



TREE *of* LIFE

MEDICAL SPA / WELL-BEING

★★★★S

*List and description
of procedures*

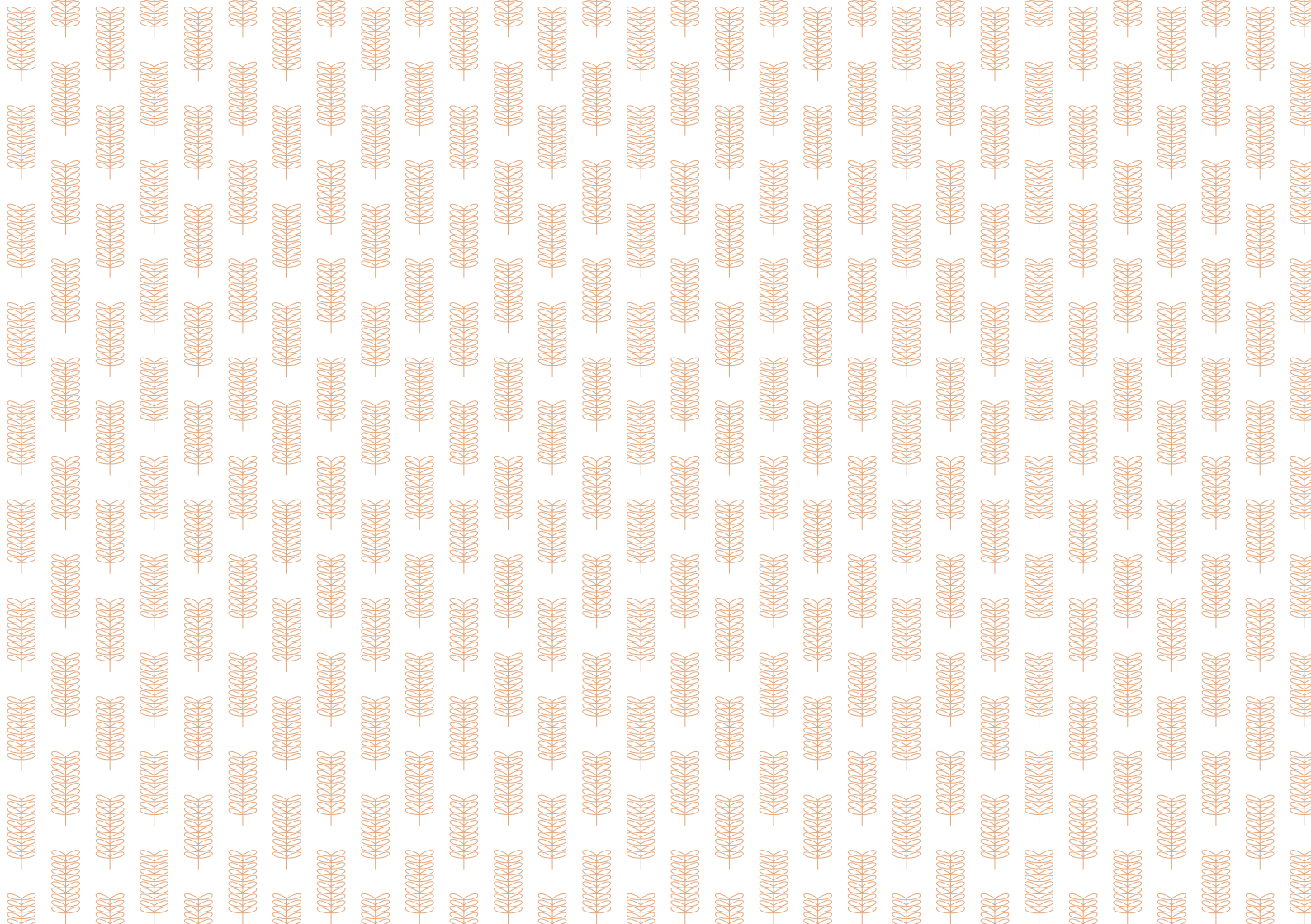


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1. Diagnosis

MEDICAL CONSULTATION

Therapeutic visitations include a consultation with a physician, who will assess your health, highlight treatment options and draw up a program for your procedures. You will undergo an initial examination, and in some cases a basic biochemical examination and ECG. Consultation with a physician takes place 1x per week.



