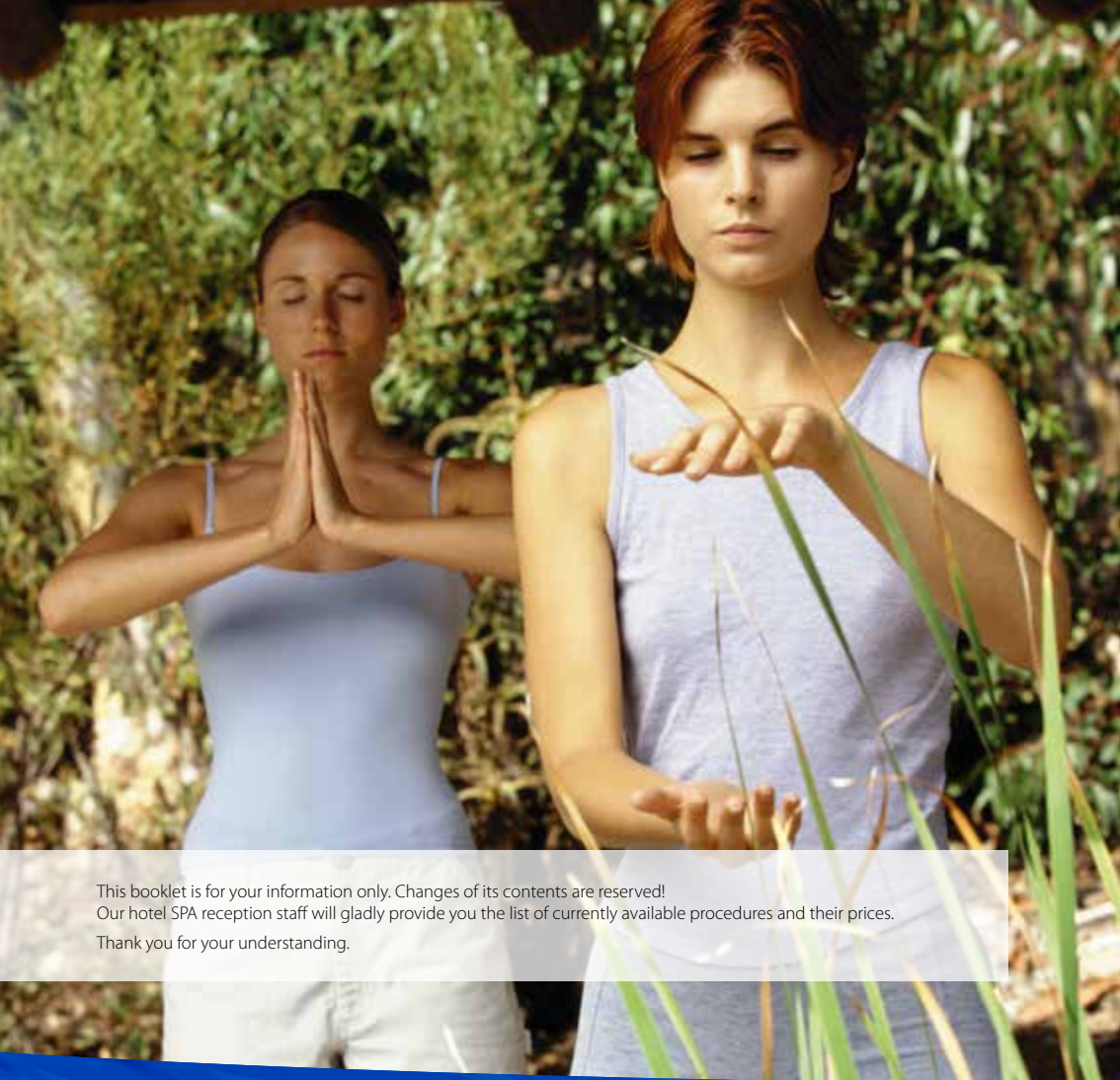




**IMPERIAL GROUP**  
KARLOVY VARY



Guide to Leisure Activities  
and Wellness Services  
of the 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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## KARLOVY VARY - THE CZECH SPA CAPITAL

The activities of Imperial Karlovy Vary are tightly connected to the most famous Czech spa, which has been the heart of the West Bohemian spa triangle since 1370 when Charles IV, the King of Bohemia and Roman Emperor, granted it the privilege of a king's town.

