



# THERAPEUTIC AND WELLNESS PROCEDURES



*Spa & Wellness*

# Piešťany Baths

The baths of Piešťany are famous around the world. Thanks to their unique history and rich healing effect, they are among the greatest treasures of Slovakia and are one of the country's most visited tourist destinations.

Thermal springs were already in use in prehistoric times, because due to their thermal properties, these springs did not even freeze in the hard winter, and so they were an unlimited source of drinking water. Many archaeological findings of animal bones prove this along with various features of prehistoric settlements around thermal springs. The most significant such finding is the Moravian Venus (dating 22,800 BC). The surroundings of today's Piešťany were richly inhabited already at the beginning of our summer here not only thanks to thermal springs and fertile soil, but also thanks to the trade route that led from Moravia through Považský Inovec to Nitra.

The first written reference to Piešťany is found in the Zobor Charter of 1113, by which King Koloman rediscovered the boundaries of the estates of the monastery of St. Hypolite in

Nitra. Piešťany is mentioned in this document under the name *Pescan*. This name is derived from the word "sand" - a settlement based on sand deposits.

There are several legends associated with the healing effects of thermal springs. One speaks of a peacock with a broken leg and it is miraculously healed after a bath in these springs. Therefore, the peacock is located in the Thermia Palace hotel logo and a smaller peacock in a zoo can also be found on the Spa Island. The second legend relates to the Roman legions. The Roman horses were tired after a long and arduous journey and could not continue any further. The soldiers decided to relax for a few days on a sprawling meadow near the Váh River. After this rest they supposedly proceeded in an unusually fresh condition on the road.

Mentions of the Piešťany thermal springs or Piešťany baths in historical professional literature since the 17<sup>th</sup> century are relatively common. Despite this publicity, the surroundings of the springs were not very mature and most sick visitors bathed only in manually dug pits and lived with the local peasants. In the 17<sup>th</sup> century a smaller settlement called Teplice was founded on the site of today's pedestrian zone (Winterova Street).

The most important literary work related to Piešťany and thermal springs is the glorious poem of the Czech preacher Adam Trajan Benešovský (the housing estate in the south of Piešťany is named after him), who operated in the neighboring village of Drahovce. This poem bears the name of *Saluberrimae Pistiniensis Thermae (ad flavium Vagum)*..., translated as *The Most Healing Bath in Piešťany (situated by the Váh River)*...





The title of this poem can also be found at the crossroads of the Colonnade Bridge and the statue of Adam Trajan can be found opposite the Music Pavilion in the park.

Since the beginning of the 19th century, the Teplice spa settlement has been gradually expanding. Count Jozef Erdödy, the owner at the time, was also responsible for the construction of several wooden and later brick buildings with bathing tubs (the remains of these buildings can be found in the interior of the Napoleonic Baths on Spa Island), had the mining and extraction of medicinal water repaired and modernized, built buildings for theatrical performances as well as several gazebos where guests could relax in the fresh air, and laid the foundations of today's municipal park. Piešťany was connected to the railway leading from Vienna in 1878.

The golden era of the Piešťany spa began only with the arrival of Alexander Winter in 1890. Together with his sons Ľudovít and Imrich, he built the world-famous spa town of Teplice from the small spa settlement. In Piešťany, their entrepreneurial and marketing talent fully manifested

itself. The most famous and successful marketing step was the creation of the symbol of Piešťany – The Crutch Breaker.

The proposal was created in 1894 at the request of Winter by Arthur Heyer. *"I entrusted him with a single figure to express healing. A few days later, he presented me with a sketch of a crutch breaker. I immediately accepted it and declared it to the Chamber of Commerce for patenting,"* Winter writes in his memoirs. This symbol is still in the coat of arms of the town of Piešťany. Further information on the history and ethnography of Piešťany, and its surroundings can be found in the Imrich Winter Balneological Museum (located in the historical Kursalon building near the Pedestrian zone in the municipal park).

Thermal mineral water and sulphur mud are among the natural healing factors used in spa houses in Piešťany for its almost 200-year tradition. In Piešťany there are springs of thermal mineral water (67-69°C), which has a high mineral content and a significant amount of sulphur and hydrogen sulfide. It rises from a depth of 2000 meters in the bypass arm of the Váh

River. Together, this bypass arm and the Váh River form the Spa Island. Sulphur mud is formed in thermal water deposits, which is unique not only in Europe, but also in the world. The Piešťany mud is a heterogeneous living system that maintains itself in a dynamic balance. The essence of Piešťany healing mud is formed by homogenized scale sediment that settled in the bypass arm near the thermal water springs. The mature Piešťany sulphur mud has a slimy buttery consistency, steely blue to black color, plasticity, and a warm steady quality (it cools down four times slower than water), good thermal conductivity and reduction capability. Along with chemical properties, it is these physical properties that make the Piešťany sulphur mud unique among other healing peloids in the world.

These natural healing resources are world-renowned in the field of treating severe musculoskeletal diseases, as well as musculoskeletal, gout and rheumatic diseases.

So do not miss this unique opportunity and try the mud wraps we offer you at our hotel. You can choose from the several types of wraps offered.



## Mud Wrap for Back and Shoulders

In this procedure Piešťany mud with a high sulphur content is applied on the back and shoulders. The temperature of the mud during application is about 45°C. It has a high thermal conductivity, cooling 4 times slower than water. During the wrap, both local and general overheating of the body occurs. It increases blood circulation and metabolism, softening the ligament, releasing stiff back muscle. At the same time, the function of cartilage, connective tissues and intervertebral plates are improved. The procedure takes 20 minutes.

### Indications

Musculoskeletal disorders, arthrosis, reduction of muscle tension, improvement of cartilage nutrition, intervertebral discs and connective tissues.

