JÁCHYMOV CELEBRATED ITS 500TH ANNIVERSARY

JAPANESE DELEGATION VISITS THE SPA

A MINERALOGICAL CONFERENCE

DEMONS OF JÁCHYMOV BY VLASTIMIL VONDRUŠKA - BOOK LAUNCH
Dear guests, dear readers,

let me cordially greet you at the beginning of the period bringing fall atmosphere in our spa. On sunny days we are still lured out to admire the festival of colors in the spa park and discover magical scenery of the Ore Mountains. It would seem that the lively spa rush fades and everything is slowly preparing for a winter rest. The opposite is true, and we are very pleased that currently almost a thousand clients appreciate the combination of the unique atmosphere with high quality of services and a wide range of cultural and social events.

This year was marked by many interesting events and this spirit will continue also during the late autumn and winter. In the period from 28.11.2016 to 7.1.2017, there will be a partial renovation of the hotel Radium palace. Particularly, the individual health departments will be reconstructed and new windows will increase the overall comfort of the accommodation. However, before the sounds of reconstruction take over the hotel, very different melodies will resound in its concert hall. The first performance will be a concert based on the opera Rusalka by Antonín Dvořák followed by original French chansons. In November, there is a traditional meeting with St. Martin on a white horse taking place in front of the spa center Agricola, and on the beginning of Advent we will light the Christmas tree together with St. Nicholas and St. Barbara.

Though leaves are still changing colors, the Ore Mountains will be soon covered by snow and the spa will welcome winter sports lovers as well. In this context, I would like to remind you that last year after an extensive renovation, we opened the guest house Dagmar providing an ideal place for family holidays, but also for active sports people. For those who prefer to relax and unwind, there are many stays from which they can choose. What might be a wonderful gift for you or your loved are Christmas or New Year’s Eve stays. Our products are listed in the new 2017 price list that can be downloaded from our website, or we can send it to you.

Finally, I would like to recall it’s been a year since I had a short introduction as a sales manager of SC Curie in the autumn issue of our magazine. I would like to thank our clients, colleagues, and managers for many pleasant and inspiring moments that we have experienced during our common effort to create the best possible stays.

Bc. Martin Záhořík
Commercial Manager
JÁCHYMOV CELEBRATED ITS 500TH ANNIVERSARY

This year was marked by major anniversary celebrations in the town of Jáchymov, which was founded in the early 16th century as the centre of silver mining.

The town hall prepared a series of events to commemorate the historic milestone—an orienteering and educational race for the treasure of Štěpán Šlik, the Wheel of stories, where people can leave a written trace of their presence in the history of town, an interesting exhibition of historical photographs and postcards and a renewed pilgrimage to Mariánská. The Josef Prennig Race also attracted a great interest. The pranks race started at the house that was the former Mr Kuhn’s bakery and went to the Rovnost mine and back.

The year-long celebrations culminated at the weekend of 20 August – 21 August 2016. The Friday evening, 19 August was dedicated to a gala ball held at the winter gardens of the Běhounek Spa Hotel. The guests, including a descendant of František Schlik and his wife Divina, were greeted at the entrance by Count Štěpán Šlik. All the guests were also welcomed by the town mayor, Ing. Bronislav Grulich. He spoke about the history of the town, about the founding of the first mining school nearly 300 years ago, and also mentioned the 110-year-old history of Jáchymov spa, the world’s first radon spa. The beginning of Saturday’s programme was announced by the bells from St. Joachim church. The ceremonial parade proceeded from the Agricola Spa Centre through the town. The procession was attended by the town representatives dressed in period costume, as well as representatives of various organisations, by a number of foreign mining associations and many historical figures in period costumes (Georgius Agricola, Johann Matheius, Heinrich von Könneritz, Lazarus Erckert, Marie Curie Sklodowska, Jakub Prennig and more). The procession arrived at the Church of St. Joachim, where the cultural programme culminated in the evening with an incredibly emotive video mapping screened on the façade of the town hall. In attendance could watch the documentary of the town’s history. On Sunday, an ecumenical service was held with the participation of Cardinal Dominik Duka, and the Archbishop of Prague and senior Synod of the Evangelical Church, Daniel Ženatý. This spiritual gathering was a reminder of the long, glorious, but also painful history of Jáchymov and encouraged churchgoers to take a moment of reflection. During the service, Archbishop Dominik Duka blessed the new city flag. The unforgettable experience of the three-day celebration ended with a firework display. Let us wish the town and its dignitaries much joy in the future.

Ingeborg Štiková
Deputy Mayor of Jáchymov

Historic milestones of the town
- Between 1849-1951, the town became the seat of the judicial and political Jáchymov district.
- Foundation of the Mining School on 13 October 1716 – the first school of its kind in the world
- The shortest railway tunnel in the Czech Republic – now a part of the Ostrov-Jáchymov cycle path
- The first pharmacy in the country and in Central Europe – proven that it was in operation in 1520.
- The oldest water mill in the Czech Republic – the remains of Peter’s mill
- The Svornost mine was the first uranium mine in the world. Until World War I, Jáchymov was the only place in the world with uranium mining.
- Launch of the world’s first ventilated mine – using bellows and a blower at the Saint Barbara drift in 1522.
- First Lutheran church in the country – the Church of St. Joachim and St. Anne (Jáchymov)
- The black mineral “jáchymovit” was named after the town where it was discovered.
- The silver Jáchymov coin called a thaler, which was minted in the town in the 16th century, gave its name to the monetary unit, the dollar. The German name for the coin was “Joachimsthaler”.

Source: Wikipedia.org
RADIUM PALACE IS MY DESTINY...

We are honored that our spa and hotel Radium Palace was again visited by the world-famous mime, director, dramaturge, choreographer, teacher AMU and also an important artist of the National Theatre Mr. MgA. Radim Vizváry Ph.D.

Last year he tried the procedures for the first time. Since Mr. Vizváry is very busy he could stay only for 9 days, but his visit was still very beneficial. After a year, the energy from the treatment began to wane so "Master" returned to the spa with the expectation of relief, relax, and gaining the life-giving energy from the depths of the earth.

«Radium Palace is my destiny and Jáchymov spa has become an inseparable part of my life. Same as art, which is my daily bread. Radon therapy always relieves me physical pain, returns me strength, and gives me a new energy for work. I feel recharged. Radon is a pick-me-up, a natural wonder that deserves respect. Radon is an all-encompassing treatment for the musculoskeletal system so as a "mime" I cannot miss it. Additionally, the beautiful environment, great services and staff of Radium Palace are a motivation to come back at least once a year. On my second visit in Jáchymov Spa, Radium Palace felt like home." Said Mr. Vizváry and added with a smile: "I read Radium Palace as

LOYAL GUEST

Mrs. Leonore Koch from Stuttgart has been visiting Jáchymov Spa for 27 years. By pure chance, she learned about Jáchymov years ago from her friend with whom she left along with her husband to the spa. Their first impressions of the town were not the best at that time, but the treatment they underwent at Běhounek was very impressive. In the following years, she and her husband regularly came back to the hotel Běhounek. Her husband was seriously wounded in World War II so the treatment with radon water was a tremendous help.

