spring water during his stays in this town in 1897 - 1909. In the cabin there is an entrance area with a rest room, from where you can enter a balcony overlooking the park. The bathtub is the original from 1896. The royal cabin is richly decorated by stucco ceilings, mirrors and paintings with romantic scenes. The royal cabin is kept in its original appearance, and that fascinating beauty cannot be found in any other spa.

Indulge yourself in a royal experience in King Edward VII. style.

MARIA SPA

MARIA’S MINERAL BATH WITH PEAT EXTRACT

The bath takes place in a historical bathtub, inlaid with water oak, water temperature is 34 °C; peat is added directly into the water. The bath improves blood circulation, counteracts stress, decreases blood pressure, improves the heart’s operation and enables absorption of beneficial substances from peat. After the treatment it is necessary to have a shower consisting of a mixture of warm water and mineral spring.

- Treatment time: 20 minutes bathing + 15 minutes dry wrap
- Doctor’s prescription required: No
- Benefits: Therapeutic, Well Being, Medical Wellness

MARIA’S DRY CARBONATED POOL WITH OXYGEN THERAPY

During this treatment we use an original pool, where guests sit up to their waist in a natural gas CO₂ gained directly from Maria’s spring. The treatment is combined with oxygen therapy and the accompanying relaxation effects. The traditional treatment procedure dates back to 1905.

The treatment improves the blood circulation within the whole body, improves the saturation of haemoglobin by oxygen, which helps to regenerate cells and thereby reducing aging (anti-aging effect).

We recommend to use safety belts and after the treatment to have some rest on a lounger.

- Treatment time: 25 minutes
- Doctor’s prescription required: No
- Benefits: Therapeutic, Well Being, Medical Wellness

MARIA’S KNEIPP THERAPY

This treatment is based on the principle of changing cold Maria’s spring and warm water with the addition of peat. A circular walk and alternating pools in 60-second intervals (warm water 42 °C) – 15 seconds (mineral spring 15 °C) improves the blood circulation in the legs. It works well against stress and it is also relaxing.

- Treatment time: 5 minutes
- Doctor’s prescription required: No
- Benefits: Therapeutic, Well Being, Medical Wellness

MARIA’S PEAT MASSAGE

This treatment consists of a classical massage with the addition of a peat emulsion and massage oil. It helps against pain of the locomotive system, enables the absorption of beneficial substances from peat. It has also a cosmetic effect. The Hasslauer massage table is a multifunctional table with heated massage area.

- Treatment time: 25 minutes
- Doctor’s prescription required: No
- Benefits: Therapeutic, Well Being, Medical Wellness, Regenerative

MARIA’S GROUP INHALATION

During the treatment, mineral water or the medicine, which helps to dissolve phlegm and to clean the respiratory tract, is inhaled into the respiratory system and lungs from the Maria’s spring fountain. The treatment is effective for treating chronic respiratory disorders, allergies, consequences of cold or infection of the upper respiratory tract.

- Treatment time: 12 – 15 minutes
- Doctor’s prescription required: No
- Benefits: Therapeutic, Medical Wellness

MARIA’S PEAT PACK

During this treatment, peat is applied to prescribed body parts. The body is wrapped and sinks into the membrane of waterbed, which evokes a pleasant and warm feeling of weightlessness. The body is gradually heated up to the recommended temperature, which can be regulated. The peat wrap decreases local swellings around the joints and relaxes muscle stretch. It reinforces anti-inflammatory and immunity processes in the body, improves the functioning of cartilage, connective tissues and intervertebral discs. After the treatment it is recommended to have classical massage.

- Treatment time: 30 minutes including a shower
- Doctor’s prescription required: No
- Benefits: Therapeutic, Well Being, Medical Wellness, Regenerative, Relaxing

Visit the magical Roman Baths, which have been connected with the town of Mariánské Lázně since 1896. We offer you the chance to visit and experience the complex of two pools in the Roman Baths, the appearance of which is based on 21 Tuscan columns made of Salzburg red marble. Their capitals and shafts are made from white Carrara marble. This area is connected to a modern pool with counter-current, whirlpool, sauna (90 °C), sanarium (60 °C), steam bath (85 °C), Kneipp’s therapy and a relaxation room.

The Roman Bath complex also offers a whole range of massages, hydro-therapy and Beauty salon Emporium with the top class for anti ageing from the French cosmetics Clarins.

ROMAN BATH

Visit the magical Roman Baths, which have been connected with the town of Mariánské Lázně since 1896. The jewel of the hotel Nové Lázně is the royal cabin, built in 1896 in neoclassic style. The cabin was named after the English king Edward VII., who used to take mineral baths in the original Mariánské Lázně spring water during his stays in this town in 1897 - 1909. In the cabin there is an entrance area with a rest room, from where you can enter a balcony overlooking the park. The bathtub is the original from 1896. The royal cabin is richly decorated by stucco ceilings, mirrors and paintings with romantic scenes. The royal cabin is kept in its original appearance, and that fascinating beauty cannot be found in any other spa.

Indulge yourself in a royal experience in King Edward VII. style.