Spas and health resorts in the Czech Republic
# What health issues are treated in Czech spas?

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X = Adults  O = Children  

Source: Ministry of Health of the Czech Republic

### Diseases of the nervous system (G)

A = Oncological diseases  B = Cardiovascular diseases  C = Digestive system diseases  D = Metabolic disorders and endocrine diseases  E = Respiratory diseases  F = Diseases of the nervous system  G = Diseases of the musculoskeletal system  H = Kidney and urinary system disorders  I = Mental diseases  J = Skin diseases  K = Gynaecological diseases

### Natural healing resources (NHR)

1 = Mineral water  2 = Peloids (peat, silt, mud)  3 = Natural gases  4 = Climate

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### Czech Republic, the Promised Land of Spas

There are countless places in the Czech Republic attracting the interest of foreign tourists. One of the most frequent reasons for visiting the country is to stay in a spa. The Czech spa tradition is one of the oldest in Europe.

Since the Middle Ages people have endeavoured to take advantage of the great power of natural healing resources – mineral water springs, therapeutic mud and peat, natural gases and of course the pleasant local climate.

In the late 18th century Czech spas achieved such fame that the most significant personalities of the world used to come there, including monarchs and statesmen, military commanders, the aristocracy as well as artists. Remarkably, spa facilities can be found throughout the entire country – in more than 30 locations.

The spa infrastructure in the Czech Republic is at an excellent level and even more importantly spa resorts employ top class balneology experts and highly qualified medical staff. The quality of Czech medical care along with the progressive healing and physiotherapeutic methods are known only too well. Undoubtedly, it was no coincidence that in 2006 a spa establishment from the Czech Republic Lázně Bělohrad – as the first in Europe – was presented with the EUROPESPA med® Certificate – a seal of quality awarded by the European Spas Association (ESPA) in Brussels to selected European spa resorts after a thorough on-site inspection and audit of their operation.

Currently, the Czech Republic boasts the highest number of certificate holders among the EU member states. One of the guarantors of the high quality spa treatments in the country is the Czech Healing Spa Association. All of the spas in this association are accredited medical spa establishments that must comply with strict criteria for treatment, catering as well as accommodation.

Today, spas are widely used not only by people recovering from various ailments but also those who in this day and age are well aware of the importance of prevention and wish to treat their body and mind to extensive pampering. Spa resorts offer both the classic medical stays as well as manifold packages aimed at relaxation and regeneration. The main advantages of the “med wellness” (i.e. wellness in spa establishments) include many years of experience in providing traditional medical treatments, the option to consult health matters with a physician during the actual stay and in particular the possibility of taking advantage of natural healing resources. Apart from traditional remedies based on these resources, spas offer a wide range of other wellness treatments starting with massages and pearl (air-bubble) baths and ending with exotic care inspired by Eastern medicine.

A balanced combination of treatments, pleasant relaxation, high quality gastronomy, sporting opportunities as well as superb cultural events makes up a truly comprehensive experience. Allow it to sweep you away and give you a break from the reality of everyday life. Now something really out of the ordinary awaits you.

### Examples of the Use of Natural Healing Resources

- **Mineral water** – drinking, bathing, inhalation, irrigation, hydro-massages
- **Peloids** – wraps, packs, baths
- **Gas** – gas injections, dry carbon dioxide baths
- **Climate** – staying in locations with pure and fresh air

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www.czechtourism.com
Karlovy Vary

In the breathtaking valley of the River Teplá cutting deeply into the forested hills of the Slavkovský les Protected Landscape Area, dwells a fairy-tale like town. The most famous Czech spa, Karlovy Vary.

Fabulous town houses, impressive buildings of hotels and spa resorts. No matter if you are walking along the colonnades and sipping on the healing water from one of the Karlovy Vary springs or wandering along a spa path on forested slopes, you are following in the footsteps of Goethe, Beethoven, Schiller, Wagner and Chopin. Whichever lookout tower you may be viewing the town from, Karlovy Vary will always be sure to make a great impression on you.

This is so, because Karlovy Vary is a place where time simply does not matter. You will immerse yourself here in blissful tranquility and timelessess, you will breath the same air as those who came here for treatment hundreds of years before you and in fact you yourself may not be certain which era you have left behind you to get into this enchanting spa.

And yet Karlovy Vary is also a modern town offering vibrant entertainment and providing excellent cultural opportunities. It is a place where you can go on a shopping spree, enjoy peaceful relaxation as well as indulge in some sporting activities and set out to explore several remarkable tourist destinations. To put it simply, Karlovy Vary is superb, unique, renowned, retail – and also obviously relieving and healing.

Natural Healing Resources

Hot mineral springs were known in this piece of land as early as the Middle Ages. Today there are 15 warm mineral springs producing water with properties especially suitable for drinking, bathing and irrigation. They are of a similar composition, but owing to the varied temperature and CO2 content their healing effects are quite different.

Medical Conditions Treated in the Spa

It is very well-known that Karlovy Vary springs are beneficial in the treatment of digestive conditions – diseases of stomach, oesophagus, intestines, gall bladder, liver and pancreas, along with metabolic disorders – diabetes, obesity, gout, as well as musculoskeletal diseases and even periodontitis. Excellent results have been recorded in treatment of conditions after oncological and neurological diseases.

Main Points of Interests in Karlovy Vary

The town and the surrounding area offer countless opportunities for walks, trips as well as exploring and sightingseeing. Most attention will deservedly be captured by the colonnades, mainly the most famous of them all, the Neo-Renaissance Mill Colonnade designed by the distinguished Czech architect Josef Zítek, who also participated in the construction of the National Theatre in Prague. Another beauty is the Art Nouveau Castle Colonnade, and no less fascinating is the modern Hot Spring Colonnade with the most powerful Karlovy Vary spring jetting up as high as 12 metres along with the Park Colonnade sheltered under an arched iron framework.

Sights definitely worth taking note of include the Neo-Baroque complex of the Grandhotel Pupp and the theatre designed in the same style, the Pseudo-Renaissance building of Lázně I, in fact all of the buildings surrounding the River Teplá.

The next point of interest in Karlovy Vary is its churches – particularly the magnificent Church of Saint Mary Magdalene, which is the work of the Baroque genius Kilian Ignaz Dienzenhofer, and the exquisitely decorated Orthodox Church of Sts. Peter and Paul.

The town also offers 21 short walks exploring the sights on the main streets and adjoining woodland parks. A great idea to spice up your stroll is to take a ride on a funicular up to the Jelení skok (Deer Leap) Lookout or as far as the stone Diana lookout tower, a view of Karlovy Vary from above shows only too well that you have arrived in the town of dreams.

The most famous Karlovy Vary cultural event is the International Film Festival held every year at the beginning of July. Here you may well bump into eminent Hollywood stars as well as talented directors from all over the world.

Golf & Spa

In Karlovy Vary golfers will feel at home and somewhat golf – being able to choose from two golf resorts. Astoria Golf Resort Chřenov offers a slightly undulating links-style golf course and in Golf Resort Karlovy Vary you will find a top-quality Czech park course tried and tested in competitive European golf tournaments and boasting more than eighty years of great tradition.

www.astoria-golf.com
www.golfresort.cz

National Healing Resources

Karlovy Vary

Medical Conditions Treated in the Spa

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4 Spa and health resorts in the Czech Republic

www.czechtourism.com 5
Mariánské Lázně

The first impression you get when you come to Mariánské Lázně is that you have wandered into a huge park that has no end and naturally eases into deep woods. The lively and energetic town abounds with lush greenery; the charming singing of the fountain enhances the unique atmosphere and deep down inside the Earth powerful and health-giving springs force their way up to the surface.

Mariánské Lázně is also a town of little cafes, sweetshops and stylish pubs, where content locals who won’t hear a bad word said against their hometown welcome spa guests from all over the world with open arms. Over the years the spa has been visited by a long list of famous personalities – such as English King Edward VII, Goethe, Chopin and many others, many giants in their fields – Edison, Freud, Kafka, Nobel, Nietzsche, Tolstoy, …

Natural Healing Resources

The fact that the wild forests were hiding springs with medicinal water was known by local folks as early as the 13th century. Nonetheless, at that time the place was wild and difficult to access, so systematic research of the composition and effects of the springs had to wait until the end of the eighteenth century. In the environs of the town and Mariánské Lázně itself there are almost 100 mineral springs. The spa treatments are mainly based on 6 of them. Interestingly, these are not thermal springs, but cold acidulous waters with a high content of iron and mineral salt. Reaching a mere 7–10 °C, they rank among the coldest in the Czech Republic.

