

Procedures with medical examination

Underwater Massage: It is a massage provided in a water environment. It combines the effects of a total thermal bath and a massage. It helps with relaxation of the muscles, blood supply to the skin and stimulates the lymphatic system. It also improves mobility of the joints and soothes the pains in the locomotor system.

Hydroxneur: It is a special intensive whirling massage that stimulates various individual spots on the patient's body (located on the back, legs and arms) according to an exactly adjusted program. The temperature of the bath is 34°C - 37°C. During the treatment the patient's muscles are heated and released, the blood supply is improved and the whole organism is relaxed.

Carbonic Bath: The bath is prepared by saturating normal or mineral water with carbon dioxide (CO₂). The effect of the bath depends on its temperature and on the amount of CO₂ in the water. The bath should be hypothermic (28°C – 34°C). The bath is more efficient at lower temperature. An active hyperemia arises in the places where the skin is in a contact with the bath. Capillaries dilate there and the effect is the same as with autotransfusion to the periphery. The blood supply to the skin is sufficient, the perception of cold is decreased and the initial sensation of cold is replaced by a sensation of warmth. With regard to its minimum heat strain the treatment is suitable for many disorders such as heart and vascular diseases or afflictions of nervous or blood circulation systems – but always on medical prescription only.

Peat Bath: Peat as a natural healing source is used in this treatment. The temperature of the bath is 37°C – 40°C, so that the bath is strongly hyperemic. The treatment has excellent results with rheumatic diseases and arthritis, it relieves backaches and pains in joints and muscles, it heals eczema, acne and skin inflammation, and it improves function of the perspiration glands. The peat bath has evidently positive influence on disorders of locomotor system, on gynecological inflammations and neurological and civilization diseases. It helps with the treatment of psoriasis, atopic eczema, acne, as well as sleeping disorders. It has also considerable detoxifying effects.

Oat Bath: It is a special bath prepared from 100% oat powder and mineral water and heated to 34°C – 37°C. The bath heats up the body mildly and has relaxing and regenerating effect. It is suitable for both children and adults with very atopic and dry skin. The oat bath soothes irritated skin, itching spots, and allergic dermatitis.

Cupping: Cups massage is an ancient Chinese method. In cupping, spherical glass bulbs or cups with heated air are placed on the skin. By cooling, negative pressure develops in the cup, attaching it to the skin. The cup induces strong blood circulation, heating and oxidation of the given area by this negative pressure, which then flushes away the harmful substances accumulated there, brings relief to back ache, and adjusts the function of the relevant organ.

Reflex Massage: It is a highly specialized rehabilitation procedure performed by a professionally trained therapist. The objective of this massage is to affect the reflex changes caused by a pathological process, which are situated in the skin, muscles and periosteum. The reflex points are stimulated and as a result the places related to that points are effected. The reflex massage is performed with a minimum use of a cream or even quite dryly.

Individual Exercise Therapy: This is the most important and most highly specialized method of rehabilitation. A mutual trust and collaboration between the therapist and the patient is critical in order to achieve positive results. The exercises are led by a physiotherapist. Disorders of the locomotive and neuromuscular apparatuses are positively influenced. A proper performing of the exercises is explained to the client so that he / she is able to continue with the training by himself / herself at home.

Group Exercise Therapy: This therapy includes general exercises and special types of exercises focused on specific disability of the patient. Indications are disorders of the locomotive and the neuromuscular apparatus, limited mobility, muscular hypertonicity or hypotonicity and locomotive stereotype disorders.

Group Exercise Therapy in a Swimming Pool: This treatment combines the benefits of exercise with the benefits of being submerged in warm water, which enables easier movement and exercising. The main results of the therapy are improving of blood circulation, optimization of breathing as well as enlarging the range of the locomotor system. The treatment also supports positive emotions as the patient is pleased by his / her own skilfulness.

Mechanical Lymph Drainage: This procedure assists in the drainage of lymph nodes and vessels using air chambers that are gradually filled by a compressor in the direction running from the distal parts towards the proximal parts of the body. Both the pressure and the program are adjustable. After the first cycle is finished the air is let out of the chambers and the whole cycle is repeated. The drainage is suitable for tired lower limbs as a prevention against varices and swellings, and also for improving the blood circulation in the legs and feet. Other indications for using lymph drainage are postoperative and post-traumatic conditions and some selected types of neurological disorders.