DIETARY CONSULTATION

A dietitian will discuss your eating habits with you in detail and will be your mentor and guide throughout your stay. They will explain how you can change your diet for the better, and how to ensure your healthy meals are tasty. They will adjust your eating habits and discuss the possibility of supplements, special clothing and other aids. They will prepare personal recommendations for you and for meals to eat at home.

INBODY

InBody examinations are primarily suited for those who want to start losing weight. InBody is a sophisticated device that helps to determine the composition of your body, such as the amount of fat, lean body mass and total body water. This information is then used by your therapist to ideally set up a weight loss program and monitor the changes.

LABORATORY EXAMINATION

The basic range of laboratory examinations informs your physician about the functioning of your vital organs such as the heart, kidneys and liver. Identification of cholesterol levels is also important for the calculation of body fat using the InBody device.

ECG EXAMINATION

An electrocardiogram records the electrical activity of the heart muscle. This can be used by your physician to assess whether your cardiac activity is normal, or whether there is a fault. ECG can detect heart muscle damage, such as hypoperfusion or arrhythmia.



2. Peat procedures

Peat is a valuable natural material that is extracted from deposits near our spa. The extracted mud is crushed, mixed with water and heated. We use these materials to prepare mud wraps and mud compresses.



NATURAL PEAT WRAPS

Peat wraps are an effective treatment for arthritis, arthritis, spinal pain and muscle aches. The wraps are made up of a layer of several centimeters of warmed peat. We cover selected parts of the body with the material and then wrap the entire body in a blanket. The accumulated heat reaches deep into the tissue, relaxes your muscles and additionally flushes out inflammatory waste products and regenerates your body tissue. The wrap relieves muscle tension and pain and has an anti-inflammatory effect.

NATURAL PEAT COMPRESSES

Peat compresses are formed by a thick layer of mud placed between two honeycomb membranes. The permeable side of the membrane is then placed on your skin to allow the natural substances to act directly. A thermal cushion is then placed on the impermeable side of the membrane which pleasantly warms you and improves the blood circulation in selected parts of your body. Peat compresses reduce stress, pain and cramps in the shoulder joints, cervical vertebra and lumbar spine, and they also regenerate the skin.



3. Physiotherapy

INDIVIDUAL EXERCISES

Individual exercises are conducted by a physiotherapist. During each session clients take exercises to reduce muscle tension, relieve

pain and also increase the range of motion in the joints and the spine. The physiotherapy also includes the most common soft techniques, reflexology and bulb massage.

SOFT TECHNIQUES

A system of special massage techniques that restores the tension and flexibility of muscles and tissue. Soft techniques improve joint mobility and relieve pain.

REFLEXOLOGY AND LIGAMENT MASSAGE

This is a special massage technique, which can only be performed after an examination by a physician. The massage technique focuses on reflex points and thus affects distant organs that are either stimulated or inhibited. Reflexology has an overall effect, stimulating and soothing your body. The response of the organism persists for up to 48 hours and if the massage is performed professionally then it can have long-term results.



BULB MASSAGE

This is an ancient Chinese technique, where warm bulbs are attached to the surface of the skin in which a vacuum is created. After application, the skin and the surface layer of the muscles are pulled into the bulbs, greatly improving blood circulation. You will feel unexpected relief even after the first application.

4. Reconditioning exercise



EXERCISE IN A HYDRO MASSAGE POOL

A popular and effective exercise conducted in small groups and guided by a therapist. The properties of the water help facilitate a series of exercises while also helping to mobilize all of the muscles and joints of the body. The exercises are conducted in a warm pool, which is only 130 cm deep so it is also suitable for non-swimmers. The pool also has underwater massage jets and a hydro massage bench, which will relax your muscles after the end of the exercise.