The properties of individual springs differ quite considerably despite often being located close to each other – this is one of the greatest balneological curiosities of Mariánské Lázně. The springs are so powerful that drinking the water in itself is very effective in combating ailments. When baths and inhalations are added, the results are really surprising, especially taking into consideration that the range of complaints treated here varies widely.

Medical Conditions Treated in the Spa

Mariánské Lázně specialises in neurological disorders, musculoskeletal conditions, osteoporosis, back pain, diseases afflicting kidney and urinary systems, prostate, respiratory system including asthma, metabolic disorders, gynaecological complaints, conditions following oncological surgery as well as hypertension and ischemic heart disease.

Walks, promenades and trips are the activities that Mariánské Lázně seems to have been born for. The perfect starting point of your exploration is at the heart of the town – the splendid Neo-Baroque colonnade, probably the most beautiful in the whole of the Czech Republic.

Situated right next to the colonnade, the Singing Fountain is one of the main attractive features of the town. The water exhibition of 250 computer controlled jets gushing water as high as six metres in the air at ingeniously intervals, shapes and combinations is highlighted by the fascinating display of colours accompanied by famous musical pieces from all eras.

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Points of Interest in Mariánské Lázně

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Situated right next to the colonnade, the Singing Fountain is one of the main attractive features of the town. The water exhibition of 250 computer controlled jets gushing water as high as six metres in the air at ingeniously intervals, shapes and combinations is highlighted by the fascinating display of colours accompanied by famous musical pieces from all eras.

Medical Conditions Treated in the Spa

Mariánské Lázně specialises in neurological disorders, musculoskeletal conditions, osteoporosis, back pain, diseases afflicting kidney and urinary systems, prostate, respiratory system including asthma, metabolic disorders, gynaecological complaints, conditions following oncological surgery as well as hypertension and ischemic heart disease.

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Konstantinovy Lázně

The small town of Lázně Kynžvart is situated under the impressive massif of the Slavkov Forest Highlands. Owing to its location in a wide valley at an altitude over 700 metres above sea level, in an area with a high and particularly constant air humidity, along with crystal clear air free of pollutants – Lázně Kynžvart is one of only four resorts in the Czech Republic officially recognised as a climatic spa.

Historically and on a long-term basis Lázně Kynžvart has been specialising in the treatment and recuperation processes of children starting from the age of one and a half years. Its operation is ideally adapted to these types of clients. However, the spa has recently included services for adults, making it a truly family spa resort.

Triumph of Clean Air

The first spa buildings started to emerge in 1860 and within the thirty years to follow the spa expanded so much that its fame began to spread worldwide. At that time it was regarded as a luxury spa resort for important and rich clientele. Although the concept of using the positive healing effects of the climate in medical treatment was then almost unknown, the local expert knew only too well that the climatic conditions here were utterly unique and therefore regular monitoring and evaluation of temperature, humidity and precipitation started and has lasted up to this day.

Natural Healing Resources

A combination of an altitude of about 730 metres above sea level, high and constant humidity supported by the mixed forest vegetation, an ample amount of sunshine and exceptionally clean air constantly checked by the latest monitoring equipment gives rise to climatic conditions, which are the main natural healing resource of the spa. In addition, the spa resort takes advantage of the local mineral springs that produce natural hypotonic ferrous acidic waters with a higher content of silicic acid.

Medical Conditions Treated in the Spa

- The key specialisation of the spa is treatment of non-specific respiratory diseases including those induced by an allergy. The spa has recorded excellent results in the treatment of obesity, skin complaints covering psoriasis and eczema, kidney and urinary tract diseases, metabolic disorders and digestive, musculoskeletal, circulatory and neurological conditions, as well as mild mental disorders such as anxiety, depression and psychoses.

Out and About

The surrounding area offers countless opportunities for attractive trips and walks. These include the beautiful Classicist Kynžvart Chateau with a remarkable collection of curiosities from all over the world, gathered by the Austrian Chancellor Mitternich, the amazing chateau park, the romantic ruins of Kynžvart Castle, the nature trail in the peat bog area of Kládská, mud volcanoes, the nearby town of Mariánské Lázně, several golf courses, the remarkable Jewish cemetery and a geographical point of interest – the officially recognised accurately measured Midpoint of Europe.

Konstantinovy Lázně is somewhat overshadowed by the more renowned Karlovy Vary and Mariánské Lázně, however it does have certain advantages. People who know the place won’t hear a bad word said against it.

It is an unbelievably peaceful town with a remarkably friendly atmosphere and in addition the local water has some exquisite properties, making the journey there well worthwhile. After a few days spent in Konstantinovy Lázně, visitors to the spa usually encounter a strange phenomenon – they somewhat forget the rest of the world, the Earth shrinks down just to this particular spot, stress flows away and problems disappear. The exceptionally clean local climate and natural beauty often untouched by man also add to the attraction of the spa.

**Natural Healing Resources**

The local sulphurous spring used to be and still is a source of hydrocarbonate mineral water, or to be more specific ferrous acidulous water at a temperature of 0.1 °C. It holds the record of having the highest concentration of CO₂ in the entire Czech Republic.

**Medical Conditions Treated in the Spa**

The mineral water with healing properties is used for the treatment of cardiovascular problems focusing on clients recovering from heart attacks, operations on the heart, aorta and major vessels as well as conditions such as ischemic heart diseases, congenital and acquired heart diseases, post-thrombotic syndrome and conditions after acute carditis... Moreover, the spa has achieved successful results in treating diseases of musculoskeletal, respiratory and neurological systems as well as diabetes.

**Tips for Active Relaxation**

Cyclists can saddle up their bikes and follow attractive routes, which will take them for example to the Baroque Chateau in Manětín and to monasteries in Teplá and Kladruby. There is also a local cycleway with a section devoted to in-line skating.

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Apart from cycling, you can take part in some other pastimes locally, for instance you can go Nordic walking, enjoy a game of petanque, have a swim in a beautiful quarry or get your golf bag ready and set out for a round of golf to nearby Alfrédov. Stretching along a one hundred year old linden alley, the charming 18 hole golf course is situated about a half an hour drive south of Konstantinovy Lázně.

**Out and About**

The surrounding area offers countless opportunities for attractive trips and walks. These include the beautiful Classicist Kynžvart Chateau with a remarkable collection of curiosities from all over the world, gathered by the Austrian Chancellor Mitternich, the amazing chateau park, the romantic ruins of Kynžvart Castle, the nature trail in the peat bog area of Kládská, mud volcanoes, the nearby town of Mariánské Lázně, several golf courses, the remarkable Jewish cemetery and a geographical point of interest – the officially recognised accurately measured Midpoint of Europe.

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In the charming undulating landscape, beneath the forested hill, at the edge of a beautiful woodland park, stands the small spa town of Konstantinovy Lázně.

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Situated in a land boasting a plethora of ponds, this town, seemingly lost in time, evokes the era of the Classicist and Empire Styles. Visitors to the area stare in amazement at the yellow and white houses, pavilions and colonnades, some perhaps imagining they have appeared in a dream of a daring confectioner.

The buildings and streets in Františkovy Lázně are in harmony with the festive mood of visitors. Strolling through the park, sipping the spring water, meeting other guests on the promenade, viewing the legendary statue of Little František, setting out for trips in the vicinity... Maybe you think it all sounds a little mysterious? Well, this is exactly what the town of Františkovy Lázně is – ornamental, pleasant, friendly, yet always somewhat enigmatic.

Being the smallest of the three towns of the so-called West-Bohemian spa triangle (together with Karlov Vary and Mariánské Lázně) it lacks the hallmark of a large spa town, but maybe thanks to this fact you will feel here as if you were just visiting some.

**Natural Healing Resources**

In 1793 Austrian Emperor Franz I founded the world’s first peat spa in this area. At that time the local spring water was sold not only in the Czech land but also throughout the whole of Germany where it soon became the best-selling mineral water. Currently, Františkovy Lázně has 20 curative springs used for drinking, irrigation and bathing. Another important natural resource found locally is peat, which thanks to being rich in minerals and humic acids can be fully exploited in wraps and bathing. In addition, natural gas separated from the local mineral water or captured from dry CO2 seepage manifest therapeutic effects – gas injections and baths show highly efficient properties. Finally, the local exceptionally clean climate positively contributes to health improvement.

**Medical Conditions Treated in the Spa**

The spa became renowned mostly for the treatment of gynaecological diseases including infertility. Nonetheless, medical practitioners here achieve excellent results in treating diseases of the heart, circulation and musculoskeletal system as well as neurological, oncological, dermatological and digestive ailments.

