



IMPERIAL GROUP
KARLOVY VARY



Spa Guest Handbook
through the offer of Imperial Karlovy Vary Group



This booklet is for your information only. Changes of its contents are reserved!
 Our hotel SPA reception staff will gladly provide you the list of currently available procedures and their prices.
 Thank you for your understanding.

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Why go to a spa?

Currently, there are more than 30 spas in the Czech Republic with the title of “medical spa”. The Association of Spas of the Czech Republic was created to create conditions for the development of spas and as well as a spa and municipal infrastructure and the recovery of spa monuments in which the spas voluntarily merge. The goal of this association is to cooperate on the presentation of Czech spas. That is also reason why the present level of the spa industry in the CR is one of the highest in the world. There is another interest group within the spa industry: the Czech Spa Association, which was established in 1995 and currently has 44 members, 42 of them being healing spas that have the aggregate capacity of more than 20,000 beds, i.e. 80% of the healing spa capacity in the Czech Republic.

The West Bohemia is the region with the highest concentration of the spa places in the Czech Republic. The five most important spa centers are located there. Karlovy Vary, Mariánské Lázně, Františkovy Lázně, Jáchymov spa (the first radon spa in the world) and Lázně Kynžvart (specializing in treatment of children’s patients). In 2005, the MEDISPA (Association of Accredited Spa Organizations), which is currently the only association ensuring certification of spa care in the Czech Republic, was created.

Why go to Karlovy Vary?

The famous treating method from Karlovy Vary is based on a unique combination of the local natural medicinal resources with medical rehabilitation, complete with health education and an attractive offer of leisure time activities.

The most important part of the Karlovy Vary treatment is the drinking cure, which positively intervenes in the functions of the organism by supplying ions and gasses in water of a certain volume and temperature. Just as important to the Karlovy Vary medical treatment is the use of the mineral water for external balneology, intestinal and other supportive procedures.

The harmony of reactive biorhythms plays an important role in the results of the spa treatment. To achieve the ideal condition, the optimal period three weeks are necessary. Karlovy Vary is not only a city of balneology, but also an architecturally remarkable city, carrying a seal of history and consequent secession. The French architect Le Corbusier called Karlovy Vary a collection of cakes. The richness of the architecture unites with the beauty of nature and many hundreds of city traditions. The genius loci in the past and in the present attract painters, sculptors, actors, writers, poets, composers and musicians.



The Karlovy Vary Museum stores records of its visitors. During the centuries, rulers of the entire world, scientists, sportsmen and important personalities of political and social life belonged among the city's guests. Karlovy Vary is also a seminar and congress city, and the site of many events of international importance.

We invite you to our city. Come to Karlovy Vary and try some of the many options offered by this city, within some of our medical, relaxation and wellness stays, for yourself.

And why go to Imperial Karlovy Vary Group?

The answer is simple. Imperial Karlovy Vary, for many years, has followed the legacy of ancestors from Karlovy Vary, who kept pace with the progress of balneology and first launched many new medical procedures and methods into practice, and continues to develop this legacy in a creative manner. As one of the most important Czech representatives on the domestic market, Imperial Karlovy Vary strives to be the creator of contemporary modern Czech spa balneology. It invests not only in continuous improvement of its own services, but also, for example, in creating and preserving high quality standards, in modern taste, and, at the same time, healthy gastronomy, in global education on Czech balneology and in interconnecting the former famous tradition with the world of contemporary culture and art. In compliance with the philosophy of regional support, it also actively participates in the development of Karlovy Vary and the famous Czech balneology. Throughout your entire stay, you will be in the hands of fully qualified medical personnel. All physicians, in both Hotel Imperial and Spa Resort Sanssouci, have attestations in basic medical fields, and are experienced professionals in the fields of balneology, rehabilitation and physiatry and have many years of practical experience in their fields. The team of physical therapists knows all the classical methods used in balneology and are periodically educated in modern methods of rehabilitation and physiatry. Nurses have work experience from in-patient facilities (internal medicine, surgery, orthopedic, intensive care unit, etc.) and also many years of residency in spa facilities. The spa masseurs are fully qualified to perform their job and are continuously introduced to news in the field.

The domain of Imperial Karlovy Vary is to provide complex spa care, which is based on using the local natural curative resources (mineral waters, natural gasses and peloids - mud, peat and bog) and is completed with medical rehabilitation, physical and movement treatment, health education, diet alimentation and many individually prescribed special curative and wellness programs and additional services.

The well balanced portfolio of spa and accommodations facilities of the company forms Hotel Imperial and Spa Resort Sanssouci, with a total capacity of 1080 beds. By the extensive development activity, since its founding in 1992, the company has achieved high user comfort, which allows, nowadays, the guests to lodge, heal, relax, sport and entertain practically under one roof.

As you can see, we are ready to provide you top spa care, tested by seven centuries and enriched by the knowledge of contemporary medicine.

What determines the quality of spa treatment?

• Curative plan

The curative plan is the most important parameter of the treatment quality. It should always contain an entry and exit examination by a specialist. Continuous examinations are also common. Based on the entry examination and the information the guest brings with him/her regarding his/her health issues, the physician determines a specific curative plan. It should contain 2 -3 procedures a day (in case of serious conditions, even less), including, 3 times a week, application of a natural healing source.

• Number of guests for one physician

To allow a physician to fully concentrate on the preparation of your curative plan and your treatment, he/she must not be overwhelmed with too many guests. 60-80 guests per physician is considered an optimal amount.

• Expert knowledge of the health care personnel

A quality facility should have a sufficient number of permanent physicians with qualification for spa treatments, as well as medical department managers and nurses, one masseur for each 50 guests and at least one physiotherapist for each 100 guests. Balneology facilities should be employing trained personnel. The medical facilities must have a service with 24 hour medical supervision.

• Equipment of a balneology facility with natural resources

A balneology facility must have a natural spring resource in the facility. You do not have to travel to a spa for baths in normal, or even treated water.



- **Laboratory options**

A medical facility should have its own laboratory, or a sample room equipped for taking all types of samples and processing basic examinations. It should be able to ensure further specialized examinations by an accredited laboratory.

- **Diet composition**

Due to the illnesses treated in Karlovy Vary, each facility should be able to offer a selection of at least three meals for each of the following diets: 2 - sparse, 3 - rationalized, 4 - sparse with reduced fat, 7 - low cholesterol, 8 - reduction, 9 - diabetes with various grams of carbs and it should be able to ensure individual diet modifications according to tolerance.

- **Pool and sport-relax facilities**

For the treatment of locomotive organs, it is crucial that a medical facility has its own pool. An inevitable curative supplement is to ensure options for leisure time outside of the treatment. Each facility should be able to offer sports and other alternatives. Of course, it is very appropriate to offer equipment for spending the leisure time.

- **Certification of medical activities**

Each facility which offers treatment must possess a state license to practice medical activities. One of the conditions for issuing this license is, besides others, to employ a physician with the appropriate experience - expert guarantee.

- **Additional physician services**

The existing spa facilities also offer physician services above the framework of the treatment itself, as a standard. The services can include, for example, basic diagnostic examinations (EKG, sonography, ergometry, echocardiography, etc.) or other physician services, such as neurology, applied acupuncture, contractually based services such as plastic surgery, urology, anti-aging medicine, dentistry, gynecology, and other examinations, such as tomography, mammography, genetic examination etc.

Quality criteria - we monitor them for you

SPLZaK - Administration of natural medicinal resources and colonnades

Our priority interest is that all the available local natural resources serve the largest amount of guests. According to the official measurements of the Administration of natural medicinal resources and colonnades, Imperial Karlovy Vary has been, for several years, the largest consumer of the Karlovy Vary thermal mineral water for medicinal purposes. On average, our company uses approximately twelve thousand liters of thermal water, which is approximately 20 percent of the total daily consumption in Karlovy Vary. The company guests have, in all the hotels, access to the mineral Thermal Hot Spring, which makes it easier, especially for our immobile guests.

Medispa

We were one of the first spas to acquire accreditation from the Medispa Association, which protects the quality and reputation of the medicinal care in the Karlovy Vary region.

Association motto: The best spa treatment, with a medical guarantee, in the Czech Republic

Some of the basic criteria of certification are:

- registration of non-state / state healthcare facility
- using natural medicinal resources
- ensuring non-stop nurse service
- proving qualification of the middle healthcare personnel
- proof of ensuring first aid medical service
- qualified dietologist or nutrition therapist
- language education system for the healthcare personnel
- laboratory options
- language skills of personnel
- revision report on the condition of the healthcare technology

Prevention - the most effective method of treatment

Balneology therapy plays an important role in the prevention of, especially, civilization diseases and diseases of old age. Compared to former times, the rhythm and conditions of life have changed, the burden of employment grew, there are new stressful situations, and, along with that, even higher responsibility for ourselves. It is necessary to respond to this change with a different, healthier lifestyle. Health and good shape become a condition for personal success. Losses from a disease are, unfortunately, often irreplaceable, and one can not buy health yet, not even in this market oriented environment.

