

DESCRIPTION OF OUR SPA TRETMENTS

Baths

Carbonic bath

Description of procedure : the procedure is provided in a hydrotherapy bath, the temperature of the water is 34-36 °C. It efficiency is derived from the chemical effects of CO2 on the peripheral circulation; the bath is followed by a dry pack. The procedure is prescribed by a doctor.

Effect: due to the minimum temperature load it is suitable for cardiovascular diseases such as hypertension, chronic heart ischemia without the marks of cardiac decompensation, vascular diseases etc.

Time duration: 15 minutes

Price: 580 CZK

Galvanic bath

Description of procedure : electro-procedure, direct galvanic current affects the body in a water environment. The procedure is prescribed by a doctor.

Effect: chronic, degenerative and inflammatory diseases of the locomotive organs, innervations defects, neuropathy, polyneuritis, after-injury conditions, ligament-neurosis, generally calming (syndrome of restless feet).

Time duration: 20 minutes

Price: 480 CZK

Mineral bath

Description of procedure : the procedure is provided in a hydrotherapy bath, the temperature of the water is 37 °C, thermal mineral water is used with a dry pack.

Effect: stimulation, strengthening effect, positive effect at some skin ailments.

Time duration: 15 minutes.

Price: 580 CZK

Pearl bath

Description of procedure : the overall bath hydrotherapy massage with air bubbles, the temperature of the water is 37 °C.

Effect : the bath has a sedative, relaxation and slightly massage effect; suitable for all diseases of the locomotive organs including of painful spinal syndromes.

Time duration : 15 minutes

Price: 480 CZK

Herbal bath

Description of procedure : the procedure is provided in a hydrotherapy bath, the temperature of the water is 37 °C. Ingredients are used with combinations of herbal extracts. After bath is followed a dry pack.

Effect : the bath has a relaxation, stimulation or strengthening effect by the type of the used ingredient. It is suitable for all diseases of the locomotive organs or as efficient relaxation.

Time duration: 15 minutes

Price: 580 CZK

Whirl bath

Description of procedure : the procedure is performed as an overall or partial whirl pool for lower limbs. It is a slight form of under-water massage in the water under the temperature of 37°C. The water is pushed in the bath with jets.

Effect : relaxation effects, improvement of blood circulation.

Time duration: 15 minutes

Price: 480 CZK

Carbonic bath purse

Description of procedure : it is a complete or partial gas bath during which a patient is closed in a plastic sack filled with carbon dioxide.

Effect : favorably influences blood circulation, promotes the blood circulation in the peripheral part of the body, improves metabolism, has anti-inflammatory effects, stimulates the production of sexual hormones.

Time duration : 30 minutes

Price: 480 CZK

Hydrotherapy

Hydroxer

Description of procedure : all-body massage and stimulation of individual points with a flow of water in a water bath

Effect : stimulation and strengthening effect

Time duration : 15 minutes

Price: 480 CZK

Scottish shower

Description of procedure : massage with a flow of water of alternate temperature - 40 °C warm and 25 °C cold.

Effect : hardening and strengthening of the organism defensiveness, improves blood circulation; suitable as a toning and activating vascular procedure.

Time duration : 10 minutes

Price: 400 CZK

Massages

Classical body massage (overall, partial)

Description of procedure : classical manually performed massage with the use of a non-irritating emulsion, location according to a doctor's prescription. It applies several basic touches divided in tasks of kneading and impacting. It is a pleasant method with a considerable psychotherapeutic effect.

Effect : relaxation or encouraging character. The main effect of the classical massage is the support of metabolism, trophic and the circulation of the massaged area, contributes to the absorption of swellings, influences the tiredness and stiffness of muscles.

Time duration : overall - 50 minutes, partial - 20 minutes

Price: overall – 950 CZK, partial -550 CZK

Plantoterapie (foot massage)

Description of procedure : feet reflect reflexive images of all organs, glands and other parts of the body including of the spine, joints and muscles. By manual effect on the reflexive points on the feet and their correct stimulation it is possible to positively influence health conditions due to the special reflexive joints. The method results from the theory of acupressure, reflexive zone therapy and manual therapy of joints and muscles.