Today, Karlovy Vary still is a significant cultural and social centre, well-known for its spa as well as the international film festival, Moser products, the Becherovka herbal liqueur or Thun porcelain. People from all corners of the world come here mostly for the healing thermal mineral springs and the unique spa atmosphere.

### **The superlatives of Karlovy Vary...**

1. Karlovy Vary is the largest Czech spa, where the highest number of guests are treated.
2. The Karlovy Vary springs are the warmest of all Czech springs.
3. The Karlovy Vary drinking cure has demonstrably the strongest treatment effects.
4. Karlovy Vary has the largest number of colonnades of all Czech spas.
5. The highest number of lookout and observation towers of Czech spas are in Karlovy Vary.
6. The spa forests of Karlovy Vary have the longest history, dating back to 1325.
7. Karlovy Vary is the only Czech spa where you can travel in the most convenient way, by plane.
8. There is the highest number of golf courses in the surroundings of Karlovy Vary.







## IMPERIAL KARLOVY VARY GROUP

Since 1992, Imperial Karlovy Vary has been one of the most prominent Czech spa companies. In 2006 it was the first company to win the Czech Spa Award for the top quality of its flagship product - medically designed complex spa care using natural healing sources. These are also used in the administration of preventive relaxing, wellness and medical wellness programmes. Imperial Karlovy Vary keeps investing in increasing the quality of all services. As a member of many organizations and associations, it actively participates in the formation of quality standards and criteria of Czech and European spa medical care. By supporting the development of Czech design, it significantly contributes to modernization of the Czech spa environment.

### **Hotel Imperial - A Stylish Host**

Hotel Imperial has been the dominant of Karlovy Vary since 1912, and the Imperial Karlovy Vary premium brand since 1992. It provides very comfortable and elegant accommodation to its guests. The four-star hotel services include, among other things, free evening swimming pool and sauna access, WiFi in public areas and ample social, cultural, sport and travelling possibilities managed by the hotel concierge. The picturesque and well-maintained hotel park is ideal for active rest and pleasant relaxation of the guests.

Imperial has its own state-of-the-art balneo centre. The Hot Spring, which is the drinking cure basis, is located in the hotel.

Dining in the beautiful Prague and Paris restaurants gives the guests gastronomy as well as aesthetic pleasure. They can also see how their meals are made and what ingredients are used thanks to the show kitchen. Dining has the form of offer tables, which always keep the meals prepared from the best ingredients fresh. The guests can choose from many meal options marked by diet numbers and consult their choices with a nutritional therapist.

The spectacular hotel environment is also attractive for the organizers of important cultural and social events, conferences, workshops and business meetings, various private events including weddings, it is even sought after by film makers. No wonder, the hundred-year-old original Sheraton style furniture made by Portois & Fix, a famous Vienna based company, for example, allows you to sit comfortable in Café Vienna even today. High above the town, the guests can enjoy a real atmosphere of Vienna, scented with coffee and the ever fresh desserts made by the hotel master confectioner.

### **Spa Resort Sanssouci - Gardens of Health**

Gardens of Health - Spa Resort Sanssouci - were opened by Imperial Karlovy Vary in 2009, after a gradual and extensive reconstruction of hotels Sanssouci, Švýcarský dvůr (Swiss Court) and Villa Mercedes, which included the construction of an underground corridor under all buildings. The vision of a modern resort with top-quality spa, accommodation, gastronomy and congress services under one roof was turned into reality after eight years.