In 1996, they wanted to stay in the newly renovated hotel Radium Palace, but in the end they remained faithful to Běhounek. Mrs. Koch's husband died 16 years ago, and she wondered whether she will continue visiting Jáchymov, where she had a great time and made memories with her husband. Mrs. Koch is our walking advertisement and she is surrounded by lots of friends with whom she returns. This year Ms. Koch was offered a special therapeutic stay at Radium Palace. She immediately accepted the offer. Even though she is 90 years old, she came for a 3-week long treatment with her brother's wife. Both ladies had a wonderful time, and if they are in a good health condition, we will welcome them again next year. In September, Mrs. Koch celebrated her incredible 90th birthday so we would like to wish her all the best, good health, joy and prosperity.

Karla Koričková
Sales Manager at Radium Palace Hotel
JAPANESE DELEGATION VISITS THE SPA

The Radium Palace Hotel received a rare visit from the doctors, researchers and members of the Tokyo Institute of Integrative Medicine on the last day of August. The scientists from the institute are engaged in the research of radiation hormesis*. They visited the Jáchymov spa in order to learn about the local method of radon balneotherapy and its hormesis effect. The group was led by Mr Mototaka Nakamura, who has already visited the Jáchymov spa twice this year. The head of the group was Mr Akira Kawasaki, a doctor of medicine and philosophy and a scientist at Tokyo Ariake University of Medical and Health Sciences, which is known for its concept of linking traditional Eastern medical practices with the approaches of Western medicine. This concept is sometimes referred to as integrative medicine, which combines traditional methods of treatment with Eastern medicine supplemented by Western medicine to provide help where Western treatment methods fail.

The Japanese group was welcomed by Mr Martin Záhořík, the Head of the Sales Department, along with Mrs Jaroslava Vlčková, the Director of the Radium Palace Hotel. After the initial welcome, the head physician MUDr. Jindřich Maršík, MBA delivered a medical lecture where guests had the opportunity to learn about the history and principles of Jáchymov radon balneotherapy and each part of the balneotherapy programme. Mrs Alena Kostrejová, the head nurse at Radium Palace, later gave the guests a tour of the balneology department. At the end of the visit, all the guests could finally take a long awaited bath in radon water. During the meeting, MUDr. Maršík received an invitation to the 21st Congress of Integrative Medicine in Tokyo, Japan to be held from 25 to 26 November 2017. As the head physician of the Palace Spa Hotel and as a spa representative, he will address the congress on the unique radon bath treatment and the most important physiological reactions provided by this treatment. Based on the high level of interest in the radon spa by the members of the institute, a further visit next year is already being planned.

*Radiation hormesis (Source: enpedie.cz)

The term hormesis (horman = Greek for to encourage) is used to describe favourable activation, stimulation of physiological functions with a small, non-toxic dose of a substance that is otherwise harmful in higher doses. The term is primarily used in connection with radiation, hence the term ‘radiation hormesis’. Such an effect can be compared to vaccination, when a small dose of weakened bacteria stimulates the immune system, while a high dose will have a qualitatively different result, as it will provoke the disease.

WEDDING LIKE A FAIRY TALE

Wedding is one of the most important and memorable days in our lives. Perhaps every woman wants feel like a Cinderella on her wedding day being taken to a castle with her prince. On such festive day, the center of attention is the bride and groom. Great attention is paid to the wedding ceremony and, ultimately, the wedding feast. This was the topic of the 3rd annual bridal show and festival Wedding Like a Fairy Tale taken on Saturday, September 10, 2016 at the castle Bečov. The atmosphere was underscored by sunny weather and a rich program so the visitors gained great experience and inspiration not only for the wedding.

This year the four-star hotel Radium Palace was part of the event. The imposing neoclassical palace is perfect for organizing a real fairytale wedding. It has superb facilities for a wedding ceremony, reception, and evening party, it has romantic places for wedding photo shoots, and it has plenty of options for accommodation newlyweds and wedding guests.

During the wedding festival, the hotel’s employees presented various options for decorating wedding receptions and catering services. Wedding guests were presented a wide range of appropriate wedding gifts. The hotel Radium Palace **** offers a wonderful stay not only for such occasions: a romantic stay including relaxation and regeneration procedures. A gift like a caress of love.

Tomáš Kubáň
Sales Department
AUTUMN ON A PLATE

Every delicious autumn menu should include the game food group. Game is nutritious, easy to digest and has a distinctive aroma and flavour. It contains large amounts of protein, iron, vitamin B12 and minerals. Although it is good quality meat, it should be consumed in reasonable amounts. Game has a low-fat content, but is high in cholesterol. The higher content of purines makes the meat unsuitable for people with elevated levels of blood uric acid (known as gout). Game should only be consumed which comes from verified sources and has passed veterinary inspections. With the exception of the offal, game meat is left to rest for some time. The meat from the front of the carcass is used in stews and ragout, the neck and the ribs are most suitable for soups, while the leg and back are best suited for roasting, and in rolled and minute steak dishes. Do not miss out on this current culinary trend and indulge yourself in the autumn game menu prepared by the chef at the Radium Palace Hotel.

Markéta Fialová
Nutritional therapist at the Royal Palace Hotel

CHEF’S RECIPE:

1 kg of venison loin
0.4 l of Port wine
0.5 l of red dry wine
1 dcl of brandy (Napoleon)
100 g of tomato puree
50 g sugar
100 g mustard
100 g butter
salt, pepper, allspice, bay leaf, juniper berries
5 small pears, 150 g sugar, 0.7 l of white wine, cinnamon, star anise
500 g black pepper, 100 g butter, 500 ml milk, 50 g sugar, 20 g toasted breadcrumbs

The washed pears are placed into boiling white wine with spices and sugar and cooked for about 8 minutes. Leave in the pan overnight to marinade.

Crush the bay leaf, allspice and juniper into a powder. Slice the washed and dried venison loin in portions of about 200 g, season with salt and pepper and coat in the prepared spices.

Seal the meat in the hot pan on each side, remove from the pan and place in a preheated oven at 180 °C for about 8 minutes; the meat will remain pink inside.

Add sugar, tomato puree, red wine and cognac to the residue in the pan and reduce the liquid by half; at the end add the port wine and quickly bring to the boil once more. Before turning the pan off, add mustard, season with salt and pepper and finish the sauce by gradual whisking it in cold butter.

Slice the black salsify root into 10 cm pieces and put it into the hot milk with sugar; cook until tender. Coat the root in fried breadcrumbs.

(the remains of the black salsify root can be mashed to create a delicious puree)

The venison is served with gravy, breaded pieces of black salsify root and marinated pear.

Bon appetite

Petr Ploc
Chef at the Radium Palace Hotel

Dear guests,
you are kindly invited to the Winter garden of the Radium Palace Hotel to make your day more pleasant. We wish you to feel comfortably right at home. When looking at our autumn green park you relax while drinking a cup of delicious coffee. Choose homemade lemonade, desserts from pastry chef or speciality from our master chefs.
Discover the secrets of health and natural beauty

The theory of Sebastian Kneipp, a priest and a folk healer: “Everything we need to do to stay healthy was given to us by nature itself” is very topical, even today. Kneipp’s revolutionary treatment concept is based on the healing effect of water and herbs. We would like to introduce you to Kneipp natural herbal remedies and products based on the lifelong knowledge and philosophy of the renowned natural healer. Our offer includes massage oils, shower balms, bath salts, foot care and other cosmetic products that can naturally help treat various health problems. The products are suitable for the care of the musculoskeletal system and skin, sleeping well and relaxing. Kneipp therapeutic products can be purchased at the wellness reception of the Radium Palace Hotel.