Peat Compress – Pelotherm: It is a hyperthermal treatment using a natural healing substance called „peloid“ prepared in one-time compresses, which are heated to 46°C and then put on the treated parts of the body according to the doctor's prescription. The specific heat of the peloid is transferred to the patient's body and the treated places are intensively heated up. The peat compress causes increased blood supply in relevant parts of the body, releases the tension and accelerates absorption. Due to the heat the connective tissues are softened, the ligaments, fascias and joint capsules are released. This treatment is an ideal preparation before other therapies, for example before individual exercise therapy.

Dry Carbonic Bath: This treatment is provided on a bed in an airtight PVC bag. The bag is filled with carbon dioxide (CO₂) gas from a pressurised cylinder. The quick resorption of gas through skin, even through usual clothes, is proceeding. The main reactions of the patient's organism are extending peripheral vessels and lowering of the blood pressure. The bath supports patient's metabolism and has anti-cellulite effect. It also suppresses formation of varicose veins and softens the skin. The effects are the same as with water carbonic bath, the only difference is that this procedure is provided in dry environment.

Traction: So called mechanical traction is performed with a special device operating in a regime of intermittent traction when not only the power of pulling and the duration of the traction are adjusted but also a rate of the dynamic and idle phases. Special programs are set for the device. A doctor's prescription is necessary for providing this treatment, in which the type and the location of the traction are specified. The pulling force impacts only the soft tissues of the locomotor system (muscles, ligaments, tendons and joint capsules.)

Scottish Jets: It is an intensively stimulating treatment made by a water beam spurting from a jet under the pressure of about 3 atm which is applied to the patient's body from the distance of about 3 meters. The temperature of the water alternately changes. The treatment starts with warm water 38°C – 42°C which is then replaced by cool water at a temperature of about 15°C. The process of alternating warm and cool water continues with the rate 3 (warm phase) to 1 (cool phase). Alternating the temperature of the water supports intensive blood supply into the tissues and improves cell metabolism. As a result of it more intensive elimination of waste substances comes. The treatment has also a beneficial effect on immunity not only physical but also mental. Alternating of temperature helps with releasing tension in the muscles and brings relief from potential pain. That is why Scottish jets are strongly recommended with muscle pains and diseases of the locomotor system.

Pneumopuncture: It is a therapy provided by a professionally trained physiotherapist as it is a special type of a reflexive method. A combination of acupuncture effects and of local hypodermic application of carbon dioxide (CO₂) is used to influence painful conditions and functional disorders in the treated areas. Pneumopuncture is suitable for treating disorders of the locomotor apparatus, leg ischemia etc. It influences the function of inner organs positively due to its reflexive effect. Pneumopuncture has outstanding results in treating pains in the spine and joints.

Oxygen Therapy: This treatment is based on inhaling oxygen-enriched air (the oxygen rate is 40 – 60%). The air has an adequate level of humidity in order to prevent the dehydration of the patient's mucus membranes. The air is inhaled either by a nasal cannula or by a special face mask. Application of oxygen increases the quality and length of life and improves the patient's ability to tolerate physical stress. It also decreases the medium pressure in the lungs, prevent from lungs hypertension and from the development of cor pulmonare („lungs heart“.) By providing the oxygen therapy in several stages we try to increase the amount of oxygen in patient's blood and thus to treat some diseases and disorders caused by older age or by long-term improper regimen of living. Oxygen therapy has a wide range of effects and has proved in finishing the treatments of conditions after apoplexy (brain stroke), heart attack or other operations. It is effective in cases such as ischemic heart disease, arrhythmia (irregular heart beat), attacks of angina pectoris, arteriosclerosis, disorders of blood supply to the brain, forgetfulness and tinnitus (ringing in the ears).

Magnetic Therapy: It is a therapeutic method using a pulsing electromagnetic field. Cylindrical or flat applicators are used for this treatment. Magnetic therapy has anti-inflammatory and analgesis effects. It helps with dilating the vessels and releases spasms and stress in the muscles. It also accelerates healing of bones and soft tissues. The indications for this therapy are in the first place degenerative and inflammatory conditions affecting the locomotor apparatus and the nervous system. It is also suitable for the conditions affecting the arteries, veins and lymphatic vessels, ischemia and digestive disorders.

