

relaxation spa treatment – active rest and new equilibrium

Sometimes body and soul need a break in order to restore a state of absolute health, as human health is unfavourably influenced by numerous loading factors.

A busy schedule, problems in the family or with friends, everyday stress in the supermarket or on the road; all these are stressful enough but, if an unsuitable lifestyle, diet and lack of exercise are added, they will inevitably have a negative effect on our intrinsic systems of self-treatment and regulation and lead to an impairment of health.

Stop the vicious circle of stress, feeling bad and still worse stress. If curative methods are applied in a timely and appropriate manner, the equilibrium of the soul and body can be restored and your health will be reinforced.

Relax and take active rest. Refuse the pressure and duties and do not let parties and events take you away from the need to rest. Dispense with high-level performance and give way to quiet meditative activities in your leisure, just to please yourself. Try to find mental rest as well.

Put all responsibility aside. Lie down and leave it to the others. It will do you good -just you wait and see.

Relaxation spa treatment in the Hotel Dvorak is precisely tuned to the needs of those in search of quiet and rest, and it has various incorporated mechanisms to provide for active effects against the symptoms of illnesses.

this is your relaxation spa treatment

- Admission examination by a specialist (including diagnosis through laboratory tests and ECG)
- Drink the Karlovy Vary mineral spring water. Mineral water produces most favourable effects on the digestive system and the body as a whole. Minerals are absorbed in the intestines and forwarded to the liver and blood circulation. This internal effects result in the correction of the disturbed balance of mineral substances and an increase in the action of vital enzymes in the human organism. The waste substances of metabolism are eliminated more intensively. All the processes serve as demonstration of the positive effects produced on the body by the drinking cure.
- Hydrotherapy, carbonated and bubble baths produce an intensive effect on expanding the blood vessels, ease heart action, and they also influence the circulation in the inner organs. These changes calm the nervous system, eliminate spasms, return the action of the vegetative nervous system to normal and enhance the mechanisms of defense capacity.
- Conventional and reflex massages improve blood supply in the tissues and thus the metabolism. They remove any waste substances and harmful sediments and thereby produce a calming effect on the nervous system.
- Remedial gymnastics are the best way to reduce accumulated pressures, aggression and anger. In a life under pressure it has a vital balancing function.

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
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How can I enhance the therapy?

Use the offer of guided hikes in the environs of Karlovy Vary. Enjoy the country, breathe the oxygen and take active rest!

Sauna is an excellent way to relax the muscles. The effect produced on the blood circulation by a slow warming and subsequent cooling with a cold jet is most positive. Sweat is excreted from all the pores and the skin becomes pink and soft.

Go to concerts, visit museums and exhibitions. These meditative activities will help your body to find a new equilibrium.

A steam bath is a gentle method due to the lower temperature and the highest possible humidity.

Cold and hot jets recommended by the priest Kneipp as long as 100 years ago are a fantastic activator. A cold jet should follow each warming. To avoid any excessive shock from the cold water, it is best to start on the feet and hands and to move the water stream slowly towards the midriff.

Relaxation spa treatment

Health Indications

- Everyday stress arising from professional and family duties
- Overloading, excessive burden of body and soul
- Blood circulation disorders of vegetative origin
- Fatigue and exhaustion
- Concentration dysfunction
- Insomnia
- Digestion function disorders
- Headaches