Blue House and Green House provide comfortable accommodation in modern equipped rooms on the area of eight thousand square metres. The four-star standard hotel services include free Wi-Fi, free afternoon and evening access to swimming pool with water attractions, social, cultural, sport and other types of fun based on the guests' individual wishes fulfilled by the hotel concierge. Children can enjoy great attractions in the playground, older children will definitely appreciate computers and the parents can use babysitting services.

In the nice Opera, Melody and Charleston restaurants, dining is provided to the guests in the form of offer tables, there is a show kitchen in Opera and special dishes may be ordered from the menu. The always fresh dishes are prepared by professional cooking teams. Diets are marked by numbers, so everybody can choose based on their taste and the recommendations of the nutritional therapist. The Atrium Lobby Bar and Blues Café invite for a nice cup of coffee and are also the venues of social music and dancing events. Thanks to its multifunctional layout, the spacious Spa Resort Sanssouci can be "magically" transformed into congress spaces of various sizes.

The main treatment product of the Gardens of Health is a complex spa care using the natural healing sources of Karlovy Vary and a range of attractive wellness programmes and procedures, including a salt cave with a unique microclimate.

## **CORRECT DRINKING REGIME AND DIET**

An optimum diet programme is an essential part of a healthy lifestyle. A diet plan should not just fulfill the primary function, which is the individual client's wish, but also the equally important function of health optimization and health prevention. Of course, specialized examination of the client to determine the volume of their fat and the presence of necessary substances in the body together with a diet plan specification is the optimal way. Naturally, humans are "omnivores" and their diet should therefore be suitably balanced to contain all substances needed for healthy bodily functions. The diet should include both plant and animal proteins, vitamins, minerals and a sufficient amount of liquids. A suitably balanced proportion of the above components including optimal energy intake based on the body output should be a part of a suitably selected diet, and of targeted diets in particular.

### **Drinking regime**

It is true that water is the basis of all life. We have to realize that water forms 60-70% of our body. This means that a person who is about 70 kg has 40-50 litres of water in the body. And even though the water volume is so high, we are very sensitive to its insufficiency, which is much more dangerous for the body than lack of food. The first fluid deficit indicator is the feeling of thirst, which occurs when fluid loss reaches 2% of the body volume; external water losses result in decreased physical and mental performance, weakness, nausea and spasms.

Fluid intake is highly individual. It depends on the environment we are in, the form of physical activity we are performing, the body structure, and age plays an important role as well. Generally, it should be about 2 litres a day. We should replenish fluids continuously throughout the day and water should be the basis. Fluid intake is not just drinking. Fluids are also contained in fruit, vegetables, water is also present in dairy products, etc.

### **Balanced diet**

"One must eat and drink to be able to live and work." Without the right diet, we cannot stay fit and healthy.

Balanced diet = a balanced proportion of basic nutrients /proteins, fats, carbohydrates/, minerals, vitamins.



A mixed diet reflecting the physiological needs is natural for humans. Unsuitable diet composition and amount of food causes diseases of affluence. The consumption of fats (animal fats in particular) in the diet needs to be reduced, as well as the amount of animal protein and energy. Increase in the amount of indigestible fibre and nearly all vitamins is recommended.

#### **Main principles of balanced diet**

- 1. Food energy value** - food intake reflects energy output. Energy intake changes in the course of our lives. Children, whose bodies are growing and getting stronger, require energy intake higher than energy output. In later age, energy intake should be reduced.
- 2. Diet composition** - should contain the right amount of basic nutrients, vitamins and minerals on a daily basis. The dishes should be combined in order to include all basic food groups.
- 3. Correct food preparation** - select fine preliminary and heat food treatment based on its kind.
- 4. Correct eating schedule** - 3 to 5 meals a day /breakfast, lunch, dinner plus a morning and afternoon snack.
- 5. Eating environment** - serving, culture of the environment, food appearance.

## WELLNESS AS A LIFESTYLE

Our lifestyle has been changing. We are trying to live healthy and active lives and work on our personal development.

