

MARIENBAD KUR & SPA HOTELS

Member of the Danubius Hotels Group



SPA TREATMENT GLOSSARY
Mariánské Lázně, Czech Republic

Spa Treatment ~ Tradition and the Present

The company Marienbad Kur & Spa Hotels - Léčebné lázně Mariánské Lázně a.s., continues in the long tradition of spa treatment in Mariánské Lázně.

We try to fully utilise the unique natural sources – mineral springs, peat and medicinal Maria's gas. These natural sources are used in accordance with the top modern medical methods so that a spa stay will have the maximum impact on the condition of health of our guests. Spa guests who seek out Mariánské Lázně, are especially those who suffer from locomotive system disorders, kidney and urinary track disorders, but Mariánské Lázně is also suitable for curing respiratory, gynaecologic and metabolic disorders. We offer spa stays also for children for whom we provide specialised care.

For the maximal success of the spa care we recommend classical spa stays for the length 3 – 4 weeks. But we also offer short-term curative programs and freely purchasable procedures, which can regenerate the whole body even during a short stay.



Co-operation with the 1st Faculty of Medicine, Charles University in Prague

The company Marienbad Kur & Spa Hotels - Léčebné lázně Mariánské Lázně a.s. is not only building its further development on traditional therapy, but by its new activities it is aiming further into the field of modern spa industry. In the spirit of long-term tradition of high proficiency of the Czech spa industry and the development of the Czech education system, there began, in 1996, a reciprocal co-operation with the 1st Faculty of Medicine, Charles University in Prague. It opened the door of opportunity for wide co-operation when solving various research tasks and problems as well as problems from everyday practice.

Spa Treatment

~ Indications

LOCOMOTIVE SYSTEM DISORDERS

Vertebrogenous algic syndrome (backache), degenerative disorders of locomotive system (spine and large joints), osteoporosis, post-operation conditions following orthopaedic surgery (endoprosthesis).

DISORDERS OF THE KIDNEYS AND OF THE URINARY TRACT

Chronic inflammations, conditions following operations of kidney and urinary stones or crushing them with shockwaves, kidney and urinary tract post-operation conditions, prostate disorders (inflammations, post-operation conditions).

RESPIRATORY DISORDERS

Chronic bronchitis, bronchial asthma, nasal allergies, post-operation conditions of the lower air passages.

METABOLIC DISORDERS

Obesity, gout, constipation, diabetes mellitus, hyperlipoproteinaemia.

GYNAECOLOGICAL DISORDERS, INCLUDING THE TREATMENT OF STERILITY

Vulvouterine inflammatory disorders, gynaecological post-operation conditions, sterility, infertility, climacteric syndrome and urine incontinence.

ONCOLOGICAL DISORDERS

Rehabilitation of patients following completed treatment of breast cancer, cancer of the genitalia or other oncological disorders (except for malignant blood diseases).

SECONDARY DIAGNOSIS

Thanks to natural medicinal sources, it is possible to successfully treat as a secondary diagnosis; hypertension, ischaemic heart diseases, ischaemic disorders of lower limbs, potency disorders.

INDICATIONS FOR CHILDREN AND ADOLESCENTS

Chronic inflammation of kidneys and urinary tract, conditions following operations of kidneys and urinary tract, dysfunction of inferior urinary tract, urolithiasis.

Gynaecological inflammation, post-operation conditions following operations on the stomach cavity, especially of the area of small pelvis (operation of appendix and gynaecological operations) as a precaution of sterility in adulthood.

Spa Treatment ~ Counterindication

- ~ Acute and infectious diseases.
- ~ Clinical signs of circulation insufficiency, malign arrhythmia, hypertension to 16 kPa (120 mmHg) diastolic pressure.
- ~ Conditions following deep thrombosis within 3 months after the disease has receded, conditions following surface thrombophlebitis within 6 weeks after the disease has receded.
- ~ Frequent recurrence of profuse bleeding of any kind.
- ~ Labile and decompensated diabetes mellitus.
- ~ Tumours in the course of therapy and then after with signs of the diseases' continuance is clinically detectable.
- ~ Cachexia of any kind.
- ~ Non-compensated epilepsy.
- ~ Psychoses and mental disorders with asocial manifestations and restricted capacity of communication, transitory states of confusion.
- ~ Alcohol addiction, addictive drugs dependence.
- ~ Irremediable dermal defects of any origin.
- ~ Faeces incontinence.
- ~ Pregnancy.
- ~ Incapacity of self-attendance and daily functions without the assistance of another person and independent walking incapacity.