Effect: support of internal balance, organism, relaxation and reduction of the overall tension, reflexive effect of physical and mental difficulties, reduction of pain.

Time duration : 50 minutes

Price: 750 CZK

Massage with lava rocks

Description of procedure : this oriental type of massages uses special heated lava rocks. They have an extraordinarily strong energetic vibration, which is used along with a special massage for the release of blocked spots, avoiding the flow of energy on important spots in our bodies. For the increase effect are used exotic aromatic oils, which enhance the feeling of complete relaxation.

Effect : effects on tooth pain, perfectly relaxes the whole body and mind, frees from stress, tiredness and tension. Greatly stimulates the blood circulation and lymphatic system; especially suitable for the long-term physical and mental tension.

Time duration : 50 minutes

Price: 1400 CZK

Underwater massage

Description of procedure : it is an intensive massage of the trunk and limbs with a flow of water of 37 °C warm and pressure of 1-3 atmospheres. The procedure is prescribed by a doctor.

Effect : it connects the effects of heat bath and massage. It influences the muscle stiffness and tiredness, has relaxation effects.

Time duration : 20 minutes

Price: 600 CZK

Aromatherapy (overall,partial)

Description of procedure : specialized rehabilitation treatment provided by a professionally skilled masseur. The aim is to influence the reflexion changes caused by the pathological process of the manual effect and aromatic ethereal oils.

Time duration : overall - 50 minutes, partial - 25 minutes

Price: overall – 1100 CZK, partial -750 CZK

Thermotherapy

Thermotherapy

Description of procedure : pillow accumulate thermal energy, slowly diathermic disabled or pain place. The procedure is prescribed by a doctor.

Effect : thermotherapy helps with backpain

Time duration: 15 minutes.

Price: 400 CZK

Paraffin and peat packs

Description of procedure : local application of heat by means of paraffin or peat with a subsequent pack in polyethylene foil and dry pack. The application of paraffin and peat leads to local blood circulation, improvement of metabolism, drainage of undesirable metabolites. The procedure is prescribed by a doctor.

Effect : analgesic, improvement of blood circulation and trophic of tissue, releases joint and ligament stiffness; suitable for arthritis, rheumatic diseases, muscle spasms.

Time duration : 20 minutes

Price: paraffin packs-400 CZK, peat packs-600 CZK

Paraffin hand pack – gloves

Description of procedure: hands are plunged several times into melted flavoured paraffin (temperature: 40-42°C), then wrapped in a towel. They warm up quickly and improves blood circulation. The treatment also softens the skin and improves mobility in small joints, leaves the skin on your hands feeling silky smooth.

Time duration: 20 minutes

Price: 400 CZK

Rehabilitation

Pneumopuncture

Description of procedure : healing treatment performed by a specially trained worker, it is a reflexive method – application of CO₂ in acupuncture points and therapeutic effects similar to acupuncture. The painful syndromes and functional defects are released. The procedure is prescribed by a doctor.

Effect : defined diseases of the locomotive organs, ischemic disease of lower limbs etc.

Time duration : 10 minutes

Price: 400 CZK

Reflexive massage

Description of procedure: it is a special physiotherapeutic massage technique. By effecting the reflexion points or zones in subcutis, muscles and periosteum the masseur influences the function of the locomotive organs, but also the activity of internal organs, nerves and the vascular system. The procedure is prescribed by a doctor.

Time duration: 30 minutes

Price: 600 CZK

Other treatment

Oxygen-therapy

Description of procedure: inhalation of oxygen through nasal catheters. Relaxation music is available for pleasantly spent times. The procedure is prescribed by a doctor.

Effect: oxygen therapy markedly participates in the regeneration of all cells of the human organism, especially the brain. It significantly stabilizes and accelerates the process of thinking, has a large and positive influence on an individual's mental condition, metabolism of organism and substantially puts off the ageing process. The purpose of oxygen therapy is the penetration of capillary channels and this way creates conditions for better blood circulation and tissue nourishment in all tissues.

