

Spas and wellness in the Czech Republic: Forget the stress and pamper yourself

PRAGUE, CZECH REPUBLIC, March 24, 2015 /EINPresswire.com/ -- For the ultimate relaxation with massages, saunas and special baths, head to Czech spas. Their medical wellness programs not only satisfy demanding managers seeking tranquility, but also couples or families with children. Take some time for yourself and soak up the positive energy in the Czech Republic, a country with a long spa tradition.

The wellness centers in Karlovy Vary are enjoyed by romantics, golf fans and film buffs

The West Bohemian city, which is famous worldwide for its spa treatments, has prepared a number of innovations for its visitors this year. In line with global trends, the Hotel Imperial is launching medical wellness programs that include medical consultation and the processing of the personal history of patients. You can choose, for example, a detox and anti-stress package, and then just sit and rest in a salt cave, enjoy herbal baths or a restorative massage. For the avid golfer, special programs are available combining wellness treatments with a visit to the Karlovy Vary golf course, which is considered to be one of the best in the Czech Republic.

The famous Karlovy Vary Grandhotel Pupp has decided to focus on romance by offering Royal Spa Suites within their wellness treatments. Private procedures

are ideal for couples favoring joint massage. You will be able to enjoy an experience shower or the hydro massage of the Aqua bed in the pleasant relaxation area.

If you are planning a shorter trip to Karlovy Vary, then do not miss out on the possibility of the



Thermal Hotel, which from this season is also offering spa treatments to the public, besides to the clients staying there. You can try the Queen of Egypt procedure or a modern wellness center with a whirlpool bath or sauna.

A visit to the spa town can also be combined with major events. For example, the 50th International Film Festival will be held there in July, which is in the prestigious A category, together with the festivals in Cannes and Venice. If you are more interested in sports activities you can take part in the May half-marathon or triathlon, which will be held in late August.

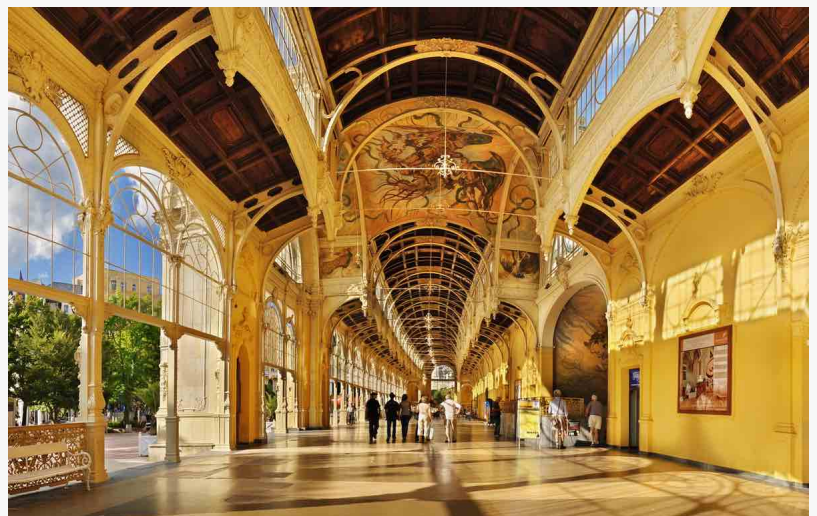
The west in the Czech Republic belongs to spas, where you can heal your back and activate your immunity

Just a short distance from the famous Karlovy Vary is the picturesque town of Františkovy Lázně, where the newly opened Center for healthier backs is located, which is focused on the treatment of chronic spinal pain. The new method by renowned German specialist Florian Maria Alfena is able to alleviate or completely remove back pain, using strength training. It strengthens the weakened deep muscles of the spine, returning their strength, agility and endurance. The new method had a long-term effect on more than 82% of the patients.

In Jáchymov, lying near the German border, they use radon water for treatment, which has energy effects. It can, for example, activate all components of the immune system and increase the

production of hormones – for example anti-inflammatory. You can try out the beneficial effects of radon water thanks to various relaxation packages for individuals and groups. In addition, you can enjoy your family vacation there, where you can combine wellness procedures with water fun in the swimming pools or trips to the Krušné Mountains.

The East Bohemian spas are returning to the good old days, learn about the ancient Sumerian methods



In the forests of Jeseníky in the north of Bohemia, you can relax in Priessnitz spas, whose packages will meet everyone's expectations. Intensive relaxation is prepared for managers, while lovers of movement should try the wellness option. It combines massage with mountain biking or terrain scooters, tennis, minigolf and Nordic walking. You can undergo a remarkable experience in Priessnitz spas with this year's novelty - the curative treatments and baths of the good old days, which utilize the effects of red poppy and cannabis. Since time immemorial, they have played a vital role in healing and the ancient Sumerians called the poppy the "joy plant". Visitors to the spas and the newly renovated Viennese café can go back in time and enjoy the unique front cooking.

In the southeast of the Czech Republic you can discover another spa treasure, Luhačovice. After the traditional beer or wine baths you can indulge in an exotic Madagascar massage or a yogurt curative treatment from Indonesia. Also new this year is a stay in the footsteps of Dušan Jurkovič, a prominent Slovak architect who was a strong representative of Art Nouveau architecture with folk elements. So besides relaxation, Luhačovice spa-goers will also be able to take a trip to see his most important buildings in the Czech Republic and Slovakia.

Not far from Prague, you can try traditional Chinese medicine. Just an hour's drive from the Czech capital is the [Bohdaneč Therapeutic Spa](#), which from mid-June begins operation of the Center of Traditional Chinese Medicine. Traditional East Asian methods like acupuncture, moxibustion, herbal therapy and tuina massage are used here. Official support and the quality of the center are guaranteed by the Chinese university hospital Central South University of the city of Changsha.

ČCCR — CzechTourism is an allowance organization of the Ministry for Regional development of the Czech Republic. Its main activity is the promotion of the Czech Republic as an attractive tourist destination both at home and abroad.
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