NEWS

The latest product offer includes an elixir for your beauty and health – Collagen HA from Liftea. It is a unique, water-soluble solution of hydrolyzed collagen and hyaluronic acid. This dietary supplement has a unique positive effect on the quality of skin, hair and nails. In addition, it naturally helps to maintain and keep bones, joints and connective tissues healthy. Liftea Colagen HA contains patented hydrolyzed collagen Peptan®, which contains more than 97% protein in a form that the body can absorb and fully utilise. It also contains 18 amino acids, including 8 essential acids that the body cannot produce by itself. Moreover, the product contains patented HyaMax™ hyaluronic acid, which is best absorbed by organism internally.

These products are suitable for prolonging the effect of spa treatments for a long period when back at home, or as a gift from the spa for your loved ones. Feel free to choose from the wellness natural products range available from the Radium Palace reception at a reasonable price.

Alena Kostrejová
head nurse at the Radium Palace Hotel

RECONSTRUCTION AT RADUUM PALACE HAS BEGUN

In the last issue of AquaViva, we informed you about the planned operational break at Radium Palace which begins on November 28 and its scope will cover all sections of the hotel. This extensive reconstruction was preceded by many key decisions, meetings, a number of competitions, but mainly organizational preparations.

In October, renovation of two sample rooms of the category Superior and Superior Plus was finished. The renovation included: windows replacement, change of interior painting, creation of stucco elements and coves, and painting radiators and jambs. The rooms are facilitated with new hotel textiles and lighting. Minor repairs were carried out in the bathrooms as well. Part of the project is a large and vital change related to the departments of radon baths which have to meet the requirements, comfort, and pleasant atmosphere for our customers. There is a visualization of the project.

The hardest stage, the actual implementation of the project, is still ahead of us. Our great desire is not to disappoint our customers and their expectations. Our goal is to make our customers feel good and happy in order to come back repeatedly.

Jaroslava Vlčková
Director at the Radium Palace Hotel

Visualization of adjustments

Sample room

Alena Kostrejová
head nurse at the Radium Palace Hotel

Visualization of adjustments

Sample room

Alena Kostrejová
head nurse at the Radium Palace Hotel
A MESSAGE FROM THE DIRECTOR

The special wishes of our clients are a big challenge for us. Almost every day we receive various requests from our clients and whenever it is in our power, we always try to fulfil these and be helpful in the best possible way. Whether it involves a change in the date of treatment, change in a treatment plan or a special diet request etc. Sometimes we also receive requests that are much more complicated and in order to meet these, we need to make an extra effort. Therefore, we must be prepared for such situations.

RHEUMA-LIGUE

A good example of such an extraordinary request was to host a joint German Rheuma-Ligue meeting. The client was Rheuma-Liga Verband Thüringen and the original instructions were as follows: a programme for a trip to Karlovy Vary, a banquet followed by an entertainment programme, typical of your country... After several proposals (bagpipe band, brass band, etc.), they came up with their own idea, a performance by the famous puppets Spejbl and Hurvínek. It seemed impossible to arrange. Eventually, and thanks to the programme specialists, we managed to secure the show. We even managed to keep it a secret until the last minute, as was the wish of the client. The show was fantastic and the professionalism of the performers captivated us all. The whole event was a great success and we realised that it was probably the first time the world-famous puppets had been to Jáchymov.

CATERING

In 2014, our catering division tested their skills on their first ever external order. This came from the town of Ostrov who wanted to commemorate the opening of the new Ostrov Municipal Hall in the newly renovated chateau. What a challenge! And we did well. The proof of this was another order from the town of Ostrov. Only this time it was for catering at various locations, coupled with the opening of the cultural season and an exceptional historical exhibition – The Ostrov Estate from 1808–1918. Above all, we have already received a third order from Ostrov town hall for next year!

WEDDING PARTY

We view every request as a challenge, so we could not refuse our second booking for a small wedding reception for about 20 guests. We managed to take advantage of the newly renovated lounges, which are ideal for this type of event. “The gratitude received from our clients makes us happy and especially motivates us,” says Mr Jan Klíma, the F&B Manager, who likes a challenge, and being a responsible person does not leave anything to chance.

BANQUETS

Another major challenge we took on was the organisation of a social event for the City Hall of Jáchymov, which included a banquet for 250 people. It was an event to commemorate the 500th anniversary of the foundation of the town of Jáchymov. Therefore, we went to great lengths to make sure that all the guests were happy. At the same time, our hotel was full of spa guests who also needed our full attention so the maximum effort was needed from all our employees.

TURNKEY CORPORATE EVENTS

We often receive requests for an individual residential programme that cannot be found in our price list. And this is a challenge to us. In the past, we have arranged similar programmes, especially for guests who arrive in groups, and so our experience has shown us that an individual approach is the key. The latest example of such an individual approach was used to organise the programme for a group of women, a stay ordered by Anna Šperlová, the founder of the Excellent WOMEN group. She test drove our spa on her own and later also with Mrs Renata Krausová, the Sales Manager of the hotel, and based on her experience, tailored the spa stay for the ladies to their needs. You can read their review of their stay in a subsequent article.

We are pleased that we are getting more and more of these types of requests. Each and every one is a new challenge and, as such, a great experience that we can capitalise on in the future. In this way, we are also better prepared for more demanding challenges.

Edeltraud Štěpánková
Director of the Běhounek Hotel
**BAREFOOT**

**What do our feet mean to us?**

Each foot has up to 2000 receptors and is one of the most sensitive places on our body. It informs us not only of the terrain surface but also about ourselves – about our posture. The impulse is sent from the foot to the brain and based on this information the brain sends an impulse to our stabilisation system. If we rid the sole of the ability to transmit correct information to the brain, the brain processes these impulses in a distorted way and the result is an unnatural movement. The distortion of the information is often caused by unsuitable footwear. If the sole of the shoe is thick and rigid then the foot cannot feel the surface at all. Walking therefore becomes distorted and unnatural. Once again, walking becomes very unnatural.

The most natural way is to walk barefoot; the foot is free, feels the surface and behaves naturally. Even on a hard surface. Obviously, if we have walked our entire life in unsuitable and inflexible shoes, we cannot immediately start walking barefoot non-stop. The feet must gradually get used to it and the same is true for very deformed legs (e.g. with polyarthritis, diabetes, severe arthritis, etc.). In some cases, the deformity will require special orthopaedic shoes.

However, if the foot can at least function, why suppress this and put on shoes that the feet must adapt to at great length? The feet are often oppressed in shoes and later appear deformed. It is better to develop the feet’s function by appropriate exercise, barefoot walking (at any age), and by wearing shoes that allow free movement of the foot – they do not restrict it, but support proprioception.