**Places to See in Františkovy Lázně**

The peace and serenity of a spa town can best be enjoyed during walks through the town parks or the environs where you can take advantage of nine routes marked with symbols of colourful hearts, aptly named the **Heart Trails**. They will take you to the most attractive spots of the spa – the famous František and Luisa Springs, the Salt Spring and Meadow Spring Colonades and the most renowned symbol of all – the **statue of Little František**.

According to legend, if a woman touches the big toe on the statue’s left foot, she will be pregnant within a year. The legend is still very much alive – even today. Maybe that’s why Františkovy Lázně is so successful in infertility treatment.

**Nearby Points of Interest**

In the close vicinity you can set out for a trip to the romantic **Salinburg Lookout Tower** and the observation tower at the Záměcké restaurant. Just a little further on you can explore one of the most remarkable nature reserves in Europe called **SOOS**. The vast peat bogs with mud volcanoes and mineral springs constantly change their colour and appearance making you almost believe you might be on a different planet.

If you wish to make your days of relaxation a little more intensive, saddle up your bike and set out along the picturesque yet easy cycleway which connects all the points of interest around Františkovy Lázně. It will take you to the **SOOS Nature Reserve**, the ruins of the Starý rybník Gothic water castle as far as the noble castle of Seeberg.

And if you still have enough energy, you can pedal off to nearby **Cheb**, where you can visit a Gothic castle, the Franciscan Monastery with its unique Gothic cloister and the town conservation area.

**Golf & Spa**

Keen golfers wishing to combine relaxation with a round of golf will undoubtedly be happy to learn that the eighteen-hole course of the Franténsbad Golf Resort situated in beautiful surroundings eagerly awaits your tee-off.

www.gr-fl.cz
The First Radon Spa in the World

A far-reaching forested mountain ridge of enigmatic woods, rust-coloured peat bogs, amazing rock formations and beautiful blossoming meadows – this is a snapshot of the Krušné Mountains.

Jáchymov

www.laznejachymov.cz

Surrounded by picturesque scenery, Jáchymov, the oldest radon spa in the world, is situated at an altitude of 673 m, making it the highest located spa in the Czech Republic.

From time immemorial it was a place associated with ore mining. All that changed two years before the end of the 19th century, when it was discovered that the local water contained the until-then unknown element, radium. Entirely new possibilities opened up for the town and Jáchymov’s new and long-lasting future in the spa trade commenced, giving rise to the first radon spa in the world. People from all over the world started coming to Jáchymov for treatment – and still do.

Natural Healing Resources

In 1864 an accident happened in the Svornost Mine in Jáchymov. Miners extracting uranium ore came upon a powerful spring of water at a depth of 500 m and this water very quickly flooded the mineshaft. For a long time nobody realised that this event had actually brought the town good fortune. When in 1898, the Curies analysed the pitchblende from this pit and discovered the entirely new element radium, which in layman’s terms together with uranium is a parent of radon – Jáchymov water suddenly became a much sought-after commodity. Its properties astonished the world.

Nonetheless, the actual onset of spa activities did not occur until 1906 and six years later the town witnessed the amazing construction of the majestic Neo-Classicalist Radium Kurhaus Palace, today known as Radium Palace. It was equipped with every imaginable luxury and modern convenience of its time, thus becoming the most modern spa house in Europe. Over time several spa houses were erected, facilities and equipment were modernised, but the essential element has always remained the same – thermal water with a high concentration of radon.

Medical Conditions Treated in the Spa

Radon treatment is very mild and does not overburden the body. It is suitable and efficient particularly for diseases afflicting the musculoskeletal system – e.g. inflammation, rheumatism, Bechterew’s disease, arthritis, disc herniation, tendon and ligament damage, osteoporosis, gout as well as peripheral neuropathy. It has positive effects on post-operative conditions, specifically joint replacements, spinal surgery and burns. Moreover, it manifests rejuvenating properties – beneficial for loss of strength associated with old age, job and sporting burnout or even intolerance to cold. The spa also treats circulatory, neurological, metabolic and dermatological disorders.

Points of Interest in Jáchymov

Jáchymov itself is a remarkable town. It holds several world records – the oldest working mine (Svornost 1518), the first mining training establishment (1776) and, as said before, the first radon spa (1906).

Unfortunately, the place also has a dark history, which you can learn more about in the town itself.

Shortly after World War II when the communist party took control of the country, prison camps were set up here which were later to be nicknamed Jáchymov Hell. Up to 65,000 prisoners were forced to work in atrocious conditions in the uranium mines, thousands of them lost their lives and tens of thousands suffered damage to their health for the rest of their life. To discover more about Jáchymov’s sorrowful history you can set off on an interesting nature trail called Jáchymov Hell.

Points of Interest in Jáchymov

Ski & Spa

For trips outside of Jáchymov, spa visitors most often head for the Krušné Mountains, for example to Boží Dar, the highest altitude town in the Czech Republic, and Klínovec, the highest peak of the mountains. Both of these places are home to popular ski resorts. Visiting the local spa in the winter is truly a unique experience. Klínovec offers up to 18 km of downhill slopes stretching over 50 ha, where 90% of the pistes can be covered with artificial snow, there are modern four-person chairlifts, a snow-park and 50 km of perfectly maintained cross-country skiing trails. A smaller and quieter ski resort can be found in Boží Dar. But no matter what the size is, you will be able to ski to your heart’s content in both of the resorts and when you have had enough of skiing you can enjoy pleasant relaxation in the Agricola Spa Aquacentre.

www.klinovec.cz

www.czechtourism.com

In Jáchymov, the highest altitude town
For more than seven hundred years the town of Teplice has dwelled at the foot of the forested Krušné Mountains, in the wide basin at the edge of the volcanic České středohoří range. Its name in Czech is derived from the word warm (in Czech teplý). However, the discovery and first use of the springs date back much further than the town itself – the healing power of the local water has been known for two thousand years. Lázně Teplice proudly holds the title of the oldest spa in Central Europe.

Natural Healing Resources
The spa facilities take advantage of four main springs, of which Pravřídlo is the warmest with the water reaching 42.5 °C. All thermal springs produce medium mineralized water of the hydro-carbonate-sulphate-sodium type.

Medical Conditions Treated in the Spa
A surprisingly high success rate has been recorded especially in the treatment of musculoskeletal diseases including rheumatic disorders, osteoporosis and arthritis, as well as neurological and vascular conditions such as paraplegia, Parkinson’s disease, multiple sclerosis and inflammation of the central nervous system. Treatment of diabetes is also very efficient. The spa care is organised in four spa houses – the largest of them, Beethoven Spa House, named after the famous guest, ranks as the oldest spa facility in Central Europe.

Points of Interest in Teplice
When planning a walk you must definitely start on Zámecké náměstí (Chateau Square) at one of the most beautiful Baroque plague columns in Europe, crafted by the famous sculptor Matthias Bernard Braun. Once here, you will find it extremely difficult to depart from such a picturesque and noble place. Nonetheless, other sites worth visiting are awaiting you, for example the white Church of St John the Baptist or the famous sculptor Matthias Bernard Braun. Once here, you will find it extremely difficult to depart from such a picturesque and noble place. Nonetheless, other sites worth visiting are awaiting you, for example the white Church of St John the Baptist or the famous master of seduction Giacomo Casanova used to live. Then make your way to Duchcov Chateau because this is the spot where he spent the last years of his life.

Golf & Spa
Golf players will have plenty to smile about when staying in Teplice. Within easy reach there are two top-class golf courses. The first, Golf Resort Barbora, is a splendid eighteen-hole park course with a magnificent view of the Krusné Mountains and the adjoining lake. The second of the two courses – Golf Club Teplice is the highest located golf course in the Czech Republic and is situated at the edge of a typical Krušné Mountains peak, on Činovec, the very peak of the mountain ridge.

Relax in Teplice
The spa offers massage as well as samples of current production. Take a look at the range of items made in the history of Czech porcelain as well as samples of current production. Take a look at the range of items made in the Czech porcelain factory. The exception is Meissen, where production of porcelain with the “onion” pattern is officially allowed.