NORDIC WALKING

Nordic walking is walking with special poles, which enhances physical fitness and consumes up to 50% more calories. Nordic walking uses up to 90% of the muscles in your body, trains circulatory apparatus and strengthens the muscles of both the lower and upper extremities. The poles relieve the burden on hip and knee joints. Initial lessons are conducted by an instructor.



YOGA

In our spa we work with hatha yoga. It is a specific system of yoga, whose main instruments are the asanas (body posture), pranayama (breathing control) and meditation (relaxation of the mind). Practicing hatha yoga will help cleanse your body and improve mental and physical health.

5. Machine exercises

SHAPEMASTER® POWERTONE

This is a sophisticated electric bed that effectively promotes muscle activity, while

not placing a burden on the spine. The bed can help get the body in perfect shape after a long period of inactivity. The philosophy of the exercise is not to strain the body, but effectively work with it. SHAPEMASTER® POWERTONE can restore muscle mass, body shape, exercise muscles after an injury or help you lose weight.

HUBER® MOTION LAB

A unique multifunctional device which can strengthen the body, safely mobilize joints, exercise individual muscles and ensure comprehensive rehabilitation. Its special design



allows you to burn fat during the first 3 minutes of exercise. Preset programs allow you to strengthen the abdominal muscles, sculpt the buttocks, shape the legs and strengthen the deep muscles around the spine. Huber Motion Lab monitors the results and is therefore also perfect for sports training.

6. Baths

REGENERATIVE BATH WITH ADDITIVES

This is a bath with active substances, which in warm water are well absorbed into the body through the ideal perfusion of the skin and subcutaneous tissue. Herbal and mineral substances in the bath promote blood circulation, stimulate and relieve stress and fatigue. The warm bath pleasantly relaxes your muscles and increases flexibility of your joints. Warming and improving the blood circulation of the body improves muscle and joint nutrition.



ANNA MARIE CARBONIC BATH

This very effective procedure utilizes the properties of bubbles of carbon dioxide (CO₂). During the bath your body will be wrapped in tiny pearls and, after an initial feeling of cold, the bubble jacket induces warmth by dilating skin capillaries. Carbon dioxide is absorbed by the skin and helps to expand the peripheral blood vessels, thereby improving blood circulation in the extremities and particularly the skin. This not only helps lower blood pressure and eases the work of your heart but it can also improve nutrition, flexibility and hydration of the skin.



HYDRO MASSAGE POOL

You will bathe in a special pool equipped with a professional air jet system, where air flows through the nozzles under high pressure and provides a full body massage. While bathing we alternate between several massage patterns, which provides you with the

most effective way to relax and relieve muscle and mental tension. The pool has a positive effect against muscle fatigue, back and neck pain or help relieve chronic pain after injuries and muscle stiffness caused by poor movement habits.



7. Massage

CLASSIC RELAXATION MASSAGE

This massage will very pleasantly relax your whole body and mind. It helps circulation in the superficial veins, lymphatic vessels, improves tissue nutrition and relieves pain. Whether you choose a partial or full massage, this classic massage perfectly relaxes muscles, allowing the absorption of swelling, and sometimes even positively influencing headaches. You will leave from this massage feeling amazingly relaxed and positive.

UNDERWATER MASSAGE

This massage is a combination of heat therapy and mechanical treatment. The underwater massages is carried out by a specialist using a stream of water in a warm spa bath, which massages selected areas under 1-2 kPa of pressure. This massage relieves spasms and alleviates back pain and muscle fatigue. The underwater massage can also improve the appearance of scars and cellulite.