We all spend quite a lot of time at work, we try to do our work responsibly, take over the assertive behaviour of our supervisors, colleagues and often find ourselves stressed out due to the pressure of assigned tasks or scheduled meetings. There are high demands placed on us today, nearly everybody is suffering from backaches and neck pains. We are exposed to stress that causes other problems, such as high blood pressure, headaches, loss of concentration or mental disorders. Our bodies are resilient, but not forever. This is why everybody should find some time to relax, simply said, to switch off and recharge.

Wellness is an ideal way. Unlike complex spa care, which requires at least 21 days, it is a shorter form of relaxation and health care.

### **Wellness style consists of several inseparable elements:**

1. Positive attitude to life
2. Physical fitness
3. Right diet and body weight
4. Care of the body
5. Mental balance, protection against stress

In Imperial Karlovy Vary, we are also aware of the lifestyle change and we have prepared wellness procedures and programmes for you, reflecting the current trends. You can find brief descriptions of the wellness procedures in this guide and the current wellness stays are presented on our websites - [www.spa-hotel-imperial.cz](http://www.spa-hotel-imperial.cz) and [www.spa-resort-sanssouci.cz](http://www.spa-resort-sanssouci.cz).

## MEDICAL WELLNESS - SOLUTION TO CIVILIZATION DISORDERS

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.

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 and afterwards you can take the diet plan with you as the basis for future, more healthy life.

Drinking regime 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](http://www.spa-hotel-imperial.cz) and [www.spa-resort-sanssouci.cz](http://www.spa-resort-sanssouci.cz).

## BALNEO CENTRE IS MORE THAN JUST SWIMMING POOLS

Balneo centres are the vitalizing oases of Imperial Karlovy Vary, where experienced spa experts administer treatment and wellness procedures. They continuously implement new trends in the field, modify and enhance all programmes in accordance with the findings of modern medicine, to accommodate the requests and needs of spa guests the best they can.

### **Imperial Balneo Centre**

This modern and first-rate spa facility offers maximum care and comfort to the guests. It has an ideal location directly in the Hotel Imperial building. Apart from complex spa care, the balneo centre offers a range of special medical and wellness programmes based on individual needs and wishes of the guests. The treatment makes maximum use of the Karlovy Vary natural healing sources.

### **Sanssouci Balneo Centre**

Spa Resort Sanssouci also places the greatest emphasis on guests' comfort. All services, including medical procedures and physician consultations, take place under one roof. The local team of physicians and therapists treats guests with individual care throughout their stay. After a physician consultation, the guests can purchase other additional procedures or de luxe procedures within the complex spa care, beyond the prescribed procedures. The wide range of physical and wellness activities will definitely satisfy guests of all ages.

Swimming used to be a part of complex education as early as in ancient Greece. Swimming is an important part of treatment procedures in modern spa care...



## SPORTCENTRUM IMPERIAL

Sportcentrum Imperial Karlovy Vary is the first prestigious sports club not only in Karlovy Vary but in the whole region. It offers a wide range of services, from group classes and individual training to a fitness studio. All sports grounds are available to members as well as one-time visitors.

### **Tennis courts**

Sportcentrum Imperial club members as well as guests can use 4 artificial surface tennis courts all year round, in winter covered by a heated inflatable hall. Coaches are available to beginners and classes can also be arranged for children.

### **Ricochet**

Ricochet is a very young sport, which quickly spread from Canada to the whole world at the end of the 1980s. It requires a special court with a back wall made of tempered glass. Ricochet can be played individually or in pairs and it is a sport that perfectly tests your endurance, fitness and responses.

The tennis and ricochet courts need to be booked in advance.

### **Fitness studio**

The studio has been designed to meet the toughest demands of clients, regardless of whether they are beginners or advanced in fitness. If you wish to increase your training efficiency, you can invite one of our fitness coaches to work out with you. Qualified fitness centre staff will also give you advice on correct exercise and machine workout. The fitness studio is equipped with modern Star Trac E series workout machines that rank among the top in the professional fitness equipment market. The studio also has a unique functional and cardio zone.

