

delicate cure for wellness and beauty

Forget everyday routine and enjoy the gentle methods of Wellness from Karlovy Vary. This spa treatment is a combination of classic medicinal methods and beauty care, the effects of which result in an inner and outer feeling of well-being that is truly miraculous.

The simultaneous effects of individual components of the drinking cure and spa therapy cause a change in the activity of the organism and thus a general improvement in the physical condition and skin.

The Karlovy Vary drinking cure has proven to be conspicuously efficient in treating the metabolic disorders and high levels of fats in blood (cholesterol and tri-glycerides, the latter being returned to normal in a gentle way). The combination of various spa factors is the foundation of successful treatment. If the drinking cure is combined with balanced physical activities, relaxation and diet, the best results are achieved.

The effect of a bubble oxygen bath is micro-massage of the tissues where the blood supply improves and they become smoother. CO₂ decreases high blood pressure, dilates the vessels and produces a calming effect on the heart action.

Underwater massage relaxes the muscles due to the powerful stream of pressurised water.

The tissues of the upper and lower extremities are sucked and released in turn with a pneumatic slide-styler, which results in better blood flow and lymphatic drainage.

Thermal procedures such as paraffin or peat compressions produce a positive effect on the body. Warmth dilates the vessels, improves the blood flow and produces favourable effects on improvement of the muscle spasm regeneration. You will feel relaxed.

Care of the skin, cleansing and beautifying procedures restore and stretch the skin and ensure a fresh, glowing smile.

Taking rest is equally important. Just enjoying the countryside for a couple of days, indulging yourself and letting yourself float with your soul, this will bring about new energy and reinforce your health.

this is your wellness treatment

One-week spa treatment Wellness and Beauty includes a number of health and beautifying procedures to enhance your well-being:

- Admission examination by a spa physician
- Drinking the Karlovy Vary mineral spring water
- Full board
- Baths (carbonated or bubble) three times a week produce beneficial and stretching effects on the skin
- Underwater massage three times a week
- Hydrotherapy twice a week
- Beautician twice a week
- Parafango twice a week for relaxing effect
- Slide-styler twice a week for pneumatic relief of tissues
- Naturally, our pool is also available to you, and so are the sauna and steam bath. Make the best of the favourable effects of water!
- Every day you may choose to attend our gymnastics in water or special spine improving exercises.

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?

The hotel management offers guided hiking in the environs of Karlovy Vary every week. In this way you can draw in oxygen, stimulate your locomotor system and enjoy the countryside.

Just lie down and enjoy the moments of rest.

Delicate wellness cure

Health indications

Delicate Wellness spa treatment is particularly suitable for the following states:

- Stress and overloading
- Fat metabolism disorders
- Obesity
- Locomotor system diseases