

# Wellness Spa Programmes



WWW.SPA-RESORTS.CZ

## Anti-Stress Programme *Get stronger within 2 weeks*

Stress in modern times is considered to be one of the most important causes of a number of health problems and illnesses (e.g. depressions, neuroses). It practically affects all people of the modern world. That is why we offer a specially compiled programme to compensate for negative influences from our present civilization. The programme enables improving the psychic and physical resistance of an individual in stress situations.



### THE TREATMENT INCLUDES:

- Group remedial exercises in the gym
- Classic complete or partial massages
- Aqua therapy – Scottish jets, bubble or carbon baths, hydro puncture
- Underwater massages
- Fitness
- Swimming
- Sauna
- 28 various balneological procedures



### THE PROGRAMME INCLUDES:

- Full board
- General check-in and check-out medical examinations
- Laboratory tests, ECG

### Prices in EUR per person / 2 weeks (13 nights)

Accommodation		Off season 01.02 – 30.04.2008 01.10 – 20.12.2008	Main season 01.05 – 30.09.2008
Hotel <b>Křiváň</b> ★★★★★	Single room	1344	1456
	Double room	1302	1330
Hotel <b>Slovan</b> ★★★★★	Single room	1330	1400
	Double room	1260	1302