Classical music lovers will be unable to resist temptation in the form of the famous Ludwig van Beethoven Music Festival which takes place in May and June. www.severoceska-filharmonie.cz
www.filharmonie.cz

www.cesky.porcelan.cz
www.golf-teplice.cz
www.golfbarbora.cz
www.czechtourism.com
www.filharmonie.cz
Spa and health resorts in the Czech Republic

Lázně Libverda

Natural Healing Resources
Libverda mineral water – God’s Water (Boží voda) – soon began to be bottled and exported. In 1910 an astonishing 200,000 bottles were sold! And why is it so exceptional? It is natural cold ferrous acidulous water of the hydrogen carbonate-magnesium-calciferous type with a higher content of silicic acid.

Medical Conditions Treated in the Spa
The spa focuses mainly on the treatment of cardiovascular and circulatory diseases – conditions following a heart attack, ischemic heart disease, high blood pressure, post-thrombotic syndrome, venous disorders, conditions after acute cardiac and varicose veins surgery, congenital and acquired heart diseases...

The second group of successfully treated conditions encompasses disorders of the musculoskeletal system, particularly those induced by inflammation and degenerative changes, pain in the back and legs, and processes associated with metabolic and neurological disorders.

Out and About
Undoubtedly, it is always beneficial and enjoyable to go for a good walk – why not follow the nature trail leading to five observation points overlooking Lázně Libverda, the whole route will take you about three hours. More active tourists can set out along the beautiful path to the top of the highest peak of the Jizera Mountains, Smrk (1244 metres above sea level). Paradise awaits cycling fans in the shape of a dense and varied cycleway network. You can take a ride along the Pekelský (Hellish) Brook to Raspenava and further as far as Frydlant, where you will be left speechless by the beauty of the fairy-tale-like castle and chateau with a large exposition.

Medical Conditions Treated
with a higher content of silicic acid

Janské Lázně

The highest mountain range in the Czech Republic is Krkonoše. These majestic mostly forested mountains, are surprisingly home to only one spa town, however it is a spa of exceptional beauty and renowned fame – Janské Lázně.

Situated under the almost 1300 m high Black Mountain massif, in the openings of the mountain air and mineral water springs form a perfect combination. No matter if it is summer, winter, spring or autumn – it is always beautiful here, visitors simply cannot resist the picturesque scenery which is all around them and feel compelled to set out for walks or trips. The skiing on the local slopes is truly excellent and the spa treatments are highly efficient.

Natural Healing Resources
Boasting significant healing properties the thermal water which rises to the surface here is around 28 °C and represents the hydrocarbonate-calcium-sodium type. By the 1930s the spa had recorded great success in polio treatment and musculoskeletal disorders have remained the main therapeutic specialisation and pride of Janské Lázně.

There are about 30 water springs, the most important being the Jan (John) and Černý (Black) Springs, which supply therapeutic water to spa facilities and pools all over the town.

Medical Conditions Treated in the Spa
Successfully treating muscular, neurological and orthopaedic disorders as well as dermatological, metabolic and even respiratory diseases, the spa also provides excellent care for patients suffering from back ache and inflammation of the nerves along with those recovering after encephalitis and meningitis, paralysis, joint replacement and spinal surgery... What isn’t helped by the water with healing properties, will be overcome by the experienced physicians and the pure mountain air.

Trips Outside of Town
The most attractive tourist destination is the mystic Černá hora (Black Mountain). You can conquer its peak – either in a very undemanding way by getting on a fast, 8-seat cable car called the Black Mountain Express or in a more arduous manner accompanied by a great feeling of a triumph when you actually reach the top on foot. You will be rewarded not only by a unique panoramic view of the whole of Krkonoše from an original metal observation tower built using the former slope of a cableway, but also an excursion to the Black Mountain Peak Bog along wooden pathways.

Ski & Spa
Janské Lázně is a paradise for sports fans. If you are keen on skiing, you can use the perfect facilities of the ski centre, situated very close to the spa. There are 15 kilometres of downhill slopes with mainly artificial snow cover. Foosball skiing is a real treat too, the local piste is the longest foosball downhill slope in the Czech Republic. You can enjoy even more snow on the 3.5 km natural sledge route or by using snowshoes, which you can simply hire here.

Golf & Spa
Golfers have probably already gotten used to being spoilt by Czech spa resorts and Janské Lázně is no exception. The nearby Mladá Buky Golf Club offers an interesting 18-hole course with a 6-hole practice course, set against the breathtaking backdrop of the Krkonoše panorama.

Points of Interest in Janské Lázně
Walks and trips are somewhat of a speciality of Janské Lázně. Wherever you may set out for, you will arrive at a sweet-smelling beautiful dreamy forest. You can just wander around the picturesque town and stroll to the charming Art Nouveau spa colonnade, which has dominated the square ever since 1904, when the Janšky Brook was channelled into an underground tunnel to make way for the new structure of the colonnade.

Alternatively, you can head for the famous Red Toadstool, a forest gazebo with a beautiful view. Many moons ago Almerie, Princess of Thurn and Taxis loved coming here and for a long time the place was known as the Princess’s Place of Tranquility.

www.lazne-libverda.cz
www.lazne-libverda.cz

www.janskelazne.com
www.janskelazne.com

www.czechtourism.com
www.czechtourism.com
Lázně Bělohrad

www.belohrad.cz

In the charmingly undulating landscape of the Krkonoše foothills, in beautiful, clean environs, lies the town of Lázně Bělohrad. The absolute tranquillity, pleasant small town atmosphere, modest chapels and the surrounding forests and meadows decorated with gems of rural architecture are the main characteristics of the local peat spa.

For 120 years ailments of the body have been treated here with packs of aromatic peat containing healing mud from the famous Bělohrad peat bog. The centre of the town is dominated by the exquisite Neo-Renaissance building of the Lázeršík (Spa) Hotel, and just a few steps away from here you can stroll into a well-maintained chalet garden and discover a gorgeous chateau in it. Coming here is like being embraced by soothing motherly arms.

Natural Healing Resources

The spa development was initiated by the discovery of the spring of ferrous-acidulous water containing arsenic in the early 20th century. However, as time went by the spa started to use the aforementioned peat as its main natural healing resource.

Medical Conditions Treated in the Spa

The spa’s main specialisation is phystotherapy and treatment of musculoskeletal complaints, particularly rheumatism, spinal pain, Bechterew’s disease, arthrosis, osteoporosis as well as conditions following injuries and orthopaedic surgery. Moreover, the therapeutic peat has shown very good results in treatment of gynaecological and neurological ailments including Parkinson’s disease and obviously skin complaints especially atopic eczema, psoriasis, dermatitis and injuries caused by burn injuries.

Leisure Time Activities

Walking under the tree canopy of the Balanstown Spa Park is utter bliss. The silence here is almost tangible, disturbed only by the rustling of leaves. Here and there you will discover small structures, such as a gazebo or a romantic water pond. For pleasant walks you can also head to the chateau park with a Classicist orangery.

If you fancy venturing a little further, you can set out for nearby Dvůr Králové nad Labem and visit its renowned ZOO safari, or even further on you can admire a gem of Czech Baroque architecture called Kuk Kratochvíle with the rare natural gallery of statues by Matyáš Bernard Braun.

Medical Conditions Treated in the Spa

Those of a more active disposition will undoubtedly take advantage of the dense network of cycleways of the total length of nearly 100 km which will take them through wooded valleys along streams and brooks. Nonetheless, the local traditional spa sport is tennis – the courts were built here more than a hundred years ago and one of the players who enjoyed the game here was none other than the actor Vlasta Burian, known as the “King of Comedians”. Today you will find here five outdoor courts and an indoor tennis hall. It is also possible to use a table tennis hall and volleyball courts.

Golf enthusiasts will not have far to travel to get a game. The closest golf course is near the village of Myštěves. There at the Queen’s Park Golf Club you can look forward to a peaceful and pleasant 18-hole golf course. A greater challenge awaits players at the Nová Amerika Golf Resort, the largest golf resort in Eastern Bohemia with three separate championship nine-hole courses, each of a different character.

www.golf.mysteves.cz

In 2006 Lázně Bělohrad was the first spa in Europe to be awarded a EUROPESPA med® Certificate – the seal of quality presented by the European Spas Association in Brussels to selected European spa resorts after a thorough on-site inspection and audit of their operation.

Natural Healing Resources

In the Spa

Thanks to the composition of the local mineral water medical staff in Poděbrady can achieve excellent progress mainly in the treatment of circulatory diseases - conditions after heart surgery, heart attack and chronic ischemic heart disease. Moreover, the spa specialises in vascular diseases, high blood pressure and venous insufficiency of the lower limbs. Successful results have been recorded in the treatment of diabetes, neurological diseases, obesity as well as spine and major joint pain.