Laser Therapy: Coherent monochromatic radiation is used for this treatment, which is applied on the patient's skin in the afflicted areas. The effects of the laser therapy are bio-stimulating, analgesic, anti-inflammatory, bactericidal, virucidal, anti-edematous and vasodilatory. The therapy is used with dermal, rheumatic and degenerative diseases, for healing of dermal wounds and treating post-traumatic conditions.

Ultrasound Therapy: This treatment uses ultrasound waves, the frequency of which is higher than human ear is able to capture. The therapist moves slightly with the applicator over the afflicted areas. The contact of the applicator with the tissue must be always kept with a special contact agent (paraffin oil or conductive gel.) Ultrasound therapy improves blood supply to the tissues and their nourishment. It has strong spasmolytic and analgesis effects – it releases the spas and soothes pains. It is recommended with post-traumatic conditions, chronic inflammatory diseases of the joints and other degenerative illnesses..

Electrotherapy: This treatment uses various types of electric currents and according to the type of the current the effect of the therapy is analgesis, tonic, spasmolytic or hyperemic. The procedure has to follow the doctor's prescription in order to reach the desired effect.

Biolamp: This treatment uses a biolamp, which is a highly effective source of medicinal bio-stimulating light. The biolamp works on the principle of light polarization. It generates a polarized radiation similar to laser but its radiation is polychromatic with the chromatic component being filtered out. Biolamp is suitable for treating dermal diseases, for acceleration of healing postoperative scars, for soothing pains in the spine and joints. It also helps in the conditions of a chill or a cold and has good results in stomatology and cosmetology.

Lymph massage – manual: The manual lymph massage is a special gentle massage technique influencing the lymph system with the pressure of 40-60 mmHg. During the application of this technique, the body muscles are not massaged but it moves only the skin and subcutaneous areas, setting the lymph system located just under the body surface into motion. The manual lymph massage stimulates the lymph motion, and reduces the painful stress. It has a deeply sedative, analgesic, and spasmolytic effect on the blood and lymph systems.

Impact Wave: A special device generates impact waves, the effects of which are many times more intensive than normal ultrasound. The treatment is successfully used for treating tennis elbow and other enthesopathies, heel spur, the syndrom of painful shoulder and inflammation of Achilles tendon, For successful healing it is suitable to repeat the treatment several times.

Procedures without medical examination

Group Exercise Therapy: This therapy includes general exercises and special types of exercises focused on specific disability of the patient. Indications are disorders of the locomotive and the neuromuscular apparatus, limited mobility, muscular hypertonicity or hypotonicity and locomotive stereotypic disorders.

Group Exercise Therapy in a Swimming Pool: This treatment combines the benefits of exercise with the benefits of being submerged in warm water, which enables easier movement and exercising. The main results of the therapy are improving of blood circulation, optimization of breathing as well as enlarging the range of the locomotor system. The treatment also supports positive emotions as the patient is pleased by his / her own

Paraffin Wraps on Hands: The hands are repeatedly (3 to 5 times) dipped into molten paraffin up to the wrists for a few seconds. The temperature of paraffin is about 52°C. You let the paraffin drip off and then you put the hands into a polypropylene or plastic bag and put terry mitts over the hands so that the heat can impact for longer time. The layer of paraffin heats up deeply small joints of the hands, treats the skin, releases the stiffened muscles and joints and improves the blood circulation. This treatment is useful for diseases of the locomotor system and rheumatoid arthritis because it leads to maximum blood supply to the periphery.

Inhalations: During this therapy, an aerosol mist is created using special ultrasound equipment. When being inhaled, the mist has a positive effect on the patient's upper and lower respiratory tracts. The effectiveness of the treatment depends on the size of the aerosol particles inhaled and the active ingredients contained in the solution used to create the mist. In our spa centre we use so called Bořík solution with a high content of anise or a healing mineral water called Vincentka. The main effect of inhalation is moistening the respiratory ways and their cleansing.