Information and Advice for Spa Guests

- ∞ Always consult with a doctor, as to which spa procedures are suitable for you.
- ∞ Always consult with your doctor about a drinking cure. Never drink more mineral water than is prescribed by your doctor.
- ∞ In the case that a spa procedure is not suitable or pleasant for you, inform your doctor.
- ∞ Your cure plan is controlled by computer. Therefore keep to the reserved times of spa procedures. If you can not keep a reserved time, inform the spa hotel surgery.
- ∞ All problems, which may occur during the cure, are to be solved immediately 'at the place' with the management.
- ∞ Peat pack is a spa procedure, which represents a heavy stress on the heart and blood vessels disorders. Regarding the suitability of a peat pack, it must always be decided by a doctor.
- ∞ Never change a medicament therapy from your home doctor without a doctor's approval.
- ∞ On the third or fourth day there can often occur a so called 'spa reaction', which means that you can temporarily feel worse.
- ∞ Rudolf spring is not suitable for patients with phosphate kidney stones.
- ∞ Maria's spring is not a mineral water spring, but natural medicinal gas, which is used for dry CO₂ gas baths (wraps) and dry CO₂ gas application.
- ∞ Mineral baths in Mariánské Lázně contain, besides carbon dioxide and mineral salts, humic acids, which are an important part of peat.
- ∞ Never ask for different a 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.

ACUPUNCTURE

Thousands of years old reflective treatment, where relevant acupuncture points are stimulated by acupuncture needles. Whole body acupuncture is especially used for treating aching conditions and functional disorders of inner organs, vertebrogenic algid syndrome, neuralgias, tinnitus. Acupuncture of the earlobes is often a part of weaning cures, for example supportive treatment of obesity, smoking etc.

Counterindication: bleeding, suppuration in the place of needle application, fear of needles.

BATH AIR JET

The bath Air Jet is an intensive combination of underwater and air massage in a bathtub with a sparing effect on the organism. It has an overall relaxing effect and it improves the blood circulation in the skin and muscles. It has to be prescribed by a doctor. The bath takes 20 minutes; water temperature is 37–38°C.

Indication: locomotive system disorders, obesity, overwork conditions, sleeplessness.

Counterindication: skin injuries, suppurating and mycotic skin diseases, acute and feverish illnesses, cardiovascular decompensation, higher supervision of epileptics.

BIO-SOLARIUM

Bio-solarium is a device designed for cosmetic purposes – creating a suntan. Gaining a suntan is quicker and it lasts longer, with the intensified effect of UVA radiation and the filtration of UVB radiation. The period of sunbathing is 6–12 minutes. Bio-solarium has also a sedative effect to the organism and it strengthens the immunity system.

Indication: strengthening of non-specific immunity, post-operation condition, psoriasis, some skin diseases.

Counterindication: tumours, post radiotherapy condition, photo dermatitis, heavy arteriosclerosis, atrophic skin, herpes zoster, open wounds.

CHIRO-PRACTICE

Chiro-practice is a medicinal method dealing with osteopathic examination of joint and spine functions. The purpose is the diagnosis and curing of the

functional blockage of the spine and limb joints. It is performed by a doctor – who is a specialist in myoskeletal medicine. The procedure takes 20-30 minutes.

CLASSICAL MASSAGE

Classical massage has a relaxation function. This procedure complements the cure in the cases of loosening stiff muscles, treating painful contractions, or to prepare a patient before medical exercise.

Counterindication: post-operation conditions of enterocoele and chest. Varicose veins of lower limbs, serious problems with blood circulation and bleeding conditions.

COLON HYDROTHERAPY

During this procedure, irrigation of the large intestine and the removal of deposits from the intestine mucosa is done by a special apparatus (colon-hydromat), water and belly massage. It is recommended to eat light pulpy meals, fruit and vegetables and to drink plenty of liquid, one day before the procedure.

Indication: chronic constipation, digestive disorders, flatulence, tiredness, headaches, precaution of large intestine tumours, allergic diseases and immunity disorders (eczema, nettle rash), obesity.

Counterindication: acute inflammation of large intestine especially with the formation of ulcers, tumours, congenital defects intestine and intestine narrowing, pregnancy, cardiac decompensation.

CRYOTHERAPY

Curing by cold. It is used as a local therapy for acute inflammations. It is a short time application. Only several minutes.

