THE FIRST RADON SPA IN THE WORLD | UNIQUE TREATMENT OF THE MUSCULOSKELETAL SYSTEM

MEDICAL & SPA TREATMENTS
Dear Guests,

We want you to feel at home at our spa and to enjoy to the fullest not only its peaceful atmosphere, but also all the services that we have prepared for you. That is why you are now holding this brochure, which will provide you with in-depth information about all that you want to try out and that awaits you. For your maximum comfort, we recommend booking your selected services in advance. Our reception staff is readily available to assist you. We wish you a most pleasant experience.
MEDICAL TREATMENTS

REHABILITATION
4 | Therapeutic exercise
5 | Reflexive massage
5 | Manual techniques

HYDROTHERAPY
6 | Radon bath
7 | Bubble bath
7 | Aromatic bath with additives
8 | Underwater massage
8 | Whirling bath
8 | Hydroxeur
9 | Carbon bath with wrap
9 | Dry carbon bath
9 | Scotch showers
10 | Solfástan carbon dioxide bath with a wrap
10 | Carbon dioxide bath with a peat extract

PHYSICAL THERAPY
11 | Ultrasound
11 | Electrotherapy
11 | Laser
11 | Magnetotherapy

MASSAGES
12 | Classic massage partial | complete
12 | Instrumental multi massage
13 | Instrumental lymphatic drainage
13 | Manual lymphatic drainage

ADDITIONAL PROCEDURES
14 | Aerosol inhalation
14 | Gas injections
14 | Infrared light therapy
14 | Biolamp
15 | Cryotherapy
15 | Oxygen therapy
16 | Vulkan pack
16 | Acupuncture
17 | Paraffin hand wrap
17 | Paraffin back wrap

SPA TREATMENTS

WELLNESS
18 | Hawaiian lomi-lomi massage
18 | Aroma massage
18 | Anti-cellulite massage
19 | Garshans massage
19 | Shiatsu massage
19 | Thai massage
20 | Thai oil massage
20 | Indian head massage
20 | Hot lava stone massage
21 | Partial hot stone massage
21 | Cupping therapy
22 | Chocolate massage
22 | Detox partial honey massage
23 | Honey hand wrap
23 | Classical partial massage with honey cream
23 | Queen cleopatra’s ritual
24 | Ritual of joy
25 | Silhouette ritual
25 | Facial treatment – skin rejuvenation
25 | Facial treatment – soothing of sensitive skin
25 | Herbal sachet massage
26 | Foot reflexology massage with bath
26 | Butterfly massage

ADDITIONAL PROCEDURES
27 | Salt cave
27 | Vacuwell

EXPLANATORY NOTES:

- The procedure requires previous examination by a physician.
- The duration of the procedure without the necessary preparation time.
- Recommended clothing.
TherapeUtic Exercise

The procedure requires previous examination by a physician.

- 15 min. individual exercise
- 20 min. group exercise in swimming pool
- 30 min. group exercise

Sports clothing and swimsuit for swimming pool exercise.

Those who exercise only now and then know the feeling more than well. You suddenly find out that you have muscles you have never felt before and that you need more than half a day to get them moving. The best recipe for avoiding such conditions is to exercise on a regular basis. Because we know that exercise is the most essential aid of radon baths, our professionally trained physiotherapists will teach you how to exercise correctly. Within individual or group exercises in the gym, swimming pool or on workout equipment, our physiotherapists will help you improve your physical condition. You will learn how to coordinate movement and deal with muscle tension, and you will take home plenty of valuable experience.
REFLEXIVE MASSAGE

The procedure requires previous examination by a physician.

15 min.

In the massage room, you will undress to your underwear.

This special massage technique belongs among the true “masterpieces” of our physiotherapists. By stimulating reflex zones in the skin, hypodermis, muscles, and the periosteum, they influence the functioning of the entire musculoskeletal system. Apart from that, the massage has a beneficial effect on the functioning of internal organs, nerves and the vascular system, as well as on functional disorders of the organism.

MANUAL TECHNIQUES

The procedure requires previous examination by a physician.

15 min.

Sportswear.

The individual attention of a physician or a physiotherapist is required to relax soft tissue and to eliminate blockades in your spine or joints. Our physicians and physiotherapists will unblock your spine and joints, as well as relax your muscles and soft tissue with the aid of their hands, softballs, overballs, or foam balls.
RADON BATH

The procedure requires previous examination by a physician. You may undergo one test bath without a medical examination. However, we do not recommend radon baths to clients with a recent oncological anamnesis.

25 – 30 min.
(15 – 20 min. bath + 10 min. wrap)

the room with a hydrotherapy tub, you will completely undress.

Combined with superior rehabilitation, radon baths are the fundamental pillars of spa treatment in Jáchymov. Like a small stream feeding a pond, mineral water containing radon fills a special hydrotherapy tub from below. This method guarantees the maximum possible effect of curative radon that would otherwise disperse before reaching the water surface if the tub was filled traditionally from above. For 15 or 20 minutes, you relax in water with a temperature between 35 and 37°C and therapeutically ideal radon concentration of 4 – 5 kBq per litre. After the bath, you will complete the procedure by resting on a bed, wrapped in a warm blanket or sheet.