HYDRO-JET

A dry massage bed, in which a jet of water massages your body through an elastic film. This increases total blood circulation and reduces muscle tension. It helps to improve the absorption of oxygen in the vascular system, reduces the level of toxins in the muscles and helps to speed up tissue regeneration. In addition, it supports the elimination of endorphins and improves your emotional well-being, reduces blood pressure and has a positive effect on the circulatory system.



AROMA MASSAGE

This is a classic regenerating massage using essential oils and vegetable oils. It combines the effects of a massage with the unique benefits of various essences and oils. During the massage the oils penetrate into deeper layers and positively alleviate pain and improve the functions of the individual organs as well as your mind. This massage will harmonize your body and mind, relieve stresses and strains, and strengthen your immunity. After the procedure, treat yourself to further relaxation in order to retain the beneficial effect of the massage.



REFLEXIVE FOOT MASSAGE

This unique method uses the ancient knowledge of Chinese medicine. The soles of our feet have up to 7200 nerve endings and thus represent a map of the organs of our body. By treating various pressure points and areas on the soles of the feet our experienced masseur can positively influence blood circulation, immunity and regeneration of the body. This massage can alleviate muscle aches, joint

pains and headaches, and help relieve allergies and insomnia. An important effect is also physical and mental relaxation, and this massage also effectively reduces the effects of stress.



BABY MASSAGE

A special massage for babies and children, which can optimize muscle tone and strengthen the musculoskeletal system. It involves delicate movements from the child's cheeks to their feet, which stretch and massage the whole body. Among other things, this massage can help to calm hyperactive children. Our masseur can teach mums and dads the simpler elements of the massage so it can be performed at home. This massage is suitable for children from 6 weeks of age to adulthood.

PREGNANCY MASSAGE

In the sensitive period of pregnancy some parts of a woman's body are over-stressed, especially the spine, back muscles and the cer-

vical and lumbar spine. Besides relief from back pain this special massage for expectant mothers will also help relieve swollen legs. A trained masseuse performs the massage with you in a supine and half-sitting position. It focuses on the areas of back and neck, and of course completely avoids the abdominal area.

8. Ayurvedic massage

SHIRODHARA

This has been one of the most effective relaxation techniques for over 5000 years. It removes stress and nervous tension, treats migraines and headaches, improves concentration and memory, and thanks to the stimulation of brain centers rejuvenates and slows down mental aging. We use a special ayurvedic oil for this type of massage.



ABHYANGA

Ayurveda considers this deeply relaxing and rejuvenating massage to be one of the key ways to longevity. It involves individual touches and movements up to the fingertips. The massage reduces nervousness and irritability, eliminates toxins, stress, and improves your sleep quality. During the massage up to one liter of ayurvedic oil is used, which is partly absorbed by the skin, the rest is captured by cornmeal, which is then used for a final peeling treatment.

9. Wraps

PARAFFIN HAND WRAPS

Paraffin treatment is one of the most effective ways of eliminating stiffness in the small joints of the hand and improving fine motor skills. The hands are repeatedly plunged into warm wax creating a film of paraffin on the skin. Then they are wrapped in a cloth and left in the wrap. The application of paraffin significantly improves mobility by reducing pain in small joints. The wraps also improve nail nutrition.

NATURAL PEAT WRAPS

Peat wraps are an effective treatment for arthritis, spinal pain and muscle aches. The wraps are made up of a layer of several centimeters of warmed peat. We cover selected parts of the body with the material and then wrap the entire body in a blanket.

The accumulated heat reaches deep into the tissue, relaxes your muscles and additionally flushes out inflammatory waste products and regenerates your body tissue. The wrap relieves muscle tension and pain and has an anti-inflammatory effect.



NATURAL PEAT WRAPS / HONEYCOMBS

Peat compresses are formed by a thick layer of mud placed between two honeycomb membranes. The permeable side of the membrane is then placed on your skin to allow the natural substances to act directly. A thermal cushion is then placed on the impermeable side of the membrane which pleasantly warms you and improves the blood circulation in selected parts of your body. Peat compresses reduce stress, pain and cramps in the shoulder joints, cervical vertebra and lumbar spine, and they also regenerate the skin.