For those of you who came here for the first time, it is necessary to realize that the folk wisdom "Repetition is the mother of wisdom" also applies for the spa treatment. Repeated stays shorten the phase of adaptation and acclimatization and the treatment bring better effects. Spa stay once a year at least three times in a row is ideal. In the case of some specific conditions, it is recommended to repeat the stay in the first year twice, especially if you only stayed two weeks. If you decide to repeat your treatment during your stay in the spa, it is the best to reserve the next stay right away. The employees of reservation departments at Hotel Imperial and Spa Resort Sanssouci will be pleased to help you.

What does spa treatment consist of?

Medicinal balneology is a medicinal system anchored in tradition, completing the components of the hospital and ambulatory care of human health. You will see various types of treatment in various spa cities. The individual character of balneology therapy is given by the local natural medicinal resources and by the method of their application. The treatment method is given by medical tradition, a degree of cultural and technical development and national features.

During your spa treatment in one of the medical facilities of Imperial Karlovy Vary, you will complete many procedures prescribed by your physician. Each of the procedures affects the human body in a different way and also represents a different degree of burden. Be sure that our highly qualified physicians will very carefully evaluate your health condition and will prescribe procedures which will have a maximally beneficial effect.

Therapy is typically applied 6 or, less commonly, 7 days a week. During spa treatment, the client goes through several phases. The entry phase, or adaptation, takes place from the first until the approximately tenth day; it is followed by the phase of treatment itself (2nd and 3rd week) and the entire process is completed with a descending phase at the end of the 3rd week, eventually during the 4th week.

The unique combination of natural medicine (drinking cure, baths, inhalations, etc.) with the best balneology procedures brings better results than the classical medicine alternative during the treatment of many chronic diseases, as it has been proven by many expert studies, and by the worldwide reputation of the Karlovy Vary Spa.

On average, one can complete, during the complex spa treatment in the medical facilities of Hotel Imperial and Spa Resort Sanssouci, one demanding and two less demanding procedures a day. Besides the medicinal activities, the spa guests go to the springs three times a day, which, along with other exercise (swimming, strolls) and cultural program, nicely fills up their entire day.

Remember that the procedures can be combined as you wish; however, there are certain rules regarding their mutual effects. A large number of procedures does not always mean a great benefit for your health. On the contrary, fewer, carefully selected and aimed procedures can have, in the final effect, a greater result.

What is a health care?

An important basis, according to which your individual treatment plan is prepared directly for you, is an evaluation of your initial condition. The goal of the entry examination is not only an objective examination by a physician, but also determination of diagnosis based on family history, personal history, history of existing diseases and determination of other important data (habit-forming substances, smoking, allergies, used medicine, etc.)

The physician then determines the guest's regime and a diet (if necessary), will prepare a schedule of drinking cure and prescribe the procedures. If necessary, the physician will also determine a scope of other examinations, for example, a laboratory test and/or EKG. These are supplementary data; in case of some guests, it is not suitable to perform these examinations right away after their arrival, but after a certain amount of time.



A check-up is performed by the physician, depending on the guest's condition, typically once every 7 days. The medical facilities of Imperial Karlovy Vary have a service with non-stop healthcare supervision; a nurse is present 24/7, i.e. - including night shifts. The nurse service is part of the paid complex treatment. In case of a guest with an disease occurring during his/her spa stay, or with worsening of the basic disease, the nurse checks up on the condition of the guest at least once a day or more often, according to the instructions of the physician, carries out the nurse service as prescribed by the physician, and informs the physician of any eventual worsening of the health condition of the guest, intolerance of the medicaments, not abiding the bed rest by the guest, or other serious facts. As a standard, we also provide, in our spa facilities, consultation medical services for a payment above the treatment itself. This can, for example, include basic diagnostic examinations (Holter TK, sonography, ergometry, spirometry, echocardiography, etc.) or other medical services such as neurology, gynaecology, urology, anti-aging examination, acupuncture application and others.

All your health documentation is ensured against misuse, in compliance with the laws of the CR regarding personal data protection. We archive data for 10 years, so in case of a repeat visit, they are available and we can continually monitor and compare your health condition.

If you come here for a treatment, you can bring your own medical records from your home or you can have your own physician complete a spa card, published at our website www.imperial-group.cz.

Complex spa care

The most popular program is the traditional complex spa treatment. It is based on the curative power of the natural therapeutic sources located in Karlovy Vary. Our physicians complete it based on their knowledge of new age balneology, with modern procedures to maximize their positive effect on your body.

It combines traditional procedures with modern trends in spa treatment. The excellent long term results from spa therapy continuously achieved by Imperial Karlovy Vary are mainly brought by the highly qualified personnel, professional approach, and long-term and active interest in the topic of new age balneology in both Hotel Imperial and Spa Resort Sanssouci.

The complex spa treatment in Hotel Imperial and Spa resort Sanssouci contains:

- accommodations
- full boarding
- welcome drink
- entry, checkup, and exit physician examination
- laboratory examination, as recommended by the physician
- drinking cure according to a physician's recommendation
- assistance of a nurse 24/7
- up to 18 procedures a week, pursuant to a physician's recommendation based on the state of health
- free Internet WiFi
- free public transport bus ticket
- free entry to the pool, whirlpool, and sauna (evenings)
- all taxes and fees related to your stay

The following procedures are a part of the complex spa treatment, using:

- natural medicinal resources (thermal springs, gasses, peloids)
- physical and kinetic treatment
- health education
- health food and eating habits
- and many other supportive therapies

To make the spa treatment maximally effective, the optimal duration is 21 days, or, upon a physician's recommendation, even longer.

Medical Wellness

The first step to restarting your life in just one week. This is the underlying idea beneath the creation of brand new, unique spa programmes. Medical wellness are stays focused on the same degree of body and mind regeneration. They are designed to eliminate stress that might potentially result in whole body collapse, to fight burn-out syndrome and to reveal any neglected needs of our bodies. They give us enough time to realize what is important for our lives.



Unlike traditional wellness stays that are aimed for quick strength recovery after demanding work, medical wellness - as the name suggests - are more focused on the medical side. A thorough consultation with a physician who recommends suitable procedures based on the current state of your body are a crucial and essential part.

A nutrition therapist works hand in hand with the physician during medical wellness stays. This is because the realization of the priorities in our lives, whether it be workload reduction or mental hygiene, must be accompanied by improving your lifestyle habits. A range of fatal diseases are related to fats in the body. For this reason, the nutrition therapist assists in determining your diet regime throughout the stay, supervises its observance even in the restaurants and afterwards you can take the diet plan with you as the basis for future, more healthy life.

Drinking regimen is an obvious and essential part of the body revival. The Carlsbad mineral water does not need to be introduced. However, medical wellness stays include more: based on daily recommendations, the diet plan may contain a green barley drink, a fruit or vegetable cocktail, herbal tea or a special energy drink.

For information on particular Medical Wellness stays, go to www.spa-hotel-imperial.cz and www.spa-resort-sanssouci.cz.

Wellness - why not!

People's lifestyles change. We strive to live healthy and actively and work on our own personal development.

Each of us spends rather a lot of time at work, we try to do our jobs responsibly, accept assertive behavior of our bosses and colleagues, but sometimes we get under stress from the burden of the entrusted tasks or planned meetings. A human body is resistant, but not for long. Everybody should, therefore, find time for relaxation, simply said, to "turn off" and recharge our batteries.

Wellness is, in this case, the ideal way. Unlike the complex spa treatment, which takes at least 21 days, it is a shorter form of relaxation and care of your health. It is suitable for those who do not have enough time and a 3-weeks stay seems too long for them. Also, Imperial Karlovy Vary is aware of the change in the life style and has prepared wellness procedures and programs which correspond with the current trends for you. A brief description of the offered procedures is located in our Guide to Leisure Activities and Wellness Services, and the existing wellness programs are at our websites www.spa-hotel-imperial.cz and www.spa-resort-sanssouci.cz.