Massage bath: It is a whirling bath similar to Hydroxer - the main difference is that massaging is not provided gradually but to the whole body in the same time. The temperature of the bath is 34°C - 37°C. During the treatment the patient's muscles are heated and released, the blood supply and metabolism are improved and the whole organism is relaxed. The Vortex Flow bath supports a proper function of the lymphatic system.

Bubble Bath: It is a slightly hyperthermal bath 34°C – 37°C with main effect being in micromassage of skin and its relaxation. The bath is very pleasant for the patient. It has soothing effect with neurosis and locomotor system diseases, with pains in the joints and in the spine as well as with sleeping disorders. The bubble bath helps with regenerating the muscles and improves blood circulation. Oil and herbal ingredients are always used in the bath.

Herbal Bath with Thermomineral Water: The bath relaxes the organism in tense situations, and is also appropriate after physical exertion. The bath consists of hops, rosemary, mint, melissa, and an added aroma.

Chocolate Bath: It is a hyperemic bath the temperature of which is about 37°C and which is prepared from Holland cocoa, almond oil and an addition of ethereal oil. The bath has an anticellulite effect. It also cares about the skin over whole body and supplies the body with many valuable vitamins and minerals.

Cleopatra Bath: This relaxation bath with temperature 34°C – 37°C is suitable for dry skin. The bath consists of whey, ethereal oils and mineral water. It is nourishing and has a very pleasant smell (its unique aroma is prepared by our own recipe.) The skin keeps very smooth and soft after the bath. A special type of this bath is Cleopatra Honey Bath (alias Honey Dream) where only honey oils are used.

Wine Bath: It is a bath containing genuine red wine in combination with oil component – grape or vine oil, which is a source of natural antioxidants. The main effect of the antioxidants is in eliminating free radicals, which causes aging of the skin and loss of its elasticity. The temperature of the wine bath is 34°C – 37°C and the red wine used for it gives the bath gentle light rose colour. The patient enjoys agreeable smell and has pleasant and refreshing feeling after the bath. The wine bath is effective against cellulite and keeps the skin smooth and soft as a velvet.

Beer Bath: The bath is a foamy, toning bath containing real beer. It has a mild and pleasant aroma. The bath is suitable for relaxing when tired, stressed. It evokes relaxation and physical well-being, and supports the overall regeneration of the organism. The bath contains natural olive oil, which has softening and mollifying effects, and so the bath is especially suitable for dry skin, which it calms, softens, and maintains the natural hydration of the skin.

Classical Massage: It is provided by a skilled therapist (masseur) using special touches and grips to influence the trophic of the skin, subcutis and muscles. The general purpose of the massage is stimulation of the receptors. The massage positively influences the muscle tone (both in terms of reducing and increasing the tone of the muscles), helps with absorbing the swellings, supports metabolism and breaks the tissue adhesions and coalescence. The relaxation effects of the massage are both local and total. Special massage cremes and oils are used and as a result the massage is very pleasant and has a strong psychotherapeutic effect.

Classic Full Body Massage (back, neck, legs and arms): This traditional method of massage removes tiredness and fatigue and improves regeneration of the organism. It is suitable mainly in conditions of locomotor diseases as it releases pains. Classic massage is an effective supplement of other treatments, when it is necessary to release stiff muscles and to treat painful contractures. The massage has an overall relaxation effect for the patient's organism.

Aromatic massage: It is a pleasant full body relaxation massage using special aromatic oil. The massage oil is prepared from cold-pressed almond oil into which natural ethereal oils are added. According to the specific ethereal oil we can reach desirable effect. It is recommended not to wash away the oil from the body immediately after massage but to keep the aromatic essences on to let them have longer effect. The essences penetrate to the body through the skin during the massage and at the same time they are inhaled by the patient. The delight of the scent is connected with the healing power of a touch.

Full-Body Massage using Lava Stones: Lava stones bring on a state of relaxation faster than traditional massage methods. The stones, which are moistened with exotic aromatic oils, are placed on tired and sore muscles and thus relaxes them, releases unpleasant tension, and revives the mind. The warmth has a relaxing effect on nerve endings, and increases blood circulation to tissues and muscles. A proper blood supply, which the procedure achieves, is important for the proper functioning of the circulatory and lymphatic systems, and furthermore, it carries necessary nutrients and removes those problems that occur with an insufficient blood supply.