As a physiotherapist, I recommend patients to go barefoot walking. It is also part of the treatment we provide. I often hold barefoot exercise classes with our patients on our terrace. Even in winter in the snow! My motto is: An insert in a shoe makes for a lazy foot.

Libuše Pecková  
physiotherapist

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**WOMEN GET TOGETHER IN JÁCHYMOV**

Our spa “tasting” with some excellent women (and three men) went well – a great bunch of people who did not have time to get bored. We went to try the spa treatments and exercise in the gym and pool. This was followed by a trip on Saturday to kopec Klobouk (the Hat Hill) and Císařská alej (the Imperial Alley) with the physiotherapist Mrs Libuška Pecková. As she is a big believer in barefoot walking, we left our shoes at home. Evenings were lively; we had a good time dancing and chatting. Our women tried on some wigs, makeup and were inspired by the Italian fashion. And those who were interested could join us for a cable car trip to Klinovec on Sunday. Relaxation, activities, beautiful environment, evening entertainment, good food – we found all that and more in the beautiful Běhounek Spa Hotel. Thank you. And even the weather was as if we had ordered it.

Anna Šperlová  
Excellent WOMAN Pilsen

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**MUDR. LENKA DRASKÁ CLOSES HER PRACTICE IN THE BĚHOUNEK SPA HOTEL**

MUDr. Lenka Draská closed her practice in Léčebné lázně Jáchymov on 31 August 2016. Dr Draská joined our company in 1981 and has therefore spent 35 years with us, most of the time in the position of the head of the department or as a senior consultant.

Not only did she help to cure thousands of patients, she also actively participated in the promotion of our exceptional spa at home and abroad. She has published many professional articles in various journals and promoted our company in the media.

A significant part of her work took place in the Agricola Spa Centre and in our Běhounek Spa Hotel, where she worked for the last three years as a senior consultant. It was here that the leaving party for the senior consultant with the health staff of the department and the hotel managers was held.

We wish Dr Draská all the best in her next phase of life, and much joy, happiness and personal satisfaction.

Edeltraud Štěpánková  
Director of the Běhounek Hotel

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Libuše Pecková  
physiotherapist
USE OF CARBON DIOXIDE IN SPA TREATMENT

Carbon dioxide (CO₂) is a clear colourless gas substance and can be found in nature – in natural CO₂ springs, in mineral water and in small concentrations in the air. It is formed as the final product of the combustion of carbon fuels and as the product of biological processes. Carbon dioxide is absorbed through the skin, which has a direct effect on the vascular walls and leads to their vasodilatation and thereby to a better blood supply. All this while the blood pressure is lowered, the cardiac strain reduced, the cardiac output increased, the respiratory rate slowed down, and the pH of the skin decreased in the short-term, thereby activating the mechanism maintaining the acid-base balance in the body.

Mineral water containing carbon dioxide in the form of a bubble bath can also be used as therapy. The gas in its natural form or as a medicinal and industrially produced CO₂ is used in a dry carbon sitting bath tub or in gas envelopes as well as in gas injections (pneumo-puncture) when the CO₂ is injected into the painful subcutaneous parts of the body. Our spa offers all the above methods of these applications.

The effect is the same as for the carbon dioxide water bath, except the resorption of the gas is even easier; however, the mechanical effect of the water pressure is eliminated.

Both types of bath treatments are well received by patients with cardiovascular diseases as they improve healing of chronic wounds, pressure ulcers and venous ulcers, eczema and dermatitis. They are also beneficial in gangrene, in conditions after skin burns, plastic surgeries and trophic disorders and severe metabolic disorders. Positive clinical effects were also demonstrated in conditions after complicated surgeries in the pelvic area and after treatment of oncological diseases.

Other options are gas injections and pneumo-puncture. This is a highly effective reflexology treatment consisting of a hot-spring or medical gas injected into the subcutaneous tissue. The application makes use of the reflex changes and acupuncture points. The effect is analgesic and painkilling.

Ing. Marek Poledniček
Head of Marketing

MUDr. Marcela Maršíková
Senior Doctor of Běhounek Hotel
THE TEN COMMANDMENTS
OF A HEALTHY DIET

We often see clients who would like to do something for their health and change their “bad” eating habits, but they don’t know how. Is that you? It's not too difficult. Read the following text and you will soon find out that even you can follow the rules. So let’s begin!

1. A varied diet
In order to maintain good health, we need many different nutrients and no one food itself can provide you with a sufficient intake for all. That is why it is necessary to consume a variety of foods, including fruits, vegetables, cereals, grains, meat, fish, poultry, dairy products, fats and oils.

2. Eat regularly
Eat several times a day in smaller servings. This will ensure you will not feel hungry and moreover, it will prevent binge eating and subsequent weight gain.

3. Do not forget to eat fruit and vegetables
Include 5 servings in your daily intake. The recommended amount is 500 g of fruit and vegetables per day.

4. Food containing carbohydrates
Most nutritionists recommend a diet based on a daily calorie intake, which consists of at least 55% carbohydrates. In practical terms, this means that more than half of your daily intake should consist of carbohydrate foods such as grains, pulses, fruits and vegetables.

5. Drink plenty of liquids
Our daily intake should be about 1.5 to 2.5 litres of fluids; the best are fruit teas, still water and natural juices. Herbal teas and mineral water are best taken in smaller doses. We also recommend increasing the intake of fluids in hot weather and during strong physical activity.

6. Fats in moderation
Fat should only form part of our diet in limited quantities. Fats are also hidden in various foods (e.g. meat, cheese, milk and smoked meat products). Vegetable fats should prevail over animal fats; however, the best are cold-pressed oils, such as olive oil. Nuts also contain good fats. Eat less fried food.

7. Less white flour
Foods containing white flour are best replaced with whole grain products. Whole-grain cereal products are healthier, plus more filling.

8. Less salt
Excess consumption of salt can, in some individuals, increase blood pressure so we recommend using less salt as a preventive measure.

9. Reduced consumption of smoked meat products
Try to completely eliminate smoked meat products from your diet, particularly dry sausages and salami. Limit your visits to fast food establishments.

10. Energy intake and burning in balance
We strive to make our energy intake lower than what we can burn. We seek to achieve our optimal weight. This is why we need to include physical activity. We will not gain weight and daily physical activity will help us lose some weight. Following these recommendations should become a basis for creating your menu. By doing so, you will be able to avoid bad eating habits that can lead to many chronic diseases. And most importantly, you will feel much better!

Jana Marešová
Nutritionist of Běhounek Hotel
PETRA NOVÁKOVÁ REGENERATES IN THE SPA

Petra, why did you come to the spa?
I have a demanding preparatory period so I need to regenerate as much as possible, to be able to take on the next training.

What treatment did you try?
I was in the cryotherapy chamber.

How does cryotherapy help you with regeneration?
The cryotherapy chamber improves the blood supply to my legs. A hard training session gets rid of all the pollutants from my body and thus a heavy workout is more effective. I also use cryotherapy as prevention against diseases.

Would you recommend cryotherapy to other people who are not professional athletes?
Definitely. How many people go to the sauna? - A lot. A cryotherapy chamber is actually quite similar, only the healing is not due to heat, but cold. And the cold shock (which these therapies cause to our body) is one degree greater than the shock from heat.

Who introduced you to skiing?
My parents.