### Contraindications

High blood pressure, heart and blood vessel disease, cancer, condition after a stroke, inflammatory, skin and infectious diseases, osteoporosis, fever, pregnancy + breast-feeding, menstruation, epilepsy.



Back and shoulders mud pack

## Local Joint Wrap

Piešťany sulphur mud at a temperature of about 45 °C is applied only to joints (e.g. hips, knees, ankles, elbows...). A wrap at these sites reduces swelling around the joints and thus helps to improve their mobility and to relieve pain. The procedure takes 20 minutes.

### Indications

Reduction of pain, swelling and stiffness of the joints.

### Contraindications

Acute arthritis, joint implants, heart and vascular disease, stroke status, inflammatory, infectious and skin diseases, osteoporosis, fever, pregnancy, epilepsy.



Local joint pack

## Cinnamon Wrap (Fat Depletion)

It regulates metabolism, waste substances are slowly eliminated from the body and slows down fat storage in critical parts of the body (abdomen, hips, thighs). In order to reduce the fat volume to the desired extent, this procedure should be repeated 2-3 times a week. The wrap also helps to eliminate cellulite, regenerates the skin, relaxes and evokes harmony. The cinnamon cream contains cinnamon oil, which warms the skin and thus blood circulation. The procedure takes 20 minutes.

### Indications

Body forming and slimming, cellulite removal, skin regeneration, relief of neck and stiff muscles.

### Contraindications

Allergy to cinnamon, wounds on the skin, inflammation and infectious disease, fever, vascular disorders, pregnancy, breast-feeding.



Cinnamon wrap



## Parafango Wrap (Papel)

A blend of mud peloid and paraffin. Approximately 1 cm-thick plates are placed on the client's body (maximum of 2 locations) at 45°C. The effect of this hot compress is both superficial and deep, improving blood circulation in the tissue, increasing the functioning of metabolism, relieving muscle tension and pain. After the procedure, the client feels deep heating and relief. The procedure takes 20 minutes.

### Indications

Musculoskeletal pain, elimination of muscle spasms, arthritis, acceleration of blood flow and metabolism.

### Contraindications

Cardiovascular diseases, varicose veins, joint implants, skin defects, osteoporosis, inflammatory and infectious diseases, fever, pregnancy and breast-feeding, menstruation, epilepsy.

## Grape-lemon detoxification wrap

It is recommended to especially undergo this procedure in the spring as a fresh, spring cleansing wrap. The wrap gives the body new energy, bringing moments of relaxation and rest. The masseur applies grape-lemon cream in the form of a gentle massage on the abdomen, hips and thighs and then covers these parts of the body with foil and a warm blanket for better wrap action. The procedure leaves the skin beautifully soft and mildly aromatic. Wrap duration is 20 minutes.

### Indications

Fatigue, detoxification of the organism, blood circulation and skin regeneration, relaxation of stiff muscles.

### Contraindications

Allergy to citrus fruits, skin wounds, inflammatory and infectious diseases, fever, vascular disorders, pregnancy, breast-feeding.

## Whole body peeling

It is a pleasant procedure to regenerate and rejuvenate the skin. During this therapeutic and relaxing procedure, the masseur carries out gentle massages all over the body with massage oil with the addition of finely crushed sea salt and grapefruit oil. Sea salt crystals exfoliate the skin, stripping it of dead particles and thus make it smoother, softer and hydrated. The peeling has a purifying effect and at the same time provides the skin with minerals. The procedure has an anti-stress and relaxing effect. Lasts 20 minutes.

### Indications

Alleviation and signs of aging, thickened and dry skin, superficial scars and unevenness of the skin, acne condition.

### Contraindications

Active herpes, inflammatory and infectious diseases, fever, eczema, pregnancy, breast-feeding, fresh scars and wounds on the skin.



Parafango Wrap



Grape-Lemon Detoxification Wrap

## Manual Rehabilitation Techniques (soft techniques)

A fairly complex process in which the rehabilitation worker performs a series of rehabilitation techniques, e.g. relaxation of spine muscles and blockages, pressure on relevant reflex points, displacement of the fascia... The procedure has an analgesic effect, the client feels relief from pain, better blood circulation and metabolism. The procedure takes 20 minutes.

### Indications

Painful conditions and blockages in the spine, poor posture, sedentary occupation.

### Contraindications

Acute and infectious diseases, fever, cancer and bleeding diseases, eczema, warts and fungi on the skin, pregnancy with certain restrictions.

## Reflexology Back Massage

A form of special reflexology therapy that acts mainly through nerve connections and endings in the area of selected reflex arches. The physiotherapist creates pressure of fingers into the subcutaneous tissue, removes painful and stiff spots. The procedure will restore the client's feeling of pleasant relaxation, improve peripheral blood circulation, the functioning of internal organs and nerve cells as well as hormonal function and skin elasticity. The procedure takes 20 minutes.

### Indications

Spinal, neck, head, neurocirculatory disorders.

### Contraindications

Acute inflammation, febrile and infectious conditions, skin diseases, malignant and benign tumors, increased thyroid activity, pulmonary TB, pregnancy.

## Manual Lymph Drainage of the Limbs

A professional methodology that is carried out with little pressure on the skin, without oils and essences. Determines the flow of lymph nodes, promotes metabolism of the organism, thus helping to wash out toxic substances from the body. Supports the immune system and significantly helps in eliminating swelling and cellulite. The lymph drainage of one limb takes 20 minutes.

### Indications

Treatment of lymphatic system, oncological patients with swelling, increased immunity, recovery after surgery and injuries.