Anticellulite Slimming Massage: It is a special massage using a specific and precise combination of massage touches, which gradually effect cellulite tissue and smooth the skin. The lymph is activated during the massage and the detoxication abilities are supported so that washing out the sediments from the subcutis is improved. This treatment is very effective and can cause as many as several centimeters' loss.

Anticellulite Slimming Massage with a Wrap: The massage is combined with a wrap using a natural four-component thermoactive agent Thermiodosal. Before the massage and after it a regular drinking regimen must be kept to.

Whole body peeling: During this treatment, the body or its parts are treated using the peeling means; their application softens and smooths the skin, helps blood perfusion and removal of accumulated skin cells and the subsequent regeneration and rejuvenation of the skin. The granular peeling ROBEUS, which we use, also contains a cleaning cream with nutritive properties provided by plant oils and fats.

Chocolate Massage with a Wrap: This treatment is excellent for smoothing your skin, removing cellulite, washing away toxic substances and relaxing the stiff muscles. It uses the benefits of cocoa contained in chocolate, which prevents penetrating of free radicals. Theobromin contained in cocoa has similar effects like caffeine but not so strong. It influences the vascular endings in the skin and activates metabolism. Chocolate can stimulate production of dopamine in the brain and release endorphins and serotonin, which are the sources of happiness. The treatment consists of peeling, a wrap and a massage. Peeling, using orange oil and Himalayan salt according to an ancient recipe, removes impurities from your skin so that a warming chocolate wrap can be applied. The wrap supplies your body with necessary vitamins and minerals. After the warm wrap you will be provided with the final relaxation massage using chocolate cream with extracts of water melon, which are rich in vitamin A and have anti-aging and nourishing effects on the skin.

Honey detox massage: This massage is a gem among massages. It is focused on the spine region where the reflex zones are located and then joined by neural ways with particular organs. Massage of these zones results in strengthening and curing of the relevant organs. It is also suitable as a prevention of civilization diseases which are related to sedimentation of toxins in the body. The healing force of honey has a beneficial effect on the body under stress, tiredness or sleeplessness as well as in case of neural disorders. It also has an anti-aging effect.

The LOMI LOMI Hawaiian massage: The Hawaiian massage is a therapy based in the use of some special Hawaiian techniques using not only the fingers and palms but also the forearms that has a highly relaxing and therapeutic effect due to its rhythm and performance. This massage does not hurt at all.

Indian Massage of the Head: It is a gentle and curative treatment for head, neck, shoulders and upper arms. It is applied to that areas of head which are centres of energy. It removes everyday stress, headache, eye pains, the tension in shoulders and neck. It also improves the quality of hair and brings about a feeling of mental comfort. In general, the Indian massage brings physical and mental harmony to the organism.

Reflex massage of the soles: This is a special massage during which the therapist puts pressure on the soles of the patient's feet and massages the reflex zones. The massage is based on the relationship between these reflex spots and the relevant organs in the body. The main effects of the massage are better blood supply to the organs, mobilization of minor joints of the foot, stretching of shortened muscles and stimulation of the reflex points. The massage also effectively regenerates overloaded feet and improves the sensitivity of them as the brain is supplied with more quality information from the peripherals.

Densitometry: Dual-energy X-ray absorptiometry (DXA) is a measurement method used to measure bone mineral density. This is a painless evaluation method that does not burden the patient. Thanks to DXA, a doctor is able to discern the risk of bones breaking due to osteoporosis.

Nordic Walking: This treatment is normal walk but with special canes that make the patient strain all the muscles in his body while the joints in lower limbs are relieved. Nordic walking is a very pleasant form of movement, which can be performed by everybody – both by a top athlete and by a beginner, both by a young man and by a senior.

BIOFEEDBACK – RHB

Electrical Brain Activity Diagnostics and Monitoring: QEEG allows state-of-the-art brain diagnostics in a considerably greater scope and detail than most other EEG diagnostic methods.

EEG Biofeedback Training: EEG Biofeedback is a modern method of training the brain and learning with the aid of computer technology. It is a highly specialised method the purpose of which is to activate the nervous system, namely to train attention and concentration, self control and self discipline (to reduce impulsiveness and hyperactivity), and to improve intellectual performance. The training is suitable for both children and adults from very early to very old age. EEG Biofeedback training allows to accelerate memory and learning. It is suitable for children diagnosed with ADHD, for individuals whose work involves excessive stress, high responsibility, and quick decision-making (e.g. pilots, brokers, dispatchers, entrepreneurs, policemen, etc.).