Points of Interest in Poděbrady

Relaxation in Poděbrady can turn out to be very active. The town offers many sights to explore – the most impressive of them is Poděbrady Castle, which harmoniously cohabits with the town. You can admire the spectacular statue of the Czech King, George of Poděbrady created by sculptor Bohuslav Schnirch, the Baroque Marian Column, the Gothic Church of the Exaltation of the Holy Cross... as well as interesting sites of a somewhat younger age – the very first functionalist railway station constructed in the Czech Republic as well as other functionalist buildings, a remarkable canal lock on the River Elbe, the unique wireless telegraph station – and obviously the entire spa promenade crowned with the glazed Libenský Colonnade with an outstanding reinforced concrete dome from 1938.

Trips out of Town

You can head for the magnificent historical town of Kutná Hora, where you will undoubtedly marvel at its Unesco listed sights and look in awe at the fabulous Gothic Cathedral of St. Barbara. Alternatively, how about visiting possibly the most romantic Czech chateau in Hrádek u Nechanic? And what is more, the Capital City of Prague is a just a stone’s throw away.

Fancy an unusual experience? Then do not hesitate to hurry to the Botanicus historical village situated in nearby Ostrá. You can try your own hand at various long-forgotten crafts, take a stroll in the herb gardens or just watch how the natural cosmetic products are made. Another journey to the past awaits you in the Open-air museum in Přerov nad Labem.

Paradise for Cyclists and Inline Skaters

If you are keen cyclists or love long rides on in-line skates, you will be thrilled with the path leading along the bank of the Elbe which will take you as far as the town of Nymburk in one direction and to Liberec nad Cidlinou the other. Either way, it will be a pleasant trip over flat terrain and floodplain forests along the calm river.

Poděbrady

Situated on the banks of the Elbe, the largest Czech river, on an almost perfect plane, Poděbrady is an idyllic town of parks with long promenades offering pleasant strolls in and out of the town. You can easily indulge your love of walking all day long.

The main pride of the spa parks is their flowers and fountains. Silvery blue water spouting up into the sunny air, colourful carpets of blossoms, the famous floral clock, bushes cut to the strict fashion of a French garden, airy pavilions, water attractions, paths... With this pack of，请don’t remove 这种情况下，一种可能的容易做法是 simply lying down, time here seems to pass somewhat slower.

Medical Conditions Treated in the Spa

When in the early 20th century dowsing became common, one of those who caught the bug was Karel von Bülow. Having heard about Bülow’s skills, the owner of Poděbrady Castle – Prince Hohenlohe invited the Prussian dowser to Poděbrady and excitedly watched as Bülow marked a spot on the castle courtyard. And indeed on August 1, 1905 spouted out from a depth of nearly one hundred meters. Named after its discoverer, the Bülow Spring has been used up to this day. Two years later two more springs were found making it possible for a spa to be set up, an event which happened in 1908. Sprouting from the depths of the earth, the local water is characterised as strongly mineralised, acidulous cool water of the hydrocarbonate-chloride-sodium-calcium type.

Medical Conditions Treated in the Spa

As well as conditions following injuries and orthopaedic surgery, the spa specialises in vascular diseases, high blood pressure and venous insufficiency of the lower limbs. Successful results have been recorded in the treatment of diabetes, neurological diseases, obesity as well as spine and major joint pain.

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Poděbrady
Whenever in the Czech Republic you say the name of the South Bohemian town of Třeboní, absolutely everyone will immediately visualise an idyllic and graceful landscape abundant in ponds, endless embankments with alleys of hundred-year old trees, a segmented and manifold landscape, a perfect essence of Czech character – quite simply, genuine Czech scenery.

The mirrors of immense ponds reflect the Baroque clouds and the historic town of Třeboní with a chateau dressed in white and lofty walls rule over all this beauty. No wonder that in this promised land of water man discovered rich deposits of curative peat in the bogs and founded a spa. The whole area around Třeboní evokes a spa atmosphere – wherever you may set out for, you will feel as if you were strolling through a park or well-maintained garden – that is the essence of the enchanting South Bohemian scenery. The first person to try to take advantage of the natural resources for spa purposes was the pond-administrator Václav Horák in 1666. He based the treatment on running water. Two hundred years later the idea of using peat for curative purposes was put into practice by the teacher Václav Hucek. In 1883 he opened a spa in Třeboní at Zlatá stoka (canal) having been inspired in this deed by his daughter Berta who had just returned from West Bohemian spas. Not surprisingly, the oldest Třeboní spa facility is named after her – Berta’s Spa.

Sanatorium was completed in 1975 and today apart from classic medical spa treatments it provides wellness services and relaxation packages.

Třeboní spa facility is named after Berta’s Spa. Being almost one hundred years younger, the second local spa – Aurora, Sanatorium was completed in 1975 and today apart from classic medical spa treatments it provides wellness services and relaxation packages.

Natural Healing Resources

Třeboní peat is of a very high quality. Stretching over an immense area, the local bogs have very rich deposits of peat – peatlof healing properties. It is mostly of organic origin, resulting from decaying plants such as reed mace, sedge and reed combined with inorganic constituents, specifically iron and sulphur.

Medical Conditions Treated in the Spa

The conditions treated here include musculoskeletal complaints, rheumatic disorders, conditions following injuries and surgery – for example spinal pain, total hip joint replacement along with arthritis, rheumatism, osteoporosis, Bechterew’s disease, gout, soft tissue pain and finally neurological diseases.

Out and About

You could easily write a book about all of the possible walks, trips and outings in Třeboní and the surrounding area. Wherever you may set out for, you will love it there. Why don’t you start with the radiantly historic town of Třeboní and explore its numerous sights – walk through the lofty town gates that even today guard the entry routes to the town, take a stroll through the arcades of Renaissance and Baroque houses on a picturesque square, visit the former Augustinian monastery and beautiful Church of St. Gilles, follow the park path as far as the majestic Neo Gothic Schwarzenberg Tomb, wander casually around Svět (World) – the tenth largest pond in the Czech Republic, stretching out next to the town halls. Make sure you don’t forget the magnificent Renaissance chateau, one of the largest chateau complexes in the Czech Republic.

If there is still some time and energy left, head for the legendary Český Krumlov, for Červená Lhota – an enchanting water chateau or the historic town of Jindřichův Hradec.

Alternately, how about saddling up your bike and riding along some of the numerous charming cycleways in mild and friendly terrain matching the character of the local folk? Take the area around Chlum u Třeboní for example, the scenery is so fantastic that at times you will be convinced that all of this must have been designed by an ingenious landscape artist – and in a way you would be right because all those ancient trees, tiny pond islands, flocks of aquatic birds, wind combed fields – it is without question one of God’s masterpieces.

Golf & Spa

A half-an-hour drive west of Třeboní will bring you to Hluboká nad Vltavou, where you can indulge in golf to your heart’s content and test your swing at a total of 27 holes on eighteen and nine-hole golf courses, applying the latest cooking techniques and creating innovative recipes, chefs will conjure up dishes containing freshwater fish of all kinds and sizes, some caught that very day. And what might appear on your plate? What would you say to pikeperch, pike, catfish, eel, tench, grass carp, trout or perch?

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Treat Your Taste Buds

For Czech-Třeboní is a synonym of a world of fish. Menus of local restaurants abound with various Czech fish specialities, including the very popular carp fries. Applying the latest cooking techniques and creating innovative recipes, chefs will conjure up dishes containing freshwater fish of all kinds and sizes, some caught that very day. And what might appear on your plate? What would you say to pikeperch, pike, catfish, eel, tench, grass carp, trout or perch?

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Out and About

Lázně Bohdaneč

The expert analysis showed that the local peat had excellent healing properties. The first spa season started in 1897. Apart from the peat there is another natural resource – the pure ferrous-alkaline water.

Medical Conditions Treated in the Spa

The key specialization of Lázně Bohdaneč is treatment of the musculoskeletal system, rheumatic disorders, Brachterew’s disease, lupus, osteoporosis, arthrosis, as well as conditions following orthopaedic surgery and many other diseases. The treatment of neurological ailments has also proven very efficient – neuromuscular disorders, paralysis and Parkinson’s disease are just some of a long list of medical conditions dealt with here.

About Bohdaneč

Natural Healing Resources

For four thousand years the peat in the Bohdaneč wetland was waiting for a daring and enterprising person, who finally appeared in the shape of a local man, Jan Veselý. When in the 1890s he was draining the meadows he came up with the idea of founding a spa in Bohdaneč. For years people had been collecting peat for heating so why couldn’t it be used for other purposes? Why couldn’t it be used for collecting peat for heating so founding a spa in Bohdaneč.