Which running technique do you prefer?
So far, it looks like freestyle (skating), but in recent years I have also flirted with the traditional style.

What form does your training for the upcoming skiing season take?
Training sessions are divided into several stages. In the spring, there is a lot of running, cycling, roller skiing. Then we add bulk strength (heavy weights in the gym). As time progresses, we begin to work on speed. We gradually add dynamics in the form of roller skis to lifting heavy weights. We also manage a few skiing sessions on the snow in the summer, usually in the snow tunnel in Oberhof, Germany. In October we go to the Dachstein Glacier in Austria.

Who do you train with?
I train with the men under the coach Lukáš Krejčí.

You compete in cross-country skiing and uphill races. What would you like to achieve in both disciplines?
I see uphill racing as a form of diversification of my summer training. But it does not mean I take it lightly. This year I came fifth at the World Championship in Sapareva Banyae, Bulgaria. I would like to achieve even better results in the future, or even win. But first things first, for now, I am enjoying my fifth place as well as the silver medal from the team competition (with the line-up Petra Nováková, Pavla Schorná-Matyášová, Monika Preibischová, Lucie Maršáňová).

In cross country skiing, I am aiming to win a medal (or more of them...?) at world events, whether at the World Championship Tour de Ski, Winter Olympics or SP. And my long-term goal is to become one of the top skiers in the world.

Can you tell us about the field of study you chose?
It’s forensic analysis. You may know it from the TV detective series when CSI takes a sample collected at the crime scene to the lab … well, and I will be (I hope), the laboratory expert who analyses the sample. It is not just about the samples from the crime scenes, it involves other work like paternity tests and much more :)

Do you have any idea what will you do when your sports career ends?
I hope that it is still in the very distant future. I would enjoy working with athletes – nutrition or work with an anti-doping laboratory, or criminal investigation.

Thank you for the interview and we wish you good health and strength for the upcoming winter season. We will look forward to meeting you during your next spa stay. Thank you too.

Josef Slunečko
Marketing

WHO IS PETRA NOVÁKOVÁ?
She represents the Czech national team in cross country skiing and uphill running. She races for LK SLOVAN Karlovy Vary under her coach Lukáš Krejčí. Her biggest successes to date in her racing career include – bronze medal from the World Championship in the under 23 age category for 10km classical technique, 6th place in the World Cup in Lillehammer (7.5+7.5 km pursuit), 10th place at the World Cup in Lillehammer (5 km freestyle), 11th place in the freestyle sprint (world series Ski Tour Canada, the same series as Tour de Ski).
SPORTS DISCUSSION IN CURIE

In September, our spa received a visit from the Czech Republic swimming team. One of whom, the promising swimming talent Jan Micka, was kind enough to provide our guests with an engaging interview. His interviewer was the famous sports journalist and promoter of sporting talents, Jiří Nikodým. The best Czech crawler, a member of the swimming club USK Prague and the charge of Jaroslava Passerová is currently considered to be a major Czech talent. He holds the Czech records for the 400, 800 and 1,500 meters freestyle. In addition to his long list of achievements in European, world and Olympic competitions, he is the first Czech in history to have mastered the 800 meters under eight minutes and 1,500 meters under 15 minutes! At the age of 17, he swam at the London 2012 Olympics where he finished the 1,500 meters freestyle in 24th place and at this year’s Olympic Games in Rio where he came in 12th place in the same event. He shared with the audience his various interesting experiences from the world swimming races, allowed them a sneak peek of his secret swimming techniques and spoke about his feelings in the minutes before he starts the key races. The form of Jan Micka is going up and given that this handsome, pleasant, modest and cheerful young man is only 21 years old, we believe that the next time he will be joining us in a discussion after the Olympics in Tokyo 2020, he will bring one of his medals with him. We keep our fingers crossed for this talented Czech athlete for all the races and wish all of our swimming representatives good health and much sporting success. We would also like to thank Jiří Nikodým for his excellent moderation of the discussion and we also wish him well.

Karel Denk
Director of the Curie Complex

JAN MICKA

12th place at the 2016 RIO Olympic Games (1,500 m freestyle)
4th place at the European Championship 2016 (800 m freestyle)
5th place at the European Championship 2016 (1,500 m freestyle)
4th place at the European Championship in the short pool 2015 (1,500 m freestyle)
Runner-up at the Junior World Championship 2013 (1,500 m freestyle)
Runner-up at the Junior World Championship 2013 (800 m freestyle)
3rd place at the Junior World Championship 2013 (400 m freestyle)
European Junior Champion 2013 (1,500 m freestyle)
European Junior Champion 2013 (400 m freestyle)
Runner-up at the Junior European Championship 2013 (800 m freestyle)

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SPA CULTURAL EVENTS

A rich cultural programme is an integral part of spa life. We would like to take the opportunity and invite you to the concerts we have arranged from October to December this year.

NOVEMBER

1 November, Tuesday at 7:30 pm
Curie Café, 100 CZK
FROM BACH TO OFFENBACH
Concert by DUO LYRA from Karlovy Vary

3 November, Thursday at 8:00 pm
Radium Palace Hall, 140 CZK
MUSICA DOLCE VITA – THE SECRET OF MOZART
Concert on the occasion of the 260th anniversary of the birth of Mozart.

11 November, Friday at 6:00 pm
Gathering at the Jáchymov kindergarten
ST. MARTIN’S PARADE AND EVENING

15 November, Tuesday at 7:30 pm
Curie Café, 100 CZK
OPERA, OPERETTA, FILM
SOUNDTRACKS AND MUSICAL MELODIES
A colourful programme of evergreens from all musical genres.

17 November, Tuesday at 7:30 pm
Curie Café, 100 CZK
VELVET CONCERT
Songs (Kubišová, Kryl, Hutka, Matuška) interpreted by the region’s young artists.

29 November, Tuesday at 7:30 pm
Curie Café, 100 CZK
JEDNOTKA FRANTIŠKA KŮSE
Swing melodies

DECEMBER

4 December, Sunday at 4.30 pm
Agricola
ARRIVAL OF ST. BARBORA AND ST. NICHOLAS, LIGHTING OF THE CHRISTMAS TREE IN JÁCHYMOV

23 December, Friday at 7:30 pm
Church of St. Joachim, 50 CZK
J.J. RYBA - CZECH CHRISTMAS MASS
Performed by the Karlovy Vary choir and its soloists

30 December, Friday at 8:00 pm
House of Culture in Jáchymov, 150 CZK
FELIX SLOVÁČEK & ČERVENÍ PANTERI – pre-New Year’s Eve concert

In addition to these events, you can visit dance evenings held at the various spa hotels. For a detailed programme see the bulletin boards, printed programmes or www.spainfojachymov.cz

TIPS FOR WINTER TRIPS

Trips around Jáchymov and further are the most popular activities among spa guests. We have not stopped arranging touring despite the autumn months, and so we would like to recommend some of the favourite destinations of our guests.

One of our most successful tours is undoubtedly the tour around the Ore Mountains (Krušné hory). The tour takes you to the most interesting places on the Czech side of the mountains, such as Boží dar (1,028m) - the town situated at the highest altitude in Central Europe, or to the highest mountain in the Ore Mountains, Klinovec (1,244m), or to Perník or Plešivec with its viewing tower. We won’t forget to visit the viewing tower at Blatenský Hill, Horní Blatná and finish our tour in Abertamy’s glove workshop, which includes small demonstration and an interesting exhibition.