To allow your organism to respond to the therapy and to start its regeneration processes, you should undergo at least 10 bath sessions. Endocrine glands (including gonads) are also stimulated within this time period. Regeneration does not end with the last bath, on the contrary, it continues for another 4 or 6 weeks. How long will the acquired energy relieve you of pain? With some people, for more than 6 months. In most cases, consumption of analgesic and other drugs drops quite significantly.
HYDROTHERAPY

**BUBBLE BATH**

- **In case of chronic heart disorders or breathlessness, we recommend consulting a physician.** The treatment is not recommended in case of venous inflammations.
- **20 min. (10 min. bath + 10 min. wrap)**  
  (Radium Palace 10 min. bath + 10 min. wrap; Běhounek, Curie, and Spa center Agricola 10 min. bath without the wrap)
- **In the room with a hydrotherapy tub, you will completely undress.**

This hydrotherapeutic massage in water heated to a temperature of 36°C and full of caressing air bubbles is designated for all diseases of the locomotor system, including spinal pain. After the bath, we will again let you rest in a dry wrap so that you can enjoy its soothing, relaxing and massage effects to the fullest.

**AROMATIC BATH WITH ADDITIVES**

- **In case of chronic heart disorders or breathlessness, we recommend consulting a physician.**
- **30 min. (20 min. bath + 10 min. wrap)**
- **In the room with a hydrotherapy tub, you will completely undress.**

Do you like various herbs or the scent of the sea? We can make all this happen for you. We add various ingredients into water heated to 36°C to make you feel pleasant, relieve tension in your body and to ensure that the suitably selected combination helps you relax and regenerate as much as possible. After the bath, you can further enjoy peace and ease in a warm dry wrap. Apart from pleasantly relaxing the body, the bath aids in the treatment of musculo-skeletal disorders.
HYDROTHERAPY

HYDROXEUR

In case of heart disorders, breathlessness or venous inflammations, we recommend consulting a physician.

15 min.

In the room with a hydrotherapy tub, you will completely undress.

The intensive underwater massage utilising gentle jets of water saturated with air is performed in a special tub. The bath is suitable for the treatment of musculoskeletal system diseases, conditions after surgery and injury of the muscles and joints, and certain vascular diseases. The relaxing effect is augmented by the soothing colour of the underlighting, which illuminates the tub and creates a magical atmosphere during the procedure.

UNDERWATER MASSAGE

In case of vascular, heart disorders and hypertension, we recommend consulting a physician.

10 min.

In the room with a hydrotherapy tub, you will completely undress.

The underwater massage combines the beneficial effects of massage and warm water. The whole body is intensely massaged by warm water with a temperature of 36°C and pressure from 1 to 3 atmospheres. Apart from its relaxing effect, the massage relieves the body of overall stiffness and fatigue.

WHIRLING BATH

The procedure is not suitable for individuals with acute local inflammations in the limbs. In case of heart disorders or breathlessness, we recommend consulting a physician.

10 min.

In the room with a hydrotherapy tub, you will completely undress.

Whirling water is supplied through jets into the tub filled with water heated to a temperature of 36°C and the water pressure gently massages either your whole body (whole body bath) or just your hands and legs (partial bath). This intensely promotes blood circulation and effectively relaxes your body.
CARBON BATH WITH WRAP

In case of heart disorders or breathlessness, we recommend consulting a physician.

30 min. (20 min. bath + 10 min. dry wrap)

In the room with a hydrotherapy tub, you will completely undress.

The water heated to a temperature between 35 and 38°C is saturated with carbon dioxide, which boosts local and overall blood circulation, decreases blood pressure, and aids in relaxing the mind. The beneficial effects of the procedure on the cardiovascular system and hypertension are medically proven!

SCOTCH SHOWERS

The procedure requires previous examination by a physician. The procedure is not recommended to clients suffering from hypertension, heart diseases, or acute infections.

5 – 7 min. depending on body size

In the shower room, you will completely undress.

This tonising and vessel-activating procedure helps you harden your body, strengthen your immune system, and promote your blood circulation. The whole body is massaged by alternate jet flows of 40°C warm and 25°C cold water. Come and merge in the healthy flow!

DRY CARBON BATH

In case of chronic heart disorders or breathlessness, we recommend consulting a physician.

30 min.

You will undress to your underwear.

The soothing and highly effective CO₂ bath attracts all visitors coming to the spa. With this natural method, we stimulate the physiological functions of your body, which naturally enhance your immune system and mental well-being. What do you need to do? Almost nothing. Just come and lie down, and leave the rest to the spa nurses. They will wrap you up in a bag filled with carbon dioxide. You need not worry, however, your head will remain outside, and if you feel unpleasant, just let the staff know. The bag will be tied under your arms. Your body will respond to the higher CO₂ content by expanding all vessels and capillaries in the skin and thereby increase oxygen levels in the skin surface and in vital body organs, such as the brain, coronary arteries, or the kidneys. This procedure is known as the “bags” among experts. It is suitable for people of all ages – young and old. The main indications include heart diseases, hypertension, brain and peripheral nerve diseases. Due to its moderately sedating effect, the procedure is ideal for minimising stress in neurotic individuals. You will boost your immune system without any risk. The carbon bath also supports the production of sexual hormones: testosterone and estradiol.
Solfatan carbon dioxide bath belongs among hyperthermic baths. Solfatan containing 40% of sulfur, dried sulfite liquor, sodium chloride, and fir perfume is added in water at 36-38 °C. During the treatment, hydrogen sulfide is released penetrating through skin into the body where it produces a number of positive reactions. The bath is recommended for musculoskeletal disorders such as inflammatory and degenerative joint diseases and rheumatism since it helps to relieve muscle tension and pain. The procedure is also suitable to treat skin diseases – psoriasis, eczema, acne, and other itchy skin diseases. Furthermore, it has a beneficial effect on neurotic problems, stress, and anxiety, therefore, it contributes to overall relaxation.