### **Functional zone**

The functional zone is the most modern part of the Sportcentrum Imperial gym. It is aimed for working out all muscle groups of the body as well as your stabilization system. Functional training targets the body ability to use its potential of power, speed and coordination efficiently in order for the muscles to perform their natural functions and be able to react to common life situations.







### **Cardio zone**

A cardio zone is the basis of every well-managed fitness studio. It gives the body the right heart rate before exercise, it is suitable for endurance training and is also the most important part of all "weight loss" programmes.

### **CrossFit training**

This very active exercise combined with cardio training and body toning in the fitness hall is supervised by expert coaches. Each coach has their own style, which is why the exercise is very varied. The training is divided into several stations targeting alternately the upper and lower body, and working out the core intensely as well. At the end of the time limit, the stations need to be changed, which is determined by an expert coach based on the clients' fitness. At the beginning of the class, the coaches introduce the training style, concept and the correct exercise performance at the respective stations to the clients.

### **Bouldering**

The artificial climbing wall is a great opportunity to have a great climb in any season, not only for devoted rock climbers. Bouldering in the Sportcentrum Imperial consists of several low "boulders" with grips of different sizes and of various difficulty. We recommend it not only as a chance to try something new but as well as the perfect training of your endurance, leg and arm strength and balance.

### **Group exercises**

The Sportcentrum Imperial offers a very wide range of group exercises, including medical exercises, toning and aerobic classes as well as special classes, such as yoga, Pilates, etc.

The group exercises target body toning, working out individual muscle groups as well as dancing skills and, of course, endurance.

Both men and women will appreciate our Firm Belly or Body-forming workouts. In these classes, both beginners and advanced clients can improve the firmness and shape of their body, in particular of the problematic parts.

TRX classes, the world leading functional training system, are also available here.

Various types of Pilates, aerobics, fitness classes or crossfit training are also offered...



Charged services of Sportcentrum Imperial: coach services, sparing partner services, racket and ball hire, sports equipment sale, event services - tennis tournaments with a banquet, etc.

There are really a lot of things the Sportcentrum Imperial offers. Have a look at [www.sportcentrum-imperial.cz](http://www.sportcentrum-imperial.cz) and see for yourself.

## SPA FORESTS - IDEAL FOR PHYSICAL ACTIVITY

The Karlovy Vary spa forests have a rich and long history. The first written record dates back to the 14th century. The current appearance of the Karlovy Vary forests that has been formed for the last two centuries, is owed to visitors bringing a Rousseau-like view of nature. Promenade paths have gradually been made accessible in the forests and they are lined with benches, shelters, arbours and other historical buildings.

The system of 22 walking routes has been renewed, which are of different levels and they are outlined in our brochure entitled "Spa Walks". Each of the routes takes us to interesting places, gives us a view in our history and provides an unforgettable experience of the picturesque nature of Karlovy Vary. As physical activity is an important part of life, walks through the spa parks and forests are recommended to our clients. Our bodies were made to move but movement has been pushed to the periphery of our lives.

Movement and relaxing are the corner stones of our life energy and contribute to the balance of our spirit, body and mind. These activities improve our resilience to stress and workload, and at the same time they support our immunity and psychological and physical fitness. Therefore we need to change our lifestyle and take care of our health, which may not be easy at first.



## GOLF PARADISE IN A SPA PACKAGE

The region of Karlovy Vary and its world renowned courses have been a golf paradise for over one hundred years. There is no need to remind you of this, no doubt. Each Czech golf player should enjoy the atmosphere of a game in locations that remember the beginnings of the sport in our country, at least once in their life. There are 9 golf courses in the area surrounding Karlovy Vary and there are many courses within driving distance in the neighbouring Germany.