10. Electrotherapy

MAGNETIC THERAPY

The therapeutic use of magnets has a long history. Magnetic fields have an analgesic and anti-inflammatory effect, improve blood circulation, relieve cramps, reduce swelling and accelerate healing. Magnetic therapy utilizes the effects of an electromagnetic field, which is applied using a cylinder or pad.



VAS

This involves the use of electrotherapy currents without the need to attach electrodes (distance electrotherapy) combined with the effect of phototherapy. During the therapy, deep tissues and organs are warmed, local



metabolism is increased, absorption of chronic inflammatory, traumatic and postoperative infiltrates is supported and the elasticity of connective tissue is improved. The therapy also has significant analgesic effects.

MECHANICAL STIMULATION THERAPY

Mechanical stimulation therapy is one of the most widely used physiotherapy procedures. It is applied using plate electrodes or vacuum cups. With proper indication and application this procedure has strong analgesic effects, relaxes muscle tension and increases circulation, which helps to reduce tissue swelling.



ULTRASOUND

A very pleasant treatment, which positively influences arthritis, sciatica, neuralgia, bruises, sprains and muscle spasms. The electrical energy of ultrasound is converted into mechanical energy, which provides a micromassage of tissue and generates thermal energy, whereby increasing circulation in the blood vessels. Ultrasound also has a cosmetic effect, e.g. it can soften scars.

1. Phototherapy



LASER

A laser is monochromatic polarized light. Our therapists use a noninvasive laser with a biostimulation effect. Biostimulation increases blood circulation and firmness of tissue, supports the renewal of collagen, and accelerates regeneration. This effect is used in cosmetology. The laser has strong anti-inflammatory and analgesic effects on the musculoskeletal system. It can also be used to significantly improve contusions, tendinitis, arthritis and neuralgia.

12. Oxygen therapy

OXYGEN THERAPY

According to Professor Arden, oxygen therapy is a proven scientific method, which after long-term application can provide up to 40% improvement in memory and sleep. It can help with insufficient blood circulation in limbs, improve their nutrition, and thus reduce pain and improve skin condition. During oxygen therapy you will inhale 95% oxygen produced in a concentrator for one hour. We do not recommend sleeping during the procedure but rather actively resting - for example, reading, doing a crossword and stretching the muscles of the limbs.



13. Treatment using special techniques

LYMFOPRESS, PNEUVEN MECHANICAL LYMPHODRAINAGE



A pleasant procedure that relieves swelling of the lower extremities, the feeling of “heavy legs” and cellulite. The device works with a progressing pressure wave (which fills the individual chambers of a special girdle), which effectively supports the pumping of muscles. The drainage helps accelerate lymph flow and stimulates the elimination of toxic substances and waste accumulated in the subcutaneous tissue. The procedure is not suitable for people with varicose veins.

STARVAC MECHANICAL LYMPHODRAINAGE

A very efficient procedure using a special STARVAC device. The head of the device

consists of two rollers between which folds of skin are drawn under pressure. Gentle strokes of the head direct the lymph flow centrally and simultaneously stimulate blood flow to the selected area. Dispersing the lymph flow removes toxins and excess fluid from the tissues and strengthens collagen fibers. STARVAC helps fight obesity and cellulite, regenerates skin, and can even strengthen areas around the breasts, abdomen and buttocks, thanks to vacuum therapy.



EXILIS - ULTRASOUND LIPOSUCTION

Currently one of the most state of the art technologies, which significantly reduces subcutaneous fat tissue. The device combines high-frequency ultrasound and infrared light for targeted destruction of fat cells. The therapy is extremely effective and real changes can be felt after the first session. Visible results are then noticeable after 4 sessions. After ultrasonic liposuction it is recommended to

undergo STARVAC mechanical lymphatic drainage.