A popular place to visit is the nearby city of Pardubice with the neo-Renaissance chateau, picturesque square, horse-riding course and sweet smelling gingerbread, a famous Pardubuce specialty.

Golf & Spa

Life is sweet for golfers in Lázně Bohdaneč, they can easily reach a golf course from the spa on foot thanks to the Golf Club Pardubice having built an eighteen-hole course in the close vicinity of Bohdaneč spa. Playing on it is a real treat because it is not very often that one can see so many intricate water hazards on a course that is as flat as a pancake.

Medical Conditions Treated in the Spa

The spa traditionally treats neurological conditions and diseases affecting musculoskeletal systems – such as back and joint pain, inflammatory diseases of the musculoskeletal system, tendon, muscle and muscular insertion pain as well as extra-articular rheumatism.

Natural Healing Resources

Springs in Velké Losiny produce thermal sulphurous water. The most important healing element is hydro sulphate at concentrations making the local water one of the best quality sulphurous waters in the Czech Republic. Oscillating around 36 °C, the water temperature is similar to that of the body, which means nowhere else in Moravia will you be able to find warmer springs.

Points of Interest in Velké Losiny

Velké Losiny boasts two parks which it can rightly be proud of. The smaller of the two stretches around the chateau and the larger surrounds the spa grounds. Because of their charm and beauty, you simply won’t be able to tear yourself away from the wonderful atmosphere and sights – rhododendrons, azaleas, flower beds, mature trees originating from all over the world, historical spa buildings, tempting sweet shops, fountains, pools… Nevertheless, whichever way you may set out, in the end your feet will take you to the courtyard of one of the most beautiful Renaissance Chateaues in Europe. Built in the late 16th century on the spot of a Gothic water fortress, the chateau features amazing three-storey arcading and sgraffito decoration crowned with a slender octagonal tower – a sight that will take your breath away.

Journeys of a Land.

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Imagine a small picturesque town in a wide open area of meadows and fields embellished with groves and woods and at the back the majestically rising blue-tinted dignified ridges of high mountains. This is how Velké Losiny in Jeseníky looks.

A small town, which history dramatically swept through leaving behind a plethora of sights. Flowing through the middle of the place, the Losinka Stream has, like a magnet, drawn all the important structures of the town to itself – the beautiful, grandiose Renaissance chateau, a beautiful paper mill, Late Renaissance Church of St. John the Baptist and obviously the chateau and the larger buildings, tempting sweet shops, fountains, pools… Nevertheless, whichever way you may set out, in the end your feet will take you to the courtyard of one of the most beautiful Renaissance Chateaues in Europe. Built in the late 16th century on the spot of a Gothic water fortress, the chateau features amazing three-storey arcading and sgraffito decoration crowned with a slender octagonal tower – a sight that will take your breath away.

Museum of Paper

The nearby Jeseníky Mountains are full of splendid tourist routes and irresistible cycleways. Červenohorské sedlo, the peat bog at Rejvíz, Šerkák Nature Reserve, Bílá Opava Waterfalls and Praděd Peak – these are some of the destinations worthy of a visit by a fit sporty person. Fanzy a bike ride? Then set out along the Witches’ Cycle Trail leading to places associated with the infamouswitch trials.

The unique Therm Park, newly opened in 2015, offers relaxation in 9 thermal pools containing healing thermal sulphurous water at about 36 °C.

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Just a few steps away, a beautiful Late Baroque and Classicist building is home to the Museum of Paper, in fact it is a functional handmade paper mill, which has been in operation non-stop for four hundred years!

If you venture a little further on your walks, you will find places associated with a very sinister period in history, the 17th century witch trials. It was the neighbourhood of Velké Losiny which became notorious for burning alleged witches at the stake. Today, this dark episode from the past is recalled only by the Monument to the Victims of Witch Trials in the Spa Park. www.zamek-losiny.cz

www.muzeumpapiru.cz

Ideas for an Active Holiday

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www.termaly-losiny.cz

www.gcpa.cz

www.llb.cz

www.zamek-losiny.cz

www.velke-losiny.cz
Mighty Power of Air and Water

Looking from a distance at the Jeseník spa embedded in the slope under the woods climbing towards the peak, you cannot help feeling that you are looking at a cleverly designed chateau. The air is crystal clear and with each breath you take your health will improve for sure.

Jeseník

www.priessnitz.cz

Jeseník is the place where the famous Vincenz Priessnitz’s water cure first saw the light and the well-known Priessnitz compress was born. Being referred to as the “water doctor”, since he was the first to make use of water power, the renowned local healer Vincenz Priessnitz was a pioneer and all those who look after spa guests today are his devoted followers that proudly and justly profess that there can only ever be one original.

In the early 19th century, Vincenz Priessnitz, the heir to a small farmstead, used to live in Jeseník. As a child Vincenz watched a roebuck which often came to a spring to bathe its wounded limb and in the end made a full recovery. When he himself was seriously injured, he used the power of water and applied cold packs which helped to cure him despite the gloomy prognoses of physicians.

He was the first in the world to found a small improvised hydrotherapy spa, which was situated at one of the springs of Studniční Mountain and at that time consisted of an ordinary cabin with two tubs. Nonetheless, his fame quickly rocketed and soon he was treating the most important personalities from all over Europe.

The unique Balneopark – Priessnitz natural baths for upper and lower limbs has recently been built within the spa grounds. In essence it is a water garden where you can indulge in various water activities such as walking through an ice cold water pool taking strides like a stork, walking on pebbles submerged in water as well as enjoying the Priessnitz water jets, shower and bench. This water therapy has beneficial effects in strengthening the immune system, reducing allergic manifestations, supporting the vascular system, reducing blood pressure and heart rate, improving the circulatory system, relieving headaches, depression and anxiety.

Medical Conditions Treated in the Spa

Based on the latest measurement data the air in Jeseník is the cleanest in the whole of continental Europe! Therefore it is logical that the spa is very successful in treating non-tuberculosis respiratory conditions including asthma and obstructive pulmonary diseases as well as oncological and metabolic diseases, endocrine conditions, psychological disorders and skin ailments.

Natural Healing Resources

Strict adherence to the Priessnitz method, use of mineral and non-mineral forest springs, but most of all the unique climate influenced by air currents coming from the Baltic Sea, bringing iodine, sea salt and negatively charged particles, which significantly reduce the level of allergens as well as the presence of trace elements.

Out and About

You can start at the unique colonnade in Jeseník amidst the beautiful old trees with breathtaking views of the surrounding scenery. a beautiful park situated nearby features a herb garden and a pond covered with water lilies.

The surrounding mountains are a paradise for tourists who can set out on seven specially demarcated tourist trails that will take them up the hills, past the springs, into the woods, on the peaks, for example to Bílé kamenny (White Stones), Praděd the highest peak of the Jeseníky Range and Červenohorské sedlo.

The Rychlebské Mountains as well as Jeseníky are within your easy reach and it would be a great shame to miss out on exploring the unspoilt natural surroundings displaying a type of beauty not to be found elsewhere.

Jeseník Spa also caters for those interested in more active forms of relaxation. Golf enthusiasts can practise their shots on a well equipped driving range situated in the town itself. Unfortunately, for the time being the actual golf course is still in the planning stage.

Taste the local herbal liqueur from the Bairnsfather distillery in the village of Domašov in Bílá pod Pradědem.

If you fancy an interesting trip, head for the small town of Lipová Lázně, where you can dive into a brand new indoor swimming pool and take advantage of the sauna world with 3 types of sauna, a whirlpool, paddling pool and a kneipp foot bath.
Meandering through wide plains and rolling countryside the River Bečva has created an idyllic valley and a cradle for the town of Teplice nad Bečvou. The springs situated here have been known since the 16th century. At that point locals started using the spring water for healing purposes.

Today the spa buildings climb up the steep hill above the river, the river murmurs quietly and time dawdles by on the bridge. Here days go by in a slow and measured manner, one has time to contemplate life and devote care to his body. The unique local mineral water helps in care to his body. The unique mineral water of the Teplice nad Bečvou, the Golf Club Radíkov is a charming nine-hole golf course, harmoniously set in the landscape and offering a pleasant slightly undulating terrain.

Balm for the Heart and Nerves

In 1553 the owner of the local manor Jan Kropáč of Nevedomi had a stone bathing tank built at one of the springs on the hillside. It was another long 158 years before the first brick spa house was erected on the river bank. Now this very spot is occupied by the Bečva Spa Sanatorium.