AVD Relaxation Sessions: Relaxation sessions with the currently most effective AVS device in the world. The treatment has remarkable unique effects and it will immediately reenergize your body, induce the feeling of well-being, improve your mental state, eliminate pain, migraine, stress, fatigue, and insomnia.

Alpha training: The special training is carried out with the aid of an EEG BFB and it helps clients with low alpha brain wave values, individuals suffering from anxiety, lack of energy, and concentration or memory disorders. It is suitable for raising spirits and for clients with various addictions. Alpha training is often used by athletes to improve their sports performance. After completing the training, the clients perceive its beneficial effects through their emotions, euphoria, increased feeling of safety, calmness, clarity of the mind, high spirits, reduced negative thoughts, as well as improved memory and concentration.

COSMETICS and BEAUTY STUDIO

Skin cleansing – manual: The greyish skin colour and tired facial expression are caused beside other factors by the impurities deposited deep under the corium. The deep skin cleansing is one of the most important cosmetic treatments, resulting in a skin free of excessive surface oily secretions, opening of the closed comedones and their cleaning and gentle suppression of the sebaceous glands. This cosmetic treatment includes: surface cleansing, light peeling, face, neck and décolletage massage, possible wax depilation, colouring and treatment of eyelashes and eyebrows, with mask applied at the end.

Skin cleansing – instrumental: Modern, painless, gentle and very effective deep cleansing of the skin using an ultrasound spatula. This technology replaces the unpleasant and aggressive mechanical skin cleansing. The deep cleansing utilizes high-frequency vibrations, it is absolutely painless, non-aggressive and effective.

Classical facial massage: The facial massage is very popular and pleasant treatment. The muscle tissue in the face gets weaker with age and soft wrinkles appear around the mouth, eyes, and forehead. The facial massage helps postpone the ageing process because it improves blood circulation and muscle flexibility, and the person massaged feels great and shines with health. Effects – smoothing of the skin of the face, neck and décolletage, support of skin elasticity, strengthening of facial contours, collagen synthesis activation, expression lines and wrinkles' softening, skin energy functions stimulation.

Classical massage of the face + facial mask: Please see traditional facial massage. Is complemented by a facial mask chosen by the expert beautician according to the skin type.

IPL Photorejuvenation of the Face, Neck, and Neckline: This gentle treatment utilises intense pulses of non-coherent light – IPL – to heat specific structures in the dermis. This heating activates cells and they create collagen fibrils, causing new collagen to be created, small wrinkles are smoothed, and the skin is toned. The applied light energy is partly absorbed by enlarged capillaries in the face, leading to their sealing shut, and in the following weeks, to their absorption. Even hyperpigmentations of the skin are partly removed during photorejuvenation. Healing after a photorejuvenation treatment usually takes 5-14 days, and healing is significantly accelerated with ensuing therapies in salt caves with salt mists and a facial mask. After photorejuvenation, the skin may be reddened or even slightly swollen, and this reaction recedes in more sensitive skins after 1-2 days. It is recommended to repeat the treatment 3 to 6 times within 14 days.

Laser Hair Removal: Using selective photothermolysis, a laser targets the hair follicle and destroys it. The light travels through the pigment of the follicle into the bulb, which is damaged and is gradually destroyed. Only those hairs that are in the active phase of growth are effectively hit – and there are only about 30-40% actively growing hairs at the time of each treatment, this is why it is necessary to repeat the treatment to achieve the desired effect – 4 or more sessions, depending on the location, within 6-7 weeks. The number of laser hair removal sessions is very individual, as it depends on the colour and the thickness of the hair follicle, the location, the type of skin, genetic predispositions, and the influence of hormones. Laser hair removal can be done on all parts of the body, including intimate parts. Thanks to the dynamic cooling of the skin, it is possible to use EMLA numbing cream on the most sensitive parts. After treatment, the skin may be slightly reddened, swollen, and subjectively might burn a little. It is necessary to avoid intensive sunlight after treatment, and it is recommended that one use a sun cream with a high SPF factor.