BODYKA PLUS - CAVITATION

A unique device that combines the functions of cavitation with a vacuum massage replacing lymphodrainage. It is ideal for shaping your body. It uses low frequency ultrasound which acts in the deeper layers, breaking down fat cells. Unlike EXILIS, lymphodrainage is performed immediately after cavitation. The procedure is thus extended, but will reward you with real results: weight loss, change in body shape and a lifting effect on the treated areas.

SOFT PACK

SOFT PACK is a unique technology that maximizes the effect of therapeutic agents that have been applied to the body. An active substance is applied over the body and you are then slowly immersed into 37 °C water, while an impermeable film remains between your body and the water. You will then “swim” in

an optimal environment, made lighter by the warm water. SOFT PACK has a very beneficial effect on the nervous system, the cardiovascular system and muscle tone.



14. Peeling

MECHANICAL BODY PEELING

Over a lifetime, cells on the surface of the human skin are continuously replaced by new cells. Ideally, old dead cells should be regularly removed from the skin. Peeling disrupts bridges between dead and healthy cells, old cells are removed and the skin is rejuvenated. Peeling is performed using an exfoliating loofah mitt with almond or olive soap.



DETOXIFICATION MINERAL PEELING

This peeling not only eliminates surface cells but also helps eliminate free radicals from your skin. Peeling stimulates cell respiration and the metabolism of surface cells, and because it helps to activate the lymphatic system it also rapidly eliminates toxins. Mineral peeling is performed using Himalayan salt or sugar cane.

15. Cosmetic treatment

BABOR REVERSIVE®

A unique anti-aging treatment with reliable and immediate effects. The treatment combines AHA peeling with a newly created Re-Youth Complex containing highly active substances, which literally “pump” your skin

and you can feel noticeable changes during a single treatment.

BABOR LUXURY HSR LIFTING TREATMENT

High Skin Refiner Lifting is a facial treatment specifically designed to improve the resistance of the skin against aging. HSR® uses a large number of innovative complexes for firming, brightening and lifting the skin. Your skin will become firmer and fuller, restoring youthful contours to your face.



BABOR COSMETIC TREATMENT WITH A COLLAGEN MASK

It is a revitalizing cosmetic treatment complemented by an effective collagen mask. The mask will give your skin missing material and help fill fine lines and wrinkles. After the treatment your skin will remain fresh and glowing. You will feel a comfortable tension and softness, and you will be surprised by the smoothness of the treated skin.



BABOR COSMETIC TREATMENT WITH A FACIAL MASSAGE

According to recent research, the beauty of your skin is not just determined by genetic predisposition. It only depends on you, how you care for your skin and how you can keep it looking young. Even you can learn it with us. After gently and effectively cleansing the skin we perform a stimulating facial massage, which restores skin tension. The mask treatment is selected according to your skin type and finally we treat your skin with a chosen cream.



DOCTOR BABOR REJUVENATION TREATMENT

A very pleasant treatment with visible results. We treat the skin with a light peeling treatment, which combines glycolic and lactic acid. This chemical peeling treatment removes dead skin cells and starts cell regeneration. After the treatment, your skin will be noticeably smoother, brighter and softer.

BABOR VITA BALANCE - OXYGEN

Do you want to keep your skin looking young? Ideally you should restructure the skin from within to prevent premature aging. All this can be provided by the intensive moisturizing treatment of Vita Balance. It includes the clean energy of oxygen and ingredients that moisturize the skin and also reduce wrinkles. Your skin will be smoother, brighter and perfectly hydrated.

16. Massage experience

MASSAGE WITH LAVA STONES

The whole of your skin will be massaged with heated lava stones along the energy pathways of your body. Stimulation of these pathways calms your nervous system, completely relaxes your body and normalizes bodily functions. This massage can stimulate the energy centers of the body (chakras) which harmonizes the flow of energy in your body. It is a very pleasant treatment, after which you will feel a flood of new energy.