Today we can admire some of the spa houses that mushroomed here in the era of the big building boom in the 1920s, which was brought about by the fact that the healing properties of the local water was scientifically and conclusively proven.

Natural Healing Resources

The natural remedy of the spa is the strongly mineralised, carbonic, tepid, hypotonic mineral water of the hydrogen-carbonate-calcium type.

Medical Conditions Treated in the Spa

For years the spa has been specialising in cardiovascular diseases but the list of treated conditions is much longer. It includes circulatory complaints, such as high blood pressure, conditions after heart attack and heart surgery, ischemic heart disease, artery and venous diseases as well as lymphatic system disorders. The neurological conditions cover Parkinson’s disease, neuromuscular disorders, conditions after injury or surgery of the brain, spinal cord and peripheral muscles. In addition, the spa provides treatment of oncological diseases, diabetes and various musculoskeletal complaints and post-operative conditions.

Out and About

Walks along the banks of the River Bečva as well as around the sleeping spa grounds are pleasant and relaxing. And how about spicing it up by visiting a mysterious subterranean world? Next to the Bečva Sanatorium you can enter the unique Žebraiov Aragonit Caves. The warm mineral water has created astonishing cave decorations. Moreover, the water heats the cave air to 15 °C, making it the warmest cave in the Czech Republic.

A little higher, obviously once again on the Earth’s surface you can feast your eyes on the remarkable villa designed by the renowned architects Oskar and Elly Oehler. The highly regarded functionalist structure is sensitively set into the steep slope and up to this day has not lost any of its impressive qualities. Incidentally, Oskar Oehler is one of the designers of the Bečva Sanatorium building.

Heading out of Teplice along the river, you can take a trip to the Chateau in Hustopeče nad Bečvou, or venturing in the opposite direction you can reach the town of Hněvice with its interesting churches, Late Renaissance chateau, a synagogue and Jewish cemetery as well as the famous Hněvice Abyss, which owing to its depth of 373 metres ranks among the deepest submerged freshwater caves in the world.

And finally a good tip for golfers. Situated a mere 12 kilometres from Teplice nad Bečvou, the Golf Club Radíkov was officially opened in 1994. The backdrop of picturesque scenery and fresh clean air less then kilometres away from Ostrava, a city with a population of three hundred thousand, may seem to be a small miracle. Nonetheless, when we add the iodine- and bromine-rich mineral water, which is quite unique in Europe and which is used in all of the treatments here in the spa, the small miracle turns into a large miracle.

Medical Conditions Treated in the Spa

The effects of the local water greatly contribute to treatment of neurological conditions such as multiple sclerosis as well as musculoskeletal system disorders including arthritis, back ache and rheumatism. Excellent results have been head in the treatment of the cardiovascular system including peripheral arterial disease along with gynaecological conditions because the iodine-bromine water efficiently reduces adhesion formations. In addition, the spa successfully treats some skin ailments.

Today the spa buildings climb up the steep hill above the river, the river murmurs quietly and time dawdles by on the bridge. Here days go by in a slow and measured manner, one has time to contemplate life and devote care to his body. The unique local mineral water helps in care to his body. The unique mineral water of the Teplice nad Bečvou, the Golf Club Radíkov is a charming nine-hole golf course, harmoniously set in the landscape and offering a pleasant slightly undulating terrain.

Balm for the Heart and Nerves

In 1553 the owner of the local manor Jan Kropáč of Nevedomi had a stone bathing tank built at one of the springs on the hillside. It was another long 158 years before the first brick spa house was erected on the river bank. Now this very spot is occupied by the Bečva Spa Sanatorium.

Today we can admire some of the spa houses that mushroomed here in the era of the big building boom in the 1920s, which was brought about by the fact that the healing properties of the local water was scientifically and conclusively proven.

Natural Healing Resources

The natural remedy of the spa is the strongly mineralised, carbonic, tepid, hypotonic mineral water of the hydrogen-carbonate-calcium type.

Medical Conditions Treated in the Spa

For years the spa has been specialising in cardiovascular diseases but the list of treated conditions is much longer. It includes circulatory complaints, such as high blood pressure, conditions after heart attack and heart surgery, ischemic heart disease, artery and venous diseases as well as lymphatic system disorders. The neurological conditions cover Parkinson’s disease, neuromuscular disorders, conditions after injury or surgery of the brain, spinal cord and peripheral muscles. In addition, the spa provides treatment of oncological diseases, diabetes and various musculoskeletal complaints and post-operative conditions.

Out and About

Walks along the banks of the River Bečva as well as around the sleeping spa grounds are pleasant and relaxing. And how about spicing it up by visiting a mysterious subterranean world? Next to the Bečva Sanatorium you can enter the unique Žebraiov Aragonit Caves. The warm mineral water has created astonishing cave decorations. Moreover, the water heats the cave air to 15 °C, making it the warmest cave in the Czech Republic.

A little higher, obviously once again on the Earth’s surface you can feast your eyes on the remarkable villa designed by the renowned architects Oskar and Elly Oehler. The highly regarded functionalist structure is sensitively set into the steep slope and up to this day has not lost any of its impressive qualities. Incidentally, Oskar Oehler is one of the designers of the Bečva Sanatorium building.

Heading out of Teplice along the river, you can take a trip to the Chateau in Hustopeče nad Bečvou, or venturing in the opposite direction you can reach the town of Hněvice with its interesting churches, Late Renaissance chateau, a synagogue and Jewish cemetery as well as the famous Hněvice Abyss, which owing to its depth of 373 metres ranks among the deepest submerged freshwater caves in the world.

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Medical Conditions Treated in the Spa

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Situating on a small hill in the foothills of the Nízký Jesenik range, the Klimkovice Spa Resort is surrounded on two sides by forests.

The actual town of Klimkovice is located almost four kilometres away from here, making the spa resort an entirely separate peaceful stretch of land commanding fascinating views of the Beskydy panoramas.

The complex of spa buildings was officially opened in 1994. The backdrop of picturesque scenery and fresh clean air less then kilometres away from Ostrava, a city with a population of three hundred thousand, may seem to be a small miracle. Nonetheless, when we add the iodine- and bromine-rich mineral water, which is quite unique in Europe and which is used in all of the treatments here in the spa, the small miracle turns into a large miracle.

Medical Conditions Treated in the Spa

A visit to the Beskydy Mountains is a charming nine-hole golf course, harmoniously set in the landscape and offering a pleasant slightly undulating terrain.

Medical Conditions Treated in the Spa

The effects of the local water greatly contribute to treatment of neurological conditions such as multiple sclerosis as well as musculoskeletal system disorders including arthritis, back ache and rheumatism. Excellent results have been head in the treatment of the cardiovascular system including peripheral arterial disease along with gynaecological conditions because the iodine-bromine water efficiently reduces adhesion formations. In addition, the spa successfully treats some skin ailments.

Points of Interest in Klimkovice

Both of the huge spa buildings are clearly segmented, the larger of the two is a home to a colonnade with water fountains, benches, shops and tropical flora. The complex is surrounded by a large park where you can find the Friesenitz outdoor baths for upper and lower limbs. The park gradually eases into the vast wheelchair accessible Forest Park that offers countless opportunities for walks and relaxation.

Out and About

Why not set out on interesting trips and explore the attractions situated nearby, such as Hukvaldy Castle, the chateau of Fulnek, Radun and Hřídek nad Moravici. Sipka karst cave and the town of Stramberk along with the Stramberk castle ruins with its striking tower.

If you are more of a city person, then you must head towards nearby Ostrava. Its industrial heritage is unmatched anywhere in the world. The steel giants mostly peacefully slumber these days, but strollling past them is amazing. A gas holder has been turned into a multi-cultural centre and a former energy central station serves as an interactive museum based on the concept of Jules Verne’s novels. At the Michal Mine set out on a tour route to learn about the everyday work routines of a miner, in Landek Park explore the largest mining museum in the country, take a ride on a mining train or travel down a mine shaft in a mine cage. Make sure you don’t miss the Lower Area of Vítkovice, because here you can be taken by a lift to the top of the blast furnace.

Those interested in automobiles shouldn’t pass up the chance to take a trip to the town of Kopřivnice and visit the remarkable museum of Tatra vehicle production.