Peat bath has a regenerative and relaxing effect. Delicate fragrance affects the mind and body. The most important ingredient is the peat extract. Thanks to the large amount of humin acids, it takes care of the skin as well as it helps relieve muscle tension. The extract is made industrially of 100% natural peat from ecological locations. Peat used for the treatments in the spa that is widely recognized as a natural healing resource also comes from similar locations. Peat bath is suitable for all skin types, especially for sensitive skin and problematic skin with acne and eczema. Active substances and minerals in the mud help to relax muscles and tissues, stimulate the natural cycle of the organism, and promote regeneration and healing.
**ULTRASOUND**

- The procedure requires previous examination by a physician.
- 5 – 10 min.
- Comfortable home wear. You will undress to your underwear if necessary.

Mechanical waves are utilised to micro massage the tissue and to transform mechanical energy into thermal energy. Ultrasound transmission is enhanced with water or oil.

**ELECTRO THERAPY**

- The procedure requires previous examination by a physician.
- 5 – 30 min. depending on the selected programme.
- Comfortable home wear.

Diadynamic therapy, interference and Träbert’s current, diathermy or transcutaneous electrical nerve stimulation (TENS) – all these therapeutic methods exploit various forms of electromagnetic energy for the treatment of painful syndromes of the locomotor system. Apart from relieving pain, the procedure has an anti-inflammatory effect, it aids in reducing oedemas or muscle spasms, and it stimulates the nerves and muscles.

**LASER**

- The procedure requires previous examination by a physician.
- 5 – 15 min.
- Comfortable home wear. You will undress to your underwear if necessary.

The narrow beam of polarised light can do wonders. The laser beam is directed at the treated area with the aid of a probe or a scanning apparatus. The laser light stimulates cell metabolism and supports improved cell nourishment. The procedure aids in the treatment of scars and painful conditions of the musculoskeletal system.

**MAGNETOTHERAPY**

- The procedure requires previous examination by a physician.
- 20 min.
- Comfortable home wear.

Resetting the metabolism and regenerative processes, accelerating the healing of various wounds and inflammations, orthopaedic, rheumatologic, vascular, and skin diagnostics – magnetotherapy is an expert in all these areas. How does it work? You will simply sit between two plates or have a cylinder with electrodes “wrapped” around the affected area. The pulsed magnetic field generator will do the rest of the work.
CLASSIC MASSAGE

Partial | Complete

In case of skin diseases, acute inflammations of the muscles or joints, osteoporosis, conditions after spinal surgery, venous diseases or acute injury, we recommend consulting a physician.

15 min. | 45 min.

In the massage room, you will undress to your underwear. For the partial massage, you will undress the upper part of your body.

As the name itself implies, it is a classic massage with traditional, non-irritating massage preparations. After consulting a physician, the masseur focuses on the specific part of the body. The effect of the massage may differ based on the intensity of touch – from a stimulating to a relaxing effect. Nevertheless, any massage mainly supports the metabolic processes and circulation in the massaged area. It aids in the re-absorption of oedemas, it beneficially affects muscle fatigue, and eliminates stiffness.

INSTRUMENTAL MULTI MASSAGE

In case of acute back pain, osteoporosis, venous disorders in the lower limbs, conditions after spinal surgery, hip or knee joint surgery, we recommend consulting the use of the multimassage chair with a physician.

15 min.

Comfortable home wear. You will take your shoes off before sitting in the chair.

You will take a fancy for the special and extremely comfortable chair almost instantly. And after sitting down, you will enjoy a gentle massage of the nape, back, buttocks, and legs. Your tense muscles and spine will experience relief and you will leave with a pleasantly relaxed feeling.
**INSTRUMENTAL LYMPHATIC DRAINAGE**

In case of heart disorders, acute vascular diseases or trauma, we recommend consulting a physician.

30 – 40 min. (as prescribed by a physician)

A loose T-shirt and seamless trousers are ideal. If you do not have such clothing, we will gladly provide you with it. The lymphatic drainage instrument used at the Běhounek Spa Hotel is different and requires clients to undress to their underwear.

Similarly to manual lymphatic drainage, this procedure improves circulation in tissues, alleviates painful tension and the feeling of heaviness in the legs. The instrument is specially designed for sequential pressure massage with the aid of inflatable leg and arm garments. The garments have multiple chambers that are inflated in sequence to allow the intermittent drainage of the entire limb.

**MANUAL PARTIAL LYMPHATIC DRAINAGE**

In case of heart disorders, acute vascular diseases or trauma, we recommend consulting a physician.

60 min.

In the massage room, you will undress to your underwear.