A permanent fixture is the tours of the spa towns Mariánské Lázně and Františkovy Lázně with their breathtaking architecture, romantic parks, fountains, statues, and most importantly, the springs that made them into spa towns in the first place.

One hot tip is a trip to the Mattoni museum in Kyselka. This is the official bottling plant for the Löschner spring, situated in Kyselka above the valley of the River Ohře. This is where from the 20th century a spa and later the Mattoni factory were located. Visitors can enjoy the recently opened Café Bar with refreshments and a gift shop.

We sincerely believe that our tours will catch your attention and we welcome you to choose from our offer. The complete tour preview and dates can be found at www.spainfojachymov.cz

Miroslava Machaňová
Programme specialist at Radium Palace Hotel
ARRIVAL OF ST. BARBORA – A NEW TRADITION IN JÁCHYMOW SPA

A new tradition was established in Jáchymov last year. The cultural programme, when we welcome the winter spa season and light up the Christmas tree, also involves the arrival of St. Barbora, the patroness of miners and the town of Jáchymov. She is joined by St. Nicholas and his angels and carries a basket full of branches, known as “barborka”, which she hands out to the people as a symbol of the approaching Christmas and winter solstice.

St. Barbora was born around the year 273 in the Greek city of Nikodemia (now in present-day Turkey) into a pagan family. She was admired everywhere for her exceptional beauty, erudition and shrewdness. The richest and the most handsome young men from the city courted the beautiful daughter from the pagan family, but she felt that there must be something more to life than she had experienced so far, and refused every man’s offer. Barbara used to meet up with a group of Christians, who used to live in hiding, in constant fear of imperial persecution. The young girl held long conversations with the group, trying to understand their beliefs and soon realised that her next journey has begun to reveal itself. Her father Dioscorus – a fanatical enemy of the Christians — wanted her to get married, but she did not want to submit to the will of her father and so he locked her up in a tower built especially for this purpose. In solitude, she began to study and regarded herself as a Christian. During her father’s absence, Barbara had three windows put in the tower, as a symbol of the Holy Trinity, instead of the two originally intended. Dioscorus was angered and handed his daughter over to a civilian tribunal. Barbara was terribly tortured and finally beheaded by her own father. Sources say that this happened on 4 December in the year 306. Meanwhile, as the angels came down for her soul, her father Dioscorus was struck by lightning and given over to God’s judgment. Barbara became the patron saint of miners in the late Middle Ages. The patronage refers to the legend about the rock which suddenly opened, allowing Barbara to take refuge, when fleeing from her angry father. In Rhineland, Barbara has great importance as a companion of St. Nicholas. In many places, it is she who gives the presents to the children. In the Czech Republic, the jewel of the Gothic Church in Kutná Hora was consecrated to Barbara. In 1990, the uncovered Gothic frescoes in the church in Český Roudolec displayed the legend of St. Barbara. Today, St. Barbara is worshipped as the protector against death by lightning, fire and even against the risk of sudden or violent death, and so she became the patroness of miners, artillerymen, pyrotechnics, architects, mathematicians and other hazardous professions including those for children.

Over the centuries, numerous folk customs have sprung up around the character of St. Barbara. One of the most common is the cutting of branches. The branches from fruit trees (cherry trees) are cut off on December 4 and put in a vase. Blooming branches – the so-called “barborka” – symbolise the winter solstice, which ends winter and summons in the spring with its fragrant blossoms. In the early days, barborka were used to tell the girls who they should marry. The girls handed their branches to their admirers and the first one whose barborka blossomed should become their future husband. If the barborka blossomed on Christmas Eve, it symbolised that the girl will be married within a year. Another barborka myth was the belief that depending on the day it started to blossom, that it would be the lucky month.

St. Barbora will arrive this year at the Agricola Spa Centre on Sunday, December 4 at 16.30 hrs. You can also look forward to St. Nicholas and his angels, a cultural programme, refreshments and a firework display.
The Czech historian, journalist, and writer Vlastimil Vondruška was born on May 9, 1955 in Kladno. After graduating from Kladno grammar school in 1974, he began studying history and ethnography at the Philosophical faculty of Charles University in Prague, graduating in 1979. Then he worked in the Czechoslovak Academy of Sciences in the Institute of Ethnography and Folklor Studies where in 1983 finished his postgraduate research. From 1983 to 1989, he worked at the National Museum and since 1986 has been the director of its historical part. He has been also devoted to literature from his youth. He has written more than fifty scientific studies and articles on the history of material culture, many scientific and popular scientific books, about forty historical novels for adults (some under the pseudonym Jan Alenský), and several books for teenagers. The first book was Pilsner Muzzles (1994) published at his own expense. Vlastimil Vondruška is an author of historical detective stories, as well as an author of a series of detective books from the reign of Přemysl Otakar II which is very popular among his readers. Besides his literary and journalistic works, he is also does business in the glass industry, and for more than 20 years he is an avid mountaineer.

PhDr. VLASTIMIL VONDRUŠKA, CSc.

If interested, the book Jáchymovští démoni (Demons of Jáchymov) is available in Czech or German, and can be bought at the SPA Info and front desks.
Have you acquired your bonus club card yet? Get it now, collect points and enjoy all the benefits.

Do you know about the “RADON SPA CLUB” loyalty programme from Lečebné lázně Jáchymov? If you have booked a stay or are a guest in one of the spa hotels, you are entitled to free club membership. The membership allows you to collect points and receive various benefits, bonuses and discounts for spa stays.

For more information, see the flyer and General Rules of the “RADON SPA CLUB”, available at the hotel receptions and on the website www.laznejachymov.cz.

OFFERS FOR RADON SPA CLUB MEMBERS

RADON SPA CLUB

November | 15% discount – coffee + dessert

Behounek

November | 20% discount – bubble bath
December | 20% discount – Indian head massage

Curie

November | a free session in the Agricola Spa Centre salt cave when purchasing a paraffin back wrap - (coconut or chocolate, ayurvedic herbs or hemp)
December | free espresso + hot wafer at café of the Agricola Spa Centre if purchasing a LOMI-LOMI massage – vouchers are issued at the reception of the Agricola Spa Centre

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HISTORY OF SVORNOST MINE (PART 3)

We have dedicated this section of our magazine to the history of the Svornost mine, which is an important feature of the Jáchymov spa. In the previous issue, we looked at the foundation of the mine, its development from the 16th to the 18th century, and today we will briefly recall the history of the mine in the 19th century.