### Contraindications

Acute cancer, skin wounds, increased thyroid activity, enlarged lymph nodes, varicose veins, acute respiratory disease, diabetes, pregnancy.



Manual Rehabilitation



Reflexology Back Massage



Manual Lymph Drainage of Limbs

## Breuss Method

This method is named after Rudolf Breuss from Austria, who was not a doctor, but devoted to the treatment of many diseases. He called his method a painless massage of the spine, which eliminates pain, relaxes muscles and contributes to the return of lost mobility. In this therapy, the physiotherapist massages the client with heated oil from St. John's wort. The massage is highly energetic, harmonizing and soothing. The procedure takes 20 minutes.

### Indications

Relief or reduction of pain and problems of the spine, wear and degenerative changes in the spine, damaged intervertebral discs.

### Contraindications

St John's wort allergy, skin defects on the skin, respiratory disease, fever, cancer, severe osteoporosis, pregnancy up to 5 months.

## Gas injections (carbon insufficiency)

One of the most effective procedures. Medical carbon monoxide is applied to the subcutaneous tissue and thus improves blood circulation, nutrition and regeneration of tissue, loosens muscle stiffness and slows down the degenerative process.

### Indications

Pain and stiffness in the muscles of the spine, back, shoulders, hip movements, condition after a heart attack, ischemic heart disease.

### Contraindications

Inflammation of the skin, acute infectious disease, fever.



Breuss Method



Gas Injections



## Individual Therapeutic Physical Training

The physiotherapist deals with the client independently. Focuses on eliminating his/her damaging monotony of motion, to improve overall fitness, teaches the client exercises that are suitable for his/her health condition. The therapeutic physical training is combined with breathing gymnastics and training aids can also be used. The procedure takes 20 minutes.

### Indications

Poor posture, scoliosis, pain in the spine, joints and muscles, rheumatic pain, muscle contractures and other musculoskeletal disorders.

### Contraindications

Acute respiratory disease, fever, some cancers, bleeding conditions, pregnancy.

## Group Therapeutic Physical Training

The rehabilitation worker deals with several clients concerning the body at the same time, while in this procedure he/she selects individual exercises so that they can be handled by all the practitioners in the group. The exercise is aimed at increasing physical performance, fitness, maintaining and strengthening health. The procedure takes 20 minutes.

### Indications

Pain and other musculoskeletal problems.

### Contraindications

Respiratory disease, fever, acute cancer, bleeding conditions, pregnancy, infectious diseases.

## Exercise with Osteoporosis

This diagnosis affects every third woman and every fifth man. It's the "silent bone thief," which reduces bone mass and thins the bones. The physiotherapist educates the client about the need for appropriate physical activity and teaches him/her exercises that are appropriate for this diagnosis. The procedure takes 20 minutes.

### Indications

Women after menopause, back pain and thickening, lack of movement, malnutrition.

### Contraindications

Acute inflammatory diseases, bleeding and feverish conditions.



Individual Therapeutic Physical Training



Group Therapeutic Physical Training



## Breathing exercise

This procedure focuses on the respiratory muscles of the chest, diaphragm and abdominal muscles. Emphasis is placed on the regularity of breathing, the timing of inhalation and exhalation, the type and mechanics of breathing, its depth and rhythm, as well as the correct posture and holding of the body. The physiotherapist leads the education of correct breathing patterns, teaching clients even basic or special breathing gymnastics. The procedure takes 20 minutes.

### Indications

Improves the mobility of the muscles of the chest, diaphragm and ribs is improved, the lungs are optimally acidified, muscle relaxation is ensured, asthmatic clients reduce the number of asthmatic attacks and the use of inhaled corticosteroids by breathing exercise. This exercise improves respiratory function, pulmonary ventilation. It also helps to overcome anxiety, pain and panic.

### Contraindications

State of shock, risk of embolism, fever, blood loss, acute pain.



Breathing Exercise

## SM system (spinal exercise)

It is a systematic exercise that focuses on the human musculoskeletal system, especially the spine. The creator is the Czech physician MUDr. Richard Smíšek. The exercises for this system stabilize the body (spine) and at the same time create movement – mobility, strengthen the pelvic floor muscles, abdominal and buttock muscles, treat damaged plates. The procedure takes 20 minutes.

### Indications

Prevention of back pain, spinal problems, scoliosis (curved spine to the side), hyperkyphosis (thickened thoracic spine) disc gambling, incorrect posture, sedentary occupation, muscular weakness, uneven muscle load, neurological disease.

### Contraindications

Acute respiratory disease, inflammatory, infectious and bleeding conditions, fever.



SM System

## School for the back

An instruction that focuses on the prevention of locomotive difficulties and diseases of the spine, as well as the treatment of musculoskeletal system. The physiotherapist leads the client to correct movement habits. Methodologies are used not only in practice, but in the development of principles of behavior towards their body in frequent daily situations – walking, standing and sitting, getting up and loading the spine in normal life. The school for the back allows to react correctly to painful back conditions and at the same time prevent them. The procedure takes 20 minutes.

### Indications

Sedentary employment, work with unilateral load, correcting posture and movements.

### Contraindications

Acute respiratory disease, fever.



School for the Back

## Feldenkrais Method

A very popular method around the world according to Mr. Moshe Feldenkrais, which anyone can apply regardless of age and does not require any special gifts and abilities. It is based on the progress of exercises that improve the client's perception of his/her own body and the client will understand how the body works, the boundaries of movement, how the body protects itself against pain and weakness. The client perceives not only movement, but also his/her breathing, tension and relaxation. The procedure takes 40 minutes.

### Indications

Musculoskeletal problems, scoliosis (curvature of the spine to the side), painful conditions of the spine, joints, muscles, improvement of the range of motion after an injury, improvement of physical functions, removal of movement restrictions, increase of the feeling of physical and mental well-being.