DRINKING CURE

A drinking cure is important and, for kidney and urinary tract disorders, the main part of a spa treatment. The principal of a drinking cure consists of drinking 1–3 times per day, a certain amount of mineral water according to the medical prescription. A recommended amount is 1.5–2 l per day. The drinking cure affects the organism by temperature, chemical composition and the volume. It influences urine composition by inducing a water diuresis, it

stimulates the kidneys into faster activity and positively affects intestine peristalsis. Drinking mineral springs before eating increases the efficiency and enables better absorption of mineral substances. An important element of a drinking cure is to establish the correct drinking regime. Within a calm atmosphere of the spas, the fluids intake is unforced and the habit can even be transferred home.

DRY CO₂ GAS APPLICATION

This is the application of Maria's gas to the subcutis in the area of large joints and the spine. The principle effect it produces is the abatement of pain, the improvement of the rate of blood circulation in certain areas and the acceleration of healing.

Indication: disorders of blood circulation in limbs, ischaemic heart disease, painful degenerative disorders of joints and the spine.

Counterindication: local inflammation of skin and subcutis in the area of application, bleeding.

DRY CO₂ GAS BATH

Naturally occurring Maria's gas is used, which arises in Mariánské Lázně. It is a gas of volcanic origin, which contains 99.7 % CO₂ and is used in a form of dry gas baths and gas application. The gas is also absorbed through clothes, affects vasodilatation and directly effects skin receptors. It improves blood circulation, it has anti-inflammatory effect, accelerates the healing of wounds and positively affects kidney activity. Maria's gas stimulates production of sexual hormones testosterone and oestradiol, this is why it is successfully used for the improvement of sexual functions of men and women and to relieve menopausal symptoms in females. Plastic sacks are used for administration, into which Maria's gas is pumped.

Indication: ischaemic disorder of lower limbs, hypertension, gynaecologic and urologic indications, sexual functions disorders.

DYADINAMIC

Dyadinamic is one of the most common devices of electro-therapy, which uses a low current for its analgesic and spasmolytic effect and for the improvement of blood circulation in tissues. It has to be prescribed by a doctor, the length of application

is 3-6 minutes according to the activity of the disorders (with acute conditions being daily and for a shorter period, with chronic conditions 3x week up to 6 minutes).

Indication: locomotive system disorders (pain in joints and the spine).

Counterindication: cardio-stimulator, tumours, sensitivity disorders, metal implants within current lines, pregnancy, eczema and bleeding condition.

ELECTROTHERAPY

This procedure uses various kinds of electric currents, which improves blood circulation in tissues, loosens tension of skeletal and smooth muscles or on the contrary it develops their tension, has analgesic and anti-inflammatory effects. According to the prevailing effect, a suitable type of electrotherapy is chosen for treating disorders of the locomotive system, blood circulation disorders, chronic inflammatory and degenerative disorders, post-operation conditions, chronic gynaecological and urinary tract inflammations, digestive and respiratory system disorders, skin diseases etc.

Counterindication: generally all infectious and decompensated disorders, tumours, metal objects (cardio-stimulator, metal fixation of bones, chains, watches), bleeding, over sensitivity to electric current, pregnancy.

EXERCISE FOR RELAXATION

This uses yoga elements for releasing muscle and psychic tension, inducing balance in the area of autonomic nervous system, to influence disturbed functions of inner organs. It is possible to combine it with aroma-therapy.

Indication: conditions of exhaustion and over irritability, sleep disorders, functional disorders of the stomach, intestines, hypertension, menopausal syndrome, stomach ulcers, increased irritability of the urinary bladder, asthma bronchiole, some forms of eczema and dermatitis.

Counterindication: epilepsy.

EXTREMITER

An apparatus used for vacuum-compressive therapy of upper or lower limbs. By changing high and low

pressure an improvement of the blood circulation and tissue nourishment 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 vein inadequacy, lymph oedema, trophic skin disorders.

Counterindication: thrombosis and thrombophlebitis, extensive varicose veins.

FOUR-CHAMBER BATH

Four-chamber bath uses a direct current of a constant intensity within a water environment. Body tissues are polarised, which causes capillary hyperaemia. Limbs are immersed into baths filled with water and when connecting the upper limbs to a positive pole and lower limbs to a negative pole, it has a sedative effect, when connected other way round it has a stimulating effect. It improves blood circulation in the limbs and adjusts muscle tension. It has to be prescribed by a doctor; the length of application is usually 20-30 minutes.

Indication: diabetic polyneuropathy, blood circulation disorders of the limbs, disorders of innervation, acute post accident condition.

Counterindication: cardio-stimulator, obesitas magna.

GEROVITAL

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

Counterindication: over sensitivity to procaine.

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 ones time as well as physically, do not plan other program.

HYDROXEUR

More intensive under water massage done in a special bathtub by gentle water jets, saturated by air or oxygen.

Indication: locomotive system disorders, post-operation conditions and injuries to muscles and joints, functional nervous disorders, some vein diseases, arthritis.