<b>Golf Resort Karlovy Vary</b> 18 holes, par 72 Course length: ● 5771 m ● 5039 m	<b>Golf &amp; Spa Resort Cihelny</b> 18 holes, par 70 Course length: ● 5286 m ● 4625 m	<b>Royal Golf Club Mariánské Lázně</b> 18 holes, par 72 Course length: ● 5935 m ● 5285 m
<b>Golf Resort Františkovy Lázně</b> 18 holes, par 72 Course length: ● 6076 m ● 5237 m	<b>Golf Club Sokolov</b> 18 holes, par 72 Course length: ● 6005 m ● 5217 m	<b>Golf Club Kynžvart</b> 18 holes, par 72 Course length: ● 6016 m ● 5121 m
<b>Golf &amp; Racing Club Karlovy Vary</b> 9 lanes / 18 holes, par 68 Course length: ● 4932 m ● 4205 m	<b>Golf Club Háje</b> 9 holes, par 36 Course length: ● 2961 m ● 2501 m	<b>Golf klub klášter Teplá</b> 9 holes, par 34 Course length: ● 2444 m ● 2197 m

And it is so beautiful everywhere that it is really worth coming here as a couple. Especially if you can add top-quality spa procedures to the romantic atmosphere, great food and drinks and an outstanding golf experience.

A golf game as well as other services can be arranged for you by our Concierge staff.



### Imperial golf package

Stay for 2 nights ● Reservation at least 7 days before arrival  
More information and prices at:  
[/www.spa-hotel-imperial.cz/en/golf-in-karlovy-vary/](http://www.spa-hotel-imperial.cz/en/golf-in-karlovy-vary/)

### Sanssouci golf package

Stay for 2 nights ● Reservation at least 7 days before arrival  
More information and prices at:  
[www.spa-resort-sanssouci.cz/en/golf-in-karlovy-vary/](http://www.spa-resort-sanssouci.cz/en/golf-in-karlovy-vary/)





## RECREATIONAL ACTIVITIES

### **Cycling**

More and more people use their bikes to enjoy active rest in nature. In July 2000 the long distance Euregia Egrensis cycling route was opened, offering beautiful cycling options of over 500 km through areas of Saxony, Thuringia, Bavaria and the Czech Republic.

Our Concierge staff will be happy to arrange ladies', men's or children's bike hire for you.

### **Horse riding**

We will be happy to arrange horse riding for you in the Pegas riding club in Děpoltovice. You can choose from three types of rides based on your riding level.

### **Winter sports**

Apart from traditional downhill or cross-country skiing, you can also enjoy ice-skating and sledging for the youngest in Karlovy Vary.

### **Water sports**

The Ohře river, flowing across the whole Karlovy Vary region, is a traditional watermanship base, which is one of the most famous in the country.

### **Other leisure sports**

You can try other sports in Karlovy Vary, such as sport swimming, fishing, shooting, bowling, billiard, spinning, pétanque, mini-golf, in-line skating, etc..

## CULTURE IS FOOD FOR THE SOUL

The tradition of culture in Karlovy Vary dates years back. You can choose from the wide selection of concerts, theatre plays, exhibitions, music or film festivals.