### Contraindications

As with other exercises - acute inflammatory diseases, respiratory disease, fever.



Feldenkrais Method

## Group Hydrokinesiotherapy (exercise in the water)

A movement treatment in water that uses water effects such as buoyancy, pressure, resistance and water temperature. The buoyancy of water pleasantly exceeds and reduces the effect of gravity. In water, the load on the weight-bearing joints of a standing person weighs 80 kg, only 7 kg. Thus, the movement, which is strenuous and painful in a dry state, can be carried out painlessly and peacefully in water. Exercising in an aquatic environment develops the static and dynamic function of the body. This treatment in our hotel is conducted by a physiotherapist and takes 20 minutes.

### Indications

Suitable for clients with muscle weakness, after musculoskeletal surgery (surgical wounds must already be healed), neurological diseases, arthritis, rheumatic diseases and other musculoskeletal difficulties.

### Contraindications

Serious cardiovascular and infectious diseases, epilepsy, acute thrombophlebitis, transmissible skin diseases, open wounds on the skin, fever, respiratory disease, acute psychosis, bronchial asthma, malignant processes, urinary or fecal incontinence.



Group Hydrokinesiotherapy



## Interference Currents

Electrotherapy that works on the principle of using two Mid-frequency currents and acts directly on the tissue, with one circuit having a constant frequency and the other optionally fluctuating. Various effects can be achieved by adjusting the frequency and its modulation. It works to reduce pain and relax the muscles, improve blood circulation and nutrition of tissue, but also on nerve stimulation. Depending on the frequency setting, irritant effects can be achieved or a loss of muscle tension can be achieved.

The procedure takes 15 minutes.

### Indications

Musculoskeletal disorders, back and joint pain, muscle weakness, neuralgia, bleeding disorders, arthritis, post-traumatic conditions.

### Contraindications

Pacemaker, cancer, sensitivity disorders, metal implants in the current path, pregnancy, eczema, skin allergy, bleeding conditions and skin defects, TBC deposits, epilepsy, fever.

## Diadynamic Currents

Mixed currents that use the effect of galvanic and stimulus currents. The effects of these currents act to improve tissue circulation, relieve pain and swelling. Diadynamic currents also have a very good effect on muscle toning.

The procedure takes 15 minutes.

### Indications

Spinal pain, swelling, improvement of tissue circulation, electrostimulation of muscles.

### Contraindications

Implanted pacemaker, metal implants at the injection site, sensitivity disorders, skin defects, eczema, skin allergy, TBC, acute inflammatory process, bleeding conditions, pregnancy, epilepsy, fever.

## Ultrasound

Electrotherapy that uses mechanical waves with frequencies above 20 kHz, wherein to convert high-frequency current electricity into heat. For the body, this has a pain reducing effect, improves blood circulation and metabolism in damaged tissue, also accelerating its regeneration and releasing spasms. The depth of action varies between 2 and 6 cm.

The procedure takes 5- 8 minutes.

### Indications

Pain in the spine and musculoskeletal system, post-traumatic conditions, muscle pain and spasms, scars, spurs on the heels and also suitable for rheumatic diseases.

### Contraindications

Pacemaker, metal implants at the application site, area of growth zones in children, pregnancy, inflammatory venous disease, bleeding disorder, skin defects, fever.



Interference Currents



Ultrasound

## TENS

### Transcutaneous Electrostimulation

Applies the principle that the conduction of painful stimuli and the perception of pain can be alleviated or suppressed by irritating the nerves at various levels of the nervous system. This therapy is particularly suitable for conditions requiring pain relief, e.g. spinal disease, headache or post-traumatic pain. The procedure takes 15 minutes.

#### Indications

Pain in the spine and joints, post-traumatic, postoperative conditions, degenerative diseases, after amputations.

#### Contraindications

Cardiac pacemaker, metal implants at the injection site, sensitivity disorders, skin defects, eczema, skin allergy, acute inflammatory process, bleeding disorders, pregnancy, epilepsy, fever.

## Magnetotherapy

In this electrotherapy, we use the effects of the magnetic field, which passes through the body and acts on ions in tissues. This causes biological changes. The effects of the treatment are not only anti-inflammatory, analgesic and healing, but also releases spasms and anti-swelling. Substance exchange is facilitated and wound healing is accelerated. The procedure takes 20 minutes.

#### Indications

Acute and degenerative changes, joint and spinal pain (arthritis), soft tissue healing, postoperative and post-traumatic conditions, bleeding disorders, inflammatory diseases, rheumatic diseases.

#### Contraindications

Pacemaker, cancer, blood clotting disorder, bleeding conditions, fever, TBC, heart weakness, increased thyroid activity, growth zones in children, pregnancy.

## Rebox Physio

Designed for the treatment of and diagnosis of musculoskeletal disorders and neurological diseases. It is effective in the treatment of both acute and chronic pain. During therapy, local blood supply to the tissue, increased lymphatic drainage and other myorelaxation occur. The client experiences "pinching" at the therapy site. The procedure takes 10-15 minutes.

#### Indications

Micro-circular disorders in tissue and lymphosarcoma, back and joints pain, acute muscle for pulling, heel spurs and tennis elbow. Therapy has a very good effect in the treatment of muscle hypertonia, in conditions after stroke and multiple sclerosis.

#### Contraindications

Pacemaker, metal implants at the application site, acute inflammatory disease, fever, eczema, fungal disease, bleeding disorders, pregnancy, infectious diseases, malignancy, epilepsy.