INFRA-SAUNA

Infra-sauna serves for warming the body with infrared radiation to a depth of 4 cm. It uses the effect of warm and dry air at a temperature 45°C, within the enclosed area of the sauna. A thermal regulating mechanism is applied in a form of perspiration, it improves the blood circulation in the skin and muscles and connective tissues are warmed up and loosened. The recommended length of time is 20–30 minutes for an adult, but it is always regulated by the subjective feelings of a client. The infra-sauna is used for inducing the overall release, relaxation, for relaxation after muscle strain, with muscle rheumatism, pain in joints and spine or for warming up and muscle relaxation before a classical massage. Half an hour before and after the sauna, it is recommended to drink a glass of still or mineral water. The procedure is not suitable during acute illnesses, further for cardiac patients, oncological patient and patients with epilepsy and with bleeding.

In the case of any health problems, please consult your doctor, who will recommend you suitable procedures.

INHALATIONS

Mineral water used for inhalations, improves the mucosa function of the respiratory system, produces anti-inflammatory effects, liquefies mucus and make expectoration easier. Medicines may be added to the mineral water to relive severe dyspnoea; in addition, natural salts and herbal extracts may be added to treat catarrhs in the upper air passages.

JACUZZI

Jacuzzi is a special whirl-bath for several people, where numerous water jets provide underwater hydro-massage and air bubbles. It has a positive effect on intensive blood circulation in tissues and their massage, it improves their nutrition and washing away of metabolites, it improves lymphatic outflow

and absorption of swellings and exudations. The time in a Jacuzzi (5–10 minutes) interline with swimming in a pool. This procedure is suitable after operations, injuries and other disorders of locomotive system, after physical strain for release and relaxation, it is used as a subsidiary cure of cellulites and obesity. Jacuzzi is not suitable for acute illnesses, injuries and skin diseases and for children.

KNEIPP'S CURE

Kneipp's cure is a part of a water treatment, when alternative effect of hot and cold water is used, which supports tissue metabolism and blood circulation. In Kneipp's pool you alternatively walk through water of the temperature of 40–42° C and cold mineral water of the temperature of 10–16° C. While walking hold on to a handrail and raise your knees. Always finish the procedure in cold mineral water and dry your limbs properly with a towel.

This procedure is suitable for headaches, neuro-vegetative dystonia, cold feet syndrome, for patients with beginning with varixes, freeing up of ankles and leg and feet joints.

LAVATHERM, DUOTHERM

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

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.

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 cellulites cure.

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

LYMPHATIC HYDRO-MASSAGE

This is a gentle massage by water jets in a special cubicle. It could be performed as overall, partial or in a combination with Scottish jets or Turkish bath. It improves the clearing of lymphatic veins, normalises skin tension, improves blood circulation in the skin and hypodermis, increases tissue metabolism and stabilises the autonomic nervous system.

Indication: lymph oedema, chronic swellings, functional disorders of blood circulation, increase of non-specific immunity, supportive program for curing obesity.

Counterindication: all acute and decompensated disorders, cardio-stimulator, extensive varicose veins, bleeding, opened skin injuries, claustrophobia, fluctuating hypertension.

LYMPHATIC MASSAGE BY VIBRAMAT

A massage with the help of the appliance 'Vibramat', belongs amongst other effective methods of differentiated treatment of cellulites. During this procedure the skin is massaged by gentle pressure percussion, thanks to which, the blood circulation is improved and the skin smoothes. The massage also helps to remove wastes and fats from the skin and influences its strength and elasticity.

MANUAL LYMPHATIC DRAINAGE

This is given by a physiotherapist with special training. It is a manual therapeutic interposition, during which there is a change of pressure on the capillary wall, improvement of the exchange of matter between blood and tissues. There is a set of grips for the upper and lower limbs. After a massage, elastic stockings or bandage is put on. The whole procedure lasts 40–60 minutes.

Indication: lymphatic swellings of upper or lower limbs, combined disorders of blood circulation.

Counterindication: bleeding, opened skin injuries.

MINERAL BATH

The bath is taken in mineral water with a high content of CO₂, mineral salts and humic acids at the temperature 28–34°C. Carbon dioxide is absorbed by the skin, it increases the rate of blood circulation, positively affects heart and kidney activity. In addition, a series of carbonic baths has anti-stress effect. Various herbal extracts or Dead Sea salt may be added to the mineral baths. The bath lasts for approximately 20 minutes, after the bath follows a 20-minutes rest in a dry wrap.

Indication: heart and vascular system disorders, kidney and urinary tract disorders, nervous system disorders.