The gentle manual lymphatic drainage technique supports the drainage of lymph from the affected tissue with the aid of various special touches. After draining regional lymph nodes, the masseur proceeds from the central area outwards, promoting circulation in tissues, alleviating painful tension and the feeling of heaviness in the legs. If you suffer from swollen legs after an injury or surgery, or you suffer from chronic venous insufficiency, manual lymph drainage is the best choice for you! Only a massage of the arms or legs is administered during one procedure session at the Agricola Spa Centre and the Curie complex.
ADDITIONAL PROCEDURES

AEROSOL INHALATION

In case of asthma, chronic breathlessness or an acute respiratory disease, we recommend consulting a physician.

5 - 10 min.

Comfortable home wear.

Do you need to ease expectoration? Try inhaling the aerosol of tepid mineral water. It will bring relief by moistening your mucous membrane.

GAS INJECTIONS

The procedure requires previous examination by a physician.

Comfortable home wear.

Are you afraid of injections? There is no need to be of gas injections. They are applied segmentally straight to the reflex zones or to the acupuncture points. The injections contain between 5 and 30 ml of thermal carbon dioxide. They promote local blood circulation, relieve from pain, and they have a reflexive effect.

INFRARED LIGHT THERAPY

In case of acute inflammations, trauma or pain, we recommend consulting a physician.

10 min.

Comfortable home wear. You will undress to your underwear if necessary.

You will sit in a comfortable chair and let the infrared rays gently warm your body. Similarly to artificial sunlight, the heat radiated by infrared light brings relief from chronic muscle, large joint or back pain, and it aids in the treatment of chronic facial bone cavity inflammations. Moreover, it eases expectoration with chronic upper respiratory tract infections.

GAS INJECTIONS

In case of skin disorders of an uncertain cause, we recommend consulting a physician.

7 - 10 min.

Comfortable home wear. You will undress to your underwear if necessary.

The biolamp aids effectively in wound healing and tissue regeneration. By combining visible light and infrared light, it improves blood circulation in tissues to accelerate the healing processes.

BIO LAMP

In case of asthma, chronic breathlessness or an acute respiratory disease, we recommend consulting a physician.

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BIO LAMP
**CRYOTHERAPY**

- The procedure requires previous examination by a physician.
- 3 – 15 min. (depending on the applied method and treated area size)
- Comfortable home wear. In the room with the cryocabin, you will undress to your underwear (cotton underwear is recommended) and you will be provided with warm slippers and gloves. One hour before the procedure, you should abstain from all “wet” activities. Swimming or exercise are recommended after exiting the cryocabin.

Since heat can heal why could not cold heal too? In Jáchymov Spa, you can enjoy both. When undergoing instrumental cryotherapy, you will experience a flow of icy-cold air with a temperature as low as -30°C, which is directed at the painful area. Or perhaps you would prefer the application of traditional bags at a temperature of -18°C? We recommend this type of treatment to patients after trauma, or to patients suffering from muscle spasm or inflammatory arthrosis. The invention of the cryocabin triggered an unexpected boom in whole-body cryotherapy. In a cryocabin, your body is exposed to liquid nitrogen at a temperature of -160°C, while your sensitive body parts are protected and your head is above the “frozen space”. Those who have tried the cryocabin know that extremely low temperatures can be pleasantly warm, and with correct dosages, freezing temperatures will rid you of pain, inflammations, and make you less susceptible to various illnesses.

**OXYGEN THERAPY**

- In case of chronic heart disorders, breathlessness or hypertension, we recommend consulting a physician. The treatment is not recommended to epileptics.
- 60 min. | 120 min.
- Comfortable home wear. You will be provided with a warm blanket.

Pleasantly spent moments with relaxing music and oxygen inhaled through a breathing mask. It is no surprise because it is namely oxygen that significantly contributes to the regeneration of all cells in the human body, especially those in the brain! Oxygen therapy is aimed at improving the supply of oxygen to vital body organs, such as the brain or kidneys. Especially when blood circulation is slower due to whatever cause and the blood is not saturated with oxygen sufficiently under normal conditions. Oxygen therapy considerably accelerates thinking, it has a positive effect on your mental health and it substantially slows down the ageing process. A total of 10 sessions is recommended.
**VULKAN PACK**

- In case of heart disorders or skin disruptions, we recommend consulting a physician.
- 20 min.
- Comfortable home wear.

The procedure involves the application of dry heat onto the affected area while you remain fully dressed. The pack consisting of three different types of mineral granulates of volcanic origin and without any chemical components will be applied to the affected area on your body according to your wish. After application, you will rest covered with a blanket. The procedure aids in the treatment of spinal pain, sciatica, rheumatic disorders, muscle fever, strained muscles, stiff nape, as well as in the sequential trauma treatment.

**ACUPUNCTURE**

- Acupuncture treatment is planned and performed exclusively by a specialist physician.
- 20 - 45 min. (depending on the diagnosis)
- In the treatment room, you will undress to your underwear

Acupuncture is a method based on Traditional Chinese Medicine that restores and harmonises the flow of energy known as qi through the body and along the energy pathways. Acupuncture aids in the treatment of functional health disorders, especially painful conditions. Acupuncture is also recommended for the treatment of immunity disorders or disorders of the gastrointestinal tract and the circulatory system.
PARAFFIN BACK WRAP

The procedure is not suitable in case of infectious diseases, febrile conditions, inflammations, severe cardiovascular diseases, skin injuries and infections, bleeding, hypersensitivity to heat, pregnancy, allergies to any of the preparation ingredients (e.g. chocolate, honey, coconut, beeswax, camphor, eucalyptus, or cannabis).