Magnetotherapy



Rebox Physio



## Laser Therapy

A light therapy that uses radiation on one wavelength. A narrow beam of this monochromatic radiation (in one wavelength) penetrates into the tissues of the skin and mucous membranes. The laserbeam has high energy. When it is applied, blood circulation in the tissue increases, wound healing is accelerated and pain is reduced. An important effect of laser therapy is also anti-inflammatory. The procedure takes 3– 5 minutes.

### Indications

Joint pain (arthritis), rheumatic and degenerative diseases, spinal pains, neuralgia, herpes, stretching syndromes, post-traumatic and postoperative conditions.

### Contraindications

Infectious conditions and fever, epilepsy, malignant tumors, metal implants at the application site. The treatment will not irradiate the eyes, thyroid gland, growth zones in children, abdomen and lumbar part during pregnancy.

## Local Cryotherapy Instruments

A therapeutic application with a cold stream of air. Cold results in slowing the conductivity of nerve stimuli. Thermal shock reduces the temperature of the skin from approximately 34°C to 15°C, but never falls below 10°C. Local cryotherapy has a strong anti-inflammatory effect, reducing edema effects and muscle spasms. The procedure takes 15 minutes.

### Indications

Excision, acute power, rheumatic diseases, swelling and pain of joints, gout, muscle strain, post-operative condition, neuralgia.

### Contraindications

Allergy to cold, heart disease, blood circulation failure, open wounds on the skin, loss of sensitivity to cold – numb skin, Raynaud syndrome.

## Biolamp

The physiotherapist provides treatment with polarized light, which unlike laser is not monochrome (single wavelength only). Administration of this therapy improves microcirculation, accelerates regenerative and healing processes in the body. The procedure takes 15 minutes.

### Indications

Rigid spine muscle, arthritis, rheumatoid arthritis, carpal tunnel syndrome, wound healing after injury or surgery, treatment of leg ulcers on the knees and decubitus.

### Contraindications

Metal implants at the site of application of this therapy, bleeding disorders, do not administer to the lower abdomen in the first 4 months of pregnancy, infectious disease, fever, increased thyroid function, malignancy, epilepsy.



Laser Therapy



Local Cryotherapy - Device

## Classic Massage

One of the oldest treatments. It is a therapy performed by the hands of a masseur, in which he/she uses a massage oil to achieve a massage slip. The masseur performs a system of massage touches on the client's body. The effects of a classic massage are local as well as general: blood circulation of the skin and muscles, calming down during mental strain, affecting muscle tension, blood and lymphatic circulation, endocrine system, metabolism and internal organs. A classic massage can prevent the development of diseases and also have a positive impact on the changes caused by disease.

A frequent classic massage lasts 20 minutes.

### Indications

Pain and stiffness in the spine, musculoskeletal and momentum (paralysis) disorders, rheumatoid arthritis, the consequences of neural inflammation (polio, multiple sclerosis), after severe physical surgery, muscle injury, sensitivity disorders, blood circulation and lymph diseases, incorrect posture and recovery after illness or injury.

### Contraindications

Virus, fever, acute inflammation (tendons, ligaments), internal injury and bleeding, tearing (tearing) of a muscle or tendon, fractures and dislocations, acute phlebitis, embolism, open wounds, shingles, inflamed skin rashes, warts, pregnancy, use of ATB treatments, acute cancer, osteoporosis, blood clotting disorders.

## Complete Classic Massage

Basically, it is the same as a partial massage, with the difference that the masseur also applies targeted mechanical touches to the upper and lower extremities. Supports blood supply to the skin and muscles of the whole body, emptying of superficial veins, lymphatic vessels, excretion of sweat glands and absorption of swelling. Tissue nutrition improves throughout the body, pain relief and muscle toning.

This procedure is a relaxation for the whole body. Lasts 40 minutes.



Classic Massage



**Indications**

Muscle pain and stiffness, musculoskeletal and musculoskeletal disorders, rheumatoid arthritis, multiple sclerosis, sensory disorders, diseases of blood and lymph circulation, regeneration of the whole body.

**Contraindications**

Virus, fever, inflammatory disease, varicose veins, osteoporosis, internal injury and bleeding, embolism, thrombophlebitis, skin wounds, shingles, warts, ATB treatment, oncological disease, blood clotting disorders, pregnancy.

## Reflexology Foot Massage

(musculoskeletal configuration)

A therapy in which the masseur uses a range of pressure techniques to stimulate the reflex points of the foot to produce a positive response in other parts of the body that are associated with them (head, spine, joints). The onset of the effect is fast, which is of great importance in acute pain. Supports overall momentum and detoxification of the organism. Adjusts blood circulation.

The procedure takes 20 minutes.

**Indications**

Pain and bleeding disorders in the feet, spinal problems, arthritis, migraines, allergies, asthma, autoimmune disorders, hormonal disorders, body detoxification, stress relief.

**Contraindications**

Respiratory disease, fever, open wound, eczema, diabetes, varicose veins, fungi, infections, pregnancy, breast-feeding, menstruation, epilepsy.

## Reflexology Hand Massage

A very pleasant and effective therapy. There are not as stimulating and sensitive points on the hands as on the feet, but in some cases it is better to choose a reflexology massage of the hands and not a reflexology massage of the feet. This therapy also affects the musculoskeletal system and other organs of the body. Improves blood circulation and mobility of individual finger cells, helps to remove cramps on the hands.

The procedure takes 20 minutes.

**Indications**

Hand bleeding disorders, functional, degenerative and certain rheumatic diseases, post-traumatic or postoperative conditions (in the aftercare stage), hormonal disorders, depression.

**Contraindications**

They are the same as in the reflexology foot massage.