DECLINE OF THE JOSEF MINE

The beginning of the century found the Jáchymov mines once again, as had often happened in the past, in a poor financial situation. Most of the mines were under state administration. Only one of these, the Svornost mine together with the neighbouring Josef mine, were privately owned by the town. This dismal situation was perhaps best evidenced by the events of 1802 when the miners from the Josef mine complained – as stated in their written request – that they had not received their pay for half a year and were unable to provide food for their families, so it was confiscated and nationalised. The year 1802 was not good for Svornost mine either. During work below the 6th level, the miners hit old flooded shafts and the water started to pour in with a tributary of approx 250 m³ in 24 hours and gradually flooded all the lower levels. Only after the construction of a new surface water pump in 1806, powered by a water wheel with a diameter of 12.6 m, could the mine’s water be successfully drained and mining work resume once again. However, this situation only lasted until 1810, when the next breakout of mine water flooded all the underground works down to the fifth level. In 1817, operations at the Josef pit were shut down due to high financial costs. Mining work only continued at the Svornost pit.

PRODUCTION OF URANIUM PAINT

Despite the overall poor economic situation from 1817 to 1876, a series of extraordinary mineralogical findings were made, which included pure silver and combinations of previously unknown ores. To this day, these unique findings are stored in Austrian museums (currently documented by MUDr. Vladimir Horák). Some of them were even sent as exhibits to World Exhibitions (in 1855 and 1875). Nevertheless, the overall decline of Jáchymov mines, including Svornost mine, continued. Their complete closure was prevented at the eleventh hour by the lucky discovery that the heaps of uranium ore were acquiring a yellow colour due to weathering, making it useful for colouring glass and porcelain. Uranium paint production began in 1840. The uranium ore, also called pitchblende, was until now unwanted by miners (because in the ore veins, the uranium ore marked the end of the occurrence of silver, which was therefore bad luck, i.e. pitchblende, in German Pechblende), the same applied to the ironworkers (it made smelting of silver ores difficult), but in the 1840s, the uranium ore turned out to be a sourced and purposefully mined mineral. From 1841 to 1900, about 300 tons were mined in the area, which allowed the production of approximately 70 tons of uranium paint. This new interest in uranium ore was the impetus for the mining administration to reopen and regenerate the declining mines, particularly after 1847 when Professor Adolf Patera (1819 – 1894) from the Mining School in Příbram came up with an inexpensive and industrially applicable method of producing uranium paint in up to eight colours. A new uranium factory (k.u.k. Uranfarbenfabrik) was re-launched for this purpose in what was then a silver smelter in the lower part of the town (today’s park and swimming pool area).

RECONSTRUCTION OF SVORNOST MINE

A consequence of the new economic situation was an agreement between the miner’s organisation and the mining administration in 1843, when the state took over the ownership of Svornost mine below the 8th level. The miners remained the owners of the workings above the 8th level. The complete takeover of the Svornost mine by the state came in 1850 when the Jáchymov mines were divided into the western sector (main pit Rudolf, renamed Werner – later Rovnost, depth - 256 m) and the eastern sector (main pit Svornost, depth - 419 m). In relation to this and under the leadership of von Rittinger (1811 – 1872), the head of the Mining Office in Jáchymov, an extensive reconstruction of Svornost mine began in 1848. The pit was fitted with two water draining machines (see Figure 1) and one water hoisting machine. The surface structures were also extended (see Fig 2). The pit was pumped out down to the 8th level. The deepening of the pit to the 12th level was completed in 1860. Josef pit was reopened down to the 5th level and...
served as a ventilation pit. In 1863, work began on deepening the Svornost pit below the 12th floor. The work was difficult due to frequent intrusions of mine water into the excavations. The worst of these occurred on 12.3.1864 when water started to flood the excavated area below the 12th floor at a depth of about 35 m, penetrating from the crevice in the rock at 500 litres a minute and a temperature of 25 - 28 °C. At that time, nobody had a clue that the water has high concentrations of radon. This finding was only utilised 60 years later. Despite all the efforts to stop the flooding, the water gradually filled the mine up to the 3rd level, i.e. up to the height of 296 m from the beginning in 1866. Since the flooded sections still had vast reserves of ore, a decision was made to pump the water out. A 50 HP steam pump was installed at a depth of 25 meters, below the pit opening, and the water pumping began in March 1866. The work continued until reaching the 12th floor in July 1869 (in this year the rope on the bucket broke at Svornost mine, resulting in the death of four miners). A 3 m thick concrete slab was subsequently installed in the pit and later reinforced to 6 m, which reduced the water influx to about 1/3 of the original volume. The water was kept below the 12th floor using a steam pump. This allowed the mining of the richly mineralized pitchblende, cobalt, nickel, bismuth and silver in the upper parts of the mine. The ores were extracted using a 40 HP steam hoist, which was installed at the surface of Svornost mine in 1874. In 1882, a sheltered narrow-gauge track was built between the Svornost and Josef mines, measuring 700 m. The carts were filled with 0.6 m³ of slag and towed by horses to the nearby heap (today the town area of Na Slovanech). From 1870, the miners began to use dynamite instead of gun powder. Ammonium nitrate explosives were used from 1887. We can also recall a tragic day, 31 March 1873. A large fire destroyed a major part of Jáchymov and thereby virtually destroyed the entire renaissance character of the urban development.

DISCOVERIES OF NEW ELEMENTS

The entire Jáchymov mining industry found itself in a critical condition towards the end of the 19th century. The reason for this was both the end of silver mining in 1899 (various estimates suggest that the total amount of silver mined in Jáchymov was 400 to 500 tons), and especially the decline in the demand for uranium paint and the low price due to strong competition, particularly from Canada and Belgium. The paint piled up in the warehouses, and everything pointed to the inevitable closing down of the uranium mines and the factory.

And once again just like in the 1840s, a higher power intervened in favour of Jáchymov — this time in the form of a scientific discovery by Pierre and Marie Curie from France. In 1898, they discovered in the Jáchymov mineral called pitchblende the then unknown elements of polonium and radium with characteristics that amazed the scientific world. Jáchymov uranium ore, and especially the waste generated from the production of uranium paint, which contains both of these elements in high concentrations, suddenly became an extremely rare and desirable material for most scientific institutes across Europe and overseas. Jáchymov mining was saved and its future secured for several decades. However, this was not the case with the Svornost pit. The costs for pumping mine water out were too high and ore mining was too low. Two rail cars of coal from Ostrov were needed each day to power the steam pump. Therefore, the Mining Administration decided to close down the mining works and the water pump on 1 May 1901. The Svornost mine was left flooded up to the Daniel floor at a depth of 140 m below the surface. The water naturally drained through a mineshaft into Veseřice creek (now the outflow under the roundabout). At the same time, it was decided that the Josef mine was to be backfilled. From this date, the section of the Svornost pit between the surface and the Daniel floor was only used as an access route to the remote workplaces of the Werner pit and also as a ventilation shaft. As a result, both of the pits began the new century in a pitiful condition. The Svornost pit remained in that condition for another 23 years and the Josef pit even further, for almost 50 years. To be continued.

Ing. Jiří Pihera
Head of Svornost Mine
Presidential Visit to Luhačovice

On Tuesday, October 4, the Czech President came to Luhačovice which was his first day of the three-day official visit to the Zlín Region. Accompanied by the Governor of the Zlín Region, the President met the city officials at the city hall. The head of the state then led discussions with hundreds of citizens who came despite the bad weather. The event was followed by dinner with prominent personalities of the Zlín Region which took place in the French restaurant in the hotel Alexandria.