CHOCOLATE MASSAGE

Do you love chocolate? Treat yourself to a gentle relaxing massage along with the intense aromas of your favorite treats. Your senses can enjoy the chocolate while its oily substances perfectly treat your skin.



HONEY DETOXIFICATION MASSAGE

The beneficial effects of honey have been known since time immemorial. Honey contains many important vitamins and minerals and has a moisturizing and regenerating effect on the skin of the human body, and it can also soften and rejuvenate. A honey massage relaxes you while removing unwanted toxins that otherwise accumulate in body tissues. The honey changes viscosity and gradually thickens during the massage as it absorbs pollutants released from the skin.

INDIAN HEAD MASSAGE

An Indian head massage is one of the most effective ways of relaxing. We expertly massage your face and scalp, alleviating fatigue, tension, or even pain and we induce a feeling of intense relaxation. Indian massages can be carried out dry, but we prefer to use oil to make the process even more enjoyable.



AROMA MASSAGE

This is a classic regeneration massage using essential oils and vegetable oils. It combines

the effects of a massage with the unique benefits of various essences and oils. During the massage the oils penetrate into deeper layers and positively alleviate pain and improve the functions of the individual organs as well as your mind. This massage will harmonize your body and mind, relieve stresses and strains, and strengthen your immunity. After the procedure, treat yourself to further relaxation in order to retain the beneficial effect of the massage.

REFLEX FOOT MASSAGE



This unique method uses the ancient knowledge of Chinese medicine. The soles of our feet have up to 7200 nerve endings and thus represent a map of the organs of our body. By treating various pressure points and areas on the soles of the feet our experienced masseur can positively influence blood circulation, immunity and regeneration of the body. This massage can alleviate muscle aches, joint pains and headaches, and help relieve aller-

gies and insomnia. An important effect is also physical and mental relaxation, and this massage also effectively reduces the effects of stress.

17. Cosmetic wraps

LIFTING TREATMENT IN A WATERBED

The treatment takes place in a SOFT PACK cosmetic waterbed with adjustable temperature and an adjustable base. Tropical lifting substances are first applied to the whole body. They are gently rubbed into your skin and then you are immersed into the waterbed. The floating effect and the ideal water temperature provide a perfect absorption complex of stabilizing substances to your skin, which will be stronger and more flexible after the treatment.

REGENERATING WRAPS



The SOFT PACK cosmetic waterbed is also used for regenerating wraps. You will first be treated with special products having softening and brightening effects and containing the purest natural ingredients such as live yoghurt or virgin olive oil. The wraps wonderfully increase blood circulation, moisturize and clean. The floating effect and the ideal temperature regenerate not only your skin but your entire body. Wraps in the SOFT PACK bed are a great way to unwind after a day full of stress and tension.

18. Hand and foot treatments



PARAFFIN HAND WRAPS

Paraffin treatment is one of the most effective ways of eliminating stiffness in the small joints of the hand and improving fine motor skills. The hands are repeatedly plunged into warm wax creating a film of paraffin on the skin. Then they are wrapped in a cloth and

left in the wrap. The application of paraffin significantly improves mobility by reducing pain in small joints. The wraps also improve nail tropism.

SILKY HANDS

This cosmetic procedure utilizes the positive effects of fruit acids on the skin. First your hands will be bathed, then we treat your hands with a peeling treatment and then we apply them to a wrap with a regenerative effect. The treatment is complemented by a reflexology massage and treatment of the hands and nail beds with a nourishing cream.

SILKY FEET

This procedure also utilizes the action of fruit acids on the skin. First you will take a foot bath. After drying, a peeling treatment will be applied to the feet and then a pleasant vitality wrap. Then, we will perform a relaxing foot massage, treatment with a vitality cream will be applied.



MEDICINAL PEDICURE



The first step is to immerse your feet in a bath with a mineral solution. This fine herbal bath softens the skin and help remove hard skin on the heels and under the toes. While, the skin dries out the nails and nail beds are treated with a fine hard-skin remover. A special accessory is used to treat the soles of the feet. After the mechanical treatment a nourishing cream is applied to the feet, which provides your skin with lasting softness.