Reflexology Foot Massage



Reflexology Hand Massage

## Anticellulite Massage

Focuses on removing cellulite, improving the quality of the skin and shaping the body. It acts on fat cells, stimulates the subcutaneous structure and subcutaneous metabolism. Blood circulation and run-off of waste substances that interfere with the formation of "orange skin" are improved. After this procedure, there is a reduction of subcutaneous fat deposits and it strengthens the skin. The procedure takes 20 minutes.

### Indications

Cellulitis, improved blood and lymph circulation, skin weakness.

### Contraindications

Fever, acute malignancy, varicose veins, wounds and infection on the skin, infectious and vascular diseases, pregnancy.

## Champi-Indian Head Massage

A massage in which the masseur uses traditional massage techniques based on the principle of energy circulation in the paths (meridians). Focuses on the head and hair. Therapy provides relief from headache, neck and shoulder pain, reduces stress and tension and promotes relaxation and hair growth. Improves the blood and lymphatic system. The procedure takes 20 minutes.

### Indications

Migraine, tinnitus, insomnia, depression relief, relief of stress and nervousness.

### Contraindications

Infection, inflammation and fever, diabetes, cancer, epilepsy.

## Tibetan Massage

Suitable for all ages, especially for older people. The masseur gently massages and compresses points on the spine. It's a very practical and effective method to restore energy and maintain body balance. Helps with various physical and mental difficulties caused by physical problems or everyday stress. The therapy relieves tension in the body, eliminates fatigue and exhaustion. The procedure takes 20 minutes.

### Indications

Pain or degenerative state of the spine, rheumatic diseases, neurovegetative distension, migraine, irritation, insomnia.

### Contraindications

Febrile and infectious diseases, purulent and fungal skin diseases, blood clotting disorders, severe osteoporosis, pregnancy, epilepsy.



Champi - Indian Head Massage



Tibetan Massage



## Lymphadenopathy of Face and Décolleté

A pleasant manual massage that keeps the lymphatic system active, which cleanses the body of harmful substances. This dry massage also removes swelling and marks under the feet, slows the formation of wrinkles, helps to remove acne and various skin defects. The procedure takes 20 minutes.

### Indications

Swelling of the face during pregnancy, severe under the skin, elimination of scars and wrinkles, migraines and fatigue.

### Contraindications

Inflammatory skin changes, influenza, fever, acute cancer.

## Reflexology Foot Massage with Warm Wrap

Based on the knowledge that at all extremities of the human body there are reflex surfaces on the feet that correspond to the relevant areas of the organism. By stimulating these points, we positively affect specific parts of the body: the head, spine, joints. The massage improves the movement of the feet, relieves their pain and cramps. The onset of action is rapid, which is of great importance for acute problems, but it is also used as prevention. This massage is followed by a warm foot wrap with cinnamon cream. The feet overheat, receiving better blood circulation. The procedure has a therapeutic as well as pleasant and relaxing effect. The procedure takes 20 + 20 minutes.

### Indications

Pain and blood disorders in the feet, musculoskeletal problems, arthritis, migraines, allergies, asthma, autoimmune diseases, hormonal disorders, body detoxification, stress relief.

### Contraindications

Allergy to cinnamon, virosis, fever, skin wound, eczema, fungus, diabetes, varicose veins, infections, pregnancy, epilepsy.



Lymph Drainage of Face and Décolleté



Reflexology Massage of Feet with Warm Wrap

## Anticellulite Massage + anticellulite wrap

The procedure includes a massage to relieve the symptoms of cellulite on the buttocks and thighs muscles and also on the abdomen. Therapy will improve blood circulation in tissues, accelerate waste flow and reduce fat cells. The massage is followed by an anti-cellulite wrap with cinnamon cream. This wrap will improve the effect of the massage, because cinnamon has a combustion effect and thus slows down the storage of fat. The skin regenerates, overheats and refreshes. The wrap prolongs the action of anti-cellulite massage. The procedure takes 20 + 20 minutes.

### Indications

Cellulitis, improved blood and lymph circulation, skin weakness.

### Contraindications

Fever, acute malignancy, varicose veins, wounds and infection on the skin, infectious and vascular diseases, pregnancy.

## Ayurvedic Indian Oil Massage

A special massage technique in which the masseur massages rhythmically by using more warm sesame oil with added oil from orange blossoms. This procedure acts on both the physical and mental level, matures blood and lymph circulation, improves the function of internal organs. It also helps with digestive disorders and fat burning. Relieves muscle pain, stiffness of the neck, blocked spine and problems in the lumbar part. Suppresses migraines and also addresses signs of cellulite. It reduces mental fatigue and also helps with sleep disorders. The procedure takes 40 minutes.

The procedure takes 40 minutes.

### Indications

Spinal pain, migraine, detoxification, fatigue and tiredness, insomnia, stress, cellulitis, vision problems, improvement of blood and lymph circulation, overall revitalization of the body.

### Contraindications

Inflammatory and infectious diseases, eczema, warts, skin allergy, fever, fungal disease on the skin, acute oncological disease, enlargement of lymph nodes, varicose veins, pregnancy, breastfeeding, menstruation, epilepsy.



Ayurvedic Indian Oil Massage



## Lava Stone Massage

It is an ancient technique known before our era. The masseur hosts and massages smooth hot lava stones that stick to the oiled body, thus affecting acupuncture pathways. The stones absorb, maintain and gradually transfer heat, which has a positive effect on the skin, subcutaneous tissue and muscle fibers. This massage will cause significant blood circulation, improve blood and lymph circulation, eliminates tissue metabolism and detoxification of the body. The temperature of stones is individual, depending on the client's sensitivity to heat.

The procedure takes 40 minutes.

### Indications

Spinal pain, muscle pain, fatigue and tiredness, cellulitis, improved blood and lymph circulation, detoxification of the body.