20 min.

In the massage room, you will undress the upper part of your body.

The effect of the paraffin back wrap on the body is achieved by means of an application sheet containing active substances. The even distribution of heat causes the paraffin sheet to melt and allows the active substances to penetrate into deep tissue layers. The wrap is recommended for the treatment of inflammatory and degenerative spinal diseases, rheumatism in the soft tissue, as well as for the treatment of post-traumatic conditions of the musculoskeletal system. The wrap has a relaxing and soothing effect. The paraffin back wrap is offered in five fragrances: coconut, chocolate, honey, Ayurvedic herbs, and cannabis.

PARAFFIN HAND WRAP

The procedure is not recommended in case of acute hand inflammations.

20 min.

Comfortable short-sleeved home wear.

Fight arthrosis or rheumatic diseases effectively, for example, by soaking your hands in a warm paraffin bath with a temperature from 52 to 55°C. We will then let your hands rest in polyethylene foil and subsequently, we will wrap them in a dry warm towel. Paraffin promotes blood circulation, supports metabolic processes and relaxes stiff joints and ligaments. Moreover, your hands will be soft and delicate like the hands of a princess.
**HAWAIIAN LOMI-LOMI MASSAGE**

- In case of acute or febrile conditions, skin diseases and varicose veins, we recommend consulting a physician.

- 45 min.

- You will undress completely. In the massage room, you will be provided with single-use panties.

The therapy uses very smooth, soft and penetrating techniques and it is mainly performed with the aid of the forearms and elbows, as well as the weight and the centre of gravity of the body. The Hawaiian massage is a remarkable sensual experience and it is rightfully considered a pearl among various massage techniques. It will enchant you with its luxury, exceptionality, and originality. The special techniques and the rhythm of the Hawaiian massage in combination with the fragrant aromatic oils evoke a deeply therapeutic and relaxing effect that will relieve you of tension, stress and charge your body with positive energy.

**ANTI-CELLULITE MASSAGE**

- In case of hypertension, varicose veins and cardiovascular disorders, we recommend consulting a physician.

- 40 min. (Radium Palace), 60 min. (Curie and Agricola), type I and II

- In the massage room, you will undress the upper part of your body (you will be provided with single-use panties).

This very pleasant regenerating massage therapy is an effective and essential aid in eliminating cellulitis commonly known as “orange peel skin”. Its primary effect is based on eliminating accumulated toxic substances or excess liquids from affected areas (mainly the thighs, hips and the buttocks), as well as on disrupting adipose cells. The massage boosts blood and lymphatic circulation, improves the muscle tone, and smoothenes the skin. After several sessions, it guarantees a reduction of up to 9 cm in the waistline and of up to 6 cm around the thighs. For your younger look, we have prepared two kinds of the anti-cellulite massage offering different types massage techniques.

**AROMAMASÁŽ**

- 50 min.

- In the massage room, you will undress to your underwear.

This very pleasant regenerating and relaxing massage therapy combines the effects of touch and olfactory sensations to relieve muscle tension. It has a highly beneficial effect on blood circulation and sleep rhythm, it activates the nervous system and aids in restoring life energy balance.
GARSHAN - SLIMMING AND DETOXIFYING MASSAGE

In case of hypertension, varicose veins and cardiovascular disorders, we recommend consulting a physician. Contraindications: Allergy to eucalyptus and camphor.

60 – 70 min. depending on body size

Garshan is an Ayurvedic slimming and detoxifying massage, which is more than 2,000 years old. The stimulating massage promotes the flow of the lymph and boosts blood circulation. The massage aids not only in reducing weight but also in visibly eliminating signs of cellulitis, while fighting fatigue and promoting overall regeneration. The entire body is massaged with the aid of silk gloves and special peeling additives, including natural mustard oil, camphor berries, Himalayan or sea salt, and eucalyptus essence. The massage is followed by a wrap, which supports the overall regeneration of the body.

THAI MASSAGE

In case of acute conditions, osteoporosis, or conditions after joint replacement or spinal surgery, we recommend consulting a physician.

60 min.

Comfortable sportswear.

The Thai massage is based on the concept and on the knowledge of invisible energy pathways (i.e. meridians) in the human body, along which important (acupressure) points are found. The massage technique is based on pressing the points along the meridians, as well as on applying general pressure and on stretching or passive stretching of the individual parts of the body. You will lie down on a large mat placed on the ground and the masseur will gradually apply pressure with his thumbs, heels, knees, forearms and palms to different parts of your body. The Thai massage enhances the mobility of the body, blood and lymph circulation, while eliminating pain and joint stiffness, and enforcing the nervous system. By removing energy blocks, it stimulates the activity of the internal organs. You will feel refreshed and relaxed both physically and mentally.

SHIATSU MASSAGE

In case of acute conditions, osteoporosis, or conditions after joint replacement or spinal surgery, we recommend consulting a physician.

60 min.

Comfortable sportswear.

Shiatsu is a Japanese word literally meaning “finger pressure”, which is applied on the skin at various points along the pathways associated with the functioning of the vital organs. The applied pressure unblocks the pathways, which are known as meridians, and thereby restores balance in the body. The effects are deeply relaxing and at the same time strengthening and refreshing. The massage is recommended especially to individuals exposed to long-term physical and mental stress. Similarly to the Thai Massage, the procedure is performed while lying on a large mat on the floor.