Counterindication: cardiac decompensation, epilepsy, tendency of hypotension.

MINERAL BATH WITH ADDITIVES

The effect of mineral water is complemented by the specific action of plant extracts.

Nettle bath – softens the skin, speeds eczema healing.

Camomile bath – has anti-inflammatory effects, improves healing of wounds and scars.

Baths with a mixture of nettles and horsetail plant decreases backaches and aches of the joints.

Baths with the addition of tannin, oak bark potion or agrimony potion have anti-inflammatory effects, soothing irritation of the skin and mucosa during inflammation of the urinary bladder, urinary tube, inflammation of the vagina and perigenital area.

MINERAL BATH WITH THE ADDITION OF DEAD SEA SALTS

Mineral water enriched with a natural mixture of minerals, salts and micro-particles from the Dead Sea, improves the flexibility and elasticity of the skin, it has anti-inflammatory and anti-allergic effects, it also restores organism immunity.

Indication: allergic disorders (asthma bronchiole, eczema, allergic dermatitis, urtica), psoriasis, repeated and chronic inflammation of respiratory tract, aching joints.

Counterindication: cardiac decompensation, epilepsy, acute aggravation, opening of surface wounds.

MOUNTAIN SUN

For this procedure, ultraviolet radiation is used to increase non-specific immunity. Irradiation is applied, usually 2–3x a week for 0,5–3 minutes according to the type of skin. The eyes have to be protected by special glasses. Usually after 4–6 hours, to a maximum 10–12 hours, the skin becomes slightly red. It has to be prescribed by a doctor.

Indication: chronic and recurrent inflammations, convalescence, some skin diseases, rachitis and osteoporosis.

Counterindication: acute illnesses, photo-dermatitis, post radio-therapy conditions, tumours, medicines increasing sensitivity to ultraviolet radiation, bleeding conditions, hyperthyroidism, skin atrophy, heavy arteriosclerosis, herpes zoster.

MYO-STIMULATOR

Myo-stimulator is a device for cosmetic purposes to induce contractions and relaxation of muscle fibres. It is used for the strengthening of chosen muscle parts and decrease of fat tissue. The most frequently exercised muscles are stomach and thighs. Exercise takes 20–30 minutes.

Counterindication: higher nerve-muscle excitability, cardio-stimulator, osteoporosis.

OXYGEN THERAPY

This is a regenerative oxygen treatment, which in combination with antioxidants and body exercise helps the organism to remove free oxygen radicals which, when accumulated, causes premature ageing of cells and a number of disorders. We use the method of Prof. Ardenne, who developed an apparatus, which can add into the organism pure oxygen and therefore the effect of the oxygen treatment will last a long time. It improves oxidation of tissues and organs, physical as well as mental efficiency, heart activity and elasticity of lung tissue.

Indication: total regeneration treatment, precaution of heart attack and angina pectoris, immunity increase, post-operations conditions and chemoprophylaxis of oncological disorders.

Counterindication: advanced atherosclerosis, loose retina, glaucoma, suppurating sinusitis, high blood pressure, stomach ulcers.

PARAFANGO

A mixture of paraffin and mud from North Italian volcanic lakes, is used for the cosmetic treatment of cellulites.

PARAFFIN PACKS

This is a local thermal therapy. White paraffin with an addition of paraffin oil is used in the preparation. The affected area are dipped into a special container. This procedure is used especially for curing degenerative hand joints disorders.

PEARL-BUBBLE BATH

Pearl-bubble bath has a sedative effect, loosens muscular and mental tension. It is used for locomotor system disorders, to improve the blood circulation in limbs and to heal scars and also for sleeplessness.

PEAT-BENTONIT COMPRESS

They are disposable compresses made of 5 mm thick layer of clay and peat mixture between two films. They are applied to the skin by a permeable film, warmed up by portable carriers, which are applied to non-permeable film of the compress. During 3 minutes, the temperature of the compress slowly increases up to 38°C, which is kept for the whole application period. Tissues are slightly warmed up at the application place, blood circulation and regeneration processes in skin and subcutis improves. The compresses are mainly used in cosmetics and chronic painful conditions, when a classical peat wrap means a large load for the heart and blood vessels.

Indication: cellulites, supportive cure of obesity, chronic rheumatic illnesses, arthrosis.

Counterindication: decompensation of heart and blood circulation, acute states, skin injuries, swellings.

PEAT PACK

Peat is used in a form of wraps for locomotive system disorders, gynaecological disorders and respiratory tract disorders. It is a form of thermal therapy. Heat improves the blood circulation rate and the local metabolism, thereby accelerating the absorption of chronic inflammatory infiltrates, it softens connective tissues and loosens up skeletal muscles as well as smooth muscles of inner organs.

