

karlovy vary spa treatment – relaxation and health from Inside

Impaired digestion is often the cause of serious illness: flatulence, constipation and pains produce unfavourable effects on the health condition in general and cause a feeling of illness which should not be taken lightly.

The intestines are quite rightly considered to be the root feeding the organism. A healthy intestine is the basis of a healthy organism.

Stress and anger, poor food (large quantities, too fatty, too salty...), parasites and also intolerance to certain foods may impair the organs of digestion. Anyone who suffers repeatedly or continuously from stomach or intestinal illnesses or metabolic disorders does not feel well. Constipation or diarrhoea may then be accompanied by flatulence and nausea, fatigue and decreased concentration.

An essential step is the medical examination, establishment of correct diagnosis and an early start for treatment and suitable therapy.

The comprehensive Karlovy Vary spa treatment is usually successful when applied to any digestion difficulties and metabolic illnesses. The most important factor in the comprehensive Karlovy Vary spa treatment is internal use of valuable mineral spring water by way of the drinking cure. Firstly, the Karlovy Vary waters produce a direct effect on the digestive organs and secondly, the water is absorbed in the intestines and is forwarded to the liver and blood circulation.

The effects produced by the drinking cure cause an internal rebalancing of the disturbed equilibrium of mineral substances, enhancement of specific enzyme action and improvement of the body's chemical processes. These processes explain the favourable effects produced by the Karlovy Vary waters on the organs of the digestive system and the overall condition of the patients' health.

this is your comprehensive karlovy vary spa treatment

- Admission examination and laboratory investigation. Drinking of Karlovy Vary mineral spring water according to prescription.
- Diet conforming to the kind of illness and the condition of the patient's health.
- When recommended by the physician and according to the diagnosis, other spa therapeutic procedures are prescribed, such as bubble baths, carbonated baths, hydrotherapy, underwater massages, reflex massages. All the spa treatment procedures produce effects on the blood supply in the tissues and thus result in an improved supply of oxygen which enhances regeneration of the body. The calming effect of the procedures on the nervous system also plays an essential role in the curative process.
- Thermal procedures, such as parafango, dilate the vessels of the inner organs in a reflexive manner and thus assist in regeneration and cure.
- Remedial gymnastics and swimming refresh blood circulation and heart action and represent an integral part of the treatment.

The precise number and kind of procedures are prescribed by the physician according to the patient's state of health.

a statement of
quality and
service





How can I enhance the therapy?

Move as much as possible. Exercise is essential to improve intestinal activity and to do away with the stress factors. Walking, hiking and jogging are the best forms of exercise.

Avoid any stress, practice relaxation gymnastics.

Keep yourself warm: warm compresses, packs and hot-water bottles relax the whole body and enhance the cure.

Drink a lot – mainly medicinal spring waters, mineral water, herbal tea and fresh juice diluted with water.

Eat a lot of ballast substances like cereals, vegetables and fruits. They tend to increase volume and to promote intestinal activity.

Alcohol, coffee, cigarettes and many hot spices irritate your digestive organs -spare your body the stress.

Take your meals at shorter intervals and in smaller quantities.

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Health Indications

- Stomach illnesses (gastritis, gastric ulcer)
- Duodenal ulcer
- Liver disease
- Gall bladder affliction (cholecystitis, choledocholithiasis)
- Post-cholecystectomy treatment
- Pancreatitis
- Indigestion
- Chronic constipation
- Hypercholesterolaemia
- Gout
- Fat metabolism disorders
- Obesity