Traditional indication of the Karlovy Vary treatment

The complex Karlovy Vary (Carlsbad) treatment is designed for the ill suffering mainly from these problems:

- Digestive system diseases - ulcer disease of the stomach and duodenum, intestinal problems, conditions after surgery of intestines, stomach, gallbladder, chronic diseases of liver, gallbladder, pancreas, and intestines.
- Metabolic diseases - diabetes, obesity, fat metabolism malfunctions, gout
- Locomotive organs diseases - degenerative illnesses of spine and large joints
- Oncologic diseases - cancer of stomach, colon, recto sigma, rectum, anus, breast (after completion of a complex antitumor treatment without clinical signs of activity)
- Nervous diseases - polyneuropathy, Radiculopathies with irritation syndrome, Central nervous system inflammation, Remission of multiple sclerosis, neuromuscular diseases, Syringomyelia, Poliomyelitis, Parkinson disease

Combining natural medicine (drinking cure, baths, inhalations, etc. with the best balneology procedures brings better results than the classical medicine alternative during the treatment of many chronic diseases in Karlovy Vary (Carlsbad), as has been proved by many expert studies, and also by the reputation of the Karlovy Vary (Carlsbad) Spa worldwide.

A spa treatment, like other therapeutic procedures, can have a rather negative influence on some diseases. Generally, one can say that this applies in case of Karlovy Vary to the following:

- Acute infection and transmissible diseases,
- Epilepsy,
- Dependency on alcohol,
- Dependency on addictive drugs,
- Pregnancy,
- Hemophilic conditions,
- Serious mental disorders,
- Parasite diseases,
- Clinical signs of circulatory failure,
- Conditions following a deep venous thrombosis; conditions following superficial thrombophlebitis,
- Cachexia of diverse etiology,
- Malignant tumors,
- Urinary and fecal incontinence.

Natural healing sources

The concentration of natural medicinal resources in the territory of the Czech Republic is strikingly high. The Czech Spas, therefore, belong, especially due to their medical quality, amongst the most valuable in the present European Union. Instead of chemical treatments, it is definitely worth returning to nature, to use what nature offers us and what has been proven over many years. The main currency of the Czech balneology is a great assortment of various natural medicinal resources, regardless if it is mineral springs, gasses or peloids (moors, peat and mud).

Thermal and curative waters can be used for treating many types of diseases and conditions, during the illnesses of the kinetic apparatus, gynecological problems, problems of the digestive tract, chronic complexion diseases, cardiovascular illnesses, problems with breathing apparatus, infertility, kidney illnesses, nerve exhaustion, etc. Hot-spring gas, practically pure carbon dioxide, springs out in mofettes and is applied in two forms: gas injections, used in affections of kinetic apparatus (release of muscle and fibrous spine corset and pelvic girdle after surgeries) and gas gynecologic baths serve to speed up the blood circulation and, paradoxically, also to increase oxygenation of tissues; also, it positively influences pH when adjusting vaginal biocoenose. Also, the effect of the gas in some functional failures, such as frigidity or dyspareunia, is not insignificant.

The effect of fen procedures is based on its ability to accumulate and slowly deliver heat. That is why a guest can handle a higher temperature of a fen than he/she would handle, for example, in the case of a water bath. The effect of use lies in improvement of blood circulation, improving metabolism and positive affect on chronic inflammations. The acidity of the fen destroys microorganisms, including molds. The fen procedures are applied in treatment of kinetic apparatus and feminine diseases.

In the medical facilities of Hotel Imperial and Spa Resort Sanssouci, we use peloids for wraps and also for baths with the addition of peloids. They stimulate the thermoregulatory mechanisms of a body, improve the sensitivity of cells to oxygen and other active substances, have beneficial immunology and analgesic effects and help to soften ligaments. The treatment is also completed with aqua therapy, reflex and underwater massages, and other physical therapy from artificial sources - warmth, light, sound, electric therapy, and others..

Drinking cure - the most important part of your treatment

This is the most important part of the Karlovy Vary spa treatment. Please pay appropriate attention to it. Abide by the springs prescribed by the physicians as well as the amount and time of drinking.

The drinking cure is mostly performed before food. It is necessary to drink slowly, sip by sip; the best method is while walking, where the cup of 200 grams (200 ml) should be drunk within 3 - 10 minutes. A break of 5 -10 minutes is recommended between individual cups. Your drinking treatment will be made easier and more pleasant by the innovative Kala spa cup, which you can get at the Concierge departments of Hotel Imperial and Spa Resort Sanssouci in several different designs. Karlovy Vary mineral water for the drinking cure springs forth from 12 springs, which vary in temperature and the amount of gaseous carbon dioxide. Regarding chemical composition, Karlovy Vary's thermal springs belong amongst sodium-bicarbonate-sulfate thermal acidulous water with total mineralization around 6,400 mg/l, pH 6.9 - 7.0 and content of free dissolved carbon dioxide. The temperature of the individual springs is from 30-72°C. Thanks to the different content of carbonic acid, temperature and content of trace elements, the effect of each spring is different.

There are 47 elements necessary for the body in the Karlovy Vary springs. It has been proven that it has beneficial effects for the entire digestive tract, metabolism, the overall improvement of health conditions, and the improvement of immunity towards the genetic and civilization burdens. Besides the positive influence on the digestive tract and kinetic apparatus, the drinking cure supports cleansing the body.

The richest source of mineral water is the "Thermal Spring" - the oldest spring. Its temperature is 72°C and a great pressure pushes it 12 m high. Its discharge is about two thousand liters per minute, where one liter of the thermal water contains 6.46g of mineral salts, which is approx. 3 million liters with 18884kg of mineral salts per day. The quality of this mineral water has not changed throughout the centuries.



List of Carlsbad springs

- Hot Spring (Vřídlo) - Hot Spring Colonnade, temperature 72 °C, spring No. 1
- Charles IV Spring (Pramen Karla IV.) - Market Colonnade, temperature 64 °C, spring No. 2
- Lower Castle Spring (Dolní Zámecký pramen) - Market Colonnade, temperature 55.6 °C, spring No. 3
- Upper Castle Spring (Horní Zámecký pramen) - Castle Colonnade, temperature 49.8 °C, spring No. 4
- Market Spring (Tržní pramen) - Market Colonnade, temperature 62 °C, spring No. 5
- Mill Spring (Mlýnský pramen) - Mill Colonnade, temperature 56.6 °C, spring No. 6
- Rusalka Spring (Pramen Rusalka) - Mill Colonnade, temperature 60.2 °C, spring No. 7
- Prince Václav Spring (Pramen knížete Václava) - Mill Colonnade, temperature 65.6 °C and 64.3 °C, spring No. 8
- Libuše Spring (Pramen Libuše) - Mill Colonnade, temperature 62 °C, spring No. 9
- Rock Spring (Skalní pramen) - Mill Colonnade, temperature 48 °C, spring No. 10
- Freedom Spring (Pramen Svoboda) - Freedom Spring Arbour (near the Mill Colonnade), temperature 62.4 °C, spring No. 11
- Orchard Spring (Sadový pramen) - Military Spa Institute, temperature 41.6 °C, spring No. 12
- Štěpánka Spring (Pramen Štěpánka) - Alois Klein's Arbour (park outside Parkhotel Richmond), temperature 13 °C, spring No. 14
- Snake Spring (Hadí pramen) - Orchard Colonnade, temperature 30 °C, spring No. 15

The company guests have access to the mineral Thermal Spring in all the hotels.

Dietotherapy and rational diet

Dietotherapy is an integral part of spa treatment as well as a healthy lifestyle. It is not indicated just for clients suffering from diseases whose diets have certain restrictions.

Spa diet, including the diet cuisine of the treatment facilities of Imperial Karlovy Vary that will be recommended to you by the attending physicians, is based on the latest dietology findings. That means all our meals meet the high standards of hygiene, biological balance, full-bodied taste with the option of varied combinations.

The spa facility of Hotel Imperial and Spa Resort Sanssouci employs nutrition therapists with full qualification in the field who participate in continuous education, attending expert seminars and congresses. They are here for you if you wish and will be happy to assist you with the selection of a suitable diet.

Our experienced catering team managed by a qualified chef with extensive experience in spa facilities guarantee the food preparation, process compliance and final treatment.

We prepare the following basic diets for you:

- Saving diet / No. 2 /
- Rational diet / No. 3 /
- Reduction diet / No. 8 /
- Diabetic diet / No. 9 /

Apart from these basic diets, we are also able to adjust your diet individually and provide e.g. gluten-free diet, purine-free or vegetarian diet.

Individual adjustments and additions can be made within basic diets based on the physician's decision and the client's requirements.

All of our catering workers do their jobs with love, which makes us believe you will enjoy the food with us. We would be happy if the recommended diet had a positive impact on your dietary habits after the spa treatment completion.

Catering in Hotel Imperial and Spa Resort Sanssouci is provided in the form of a buffet, so-called table d'hôte (Restaurant Prague, Restaurant Paris, Restaurant Charleston, Restaurant Opera and Restaurant Melody). The Paris and Opera restaurants also offer the a la carte option..



