

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.

HYDROXEUR

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.

IODINE-BROMINE BATH

Iodine-bromine water softens ligament structures, relaxes muscle contractures, improves blood circulation in tissues and organs, relieves acute and chronic inflammatory processes, and soothes skin defects.

ANTI-RHEUMATIC BATH

A relaxing regenerative bath containing lavender and rosemary oils. To relax and warm up stiff muscles and limbs.

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.

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 lead 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.

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.

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.

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 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.

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.

BATH – DEAD SEA SALT

The bath helps relieve muscle pain, improves the mobility of painful areas, nourishes the skin and stimulates blood circulation.

HERBAL BATH WITH THERMOMINERAL WATER

FROM OAK BARK

This type of herbal bath has constricting and anti-inflammatory effect, removes excessive sweating, helps with frostbites and mild burns and soothes skin inflammations. It is a traditional mean for treating problems with haemorrhoids.

FROM LAVENDER

This type of herbal bath has positive effects on depressions, fatigue, tiredness and psychic stress. It soothes the headaches.

FROM CHAMOMILE

This type of herbal bath has anti-inflammatory and healing effect. It prevents formation of scars.

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.

HEMP BATH

Contains hemp extract and virgin hemp oil. Both of these ingredients are a source of natural antioxidants that effectively break down free radicals that cause aging and loss of skin elasticity. This is why hemp oil is popularly used to treat dry, dehydrated, inflammatory or hypersensitive skin. The bath is suitable for soothing and relieving itching, burning or irritating sensation in skin problems.

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.

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 pulmonale („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).

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.

EAR CANDLES

Ear candles help you relax your external ear canal and pressure in your ear, forehead, and sinuses. The heat generated by burning the candle softens the accumulated earwax, and a slight vacuum sucks it out with the chimney effect. At the same time, the pressure through the Eustachian tube equalizes the entire head area, which can have a beneficial effect on ear pain, itching, buzzing or a feeling of pressure in the ears or head. It is intended for anyone who wants to thoroughly clean their ears of wax or remove obstructing water after bathing.

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.

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.

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.

IN-BODY DIAGNOSTICS

This is a diagnosis of fat, muscle, body composition and BMI. The result of the test is an A4 document with a detailed description.