Golf & Spa

Golf lovers will have ample opportunities to indulge in their favourite sport, when they set out from Klimkovice to one of the golf courses situated near Ostrava, such as Golf Resort Ostravice, the famous Prosper Golf in Celadna, the venue of international golf events, which was designed by the world-class player Miguel Angel Jimínez, the beautiful links course at the Golf Course Ropice, or the fabulous course in the chateau park in Silhetowitz.

www.ltnb.cz

www.sanatoria-klimkovice.cz

www.prosper-golf.cz

www.golf-ostrava.cz

www.golf-klimkovice.cz

www.golf-klimkovice.cz
In a place that might well have strayed from the world of fairy-tales, the picturesque valley peacefully embraces the small town of Luhačovice. The forest seems to be climbing down from the hillsides into the basin with trees scattered throughout the town making it look like a park.

Luhačovice

The spa itself is located at the spot where the valley opens up, thus allowing for lots of light, sun, space and air. The whole setup is brilliantly conceived and just walking through the place will conjure up a smile. The fairy-tale look is enhanced by the utterly unique architecture. Houses designed by the architect Dušan Jurkovič do not resemble anything else and so do not deserve to be classified as a certain style; they are absolutely and utterly quaint. However, since people feel the need to brand things, these colourful magnificent buildings are referred to as Folk Art Nouveau. Constructed in the early 20th century, they still look, owing to diligent reconstruction, as if they were designed by the genial architect only yesterday.

A total of 16 healing springs are scattered around the valley, with the most famous Vincentka (acidulous water), which over the long years has not lost any of its popularity and is for many people an inseparable part of their lives wherever they might live in the Czech Republic.

Natural Healing Resources

Since time immemorial Luhačovice valley has been full of gurgling mineral water springs displaying a veritable rainbow of colours thanks to the special sediments. The salty tasting “Luhačovice water”, as it was first referred to, soon began arousing interest throughout the whole of Europe. The spa’s fame began to spread at the end of the 18th century. Today, 17 springs of acidulous water of the hydrogen-carbonate-chloride-sodium type and one sulphur spring rise up to the surface within the town’s boundaries, reaching an astonishing volume of 15 thousand litres of mineral water every hour. Thanks to a high content of mineral elements and a large amount of dissolved carbon dioxide, the mineral waters are considered to be some of the most efficient in Europe.

Medical Conditions Treated in the Spa

The local treatment is very successful especially for respiratory diseases such as asthma, allergic bronchitis, hoarseness and voice disorders, as well as digestive ailments – lack of appetite, gastric ulcers, post-operative conditions and disorders of the musculoskeletal and metabolic systems (particularly diabetes and obesity) and furthermore oncological, neurological and circulatory diseases. The spa also treats sick children.

Trips out of Town

Trips heading outside of Luhačovice are obviously very tempting, some of the places definitely worth visiting include the chateau in Bojkovice and Vizovice, the typical Moravian Slovakian village of Vlčnov, where up to this day various folk customs are still practised, and for example the historic town of Uherský Brod.

Points of Interest in Luhačovice

It would be a great pity to become overwhelmed by the surrounding area and forget Luhačovice itself. It is a really beautiful town offering relaxing walks and interesting sights – such as strolls along the valley to individual pavilions sheltering the springs, houses designed by Jurkovič, fountains, the colonnade, the chance to ride on a tourist land train around the town, an excursion to the Vincentka bottling plant, discovering splendid and impressive mansions of all imaginable styles and types, the remarkable Augustinian House, where the world-renowned Czech composer Leoš Janáček created the famous Glagolitic Mass, the spa theatre, Baroque chateau and prehistoric burial mounds in the surrounding woods. Luhačovice is truly a colourful palette of gems, the like of which cannot be seen anywhere else. Also worth mentioning is Jurkovič Alley which will bring you to the beautiful water reservoir of Pozlovice Dam, where you can have a swim, take a walk around it, indulge in biking or in-line skating, do some fishing or simply relax and enjoy yourself.

In addition, the town offers a wide range of sporting opportunities. Cycling fans can take advantage of the five specially demarcated routes, riding clubs will provide you with a horse riding experience and tennis courts will let you test out your forehand. You do not have to leave your golf bag lying idle, because close to Luhačovice there are two nine-whole golf courses – Jezera Golf Resort in the village of Ostrožská Nová Ves and the Golf Club Lázně Kostelec near Zlín.

In the Valley of Dream-like Houses

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Bechyně
Sitting in the valley of the River Lužnice, in beautiful South Bohemian landscape, the Bechyně spa is acclaimed for the healing properties of its peat extracted from the Komárov Bogs. The spa specialises in the treatment of musculoskeletal conditions – arthritis and arthrosis, Bechterew's disease, metabolic disorders affecting the joints, painful tendons and muscles, osteoporosis as well as neurological diseases.
www.laznebechyne.cz

Bludov
A modern spa at the foothills of the Jeseníky Mountains with a spring of natural slightly mineralised, strongly alkaline, thermal hypotonic ground water of the sulphur-chloride-sodium type with a higher content of fluorides, displaying considerable anti-rheumatic effects. The spa treatment covers musculoskeletal diseases, metabolic disorders and obesity.
www.lazne-bludov.cz

Hodonín
A modern town spa in the south of Moravia with springs of natural cold medium mineralized water, rich in sodium chloride as well as iodine and bromine with a higher content of metaboric acid. The spa specialises in the treatment of metabolic, musculoskeletal and neurological diseases, as well as dermatological and gynaecological conditions along with circulatory and cardiovascular disorders.
www.laznehodonin.cz

Karlova Studánka
Set in the mountain valley of the Jeseníky Range, this charming spa with the cleanest air in Central Europe makes use of two natural healing resources, the first being the medium mineralized water of the hydrogen-carbonate-calcium type with a higher content of silicic acid and the second being the climate. The spa specialises in the treatment of respiratory conditions, oncological diseases, circulatory disorders, diabetes, neurological complaints, skin ailments, musculoskeletal diseases and mental disorders.
www.horskelaazne.cz

Kostelec u Žilina
The spa is located in the picturesque landscape of Central Moravia and boasts healing springs with a high content of hydrogen sulphide. It focuses on the treatment of musculoskeletal diseases – back and cervical spine pain, as well as rheumatism, circulatory and neurological disorders along with skin complaints.
www.hotel-kostelec.cz

Lázně Buchlovice
The sulphurous spa in the Smraďavka hamlet, a part of Buchlovice, is located in the picturesque valley surrounded by the Chřiby Hills, not far from Buchlov Castle and Buchlov Castle. The original spa facility was founded in 1805 and its resurrection was successfully completed in 2012. Sulphurous mineral water is used for treatment of neurological and circulatory diseases as well as musculoskeletal disorders.
www.lazneleopoldov.eu

Lázně Darkov
The town spa at the foothills of the Beskid Range with springs containing unique highly mineralized brine rich in iodine and bromine originating in the Tertiary Period. Thanks to the excellent properties of the local water the spa treats musculoskeletal diseases, metabolic and gynaecological disorders, skin complaints, neurological diseases, circulatory disorders, cardiovascular complaints, obesity and excess weight as well as post-injury and post-operative conditions.
www.darkov.cz

Lázně Kundratice
A spa situated not far from Liberec in North Bohemia, in a valley under the majestic Ještěd Peak. The treatment is based on the local peat with a high iron and sulphur content and is aimed at musculoskeletal and neurological diseases.
www.laznekundratice.cz

Lázně Toušeň
Dwelling in the flat terrain of Central Bohemia just 25 km away from Prague, this spa town makes use of the local peat rich in sulphur and iron for the treatment of musculoskeletal and neurological diseases, skin complaints and gynaecological conditions.
www.slatinnelazne-tousen.cz

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www.horskelaazne.cz

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www.hotel-kostelec.cz

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www.laznekundratice.cz

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www.slatinnelazne-tousen.cz

Other Spas in the Czech Republic

Karlovy Vary, Mill Colonnade
Mariánské Lázně
**Ostrožská Nová Ves**
A sulphurous spa in the heart of the Švábsko (Moravian Slovakia) region taking advantage of healing resources in the shape of the natural, pure, cold, hypotonic sulphurous mineral water of the hydrogen-carbonate-calcium-sodium-magnesium type with a high content of sulphur. The spa specialises mainly in skin complaints including psoriasis and atopic eczema along with circulatory and musculoskeletal diseases and neurological disorders. [www.laznenovaves.cz](http://www.laznenovaves.cz)

**Vráž**
A spa resting in the peaceful and beautiful surroundings of the forested landscape in Eastern Bohemia, not far from the town of Písek. The therapeutic procedures are based on simple hemic peat and focus on neurological and musculoskeletal diseases including post-injury and post-operative conditions. [www.laznevraz.cz](http://www.laznevraz.cz)

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