Controlled terrain walking and swimming - movement also cures

As we have already mentioned, the most important part of the Karlovy Vary treatment is the drinking cure. Its effect is significantly improved by one of the important pillars of a healthy lifestyle - movement. The surroundings of Karlovy Vary provide great conditions for active walking in spa parks, touristic walks, biking, swimming, tennis, golf and many other sports activities.

The trails of the spa forests wind along both banks of the Teplá River. The network of these wood's trails started to grow during the Romantic times, when the people rediscovered nature. The fame of the trails peaked at the turn of this last century, in the time of the first lookout towers, forest restaurants and touristic clubs. Special sightseeing stroll trails (sometimes also called rehabilitation circles) started to occur in the surroundings of various spas mainly in the '80 of the 20th century and still did not lose their charm. You can walk through the historical part of Karlovy Vary a hundred times, and you will always find something you did not notice last time.

We prepared, for the guests of Hotel Imperial and Spa Resort Sanssouci, a selection of group terrain strolls, so called Nordic Walking. Under the supervision of a trained instructor, you can see interesting places and do something for your health at the same time. Whoever is not a big fan of fast walking, can head into the surrounding woods on his own. One can use a pocket guide with the most interesting spa strolls in various degrees of difficulty, which is available in the offices of our physicians.

Do not hesitate to discover the beauty of this city.

Another recommended exercise is swimming. The facilities of Imperial Karlovy Vary offer indoor pools with water temperature 28 °C, water attractions (jets, air and massage nozzles), sauna and whirlpool. Swimming improves condition and, thanks to the stay in the water environment, the movement scope is larger.

More interesting ideas on how to spend time actively can be found in our Guide to Leisure Activities and Wellness Services.

Procedures using natural healing sources

In general, baths, wraps, inhalation and drinking cure belong to unique procedures which exploit locally available curative resources. The success of the Karlovy Vary spa treatment comes from the extraordinary properties of local mineral water which is obtained from a total of 12 springs with a temperature of 30 to 72°C. The richest, most robust and warmest spring called Hot Spring is supplied right to the balneological center of our hotel. It is used for drinking cure, inhalation, irrigation, baths or water massages. Our procedures also use gases, salts, peat, moor, and mud (peloids) for the application of wraps and baths. Moreover, rejuvenating effects are provided by the very location of our city upon the valley running along the Tepla River. Enjoy a walk at the riverside and let your body and mind relax.

Inhalation |  |  |  |

Hotel Imperial, Spa Resort Sanssouci

Inhalation is a suitable method to treat and prevent respiratory diseases. Inhalation of microscopic particles of mineral water produced by means of ultrasound improves lower and upper airway patency and helps to heal mucosal inflammation. Its benefit lies in strong targeted local effects which reach as far as the lower airways. Efficacy depends on the size of aerosol particles and on the contents of administered solutions. Hot spring water makes the effects of inhalation even more powerful.

Contraindication: serious hypertension, lung emphysema, TBC, tumors, cardiac insufficiency

Gum irrigation |  |  |

Hotel Imperial, Spa Resort Sanssouci

Oral irrigation provides an efficient way to manage paradontosis or to prevent its occurrence. A special tool is used to apply pressurized mineral water which massages and rinses the oral cavity including gums. It also has proven healing effects on the mucosa of the oral cavity.

Contraindication: It is advised to consult a dentist before application.

Peat extract bath |  |  |  |  |  |  | (30) |

Hotel Imperial

A bath with a peat extract consists of water and genuine peat extract which is rich in a number of organic substances and is added with needle essential oil. The bath and the calming effects of the warm water promote overall relaxation and elimination of stress. They have beneficial effects on musculoskeletal diseases and during treatment of skin issues.

Contraindication: acute diseases, skin injuries, oncological diseases, hypertension

Mineral bath with herbs |  |  |  |  |  | (30) |

Hotel Imperial, Spa Resort Sanssouci

The combination of warm mineral water and mineral essences is beneficial for the management of both mobility and mental problems and wonderfully supports relaxation. Depending on the choice of herbs **mineral herbal baths** are recommended for the management of rheumatism, gout, migraines, dizziness, sleeplessness (lavender), mobility disorders, bronchitis and asthma (dwarf pine); it improves concentration and healing of sprained joints and swellings (lemon grass); it has positive effects on the nervous system as well as calming and relaxing qualities (mint).

Contraindication: serious diseases

Bubble bath |  |  |  |  |  | (30) |

Hotel Imperial, Spa Resort Sanssouci

One of traditional spa procedures is a **mineral bubble massage bath** during which the skin is gently massaged and feels relaxed. It is a beneficial procedure for people with locomotor disorders, neurosis and hypotension. We use only mineral water from local springs which is rich in mineral substances.

Contraindication: dermatological mycotic and inflammatory disorders

Detox bath |  |  |  |  | (30) |

Hotel Imperial

A detox bath has beneficial effects on skin disorders, such as eczema, psoriasis, acne and the like. In addition, it improves blood supply, metabolism, cellular regeneration and recharges energy.

Contraindication: acute diseases, skin injuries, oncological diseases, hypertension

Mineral bath with seaweed |  |  |  |  | (30) |

Spa Resort Sanssouci

The skin thrives in contact with seaweed because it contains a number of minerals salts and other nourishing elements and vitamins. **The mineral seaweed bath** helps to cure skin disorders - eczema, psoriasis, acne and the like. It supports blood supply and proper metabolism, accelerates cell renewal and provides a source of energy. The enzymes and minerals contained in seaweed help to dissolve and degrade surplus fat and this bath is therefore a natural complement to slimming programs and anti-orange peel treatment.

Contraindication: acute conditions, skin injuries, malignancies and hypertension

Mineral Carbon dioxide bath | ❤️••• | ⚠️ | 🌿 | 🛏️(30) | *Hotel Imperial, Spa Resort Sanssouci*

Mineral carbon bath is taken in mineral water enriched with carbon dioxide whose absorption invigorates blood supply to the skin and muscles and even to the brain. As a result, the immune system is reinforced and the self-healing properties of the body are enhanced. This procedure also reduces blood pressure and leads to mental relaxation. It is also used during treatment of ischemic and cardiovascular diseases and during the later stages of heart attack treatment.

Contraindication: dermatological mycotic and inflammatory disorders, low blood pressure

Bath with ingredient | ❤️••• | ⚠️ | 🌿 | 👤 | 🛏️(30) | *Hotel Imperial, Spa Resort Sanssouci*

A bathtub filled with mineral water enriched with special bath products of your choice brings about overall relaxation, and it helps to diminish mental and physical problems. The relaxing medicinal effects of **baths with added bath products** depend on a specific extract obtained from clinically tested medicinal plants. Excess stress and sleeplessness is taken care of by lavender or mint and joint and spine pain by dwarf; energy is boosted by lemon grass, etc. Highly concentrated extracts are further added with natural herbal essential oils with a pleasant scent for the body and soul.

Contraindication: heart failures, decompensated hypertension

Mud wrap | ❤️•• | ⚠️ | 🌿 | 🛏️(45) | *Hotel Imperial*

Peloids, or peat, moor and mud, have an excellent ability to preserve a constant temperature which is used for **peloid wraps**. The specific warmth of the heated peloid is transferred to the tissues in the treated area; as a result, the local blood supply is improved and the tissues are filled with released medicinal mineral substances. This helps to alleviate the symptoms of the inflammatory, degenerative and post-traumatic disorders of the locomotor system as well as digestive tract disorders; it also promotes better metabolism, helps with the management of airway diseases, urological and gynecological concerns and mental issues.

Contraindication: all acute conditions, inflammatory and oncologic diseases, pregnancy, etc.

Pelotherm | ❤️•• | ⚠️ | 🌿 | 🛏️(30) | *Spa Resort Sanssouci*

Peloids, or peat, moor and mud, have an excellent ability to preserve a constant temperature. This quality is used for a procedure called **pelotherm** during which a thin peloid layer is applied on a foil which is put over an affected body part which gradually warms up. The specific warmth of the heated peloid is transferred to the tissues in the treated area; as a result, the local blood supply is improved and the tissues are filled with released medicinal mineral substances. This helps to alleviate the symptoms of the inflammatory, degenerative and post-traumatic disorders of the locomotor system as well as digestive tract disorders; it also promotes better metabolism, helps with the management of airway diseases, urological and gynecological concerns and mental issues.

Contraindication: all acute conditions, inflammatory and oncologic diseases, pregnancy, etc.