Indication: locomotive system disorders, disorders of respiratory tract, urologic and gynaecologic disorders, disorders of digestive system.

Counterindication: not suitable for patients suffering from cardiovascular disorders, for patients after brain incidence and oncologic operations.

PEAT VAGINAL TAMPONS

They represent a form of localised thermal therapy. They are prepared from sulphur-iron peat, which has anti-inflammatory, analgesic and spasmolytic effects. Vaginal mucosa absorbs phytoestrogens, substances, which are, by their content and effects, similar to female sexual hormones. It is possible to prescribe the procedure only after a gynaecologic examination and with a gynaecologist's recommendation.

Indication: chronic gynaecologic inflammations, post-operation conditions of small pelvis, female sterility, stress incontinence, menopausal syndrome.

Counterindication: acute inflammations of the vagina or in the small pelvis, malignant tumours, pregnancy.

PEDAL BATH

Pedal bath, as an alternative footbath, is also a part of the water treatment of Kneipp's type. It is active movement (pedalling) in small tubs with hot and cold water with the water level 20–25 cm.

Client begin movement by pedalling in hot water for circa 1–2 minutes and then he/she changes to the tub with cold water for 30 seconds. The whole process is repeated several times. The procedure is finished in cold water.

This procedure is suitable for patients with headaches, neuro-vegetative dystonia, cold feet syndrome, for patients with beginning with varixes, freeing up of ankles and leg and feet joints.

PHYACTION

The device Phyaaction, 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: locomotive system disorders (vertebrogenic algic syndrome, frozen shoulder syndrome), neuralgia, distortion, stress incontinence, atonic urine bladder, ischaemic illness of lower limbs.

Counterindication: cardio-stimulator, tumours, sensitivity defects, metal implants within current line, pregnancy, eczema, bleeding conditions.

PULSE MAGNETO-THERAPY

Pulse magneto-therapy uses the effects of pulse electro-magnetic field applied with help of cylindrical or flat applicators. It has a vasodilatation, analgesic, anti-inflammatory, myo-relaxing and spasmolytic effect. It accelerates the healing of bones and soft tissues. It has to be prescribed by a doctor; the length of application is 10-30 minutes according to the power of applied field.

Indication: degenerative and inflammatory illnesses of locomotive system, functional defects of the locomotive system, bones fractures and pseudo-arthritis, sterile and microbial inflammation, irritative urinary bladder.

Counterindication: cardio-stimulator, tumours, pregnancy, bleeding states, disorders of endocrinal glands, heavy atherosclerosis, epilepsy, menstruation.

REFLEXIVE FOOT MASSAGE

Herbal massage is followed by acupressure massage of the feet. Through this special technique it is possible to influence the function of inner organs and to induce a balance in the area of autonomic nerves.

Indication: Conditions of exhaustion and edginess, sleeplessness, depression, headaches, functional disorders of the digestive system, irritating urinary bladder, menopausal syndrome, syndrome of tired feet.

Counterindication: pregnancy, purulent and mycotic feet disorders, extensive varicose veins, ticklish feet.

REFLEXIVE MASSAGE

During a reflexive massage, hyperalgesic zones are affected, which accompany inner organ disorders. A set of special techniques and grips, which are chosen by a physiotherapist according to the patient's actual condition, are used. There are three basic sets - neck, back and pelvis. Massages take 10-30 minutes according to what has been prescribed.

SANARIUM

Hot-air bath to a temperature of 50°C, with automatic air humidification. After warming the body (in 10-15 minutes) cool yourself with a shower or water from a water tub. After a short rest, repeat the whole procedure, do this 2-3 times. The change of warm and cold stimulates the immunity system, improves blood circulation, calms the nervous system and relaxes tension in the organism. It is suitable as prevention for colds, muscle pains, muscle rheumatism and improvement of your overall health condition.

If you have any health problems or use medications, consult a doctor about the suitability of this procedure, otherwise you undergo this procedure at your own risk.

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. Always finish the time in sauna with a cold shower and properly dry your skin. Regularly use of sauna contributes to the increase of non-specific immunity, hardening, the overall regeneration and relaxation.

Do not forget to keep correct drinking regime.

Indication: It is suitable as a prevention of illnesses from cold, respiratory track illnesses, light rheumatic illnesses, functional disorders of blood circulation, migraine and climacteric problems.

Counterindication: It is not suitable for all acute illnesses and injuries, with epilepsy, patients with heart and vein illnesses, oncological diseases and bleeding conditions.