IMPORTANT NOTICE

CONTRAINDICATIONS:
PREGNANCY – Applies to all massages.
VARICOSE VEINS – Except for massages of body parts other than the lower limbs.

MINIMUM AGE
The minimum age for massages is 15 years.
THAI OIL MASSAGE

In case of acute conditions, skin diseases and hypertension, we recommend consulting a physician.

- 60 min.
- You will undress completely. In the massage room, you will be provided with single-use panties.

The Thai oil massage is based on the traditional Thai massage, although we may find certain elements of Ayurveda. It differs from European oil massages. It is considered a therapeutic massage due to relieving tense muscles. It also improves the circulation of the blood and the lymph and boosts the immune system. All these effects contribute to mental well-being, relieve of stress and sooth the nervous system, while restoring the energy potential in the body. Regular massage also reduces oedemas, tense tissue, and regulates the function of the intestines. After the massage, you will feel refreshed and relaxed both physically and mentally.

HOT LAVA STONE MASSAGE

- The procedure is not recommended in case of more severe skin sensation or circulation disorders, febrile conditions, menstruation, or pregnancy. Clients suffering from epilepsy should consult a physician. We do not recommend performing the procedure when the outdoor temperatures are high (i.e. in the summer).

- 60 min.
- In the massage room, you will undress to your underwear.

The soothing touch of special hot stones with an extraordinarily strong energetic reaction perfectly relieves the mind of stress, fatigue, and tension. At the same time, it has a beneficial effect on painful joints. This quite untraditional and exotic massage removes blockages in the body that inhibit the ideal flow of the lymph. Moreover, various exotic aromatic oils bring you a relaxed feeling. If you are continuously experiencing both physical and mental stress, you should definitely find some time for a hot lava stone massage. Apart from feeling perfectly relaxed, the hot stones will also boost your blood circulation.

INDIAN HEAD MASSAGE

- The procedure is not recommended in case of acute migraine, ear inflammations, or pregnancy.

- 20 min.
- Short-sleeved T-shirt without a collar.

The Indian head massage is a special, gentle massage of the scalp, neck, and nape, the aim of which is to relieve muscle tension in the area of the shoulders, neck, head, and face. For this reason, it is also called an anti-stress massage. It helps reduce headaches and eye pain. It relaxes the movement of the shoulders and the nape. It supports hair growth and improves hair quality. In addition, it eliminates mental fatigue, irritation, and emotional stress. It is ideal as a complementary therapy in the treatment of depression and anxiety as it is able to induce a feeling of ease and mental well-being. Apart from that, it eliminates toxic substances from tissues. It also increases the volume of oxygen supplied to tissues and thereby accelerates the overall purification process. If you suffer from a sleep disorder or insomnia or if you need to improve your concentration, this procedure is the perfect choice for you.
**CUPPING THERAPY**

Cupping therapy is not recommended to individuals who suffer from skin disorders or have varicose veins at the place of application, as well as to those who suffer from excessive bleeding or are more prone to bruising. Negative pressure causes minor haemorrhage, which manifests itself in the skin as a bruise that may be visible for several days.

20 min.

You will undress to your underwear if necessary (depending on the location).

Negative pressure is the key! It is achieved by inserting a burning piece of cotton cloth soaked in alcohol in the neck of the cup. As the warm air inside the cup begins to expand, the cup is quickly placed on the skin, which is sucked in by the negative pressure resulting from the cooling air. The skin turns red as a result of rapid perfusion. The cups are placed along the energy pathways and points of the body. This promotes circulation in the treated area, eliminates undesirable substances, harmonizes the body functions, and induces an overall relaxed feeling. The procedure is suitable for the treatment of the musculoskeletal system, as well as for soft tissue pain syndromes, cervicocranial, cervicobrachial, and lumboischialgic syndromes. Silicone cups may be used instead of glass cups as their effect is identical.

**PARTIAL HOT STONE MASSAGE (WITHOUT LEGS)**

Treatment is not suitable for acute conditions (inflammation, viral and other infections, acute blockades, etc.), heart diseases (heart attacks, heart arrhythmia, high blood pressure, etc.), phlebitis, varicose veins, osteoporosis (depends on your level), bleeding conditions (hemophilia, leukemia, etc.) menstruation, pregnancy, and oncologic diseases. To epileptics, we recommend consulting a physician.

40 min.

In the massage room undress to your underwear, please.

Partial lava stones are designed for clients who have varicose veins.
CHOCOLATE MASSAGE

70 min.

You will undress completely. In the massage room, you will be provided with single-use panties.

This exclusive pampering procedure will instantly relieve you of stress and raise your spirits. The massage stimulates endorphin and serotonin secretion and eliminates tension in the hypodermis. Chocolate is applied on the whole body (except for the face) to moisten and soften dry skin. The procedure consists of peeling, a chocolate wrap, and a subsequent massage. The client showers before the massage.

DETOX PARTIAL HONEY MASSAGE

Contraindications: Allergy to honey, open wounds, damaged skin, eczema, tumours, infectious diseases, high eye pressure, fever. In case of damaged skin, eczema or rash, venous diseases, high eye pressure, infectious diseases and bleeding conditions, we recommend consulting a physician. Not recommended to pregnant women.