Drinking cure | ❤️ | 🍵 | *Hotel Imperial, Spa Resort Sanssouci*

Karlovy Vary's mineral water used for a **drinking cure** comes from 12 springs, each of them having a different temperature (43 to 72 °C) and the amount of gaseous carbon dioxide. Thermal water is drunk before meal, slowly one sip after another, ideally during a walk. A drinking cup contains 2dl of water and should be drunk over a period of 3–10 minutes, while another cup should be drunk in 5–10 minutes at the earliest. The mineral springs found in Karlovy Vary contain 47 elements which our body needs - they have positive effects on the digestive tract, metabolism, gum diseases, overall health quality improvement and stronger immunity against genetic and everyday stress burdens. The procedures provided by the company Imperial Karlovy Vary use the mineral water obtained from the Hot Spring which is supplied directly to the company's balneological center.

Contraindication: depending on a specific indication, on doctor's prescription only

Salt cave | ❤️• | ⚠️ | 🍵 | 👤 | 🛏️(15) | *Spa Resort Sanssouci*

A salt cave is built of purely natural materials from various types of salt rocks from Poland, Pakistan, Siberia, and the Dead Sea which create an extraordinarily powerful microclimate. Staying in a salt cave positively affects the airways, asthma, dermatological disorders (eczema, acne, psoriasis), blood circulation disorders, high blood pressure, neurosis, lassitude and depressive conditions, allergies, etc.

Contraindication: acute diseases and claustrophobia

Intestinal lavage | ❤️• | ⚠️ | 🌿 | 🛏️(60) | *Hotel Imperial, Spa Resort Sanssouci*

An **enema** is performed using a simple device and mineral water which is used to rinse out the large intestine in order to eliminate undesirable sediments. The procedure is repeated daily and proves helpful in the treatment of chronic constipation and some other bowel diseases.

Contraindication: hemorrhoids, diverticulitis, inflammatory large bowel disease, malignancies, etc.

Gas carbon dioxide bath - partial | ❤️• | 🍵 | 🛏️(30) | *Hotel Imperial, Spa Resort Sanssouci*

Partial dry CO2 bath is a procedure during which an affected body part (usually spanning from feet to chest) is closed in a special bag which is then filled with gaseous carbon dioxide. Once the gas is absorbed by skin, the blood supply in the tissues is improved and regeneration and healing processes are thus promoted. Muscular fatigue disappears and blood pressure becomes optimized.

Contraindication: none

Complex hydrotherapy (incl. mineral swimming pool) | ♥●● | ✂ | 🛏 (45) | *Hotel Imperial*
Hydrotherapy, or water therapy, is a method of rehabilitation which uses the medicinal effects of water. Mineral thermal water, in particular, alleviates stress and pains and helps muscles relax. **Contrast hydrotherapy**, or using cold and hot water sprayed under pressure from a nozzle, makes blood circulation faster, supplies skin with blood and makes it feel fresh and firm. The procedure is indicated for the treatment of locomotor system disorders; it fosters physical and mental resistance.
Contraindication: neurasthenia

Hydro therapy procedures

Hydrotherapy, or water therapy, is a method of rehabilitation which uses the medicinal effects of water. It is mainly the mineral thermal water that alleviates tension, pain and muscular stress. Highly suitable are baths with mineral essential oils and herbs which promote relaxation and elimination of stress and tension. Water massage loosens the locomotor system and relieves pain. Whirlpool baths gently activate the removal of the lymph, while bubble massage baths provide an excellent micro-massage.

Floating | ♥●●●●● | ✂ | 🛏 (60) | *Spa Resort Sanssouci*
Floating is a bath in a hypertonic solution with the same concentration of added salt as found in the Dead Sea. While weightless, muscles, spine and joints are totally relaxed and the salty environment cleanses the body whose self-healing and regeneration properties are activated. The body, mind and soul reach a perfect balance. Floating stabilizes blood pressure, treats psoriasis, eczema, chronic allergic dermatitis, arthrosis of large joints, degenerative spinal changes and neurological problems, e.g. sciatica. It accelerates healing of wounds, including surface burns.
Contraindication: claustrophobia, some instances of hypertension, impaired mobility

Hydroxeur | ♥● | △ | ✂ | 🛏 (30) | *Hotel Imperial, Spa Resort Sanssouci*
Hydroxeur is a massage performed in water using special nozzles built-in in a balneological tub and utilizing acupuncture components. The combined effects of warm water and tiny jets of water induce muscular and emotional relaxation, stimulate crucial points on one's back, arms and legs. This massage helps to treat painful condition affecting the locomotor system: degenerative, rheumatologic diseases, posttraumatic conditions, and fatigue syndrome.
Contraindication: dermatitis

Alternating foot baths | ♥● | 🛏 | 🛏 (30) | *Spa Resort Sanssouci*
The alternating effects of cold and warm water on legs and feet - i.e. active walking in two foot tubs - include enhanced blood supply, relaxation and the feeling of calm feet. A **contrast foot bath** is suitable for the treatment of poor blood supply, cold feet syndrome, early stages of varices, vegetative dystonia, migraine, etc.

Contraindication: some dermatological diseases, feverish and acute conditions

Carbon dioxide bath | ♥●●● | △ | ✂ | 🛏 (30) | *Spa Resort Sanssouci*
A **carbon bath** in a **large tub** filled with spring water enriched with carbon dioxide invigorates blood supply to the skin and muscles and even to the brain. As a result, the immune system is reinforced and the self-healing properties of the body are enhanced. This procedure also reduces blood pressure and leads to mental relaxation. It is also used during treatment of ischemic and cardiovascular diseases and during the later stages of heart attack treatment.

Contraindication: dermatological mycotic and inflammatory disorders

Whirlpool bath | ♥● | △ | ✂ | 🛏 (30) | *Hotel Imperial, Spa Resort Sanssouci*
A **whirlpool** gently massages the whole body using the mechanical motion of warm water in a special-design tub. The combination of warm water and massage relaxes stiff muscles and joints, supplies blood to tissues which thus receive more oxygen and necessary nutrients. The lymphatic system is stimulated as well. This procedure is highly suitable for the treatment of posttraumatic and post-operation conditions, it affects impaired areas locally. It improves full-body relaxation and regeneration.
Contraindication: dermatological disorders

Whirlpool bath - lower and upper limbs | ♥● | △ | 🛏 | 🛏 (30) | *Spa Resort Sanssouci*
A **whirlpool** gently massages the **arms** and using the mechanical motion of warm water in a special-design tub. The combination of warm water and massage relaxes stiff muscles and joints, supplies blood to tissues which thus receive more oxygen and necessary nutrients. The lymphatic system is stimulated as well. This procedure is highly suitable for the treatment of posttraumatic and post-operation conditions, it affects impaired areas locally. It improves full-body relaxation and regeneration.
Contraindication: dermatological disorders

Complex hydrotherapy | ♥●● | 🚰 | 🛏 (30) |

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Hydrotherapy, or water therapy, is a method of rehabilitation, which uses the medicinal effects of water. Water alleviates tension and pain and relaxes muscles. **Contrast hydrotherapy**, or using cold and hot water sprayed under pressure from a nozzle, makes blood circulation faster, supplies skin with blood and makes it feel fresh and firm. The procedure is indicated for the treatment of locomotor system disorders; it fosters physical and mental resistance.

Contraindication: neurasthenia

Massages

Professional massage reduces fatigue, endorses regeneration, and promotes metabolism and blood supply. It has immediate effects on the physical and mental condition of the client. It also contributes to the better absorption of edemas, effusions and hematoma, it affects muscular tone, and can break tissue adhesions. It has reflexive and marked psychotherapeutic effects.

Classic massage - whole body | ♥●●●●● | 🚰 | 🧑 | 🛏 (60) |

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A **traditional full-body massage** removes fatigue, boosts body regeneration, metabolism and blood supply in tissues. It has immediate effects on the physical and emotional well-being of the client. It contributes to the absorption of edemas, effusions and hematoma; it affects muscular tone, and can break tissue adhesions. It has reflexive and marked psychotherapeutic effects. A full-body massage is not seen as a therapeutic but rather as sports procedure.

Contraindication: skin diseases, feverish conditions, acute conditions, bleeding events

Classical massage - partial | ♥●● | 🚰 | 🧑 | 🛏 (30) |

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A **traditional partial massage** removes fatigue and boosts the regeneration of the massaged body part - usually neck spine and back. It contributes to the better blood circulation in tissues, promotes good digestion and stimulates metabolism. It is an effective means in the treatment of locomotor system problems, rheumatic diseases, hemiplegia, psychosomatic disorders, etc.

Contraindication: skin diseases, feverish conditions, acute conditions, bleeding events

Underwater massage | ♥●● | ⚠ | 🚰 | 🛏 (45) |

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This widely sought-after, pleasant procedure combines the effects of warm bath and massage, and active and passive motion in water. A nozzle directs a stream of water to individual massaged areas (arms, legs and back). A **water massage** is suitable in the treatment of the locomotor system, after joint and muscle injuries, as well as a relaxation technique.