SCOTTISH JETS (WARM AND COLD WATER JETS)

Scottish jets belong amongst water procedures; there are alternating jets of warm and cold water. It is applied from a distance of about 3 m with a pressure of 3 ATM. The warm jet has 40°C and it takes 30 seconds, then follows a cold jet at a temperature

of 15–20°C, for 5–10 seconds. Both jets repeatedly alternate 6–10 times and are always ended by a cold jet of water.

Indication: locomotive system disorders, functional disorders of blood circulation, neuro-vegetative dystonia, for physiological and physical relaxation.

Counterindication: tendency to haematomas, heavier hypertension, more serious heart and vessel illnesses, heavier osteoporosis.

SHIATZU MASSAGE

This represents a complete relaxation massage, which uses all components of acupressure in combination with relaxing music and aroma-therapy. It is given by a doctor or physiotherapist with special training. It takes 50–60 minutes.

Indication: total exhaustion, depression, sleep disorders, menopausal syndrome, respiratory track disorders, oncological disorders, post-operation conditions or injuries to the locomotive system.

Counterindication: all acute and decompensated disorders, epilepsy.

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 infiltrates, 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.

SIGOROL - MASSAGE ROLLER

Instrumental massage for strengthening and stretching connective tissue, skin and weak muscles, removal of cellulites, 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.

SLIDE-STYLER

Cosmetic treatment of cellulites whit pressure massage in an apparatus Slide-Styler.

Counterindication: over sensitivity to cinnamon extract, blood circulation disorders, suppurating and mycotic skin disorders.

SOLARIUM

This procedure belongs into photo-therapy and it uses the effects of UV radiation on the human organism. It takes 10–30 minutes. Before sunbathing, remove your make up, wash all cosmetic preparations with water and remove jewellery. During sunbathing protect your eyes with protective glasses, use these minutes for relaxation. After sunbathing nurse your skin with suitable cream or body milk with hydration effect. Do not forget to keep a correct drinking regime.

Indication: overall reconvalence, osteoporosis, skin diseases.

Counterindication: acute infections, usage of photosensitive medicines.

SOLUX

Solux uses the thermal effect of locally applied radiation. It is applied from the distance of 50 cm for 10–15 minutes.

When applied to the face during inflammations of side nose sinuses, the eyes have to be protected by special glasses.

Indication: chronic painful syndromes as a preparation before a classical massage or movement therapy.

Counterindication: acute states.

SPRING 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, vasoneurosis, menopausal dysfunction.

STEAM BATH

This is a hyper-thermal overall bath, in air saturated with water steam to the temperature of 90°C. A client heavily perspires, but the perspiration cannot evaporate, so one of the most effective body cooling mechanisms is inactivated. This procedure means a large load on the cardio-vascular system. It is entirely a part of water treatment by prescription for locomotive system disorders.

THAI MASSAGE

This ancient massage has its origin in India. The founder of this art was a North-Indian doctor, Jivaka Kumar Bhaka, a contemporary of Buddha. It is a whole body massage during which, by means of steady and precisely directed masseur's pressure, energy is exchanged and the equilibrium in the body is reached. Massaging pressure points removes blockages, revives health and psychical well-being, helps with headaches, migraines, strengthens the nervous system, removes pain in joints, spine, muscles and tissues, increases mobility, improves blood and lymph circulation and excretion of toxic matter from the body. It is done on a special matress. During the massage a client wears light and comfortable clothes. According to clients requests the massage takes up to 80 minutes. The traditional Thai massage is designated for everybody, because it is an excellent prevention against illnesses and a means of gaining good physical and psychological contentment.

THERAPEUTIC EXERCISE

This is carried out individually or in groups for patients with the same type of disorder. The main part of the exercise is aimed at the afflicted part, for example at the neck spine, respiratory exercises, exercises of post-operation pelvic fundus. During the final part, the intensity of the exercises decreases, relaxing exercises and exercises for muscle extension are used.

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, urine and stool incontinence a relative counterindication is epilepsy.

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.

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

Counterindication: feverish and infectious illnesses, suppurating and mycotic skin disorders, excoriation, bleeding conditions, osteoporosis, pregnancy, menstruation, excessive vellus.

TURBO-SOLARIUM

Turbo-solarium is highly effective apparatus for photo-therapy during which, by the effect of UVA radiation, a quick suntan of the skin occurs. The starting period of sunbathing is set according to the type of your complexion. To gain a healthy brown suntan, increase the time in the solarium gradually, up to maximum of 14 minutes. Before sunbathing, remove your make-up, wash all cosmetic preparations with water and take off your jewellery. During sunbathing, protect your eyes with protective glasses, and use those minutes for relaxation. After sunbathing, nurse your skin with suitable cream or body milk with a hydration effect. Do not forget to keep your drinking regime.