50 min.

In the massage room, you will undress to your underwear.

The pampering massage exploits the detoxifying effects of honey. Its main benefit is in removing harmful toxins from your body. It has a very beneficial effect on chronic diseases of the gastrointestinal tract, the heart, and the kidneys. In addition, it reduces headaches, relieves of stress and insomnia. The detoxifying honey massage is applied along the spine. The honey is free of chemical additives and admixtures.
HONEY HAND WRAP

- Contraindications: Allergy to honey.
- 40 min.
- Comfortable short-sleeved home wear.

The honey contains a complex of organic acids, minerals, and trace elements. The honey hand wrap is therefore recommended for dry skin that is losing its natural flexibility. After the wrap, the skin on your hands will be nourished and sufficiently hydrated.

CLASSICAL PARTIAL MASSAGE WITH HONEY PREPARATION

- Contraindications: Allergy to honey. In case of skin diseases, acute inflammations of the muscles or joints, osteoporosis, conditions after spinal surgery or acute injury, we recommend consulting a physician. Not recommended to pregnant women.
- 20 min.
- In the massage room, you will undress the upper part of your body.

The classic partial massage of the back and nape combines aromatherapy and a luxurious massage emulsion, which contains natural honey, jojoba oil, provitamine B5, aloe vera, and carotene oil. The massage is recommended to all who want to relax and rest.

QUEEN CLEOPATRA’S RITUAL

- The procedure is not recommended in case of skin injuries or diseases as sea salt is used for peeling.
- 120 min.
- Before the procedure, you will completely undress and put on single-use ladies’ or men’s underwear. After the wrap, you will need to take a shower. Our staff will escort you to the shower room. You will have a bathrobe at your disposal, which will be replaced for a clean one by our staff after you shower.

The whole body treatment with Alqvimia natural products inspired by the beautifying rituals of Egyptian queens brings absolute relaxation and beautification to your face, body, and soul. The ritual comprises of whole body peeling, a detoxication wrap, and a full body aromatherapy massage. During the wrap, the massuse will pamper you with facial treatment according to your skin type.
RITUAL OF JOY

The procedure is not recommended in case of skin injuries or diseases as sea salt is used for peeling.

120 min.

Before the procedure, you will completely undress and put on single-use ladies’ or men’s underwear. After the wrap, you will need to take a shower. Our staff will escort you to the shower room. You will have a bathrobe at your disposal, which will be replaced for a clean one by our staff after taking a shower.

The whole body treatment with Alqvimia natural products inspired by the beautifying rituals of Egyptian queens brings absolute relaxation and beautification to your face, body, and soul. The ritual comprises of whole body peeling, a detoxication wrap, and a full body aromatherapy massage. During the wrap, the masseuse will pamper you with facial treatment according to your skin type.

SILHOUETTE RITUAL

The procedure is not recommended in case of skin injuries or diseases as sea salt is used for peeling.

120 min.

Before the procedure, you will completely undress and put on single-use ladies’ or men’s underwear. After the wrap, you will need to take a shower. Our staff will escort you to the shower room. You will have a bathrobe at your disposal, which will be replaced for a clean one by our staff after taking a shower.

The slimming whole body treatment with Alqvimia natural products takes advantage of the unique detoxication effects of Dead Sea salts and mud, the strengthening effects of seaweeds and the extraordinary effects of rare herbs. The combined effects trigger an intensive detoxication process, help reduce the signs of cellulitis and aid in the decomposition of fats. The ritual comprises of whole body peeling, a detoxication wrap, and a full body aromatherapy massage. During the wrap, the masseuse will pamper you with facial treatment according to your skin type.
FACIAL TREATMENT: SKIN REJUVENATION

50 min.

The facial treatment exploiting the effects of 100% Alqvimia natural products provides your skin with regeneration, hydration, strengthening, and natural lifting. It brings a feeling of relaxation, luxury and perfect care. The treatment includes: Make-up removal, peeling with a mixture of special oils and Dead Sea salts, detoxicating and mineralizing mask, massage of the face and neckline with a special mixture of aromatherapy oils for ageing skin, lifting mask, and massage of the hands. Final treatment with the Anti Ageing Elixir cream.

FACIAL TREATMENT: SOOTHING OF SENSITIVE SKIN

50 min.

Thanks to the healing powers of the special mixture of Alqvimia aromatherapy oils, this treatment effectively soothes irritated skin, reduces eczema, removes skin redness, reduces itching and skin tension. The treatment includes: Make-up removal, gentle peeling with a mixture of oils and salts, soothing acupressure massage combined with the application of a healing serum and onyx stones, soothing hydrating mask, massage of the hands, and final treatment with the Elixir cream for sensitive skin.

HERBAL SACHET MASSAGE

The procedure is not recommended in case of acute skin diseases or possible allergy to exotic fruit or herbs.

60 min.

In the massage room, you will undress to your underwear.

The east Asian techniques will remarkably activate all cells in your body and rouse your senses. They relax tension and stiff muscles and relieve of joint pain. They aid in strength regeneration and remove fatigue. They trigger self-healing and rejuvenating processes and return energy and vitality to your body.