Contraindication: feverish and inflammatory conditions, malignancies, dermatitis and fungal skin infections, minor injuries, hemorrhagic diseases, severe varicose veins, venous ulcers, etc.

Thermal and cool procedures

The local application of heat is used to treat locomotor system disorders of inflammatory, degenerative and posttraumatic nature, digestive tract disorders, metabolic disorders, airway diseases, urological and gynecologic concerns and nervous diseases. It also exploits the effects of whole body or partial extreme cold. Depending on how deep the effects of the cold reach, we speak about surface effects (pain relief, increased blood supply) or about deep effects (reduction of metabolism, reduction of blood supply). It is used to treat recent contusions (bruises), sprained joints, muscular spasms, edemas, active arthritic syndrome, osteoarthritis, spastic paresis, etc.

Contraindication: all acute conditions, acute inflammatory and oncologic diseases, pregnancy etc.

Cryotherapy - local | ♥● | 🧊 |

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During cryotherapy the body is exposed to extremely low temperatures (see **whole-body cryotherapy**).

Local cryotherapy is a therapeutic method which uses cold crystals, ice cubes or cold compresses over small body areas. Depending on how deep the effects of the cold reach, we speak about surface effects (pain relief, increased blood supply) or about deep effects (reduction of metabolism, reduction of blood supply). It is used to treat recent contusions (bruises), sprained joints, muscular spasms, edemas, active arthritic syndrome, osteoarthritis, spastic paresis, etc.

Contraindication: open wounds in the site of application

Parafango pack | ♥●●●●● | ⚠ | 🚰 | 🛏 (45) |

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Parafango is an original method of local application of heat during which designated body parts are applied with strips of pure hard paraffin and mud. Afterwards, a special device heats and simultaneously sterilizes the mixture. This procedure is indicated for the treatment of locomotor system disorders of inflammatory, degenerative and posttraumatic nature, of digestive tract disorders, metabolic disorders, airway diseases, urological and gynecologic diseases and nervous disorders.

Contraindications: all acute conditions, inflammatory and oncological diseases, increased blood pressure, pregnancy, etc.

Paraffin bath - gloves | ♥• | 🧤 | 🛏️(30) |

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The **paraffin in gloves** procedure uses the analgesic and hyper thermal effects of paraffin: hands are immersed into a paraffin bath, removed and the paraffin is let cool down and solidify while releasing heat intensively. This method is an effective answer to rheumatic and degenerative joints disorders, it hydrates the skin of hands has relaxing and calming effects.

Contraindication: dermatological and inflammatory conditions of hands

Paraffin wrap | ♥• | 🧤 | 🛏️(30) |

Spa Resort Sanssouci

A **paraffin wrap** is a popular method of body care which exploits the analgesic and hyper thermal effects of paraffin. The paraffin is applied over designated body parts and improves blood supply, range of motion of joints; it contributes to the elimination of locomotor system. It also has relaxing and calming effects.

Contraindication: dermatological and inflammatory conditions

Rehabilitation

Physical therapy after an injury, in people with locomotor and nervous system disorders, with a poor body posture or wrong motion habits should comprise physical exercise under the guidance of a physiotherapist. Rehabilitation therapy can be performed on an individual or group basis in a gym, or in a swimming pool where water alleviates joints and spine. To loosen the blocked spine or spastic muscles and thus to reduce pain, special massages are applied - manipulation and mobilization carried out by experienced physiotherapists. Manual or mechanical lymph drainage helps to prevent edemas and improve the outflow of the lymph. Gas injections loosen muscles and reduce locomotor system pain.

Aqua Walking | ♥ | 🧤 | 🛏️ |

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Aqua Walking is a walk with walking poles in water. The procedure is mainly suitable for people with aching leg joints (hip joints, knees), rheumatism, arthritis, and for obese people. While the water supports the body's weight, most muscles are strengthened in a gentle way, impact on joints is reduced, general fitness and the body's resistance improve. The muscles of the arms, including shoulder blade muscles, are also involved; the shoulder area, back, neck spine and abdominal muscles are strengthened.

Contraindication: open wounds, acute and inflammatory conditions

Aquaerobic | ♥•• | ⚠️ | 🧤 | 🛏️(30) |

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Aqua Aerobic combines fitness and rehabilitation and focuses on improving general fitness, weight reduction and body shaping. The resistance of the water enhances the intensity of the exercise; the water works provides massaging effects, improves flexibility, body's defenses and coordination. Joints and cardiovascular system are not strained.

Contraindication: none

Physiotherapy in pool | ♥• | ⚠️ | 🧤 |

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Rehabilitation swimming focuses on acquiring a proper body posture, stretching relevant muscular groups and practicing regular, deeper breathing. Swimming promotes better fitness, coordination and mobility. The facilities operated by the Imperial Karlovy Vary provide indoor pools with a water temperature of 28°C, water attractions (water jets, air and massage nozzles), sauna and whirlpool.

Contraindication: none

Exercise in pool + swimming | ♥• | ⚠️ | 🧤 |

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Swimming pool exercise and **swimming** provides an ideal combination for those who want to improve their physical and emotional fitness. During this activity the body has to engage a number of muscular groups at the same time. The water supports the body's weight and thus spares joints. As a result, the locomotor system is more involved and becomes stronger. This procedure also strengthens the cardiovascular system, provides ample blood supply to the skin, fights orange peel skin, and helps to reduce weight. Moreover, the local water promotes better healing of muscles, tendons, bones and joints.

Contraindication: acute and serious diseases, pregnancy

Yoga | ♥ | ⚠️ | 🧤 | 🛏️ |

Hotel Imperial

Yoga is an exercise tested by experience of thousands of years. It is holistic, balancing the body, mind and soul. It is suitable for all age groups, does not require any acrobatic skills and even untrained, ill or handicapped persons and convalescents can actively participate. Yoga restores spine flexibility, relaxes irritated nerves, relaxes muscles, revives organs and nerve centres, supports health and longevity. Breathing exercises provide oxygen and energy to every cell, cleanse the body by burning toxins, expel toxins and enhance the nervous system resilience, prevent sleeplessness.

Contraindications: Fever conditions, viral infections, mechanical joint and ligament damage, disc prolapse, artery and heart disease, glaucoma, low or high blood pressure, epilepsy, mental difficulties and psychiatric disorders.

Pilates | ♥••••• | ▲ | 🧘 | 🛏️(30) |

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Pilates combine the elements of yoga, tai-chi and chi-with the components of gymnastics and traditional physical therapy. By coordinating breath and motion, Pilates helps to improve blood circulation, strengthen back muscles, abdominal and thigh muscles and eliminate excess muscular tension. It builds up better suppleness, balance and coordination, and body posture. This exercise is suitable for everyone regardless of age and general fitness.

Contraindication: cardiovascular diseases, locomotor system disorders

Group curative exercise | ♥•••• | ▲ | 🧘 | 👤 | 🛏️(30) |

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Group physical therapy includes general fitness exercise and special exercise focused on individual body parts. It is suitable for the management of locomotor and neuro-muscular systems, spinal problems, poor body posture, etc. Exercise under the guidance of an experienced instructor guarantees that the basic program involves all major muscular groups.

Contraindication: heart failures, locomotor system disorders, etc.

Nordic Walking | ♥••••• | ▲ | 🧘 | 👤 | 🛏️ |

Hotel Imperial, Spa Resort Sanssouci

Dynamic walk with special **Nordic Walking** poles can be 50% more effective than regular walk. It burns more calories, releases tension of back and shoulder muscles, improves spinal mobility, and has positive emotional effects. For this outdoor activity you need suitable shoes and clothes. Walking holes can be rented at our facility.

Contraindication: certain cardiovascular diseases, locomotor system disorders, asthma, etc.

Directed cross-country walking | ♥ | ▲ | 🧘 | 🛏️ |

Hotel Imperial, Spa Resort Sanssouci

The effects of the drinking cure are markedly improved by exercise, a very effective mode of movement being **controlled outdoor walking** which stretches and strengthens the muscles and thus contributes to better health physical and mental well-being. The surrounding area of the Imperial Hotel offers ideal walking conditions in spa parks, in the historical center of Karlovy Vary, along the riverbanks of the Tepla, etc.

Contraindication: certain cardiovascular diseases, locomotor system disorders, asthma, etc.

Physical therapy

Physiotherapy is part of rehabilitation. It helps to diagnose problems, deals with their treatment and mainly with the prevention of locomotor system disorders. There are a number of methods that can be purposefully used to address an individual's needs, including but not limited to: massages - mainly reflex zone massage, soft mobilizing techniques, Vojta's method, Kinesio Taping, etc.