Omnilux – Treating the Skin: The technology of the Omnilux machine is based on the emission of narrowband light given off by LED diodes – it is thus not a laser nor an intense pulsed light, but an absolutely special type. Omnilux light does not contain UVA, UVB, or infrared light, so it is extremely safe. Each application of the therapy provides an optimum effect, intensity, and safety for the patient. The therapy is completely non-invasive and no convalescence is needed. With the help of strong radiation, the skin is re-programmed, and in some cases, it can be used for the application of substances into the deep layers, similar to non-invasive mesotherapy. Omnilux is used for: skin rejuvenation, healing scars, treating skin cancer, skin regeneration, treating acne, skin hydration, collagen production, and removing hyperpigmentation.

Carbon-ion Therapy: This is the newest laser treatment, using carbon-ion cream as a photo-accelerator in order to reach a multiplied effect on the skin. The medicinal carbon-ion cream is applied to the skin, where it is left to dry. Then, a medical multi-functional laser is used to heat the skin, causing an implosion (shattering) of the carbon ions contained in the cream, leading to the following effects: deep pore cleansing from sebum, constricting pores, removing dead skin cells from the skin surface, collagen stimulation, targeting bacteria that causes acne, toning the skin, and reducing wrinkles.

Eye area micro-massage: The eye area is the softest and most sensitive part of the whole face, it is very sensitive and is easily marked by age, fatigue and stress. The delicate skin around the eyes needs care. The micro-massage of the eye area is a special type of cosmetic massage smoothing the wrinkles around the eyes and removing the watery bags under the eyes, it relieves eye fatigue and gives space for the body relaxation.

Champagne mask: The active ingredients of this mask have an immediate effect against the marks of ageing. It stimulates the natural immunity of the body, working effectively against the factors speeding up the physiological process of skin ageing. At the same time, it has an exfoliating effect, allowing for a deep cleansing of the skin, removal of the dead cells and contracting the pores. It visibly reduces the reddening of skin, sun marks and marks left by acne. The wrinkles and small lines and all sorts of defects will get less pronounced and the skin will get a shining appearance.

Anti – Aging Gold program: Professional care bringing about a truly significant rejuvenation of the mature skin with the marks of ageing. It can be used even specifically for de-pigmentation treatment, and even for very sensitive skin. It stimulates cell renewal, mitigates wrinkles visibly, reduces pigment marks, hydrates the skin, and makes it firmer. This program is finished with the “gold mask.”

Exilis – body or skin: Exilis is a revolutionary instrument for shaping the figure (painless liposuction) and rejuvenation of face (non-invasive face-lift). The instrument also contains the facial applicator Exilis Face for rejuvenation in the areas of neck, jowl, décolletage, backs of the hands and ankles. The instrument combines the mechanical effects of waves and uniform excitation of molecules.

Cryo-lipolysis: Elimination of subcutaneous fat and figure forming. It is equipped with a vacuum adaptor sucking in the layer of skin-fold with subcutaneous fat. The adaptor then cools the whole part sucked down to -10°C and then keeps the negative pressure level at about 50 Kpa and keeps the set temperature.

Bodyter: It is a slimming method controlled by computer, working as two independent instruments – myo-stimulator and thermo-stimulating instrument (firms up the muscles, reduces subcutaneous fat and removes cellulitis). It is designed to disintegrate and wash-out the fat cells to slim, firm up and form the body, it can be used as an after-delivery treatment, an anti-pain treatment and for normalizing the skin surface.

Mesotherapy: It is a method in which substances improving the aesthetic appearance of the skin are introduced to the skin as well as the middle skin layer that can also act as skin nutrition. It is mostly the hyaluronic acid, and in the case of the “orange skin” – cellulitis – treatment also substances supporting fats burning in the fat cells.

Radio-frequency: It is a method known also as the “non-surgical lifting.” It is a non-invasive technique, i.e. without any surgery and anaesthesia. It corrects the limpness of the skin, lifts it up, and creates a more perfect shape of the face. The radio-frequency head is used to remove and smooth out the wrinkles and stretch the skin. It heats up the skin to the depth of about 2-6 mm, collagen fibres are stimulated in the tissue, and blood micro-circulation is increased. At the same time, the lymph washes away the fats and toxins.