The dinner was attended also by the general director of the Luhačovice Spa Eduard Bláha. The service level matched the importance of the event. Exquisite dishes were served by waiters in traditional black tuxedos and white gloves, which are used on such ceremonial occasions. The first lady Ivana Zemanová arrived to the Zlín Region together with the President. Her program, however, was different. During lunch with the general director of pediatric hospitals Jana Rýdlová, she was introduced to the situation of spa care in our facilities. Afterwards, she visited the children’s hospital whose balneotherapy recently won the award for best European innovation in the spa industry.
STAY OFFERS FOR NEXT YEAR WILL ATTRACT SINGLE TRAVELERS

The stay offers for 2017 are composed by traditional products and by one entirely new stay. There are also Easter, Christmas, Advent, and New Year’s Eve stays with a rich program. The new stay is the “Weekend for single travelers” in hotel Alexandria. Our aim was to distinguish from other spa stays on the market and show that vacation without a partner or friends does not need to be boring.

On selected weekends, we are planning organized programs with a professional coach to provide activities for single spa customers who can during the common activities, walks, and dinners meet new people and make friends. The stay “Dancing with Jan Onder and Lucie Hunčárová” is again offered for the next year. It is an award-winning product from the last year’s national competition of tourism. Cultural programs and summer festivals are again included within the stays. The most popular are the stays at the time of commencement of the spa season, Janáček and Luhačovice Festival in July, and during the Days of Slovak culture. We are happy to book for you discounted tickets with the best seats.

As in previous years, every guest upon arrival will receive a discount book from our company with discounts to the spa center, swimming pool in the Central Spa, and for trips. A number of other discounts can be applied in our partner stores in Luhačovice after submitting the client card.

For any stay, you can book apartments with the highest standard of accommodation. Right now you can get up to 20% FIRST MINUTE discount for booking your stay for the next year. You will save money and have the widest choice of capacities and dates. However, it is time limited and is valid only until December 19, 2016. If you are looking for a Christmas gift, birthday gift, or an anniversary gift, we will prepare a gift voucher for any stay, adventure package, or a romantic dinner in a French restaurant. We can also prepare a cash voucher for any amount.

Renovation of the heat supply in Luhačovice spa has still been going on this year. In the last year, the steam central heating system at the hotels Palace and Morava was replaced by local gas boiler rooms. The basic task is now to replace the steam central distribution by hot water in the buildings on the Spa Square, near the Colonnade and in children’s hospitals. “We have expected high costs already a few years before the revitalization of greenery in the spa complex. However, we did not get subsidies. The investment of 66 million CZK is paid from our own resources,” said Eduard Bláha, General Director of the Luhačovice spa. “The project was launched in August and will finish in April 2017 as planned. The most visible will be excavating works, the inseparable part of the implementation. They will cover the two main lines. The first of them will start from the heating plant behind the Central Spa over the hotel Jestřáb, spa health center, Jurkovič House and theater to Inhalatorium with a turning to the social house. The second line will go to children’s clinics Vitkov and Miramoniti. In the social house, spa health center and theater, adjustments will also affect the heat distribution inside the buildings,” said Radek Skovajsa, Head of the Department of Technical Services. After more than fifty years, the renovation is really inevitable. The new system is economical as well as ecological. Also, the heat regulation in the individual buildings will be much simpler. Renovation of the heat supply is also one of the conditions for future reconstruction of sidewalks and roads in the spa complex.

A summer full of culture is gone. In July, the jubilee 25th edition of the Festival Janáček and Luhačovice achieved great popularity as expected. In August, there was a concert in the spa theater of violin students from the Academy of Václav Hudeček. It was his twentieth time on the festival. The talented musicians were replaced on the stage by popular actors. 18th edition of the show by Luhačovice Theatre under the direction of the head of the show Miloslav Mejzlík and Ladislava Hašková, the director of the festival, was again marked by blending young talents with mature actors’ personalities. The cherry on top of the summer cultural season was the Slovak Culture Days. In September, there was a program by a Slovak theatre as well as a movie and music. The cold weather did not stop the cultural program. Currently, guests can attend regular evenings full of music, dance, and club programs at the hotels Palace, Morava, and Alexandria. In October, there is a presentation by the Municipal Theatre in Zlín where you can obtain pictures from photo booths. There will be trips to performances in Zlín theater and congress center where will be philharmonic concerts by Bohuslav Martinů. Of course, there will be the popular event “Czech singing carols” and theater performances before the New Year’s Eve as well. In January, the 21st prestige spa ball will take place hosting famous persons such as Czech singers and actors (Monika Absolonová, Miro Zbirka, Kroky Michala Davida, and Jan Český).
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<td><strong>AGRICOLA</strong></td>
<td>Cosmetics</td>
<td>Gabriela Kökyar</td>
<td>+ 420 776 117 703</td>
</tr>
<tr>
<td></td>
<td>Hairdressing salon</td>
<td>Tomáš Horák</td>
<td>+ 420 777 811 394</td>
</tr>
<tr>
<td><strong>LUŽICE</strong></td>
<td>Secrets of nature</td>
<td>Vladan Bublík</td>
<td>+420 774 432 325</td>
</tr>
<tr>
<td></td>
<td>Porcelain</td>
<td>Uršula Ledecká</td>
<td>+420 604 317 361</td>
</tr>
<tr>
<td></td>
<td>Boutique Světlana</td>
<td>Svitlana Petráková</td>
<td>+420 736 649 028</td>
</tr>
<tr>
<td><strong>HOUSE OF CULTURE</strong></td>
<td>Pharmacy Sage</td>
<td>RNDr. Olga Jozová</td>
<td>+420 773 29 9453</td>
</tr>
</tbody>
</table>
TREATMENT ON TRIAL WITH A SPECIAL DISCOUNT 20%

THINK OF YOUR HEALTH AND ENJOY OUR SPA CARE.

7 NIGHTS FOR EXPERIENCE SPA TREATMENT
- 7x nights with full board
- 1x physician consultation
- 3x radon bath
- 1x additive bath
- 1x carbon dioxide wet bath
- 1x carbon dioxide dry bath
- 2x classic massage (partial)
- 3x paraffin hand wrap
- 2x Oxygenotherapy
- 1x group exercising with a physiotherapist
- spa fee (valid for spa stays until 31. 12. 2016)

FREE FOR YOU
- 1x mineral water Vincentka (0.7 l) from Spa Luhačovice

Treatment on trial is offered at the hotels Radium Palace and Běhounek. In the other hotels according to the available capacity only.

RADION PALACE****
16. 11. - 27. 11. 2016
BĚHOUNEK***+

Price from
376 €

HOLIDAY IN ORE MOUNTAINS WITH ALL INCLUSIVE PROGRAM IN DAGMAR PENSION

Experience the Ore Mountains on skis, bike and on foot. Use a quality spa facilities.

THE PACKAGE ALL INCLUSIVE FOR 2 ADULTS INCLUDES:
- accommodation for 2 nights in DBL
- buffet breakfast
- soup and salad during lunch
- served dinner - choice of 3 dishes + 2 dishes in buffet form
- unlimited consumption of drinks from 10:00 am to 10:00 pm
- daily free access to the Agricola Aquacentre
- 1 free ticket to Radium cinema

GREAT VALUE FOR FAMILIES WITH CHILDREN

Price from
111 €