Time duration: 20 minutes

Price: 480 CZK

Magnetic therapy

Description of procedure : bio-stimulation procedure is applied on large body segments by means of panel or cylinder electrodes. The generator of the pulse magnetic field can be set to various healing programs for a number of diagnoses (orthopedic, rheumatologic, neurologic, vascular and skin). The procedure is prescribed by a doctor.

Effect : analgesic, anti-inflammatory, ligament-dilatation, spasmolytic, myo-relaxation, anti-edema, accelerates healing.

Time duration : 25 minutes

Price: 400 CZK

Photo therapy

Description of procedure: simple, sufficiently efficient source of treatment bio-stimulation light, working on the principle of light polarization. Bio-lamp generates polarized reflection similarly to reflection lasers, but its reflection is poly-chromatic with de-filtered ultra-violet element. The procedure is prescribed by a doctor.

Effect: skin diseases, acceleration of healing of post-operative scars, reduction of pain of spine and joints, stomatology and cosmetics.

Time duration: 10 minutes

Price: 400 CZK

Electrotherapie

Description of procedure: generation electrotherapy apparatus, as diadynamic, interferential and Träbert's flow or TENS. Procedures are suitable for most of people with problems locomotive organs with pain syndrome. The procedure is prescribed by a doctor.

Effect: analgetic, anti-inflammatory, vasodilator

Time duration: 15 minutes

Price: 400 CZK

Lymphatic drainage automatic

Description of procedure: the lymphatic drainage uses a machine for the sequence pressure massage and drainage slips for upper and lower limbs. The principle is based on gradual blowing of individual chambers of the drainage slip according to the assigned program. The procedure is prescribed by the doctor.

Effect: guiding of the flow of excessive fluid from the periphery to the body center, reduction of tissue blood circulation, reduction of pain, reduction of a feeling of heavy legs

Time duration: 25 minutes

Price: 400 CZK

Lymphatic drainage manual

Description of procedure: slight manual technique to treat limb swelling. The purpose is the support of lymph swelling of the affected tissues with the use circular and spiral touches with a slow frequency and slight pressure. The procedure is prescribed by a doctor.

Effect: improvement of blood circulation and lymph drain, improvement of tissue trophic, reduction of the painful tension, reduction of the feeling of heavy legs; suitable for the treatment of swellings of lower limbs after injuries, operations.

Time duration: 50 minutes.

Price: 950 CZK

Soft technic

Description of procedure: treatment focused on the muscle ligaments, muscle fascia, tendons, skin and subcutaneous tissue. Prescribed by a doctor.

Effect: treatment is useful for release muscle spasm and for elimination reflective changes in muscle and general release

Time duration: 20 minutes

Price: 400 CZK

Mineral water inhalation

Description of procedure: aerosol is created with the use of thermal mineral water and ultrasound, which affects the upper and lower airways. The efficiency depends on the size of aerosol parts and efficient substances of the solutions.

Effect: moistens the mucosa of airways and eases the clearing of the throat.

Time duration: 15 minutes

Price: 300 CZK

Acupressure

Description of procedure: it is an alternative medicine technique derived from acupuncture. Physical pressure is applied to acupuncture points by the hand, neck, elbow or with various devices.

Effect: relief from pain and strengthening the immune system.

Time duration: 25 minutes

Price: 400 CZK

Horizontal solarium

Description of procedure: high-velocity fans to assure a pleasurable temperature level

Effect: ultraviolet radiation strengthens the immune system, reduces stress, positively affects the cardiovascular system, and is beneficial for bones and skin.

Time duration: 5 minutes

Price: 120 CZK

Sauna

Description of procedure: heating the body above the normal body temperature is pleasant and relaxing

Effect: helps relax tired muscles and soothe the stressed brain, slimming effect

Time duration: 60 minutes

Price: 400 CZK