### Contraindications

Infectious and inflammatory disease, fever, sensitivity to heat, skin diseases, high blood pressure, varicose veins, osteoporosis, pregnancy and breast-feeding, menstruation, epilepsy.



Lava Stone Massage

## Thai Oil Massage

A method whose history goes back to 2,500 BC. It is not just massaging muscles and joints, but working with ten Thai massage paths, i.e. energy paths that connect acupressure points. Stimulating these points restores the disturbed flow of internal energy in the body. Blood and lymph circulation is affected, removing toxins from body tissue and treat diseased organs and glands. Thai massage brings the client an energy boost, refreshment and overall psychological balance. This method is done by finger pressure, palms and varnishes using massage orange oil.

The procedure takes 40 minutes.

### Indications

Pain in the spine, joints or muscles, tiredness of the body, migraine, strengthening of the nervous system, improvement of blood circulation and lymph.

### Contraindications

Inflammatory and infectious diseases, fever, high blood pressure, varicose veins, artificial knee or hip joints, pacemaker, cancer, skin defects and fungi, osteoporosis, pregnancy and breast-feeding, menstruation, epilepsy.



Thai Oil Massage

## Sulphur Bath

A water bath with a sulphur content of 36-37°C. Sulphur has beneficial effects on the musculoskeletal system and helps in the treatment of skin diseases, especially psoriasis. In the bath, the body overheats and sulphur is absorbed through the skin into the body, especially connective tissues (connective tissue, cartilage, shins...). The effect of this therapy improves blood and lymph circulation, strengthens nervous, respiratory, endocrine and immune system. The bath has a relaxing and soothing effect. The procedure takes 20 minutes.

### Indications

Inflammation and swelling of joints, reduction of their pain, removal of muscle spasms and back and muscle pain, high blood pressure.

### Contraindications

Sulphur allergy, infectious disease, fever, open wounds on the skin.

## Hydromassage Bath

An underwater full body massage in a bath with a water temperature of 36-37°C. Massage intensity changes by adjusting the nozzles, changing the angle and distance of the water jet. Hydromassage relieves and relaxes stiff muscles and also partially relieves musculoskeletal pain. Physical and mental fatigue disappears. The procedure takes 20 minutes.

### Indications

Muscle stiffness, partial removal of musculoskeletal pain, fatigue, body regeneration.

### Contraindications

Varicose veins, osteoporosis, cardiac problems, condition shortly after surgery, skin diseases, open wounds, epilepsy, pregnancy, breast-feeding.

## Pearl Bath

There is a bathtub with a water temperature of 36-37°C, saturated with oxygen, fed to the bottom of the tub. Bubbles (pearls) of oxygen rise under pressure to the water level and act as a micro-massage of the body. The bath is very pleasant and has a pleasant effect. Bleeds the skin, lowers blood pressure and inflammation of the heart muscle.

### Indications

Relaxation and release of the body, frequent muscle relaxation and relief of back and joint pain, high blood pressure, stress, tiredness.

### Contraindications

Skin diseases, open wounds, epilepsy.



Hydromassage Bath



## Oxygen Therapy

Inhalation of more than 90% of humidified oxygen. Oxygen inhalation is a natural and pure method with proven and strengthening effects for the human being. Eliminates the lack of oxygen in the body, regenerates brain cells, slows down the aging process, improves breathing. Oxygen therapy affects the treatment of chronic and inflammatory diseases, cleanses the blood, strengthens the heart.

The procedure takes 20 minutes.

### Indications

Ischemic heart disease, myocardial infarction, high blood pressure, bronchial asthma or chronic obstructive pulmonary disease, allergies, decreased immunity, fatigue, migraine, recovery after surgery and chemotherapy.

### Contraindications

Epilepsy, shortly after organ transplantation, glaucoma, respiratory disease, gastric ulcer, advanced atherosclerosis.

## Inhalation

There is a healing procedure that they already knew about in ancient Egypt, where they used eucalyptus or menthol to relax the airways. Inhalation has come to the fore in modern treatment and especially now. During the procedure, the client actively inhales the fine nebula of Vincent's natural mineral water, under artificially changed pressure from the ultrasonic inhaler. Small particles of the healing fluid thus formed easily penetrate through the upper respiratory tract to the lower ones (bronchi, trachea and pulmonary bladders). Moisturizes the respiratory mucosa, improves blood circulation and thus it is detached and treated as a whole. Unlike taking tablets, or syrups that affect the whole body, inhalation allows the use of a therapeutic effect only in the airways. This form of treatment does not cause side effects with the tablet form. The procedure takes 20 minutes.

### Indications

Post-covid treatment, acute and chronic respiratory tract diseases, antiseptic, antiallergic and releasing effects of inflamed mucosa, cough treatment, overall improvement in respiratory function.

### Contraindications

Fever, TBC, increased thyroid function and other autoimmune disease, heart failure.



Oxygen Therapy



Inhalation

## Consultation with Physiotherapist

There is an open conversation between the client and the physical therapist. Such consultation is often neglected already at the beginning of musculoskeletal problems. Many people practice at home using videos on websites that will not help them to detect the causes of their painful problem. It is often the case that through the incorrect selection of exercises they deteriorate their health. Therefore, it is very appropriate to consult a physiotherapist who asks about the way of working and the client's lifestyle. He/she notices the posture, walking and other movement habits. Based on the information obtained, the physiotherapist of resistance may decide on an appropriate treatment program and exercises. It is equally important to warn the client what kind of movement to avoid. The consultation takes 20 minutes.