Physiotherapy | ♥•• | ✂️ | 🛏️(45) |

Hotel Imperial, Spa Resort Sanssouci

Physiotherapy is part of general rehabilitation. It helps to diagnose problems, deals with their treatment and mainly with the prevention of locomotor system disorders. There are a number of methods that can be purposefully used to address an individual's needs, including but not limited to: reflex massage, individual exercise, ball massage, joint mobilization, soft techniques, Vojta's method, etc. The key point to success is the fact that a physiotherapist with professional education, experience, and diagnostic skills chooses a suitable method and adapts it to the needs of a specific client.

Contraindication: according to an individual's diagnosis

Physiotherapy Plus | ♥•• | ▲ | ✂️ | 🛏️ |

Hotel Imperial

Diagnostics and therapy uses the **physiotherapy plus** of hands! Seen as a novelty in the Czech Republic, this therapeutic system tries to diagnose and treat the mechanical disorders of the skeleton. In addition to joint and muscular problems, it can effectively contribute to the treatment of migraines, constipation, chronic sinusitis and earache, and mucosal swelling during allergies. It also proves useful in the elimination of digestive disorders resulting from post-operative adhesions, etc.

Contraindication: acute infectious airway diseases, ongoing oncologic treatment, acute backache with nervous symptomatology

Reflex therapy

Reflex zone therapy was born in East Asia about 5000 years ago. It focuses on reflex zone points all over the body, yet mainly on the reflex zones of the soles. It has preventive effects and helps to manage acute and chronic issues. It can also complement another therapeutic mode or help to accelerate convalescence.

Foot sole reflex massage | ♥•• | 🧘 | 🛏️ (30) |

Hotel Imperial, Spa Resort Sanssouci

Sole reflex zone massage is a pleasant way to prevent and treat a number of problems. It evokes harmonization of body and mind and it can positively affect depressive episodes. The sensitive massaging touch and pressure of the therapist's hand reveals the origin of the client's problems. The procedure is suitable for the treatment of acute and chronic issues, including pain relief.

Contraindication: neurovegetative dystonia, mycotic and inflammatory conditions on the skin of the legs, etc.

Pneumopuncture | ♥• | 🧘 | 🛏️ (30) |

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Pneumopuncture, a reflex zone method with excellent effects on relieving spine and joint pain, is becoming more and more popular. A properly trained technician applies a small amount of carbon dioxide under the skin using a gas injection - application affects the acupuncture points along the spine and joints. Muscular tension and painful conditions affecting the locomotor system subside.

Contraindication: fear of injections, hemorrhagic conditions, inflamed skin in the site of puncture, severe and acute diseases, pregnancy

Electric therapy

Electric stimulation therapy is used to reduce pain, to release muscular tension, to manage edemas, better blood supply and better nourishment of tissues. It uses electric current of various frequencies, polarity and intensity.

BIOCON - Pulse magnetic therapy | ♥• | 🧘 |

Spa Resort Sanssouci

The mysterious term **BIOCON - pulsed magnetic therapy** refers to a finally widely available device that can, within a short time, strengthen untuned muscles of the weakened pelvic floor of both men and women. Treatment is painless and safe. Muscles receive instructions from the brain of the client who sits in an armchair. The therapy helps to manage incontinence, lower back pain, hip joint pain, post-operative and posttraumatic conditions affecting the pelvis and tailbone, etc.

Contraindication: cardiac pace maker

Diathermy | ♥• | 🧘 | 🛏️ (30) |

Hotel Imperial, Spa Resort Sanssouci

Diathermy is a therapeutic method during which an affected area is heated with high-frequency current. The heat improves local blood supply and thus relieves pain, promotes better nutrition of tissues, dissolution of inflammatory effusions and relaxes smooth muscles. This procedure proves efficient in the treatment of locomotor system disorders, asthma, chronic bronchitis, etc.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

4-chamber galvanization | ♥•• | 🧘 | 🛏️ (30) |

Spa Resort Sanssouci

4-chamber galvanization is electrotherapy during which DC galvanic current affects the legs or arms immersed in water-filled tubs. This procedure improves the blood supply and reduces muscular tension in arms or legs. This calming procedure proved suitable for chronic, degenerative and inflammatory disorders of the locomotor system, posttraumatic conditions, restless legs syndrome, etc.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

Interference currents | ♥• | 🏠 |

Hotel Imperial

Interference current is applied by means of electrodes. This procedure affects the blood supply in the impaired area and reduces pain. It directly affects muscles, nerves and cellular metabolism. It is used for the treatment of chronic, inflammatory and degenerative disorders of the locomotor system, muscular and tendon problems, spinal pain, vascular diseases, gynecologic inflammations, etc.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

Interference currents + VACO | ♥• | 🏠 | 🏠 |

Hotel Imperial, Spa Resort Sanssouci

The procedure involving **interference current + VACO** also applies electric current by means of electrodes. However, in this case vacuum electrodes are used to augment the effects. This procedure affects the blood supply in the impaired area and reduces pain. It directly affects muscles, nerves and cellular metabolism. It is used for the treatment of chronic, inflammatory and degenerative disorders of the locomotor system, muscular and tendon problems, spinal pain, vascular diseases, gynecologic inflammations, etc.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

Magnetotherapy | ♥• | 🏠 | 🏠 (30) |

Hotel Imperial, Spa Resort Sanssouci

Magnetotherapy is a time-tried treatment using electromagnetic fields. It proved its effects in the restoration of metabolism and regenerative processes, it helps to treat chronic degenerative diseases of joints and spine, posttraumatic and post-operation conditions of the locomotor system, as well as impaired blood supply in extremities.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

Ultrasound | ♥• | 🏠 | 🏠 (10) |

Hotel Imperial, Spa Resort Sanssouci

The principle of ultrasound is mechanical waves and generation of heat in deep layer tissues. **Ultrasound** helps to remove pain, relief tension, improve blood supply, healing and the absorption of posttraumatic swellings. It has also proved successful in the management of both chronic and acute locomotor system disorders.

Contraindication: presence of metals in the body (cardio stimulator, joint replacements, etc.), acute inflammatory conditions, malignant tumors, hemorrhagic conditions

Phototherapy

Light therapy exploits the medicinal effect of the optical spectrum of lighting fixtures. Our facility uses the following types of light: infrared light - the same application as with the other forms of heat therapy, visible light - color therapy - the red and orange spectra of visible light stimulate the nervous system, while the blue and purple spectra have pacifying effects, support cellular oxidation and the breathing of tissues, ultraviolet light. visible light - color therapy - the red and orange spectra of visible light stimulate the nervous system, while the blue and purple spectra have pacifying effects, support cellular oxidation and the breathing of tissues, ultraviolet light.

Laser | ♥• | 🏠 |

Hotel Imperial, Spa Resort Sanssouci

Laser is a ray of light that can help both beauty and health. It invigorates cellular metabolism and thus supports cellular nutrition. It is sought after for its bio-stimulating, analgesic and anti-inflammatory effects. It accelerates the healing of scars, proves useful in the treatment of painful conditions of the locomotor system, etc.

Contraindication: epilepsy, oncologic diseases, varicous veins, gastric tract dysfunction after radiotherapy, etc.

Oxygen therapy

Oxygen therapy is used for the follow-up treatment after stroke, heart attack or operation (e.g. ischemic heart disease, heart arrhythmia, angina pectoris episodes, arteriosclerosis, cerebrovascular diseases, forgetfulness, tinnitus, disorder of blood supply in arms and legs, some eye diseases, patients after cardiac surgeries, etc.). It is often used as a back-up during the therapy of benign tumors. Oxygen therapy can alleviate certain chronic problems related to airway diseases. It also has good effects on people with metabolic issues such as diabetes, metabolism of fats, etc.

OXY active | ♥••••• | ⚠ | 🏠 | 🏠 (45) |

Spa Resort Sanssouci

During **oxygen therapy** a client inhales oxygen-enriched and appropriately humid air. If the **OXY active** option, or **oxygen therapy combined with exercise**, is chosen a client inhales oxygenated air while moving on a treadmill or a similar device. At the same time his/her pulse is monitored. This combination helps to treat hypoxia, pulmonary hypertension, cardiovascular diseases, conditions after radiotherapy and chemotherapy, etc.

Contraindication: heart failures, hypertension, epilepsy, etc.

Oxygen therapy | ● ● ● | | (30) |

Hotel Imperial, Spa Resort Sanssouci

Oxygen therapy is an easy method during which a client inhales oxygen-enriched and appropriately humid air. It affects the whole body, regenerates it, and increases physical and mental condition. It promotes better learning, has positive effects on metabolism and delays aging. It has proved useful in the additional treatment of clients who experienced a stroke, heart attack or surgery. It is often used as a supportive treatment in the therapy of malignant tumors.

Contraindication: mechanic obstacles in airways, hemorrhagic conditions etc.