HERBAL BAGS

The bags containing a blend of carefully selected herbs heated by steam release healing substances that are absorbed by your body with the aid of a special massage technique.
FOOT REFLEXOLOGY
MASSAGE WITH BATH

The procedure is not suitable for clients suffering from any form of acute disease, whether overall or organ-specific, for pregnant clients or for clients after organ transplants, lower limb injuries, venous or joint inflammations in the lower limbs, and fungal diseases or eczema in the treated area.

30 min. + 10 min. whirlpool foot bath

Comfortable home wear.

It is a known fact that all internal organs, glands, and other body parts, including the spine, joints and muscles, reflect in the feet as reflex images or points. As a result, it is possible to affect health by pressing the correct reflex point. This method is based on acupressure, reflex zone therapy and manual joint and muscle therapy. It supports the internal balance of the organism and reduces overall tension. In addition, it alleviates pain and it also has a beneficial effect on the state of mind and brings a great relaxing feeling.

BUTTERFLY MASSAGE

50 min.

In the massage room, you will undress to your underwear.

It is an intensely relaxing procedure. The massage uses gentle touch techniques. It is based on the principle of eliminating negative energy generated by mental stress. Thereby, it restores balance in your body. The massages works with reflex zones and nerve endings and it is named after the “butterfly” technique, when the masseur’s hands are in a position resembling a butterfly.
SALT CAVE

45 min.

Comfortable home wear. Before entering the salt cave, you will be provided with shoe covers and a warm blanket.

Regular trips to the sea to get some fresh sea air are somewhat demanding in terms of money and time. Therefore, we brought the sea into the Ore Mountains and installed it at the Agricola Spa Centre. The special cave with salt-covered walls creates a pure ionised environment with ideal humidity. The salt cave environment is enriched by minerals released at temperatures ranging from 20 to 23°C. The right choice of music and unobtrusive illumination contribute to your overall relaxation. Resting on one of the beds will undoubtedly be time pleasantly spent. The salt cave aids in the treatment of respiratory diseases, insufficient functioning of the thyroid gland, cardiovascular diseases, hypertension, or dermatological disorders. You may experience visible improvement of your health and spirits as early as after a few sessions!

VACUWELL

30 min.

Sportswear and firm shoes.

You have surely seen someone walk on a treadmill belt and you may have even tried it out yourself. We made use of this principle and wrapped the treadmill belt into a vacuum case to augment its effect even more. Walking in vacuum triggers the overall metabolic process. Moreover, it reduces oedemas of the lower limbs and enhances the health of your cardiovascular system. This exercise belongs to the more challenging, however, those who endure can, apart from improved health, expect to lose those unwanted extra centimetres and gradually eliminate their cellulitis. Another added-value effect is burning of the fatty tissue in critical body parts (tummy, buttocks, hips), shaping of the body, and smoothening of the skin. The procedure may be recommended to untrained beginners, as well as to sports enthusiasts. The only limit is weight exceeding 100 kg. And since liquids need to replenished during exercise, you will get a bottle of still water at each session.

To achieve maximum effect, we recommend completing 4-5 Vacuwel sessions during the first week, 4 sessions in the second week, and 2-3 sessions in the following weeks to maintain your good shape and body. If you want to accelerate fat reduction, combine Vacuwel with instrumental lymph drainage.
FULL BODY CRYOTHERAPY

It is a unique method of full body cooling treatment using extremely low temperatures (-160 °C). Due to the rapid cooling of the body surface, cardiac activity is increased, and subsequently it leads to massive blood flow that accelerates metabolic processes, removal of toxins and metabolic wastes. Organism starts producing a number of active substances (endorphins, corticosteroids, and testosterone) which has eventually an analgesic (reduced perception of pain), anti-inflammatory, regenerative and antidepressant effect. It also leads to improved immunity sexual appetite, physical and mental resilience. Cryotherapy is safe and well-tolerated treatment. You do not have to be worried about the low temperatures.

For what and to whom is it recommended?

MUSCULOSKELETAL DISEASES
- Chronic inflammation and diseases of musculoskeletal system (rheumatoid arthritis, Ankylosing spondylitis, etc.).
- Rheumatic diseases of soft tissues, fibromyalgia
- Arthritis of metabolic origin (gout)
- Joint disorders due to psoriasis
- Degenerative joint diseases and spine disease (vertebrogenic algic syndrome, arthrosis, etc.)
- Tendinitis, inflammation of ligaments, and joint capsules (i.e. inflammation of the Achilles tendon or tennis elbow)
- Traumatic and post-operative conditions of the musculoskeletal system (joints, ligaments, tendons, and muscles) swelling, hematoma

DISEASES OF THE CENTRAL AND PERIPHERAL NERVOUS SYSTEM
- Multiple sclerosis, Parkinson disease, and neuralgia, neuropathy, migraine, tinnitus - ringing in the ears
- Muscle-tone dysregulation – spasticity, spastic paresis of low to medium degree, cerebral palsy
- Neuropsychiatric disorders (chronic fatigue syndrome, “burnout” syndrome, depression, sleep disorders)

DERMATOLOGICAL DISEASES
- Cellulite
- Atopic dermatitis, neurodermatitis
- Psoriasis

ENDOCRINE AND METABOLIC DISORDERS
- Gout with joint problems
- Climacteric syndrome
- Immune system disorders especially auto-immune disorders
- Primary and secondary osteoporosis, osteopathy
- Overweight and obese people
- Decreased sexual appetite

Cryotherapy must be approved by the spa physician.