## Indoor Pool

The Park hotel has dimensions of 16m x 8.3m x 1.2m (length x width x depth), water temperature 28 – 30°C. Water heals not only the body, but also the soul. Swimming is the optimal physical activity to improve muscle strength, motor control is developed, coordination of upper and lower limb movement with buoyancy and balance and breathing control. The advantage of swimming is also the influence of pain and relaxation. It is a form of movement with minimal weight on the joints. The buoyancy of the water is pleasantly relieving, a person performing painless movements in the water, which he/she cannot do in a dry environment. Movement in the water evokes positive emotions, it increases the motivation of exercise not only in children, but also in elders. For non-accommodated guests there is access to the pool for 1.5 hours.

### Indications

Improving the range of joint movement, restoring the function of the affected muscles and their relaxation, improved blood circulation, better blood circulation throughout the body.

### Contraindications

Acute inflammatory and infectious diseases, fever, serious heart problems, herpes, acute malignancy, bleeding conditions, skin defects, urinary or fecal incontinence.



Indoor Pool





## Kinesiology Taping

The origin of this therapy is attributed to the Japanese chiropractor, Dr. Kenz Kase. A modern treatment method in which the physiotherapist glues elastic bands to the client's skin. Their task is to relieve muscle and joint pain. The glued belt pulls out and holds the skin and subcutaneous tissue, thus reducing the pressure to the painful area. Thanks to this, a person will feel a significant relief of pain. The elastic band will also improve blood circulation and lymph circulation. The procedure takes 10-15 minutes.

### Indications

Reduction of muscle and joint pain (most commonly shoulder, elbow, knee, ankle), treatment of spinal pain, support of blood and lymph circulation.

### Contraindications

Venous disease, skin injury, bruising, blood sprain, allergy.

## Nordic Walking

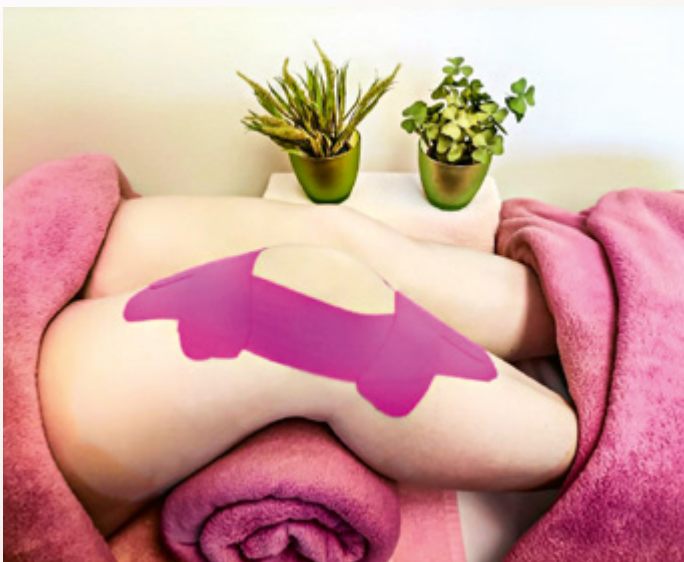
Nordic walking is a relatively new discipline that has spread from Finland around the world. One walks dynamically with the help of special sticks, which lighten the locomotor system by up to 30%. For this reason, Nordic walking is the ideal physical activity for all age groups, including those who have a problem with the spine, with weight-bearing joints and obesity. Motion rhythm is given by two-time cross-dynamic. The movement rhythm is given by two-period cross-pass dynamics. It's an ideal form of physical training with an activity 40-50% higher than when walking normally. Nordic walking improves fat metabolism, improves cardiopulmonary performance and also helps with osteoporosis and proper posture.

### Indications

Degenerative diseases of the spine and joints, coordination disorders, ischemic vascular disease, osteoporosis, rehabilitation after musculoskeletal surgery, improvement of fat metabolism, scoliosis, obesity, neurological diseases, respiratory disorders, low immunity, improvement of body condition.

### Contraindications

Acute infectious and inflammatory diseases, fever, severe heart failure and hypertension.



Kinesiology Taping



Nordic Walking

## Sauna Complex

### Finnish Sauna

It is a total hyperthermal bath with hot air at a temperature of 80 to 100°C, with a humidity of 5 to 15%, followed by cooling the body with cold water. The basis of this process is the alternation of heat and cold. Ends with a relaxation phase. The sauna causes widening of blood vessels, acceleration of blood circulation, elimination of the amount of sweat and deprives the body of harmful substances. During this procedure, fat burns, calories are lost, it strengthens the immune system, metabolism accelerates. Finnish sauna has a positive impact on respiratory system and allergies.

### Steam Sauna

It is a steambath with a temperature of 40-50°C and humidity up to 100%. Fragrant essences greatly help to clean the upper and lower airways and enhance the experience of this procedure. A steam sauna is very suitable for overall detoxification of the body, has a positive effect on skin cleansing and weight loss.

### Infrared Sauna

Infrared radiation heats the body directly, without heating the air. Due to the lower temperature than in the Finnish sauna, i.e. 35-60°C, the infrared sauna is more suitable for clients who do not tolerate hot Finnish sauna. Very effective detoxification of the body, removes impurities from the skin, reduces pain of back and joints, relieves muscle tension, accelerates the blood and lymphatic system. The sauna takes 2 hours.

### Indications

Detoxification of the body, increased immunity, improved mobility to joints, blood supply to the brain, limbs and skin, clean skin, eczema, getting rid of fatigue.

### Contraindications

Acute, infectious, cancer and inflammatory diseases, fever, varicose veins, blood pressure problems, heart disease, post-myocardial infarction and stroke, increased thyroid function, bleeding diseases, skin defects, diabetes, pregnancy, breast-feeding, epilepsy.



Finnish Sauna



Steam Sauna



Infra Sauna