Lymph drainage

Lymph drainage promotes the outflow of the lymph from the body. It has physiological effects on tissues, nervous system, smooth and skeletal muscles; improves immunological defenses by eliminate metabolites with protein-rich edematous substance. Manual lymph drainage uses special touches performed by a physiotherapist. Mechanical lymph drainage applies the pressure developed by air chambers over certain body parts.

Manual lymphodrainage | ● ● | | (60) |

Hotel Imperial, Spa Resort Sanssouci

Manual lymph drainage is a special massage performed by a physiotherapist with the aim to promote the drainage of the lymph from the tissues. This massage has proved useful in the management of swollen legs after injury, after surgeries and during chronic venous insufficiency. It promotes whole body detox, alleviates the symptoms of migraine and chronic rhinitis, and it also boosts immunity.

Contraindication: feverish and inflammatory conditions, malignant diseases, dermatological and fungal skin infections, minor injuries, hemorrhagic diseases, severe varicous veins and, leg ulcers, etc.

Instrumental lymphodrainage | ● ● | | (30) |

Hotel Imperial, Spa Resort Sanssouci

Mechanical lymph drainage consists of application of variable overpressure, most often, over the legs which are enclosed in a special suit. The aim is to prevent and treat venous and lymphatic edemas, to remove the “heavy legs” feelings and orange peel skin. This method is also sought after by those who suffer from chronic lymphatic edemas of the arms (most often following oncological treatment), constipation and certain neurological and dermatological diseases.

Contraindication: feverish and inflammatory conditions, malignant diseases, dermatological and fungal skin infections, minor injuries, hemorrhagic diseases, severe varicous veins, leg ulcers, etc.

Pictograph legend

LOAD ON THE BODY

Every client reacts to procedures differently, therefore there is only an approximate degree of load given for each procedure. If the degree is not given, it depends on physical resilience and tolerance of the client.

● light ●● medium ●●● high

RESTRICTIONS

Some procedures have certain restrictions, e.g. physical fitness and motion limitations, phobias, allergies, age, cardiovascular issues etc. Information on particular restrictions can be obtained from the spa reception staff or the physician.

CLOTHING

- Clothes may be left on completely or mostly during the procedure

- Clothing must be removed or underwear may be left on during the procedure

- Swimwear required for the procedure

Information on any particular clothing requirements will be provided by the spa reception staff or the physician.

REST

Some procedures need to be followed by rest (length based on various factors). The time information at the pictograph refers to the rest duration, not the length of the procedure. If the information is not given, the duration of rest is determined by the physician or the client's physical fitness.

PROCEDURES SUITABLE FOR CHILDREN

The procedure marked like this are also available to children aged 4-14. The length and price of procedures may be different than the same procedures offered to adults. Adult accompaniment is always required.

Additional hotel services

Restaurants

- Restaurant Prague • Restaurant Paris (Hotel Imperial)

Restaurant Prague with show kitchen and buffet tables offers boarding in the form of table d'hôte. Restaurant Paris - stylish French restaurant offers boarding in the form of table d'hôte and à la carte, Czech and foreign wines.

- Restaurant Charleston • Restaurant Melody • Restaurant Opera (Spa Resort Sanssouci)

Spacious and modern Restaurant Charleston is located in the Blue House building, the boarding is in the form of buffet tables. The restaurants Melody and Opera are located in the Green House building. Melody offers boarding in the form of buffet tables. The luxury restaurant Opera, with attractive design, offers a show kitchen and boarding in the form of buffet table or à la carte.

Cafes

- Café Vienna (Hotel Imperial)

The stylish interior of Café Vienna invites you to sit down and try one of the every-day-fresh desserts prepared by the hotel pastry chef. The café, furthermore, offers a wide selection of Illy coffee and Ronnenfeldt tea, live music and, in summer months, a terrace.

- Blues Café • Atrium - Lobby Bar (Spa Resort Sanssouci)

Traditional café in the Blue house building, with modern interior and bar, offers a wide selection of warm and cold drinks and cocktails, quality selection of wines and cigars, snacks in the form of light meals. An outdoor terrace is available in summer months. Dance evenings and other events are organized in the café. The Atrium - Lobby Bar forms a relaxing place in the center of a lobby of the Green House building offers warm and cold drinks, snacks of light meals, and an outdoor terrace in summer months.

Night entertainment

- Club Imperial (Hotel Imperial)

Stylish English club offers wide selection of wines and mixed drinks, warm and cold meals, live music, dance floor and regular jazz evenings.

Sports and relaxation

- Tennis courts • Ricochet courts • Boulder wall • Fitness centre • Wide offer of group exercise • Russian bowling • Petanque • Billiards • Pool • Sauna (dry, steam) • Whirlpool

Art

- Imperial Gallery (Hotel Imperial)

The gallery is located on the first floor of the Hotel Imperial. All-year-round, it presents exhibits of fine art from the Karlovy Vary Region and Europe.

- Sun Gallery (Spa Resort Sanssouci)

The gallery is located in the Blue House building. All-year-round, it presents exhibitions of glass artists from the Karlovy Vary Region.

- Green House Gallery (Spa Resort Sanssouci)

The gallery is located in the Green House within the Atrium Lobby Bar. Paintings by artists from the Karlovy Vary region as well as all Europe are on display.

Trips / Cultural events

- Concierge • Pentalog Tour travel agency

Beauty centre

- Hairdresser • Manicure • Pedicure • Facials

Children

- Children's corner (Spa Resort Sanssouci)

We offer, for the children of guests of the Spa Resort Sanssouci and Hotel Imperial, within the children's corner, refreshment and entertainment options. Regardless if we talk about a playroom (for children up to 6 years of age) or the TV room where your children can watch a fairytale or paint pictures (for children up to 12 years of age), also for bigger children we have 2 Playstation 3 consoles with a wide selection of games in the room where a foosball table is also located. The entire children's corner, consisting of 3 rooms, has separate toilets. We also ensure a responsible person who takes care of the children when the parents are not present. At the same time, we can provide a person who will take care of the child while parents are away, upon a prior arrangement (at least 2 days in advance), against a fee.



Congresses, conferences and meetings

- Concert Hall • Musical Lounge • President Lounge • Congress Lounge (Hotel Imperial)
- Samaba & Rumba Congress Hall • Tango Lounge • Jive Lounge • Waltz Lounge (Spa Resort Sanssouci)

Drinking Cup Kala

We have created the drinking cup in co-operation with a young designer Štěpán Kuklík and a well-established Karlovy Vary based producer of porcelain, the Thun-Studio. A combination of extraordinary design and excellent workmanship gives Kala the feel of uniqueness. The innovative features include not only placing the drinking straw in the middle of the drinking cup, which creates the illusion of a flower with the pistil, but also the graphic markings on the inside of the cup enabling the spa guests to adhere to the prescribed doses of the drinking cure.

••••	•••	••	•
200 ml	150 ml	125 ml	100 ml

We wish you many pleasant moments with Kala while taking a leisurely stroll among the colonnades and let this small cup be a nice reminder and a symbol of your journey towards a healthy and content life.

More interesting information is available in the following hotel brochures or directly at the hotel concierge:

- Brochure - Hotel Imperial
- Brochure - Spa Resort Sanssouci
- Guide to Leisure Activities and Wellness Services
- Guide - Spa Walks

Alphabetical list of procedures

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Aqua Walking			Physiotherapy Plus	38
Aquaaerobic			Pilates	36
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B	Floating	Magnetotherapy		
Bath with ingredient	Foot sole reflex massage	Manual lymphodrainage	S	
BIOCON - Pulse magnetic therapy	4-chamber galvanization	Mineral bath with herbs	Salt cave	29
Bubble bath		Mineral bath with seaweed		
	G	Mineral Carbon dioxide bath	U	
C	Gas carbon dioxide bath - partial	Mud wrap	Ultrasound	40
Carbon dioxide bath	Group curative exercise		Underwater massage	33
Classic massage - whole body	Gum irrigation	N		
Classical massage - partial		Nordic Walking		
Complex hydrotherapy	H	O	V	
Complex hydrotherapy (incl. mineral swimming pool)	Hydroxeur	Oman´s bath with peat	Vagina lavage	30
Cryotherapy - local		OXY active	W	
	I	Oxygen therapy	Whirlpool bath	31
D	Inhalation	Oxygen therapy (1 h + cocktail)	Whirlpool bath - lower and upper limbs	32
Detox bath	Instrumental lymphodrainage			
Diathermy	Interference currents	P	Y	
Directed cross-country walking	Interference currents + VACO	Parafango pack	Yoga	36
Drinking cure	Intestinal lavage	Paraffin bath - gloves		
		Paraffin wrap		
	K	Peat extract bath		
	Kinesio Taping	Pelotherm		



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Members of Imperial Karlovy Vary Group