19. Rituals

BABOR CASHMERE RITUAL

This skin care ritual experience begins with a whole body peeling treatment, continues with a vitality wrap and ends with a soothing aromatic body massage. Sandalwood, argan oil, thermal water from Aachen and stem cells from pear Champagne are ingredients that will provide you with a totally unique physical and sensory experience.

ALQUIMIA QUEEN CLEOPATRA RITUAL

This is an ancient ritual that gives women a special and feminine feeling. The ritual begins with a body peeling treatment using a mixture of Dead Sea salts and precious oils, followed by a detoxifying body wrap and fa-

cial massage with exotic oils of frankincense and myrrh. These rare oils rejuvenate your skin, give it a velvety appearance and complete the aura of feminine sensuality. The ritual ends with an aromatic body massage with frankincense and myrrh as symbols of eternal youth.

ALQUIMIA JOY RITUAL

This ritual provides you with renewed optimism and helps you to feel the joy of life to the full. The revitalizing power of citrus fruits moisturizes and regenerates your skin and provides it with deep nutrition. The fresh aromas stimulate confidence and provide psychological calm. We begin the ritual with a body peeling treatment using a mixture of Dead Sea salts, precious oils and fresh fruit juices. Subsequently, we treat your body with a detox wrap. Finally, we relax your whole body using an aromatherapy massage oil with added citrus fruits.



ALQUIMIA SILHOUETTE RITUAL

An exceptionally effective treatment for overall slimming, which strengthens your skin and helps in the fight against cellulite. This ritual begins by enhancing blood circulation with an intense massage of the thighs and buttocks using Queen of Hungary water, which is produced based on a 700-year-old recipe of Elizabeth of Hungary. This is followed by a gentle peeling treatment and then a firming wrap. The ritual ends with a full body massage using oils containing hyperemizing and revitalizing substances.

20. Spa



NORDIC SAUNA

This involves the effective alternation of greatly differing temperatures, during which there is a massive release of toxins and heavy metals from the cells. Toxic molecules are secreted from the body through sweat. This type of sauna is a wonderful way of enhanc-

ing immunity, speeding up metabolism, and inducing a general feeling of rest and relaxation after muscle exertion. It can also help muscular rheumatism as well as pain in the joints and the spine. The procedure is not suitable for patients with acute diseases, heart conditions, epilepsy or bleeding.

STEAM BATH

This is a hot and humid bath. The humidity (up to 80 - 100%) combined with high temperatures (40-55 °C) form a unique environment that will increase metabolism and generally stimulate all vital functions. Besides a pleasant feeling of recovery the steam bath also acts as a supportive agent in the treatment of asthma, bronchitis, rheumatism, hoarseness, muscle strain, and perfusion disorders. Steam baths can calm heart activity, improve overall fitness, and reduce agitation and feelings of nervousness. It is also an excellent place for mental and physical relaxation.

WHIRPOOL



Enjoy a gentle whole body massage provided by underwater jets with a water temperature fluctuating between a pleasant 37 and 40 °C. Whirlpools release tension, reduce stress and stimulate blood circulation.

SANARIUM



This is an exclusive sauna with several additional features, specially developed by the company KLAFS. One of the many advantages of a samarium with the SaunaPur® function is the healing effect of pleasant aromas combined with the benign heat of the sauna. Among the many aromatic and hot-air programs you can find the right one for you – either a gentle steam bath or a tropical or traditional sauna.

KNEIPP BATHS

Kneipp baths are two separate pools with pebbles, which are filled either with warm (approx. 40 °C) or cold (approx. 12 °C) water. You firstly bathe in the pool with warm water to help thoroughly widen the blood vessels, and then you enter the pool with cold water, where they contract. This is repeated several times. Kneipp walking is a naturopathic medicine and can especially help blood circulation disorders as well as headaches.