If you use any medication or you have pigment spots on your skin, take doctor's advice before sunbathing. The solarium is prohibited to clients with higher sensitivity to UV radiation, after sunray treatment (radio-therapy) and to children up to 15 years old.

TURKISH BATH

Turkish bath is carried out in a special cubicle. During this procedure there is combined an effect of hot dry air, following by cooling down and a massage with gentle water jets. It is prescribed by a doctor, usual length is 5-10 minutes.

Indication: chronic inflammations of respiratory tract, chronic rheumatic illnesses, neuro-vegetative and psychosomatic dysfunctional states, strengthening of non-specific immunity.

Counterindication: all acute conditions and activations of chronic illnesses, infectious illnesses, hypertyreosis, heavier hypertension, epilepsy, bleeding illnesses.

ULTRASOUND

During the usage of ultra sound, the electric energy is transformed to mechanic energy (micro-massage of tissues) and heat energy. This causes increased blood circulation and the improvement of nourishment to the tissues, loosening of muscle contractures, smoothing of scars, analgesic and anti-inflammatory effects for locomotive system disorders.

Counterindication: application in the area of children and teenagers' growth zones, in the area of thymus, heart and parenchyma organs, after an operation of a spine, where the spine is not covered by a bone covering, above nerves and bone growths near the surface, bleeding disorders, tumours, etc.

UNDERWATER MASSAGE

Hydrotherapeutic procedure, during which underwater massage is done, in a special bathtub or Hubbart tank, by water jet under a certain pressure. Underwater massage could be total or partial.

Indication: post-operation conditions or injuries of locomotive system, rheumatic and degenerative disorders of joints, nervous disorders (lumboischadic syndrome, paralyses), muscle pain and atrophy, chronic constipation.

Counterindication: all acute and decompensated disorders, skin defects, more extensive varicose veins, conditions after vein inflammation, bleeding disorders, skin and hypodermis tumours.

VIBROSAUNA

Combined therapy, which uses the effects of a vibrosauna, heat, relaxing music and aroma-

therapy. 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-specific immunity, physical and mental exhaustion due to a busy work load, functional disorders of blood circulation, supportive treatment for obesity.

Counterindication: all acute and decompensated disorders, advanced atherosclerosis, epilepsy, fluctuating hypertension, conditions after central brain incidence, oncological disorders, extensive varicose veins, claustrophobia, cardio-stimulator.

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 a number of auto-immunity 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.

WHIRLING BATH

Total or partial whirling bath for the upper or lower limbs. The massage is done underwater by gentle water jets and the swirling of water. It improves the blood circulation of limbs and metabolism in body tissues.

Indication: post-operation conditions or injuries of locomotive system, muscle atrophy and peripheral paralysis, diabetes mellitus.

WHIRLPOOL

Group whirling bath. Overall relaxation effects. It is suitable for locomotive system disorders, conditions of irritation and tiredness.

Marienbad Kur & Spa Hotels

One of the biggest spa companies in the Czech Republic, with its seat in Mariánské Lázně, the beautiful area of spa parks and the colonnade, would like to offer you the following:

- ~ Architectonically unique spa hotels **Nové Lázně, Hvězda-Skalník, Pacifik, Centrální Lázně, Vltava-Berounka, Labe, Svoboda.**
- ~ Wellness hotel **Villa Butterfly** in Art Nouveau style.
- ~ Classical spa stays combining traditional spa cure and modern medicinal procedures.
- ~ Relaxing wellness & beauty programs for your health and vitality.
- ~ Spa procedures use **natural medicinal sources - mineral springs, natural medicinal Maria's gas and peat** to cure disorders of locomotive system, kidneys and urinary tract, respiratory tract, gynaecologic and metabolic disorders.
- ~ More than 100 different spa procedures provided on an overall area exceeding 20 000 m².
- ~ Historic area of the Roman style baths with pools and mineral baths in Royal cabin.
- ~ Swimming pools with massage jets and whirling currents in the spa hotels Nové Lázně, Villa Butterfly, Pacifik and Vltava-Berounka.



The
**ROYAL
SPAS**
of Europe

MARIENBAD KUR & SPA HOTELS Member of the Danubius Hotels Group

Masarykova 22
353 29 Mariánské Lázně
Czech Republic
Phone: +420 / 354 655 501-4
Fax: +420 / 354 655 500
E-mail: info@badmarienbad.cz
<http://www.marienbad.cz>

