

Top Czech SPA: Five Centuries of Karlovy Vary



Karlovy Vary happens to be the largest spa town in the Czech Republic carrying the traditional legacy over the five centuries. The Ohre and Tepla rivers converge near the spa town which is located around 120 kilometers from Prague to the west of the Czech Republic. The town dates back to the 14th century and by the 16th, it was very well established as the favorite spa center for the rich burghers and noble families. According to the traditional belief, Charles IV founded the town when his hunting attendants accidentally found the hot springs. With the progress of time, all the modern amenities have developed throughout the Karlovy Vary region, and the spa town is now equipped with the modern international airport, good transport service and a wide range of comfortable and luxurious accommodations with personalized services. Spa holds the center of attraction to the visitors with the facilities of highly intensive wellness programs and customized curative procedures. The visitors can also enjoy lots of other activities, including sports, social and cultural events or participate in the local community. Karlovy Vary is known for the International Film Festival which is organized annually.

Broad Range of SPA Therapies

The Karlovy Vary spa treatment approach mainly relies on the use of mineral hot springs in the curative procedures. The traditional knowledge has been adequately fused and supported by modern scientific approach and incorporates modern methods of floating, laser therapy and cryotherapy. The therapy begins with age old traditional thermal baths, curative drinking to last for almost three weeks for effective treatment. There are many spa hotels and sanatoriums in Karlovy Vary that provide spa treatment to the visitors. The spa town hosts more than seventy hot Mineral Springs with thirteen springs dedicated to curative drinking. The composition of mineral waters remains almost the same across the springs, but their effects are totally different depending on the temperature and dissolved carbon dioxide in the mineral water. The warm mineral water induces the body to slow down the secretion of gastric juices and bile into the stomach while cooler mineral waters are known for their laxative effects.

Modern SPA Wellness Procedures

The wellness therapy includes traditional baths, sauna, steam baths, massages and drinking cures. The approach used in wellness therapy is almost the same as applied to the spa treatment. The physicians don't prescribe these wellness procedures, but the visitors can choose to use these procedures out of their free will. The visitors can improve their conditions by taking the advantage of many wellness procedures during their stay in Karlovy Vary. The walking tours taken in between the procedures can even enhance the effects of wellness procedures.

Historical Treasure

Karlovy Vary has a very rich cultural heritage as well. The architecture, particularly the colonnades designed by Czech architects like Josef Zftek, and the magnificent hotels are greatly admired and appreciated. The majestic Hotel Imperial and Grand Hotel Pupp has gained world recognition for their splendid beauty and service. Karlovy Vary is home to the Moser Glassworks that has earned the world fame as the traditional manufacture of quality glass. Moser glass is exported across the world.

Most of our readers must have heard of the well acclaimed herb liqueur Becherovka that originated to Karlovy Vary. The Jan Becher Museum offers all the information on the history and manufacturing of this unique liquor.

The spa treatment in Karlovy Vary provides great health advantages to people suffering from the following health disorders:

Gout Overweight and obesity Diabetes Periodontal disease Metabolic disorders Gastrointestinal disorders Neurological disorders Locomotive system disorders After oncologic rehabilitation

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