<p><b>Art galleries</b> Regular exhibitions of prominent Czech artists of the 20th century.</p>	<p><b>Jan Kotek - ALFA OMEGA Gallery</b> Contemporary Czech fine art in paintings and sculptures.</p>	<p><b>Karlovy Vary Museum</b> All about the region of Karlovy Vary in comprehensive expositions from nature and history to spa industry and glass making.</p>
<p><b>Muzeum Zlatý klíč (Golden Key Museum)</b> The atmosphere of Karlovy Vary at the turn of the 19th and 20th centuries in paintings by Wilhelm Gause.</p>	<p><b>Moser Glass Museum</b> More than 160 years of the famous brand. Concierge can also arrange a glassworks visit.</p>	<p><b>Jan Becher Museum</b> Learn about the secret of the "13th spring" of Karlovy Vary, including tasting.</p>
<p><b>Imperial Gallery (Hotel Imperial)</b> Sale exhibitions of contemporary Czech art - paintings, graphics, photography and free standing objects. Support of new artists.</p>	<p><b>Sun Gallery (Spa Resort Sanssouci)</b> Competition exhibitions of the country glass schools. Exhibitions of works of prominent Czech glass making masters.</p>	<p><b>Green House Gallery (Spa Resort Sanssouci)</b> The gallery presents paintings and sculptures by artists not only from the Karlovy Vary region but from other European countries as well.</p>
<p><b>Club Imperial</b> Regular Friday jazz nights for public. Live music and dancing every night.</p>	<p><b>Karlovy Vary Town Theatre</b> The theatre plays many interesting plays, operas, operettas and musicals.</p>	<p><b>Karlovy Vary Symphony Orchestra</b> Varied programme from promenade concerts to subscription cycles.</p>
<p><b>Loket Natural Amphitheatre</b> Operettas, musicals and music works of famous authors are played here every year in the open air.</p>	<p><b>Dance nights</b> Live music plays several nights a week in Hotel Imperial and Spa Resort Sanssouci. Current programme available from Concierge.</p>	<p><b>Food Festival</b> In May 2018 the Karlovy Vary Food Festival will celebrate the 10th anniversary. More gourmet events are coming!</p>
<p><b>International Film Festival</b> The largest film festival in the Czech Republic as well as in the Central and Eastern Europe takes place every year before the summer holidays.</p>	<p><b>Tourfilm</b> In October, Karlovy Vary is devoted to the best promotional spots and documentaries.</p>	<p><b>Jazz Fest</b> Modern jazz mostly, the best musicians from all over the world participate. Regular October event.</p>

Tickets and other services can be arranged for you by our Concierge staff.





## TRIPS AND EXCURSIONS

In cooperation with our own travel agency, Pentalog Tour, we offer a wide range of trips, tours and excursions not only in the Czech Republic but also abroad. Let us list the most popular ones. The current offer is available at Concierge.

<b>Prague - Classic</b> A trip to see the most significant cultural and historical monuments, such as the Prague Castle, Malá Strana, the Jewish Synagogue, Charles Bridge and more.	<b>Prague on Waves</b> The historical centre of Prague from a steamboat on the Vltava River. Plus a visit to the Prague Castle and the Charles Bridge. Lunch in a restaurant near the Castle is included.	<b>Night Prague</b> Special ambiance of the historical centre at night-time. The journey ends at the Castle with a view of the glowing city or on a steamboat on the Vltava River.
<b>Mariánské Lázně</b> The youngest town of the spa triangle boasts with its gripping mineral springs, the Singing Fountain or the orthodox St. Vladimír's Church.	<b>Cheb</b> A historical town, former residence of Jiří z Poděbrad, Albrecht z Valdštejna was murdered here in 1634. The Baroque architect Neumann and pianist Serkin were born here.	<b>Pilsen</b> The town tour includes a visit to the renowned Pilsner Urquell brewery, beer tasting directly from the tanks and a lunch in the famous Na Spilce restaurant.
<b>Bečov nad Teplou Castle</b> A round trip through history starts at the Bečov Castle. Via Mariánské Lázně, where lunch is arranged, it carries on to the Metternich Castle in Kynžvart.	<b>Kynžvart Castle</b> The classicist Kynžvart Castle was famous mostly as a summer residence of Prince Metternich. It is located in an English-style park and its interior harbours a number of monuments and rarities.	<b>Teplá Monastery</b> The history of the Premonstratensian Teplá Monastery dates back to 1193, when Prince Hroznata initiated the construction of the Roman-Gothic three-nave church.
<b>Loket Castle</b> The Medieval Loket Castle has towered over the Ohře river since the 12th century. The tour takes you from the underground dungeons all the way to the 26-metre tower. Refreshments are provided in the Castle restaurant.	<b>Křivoklát Castle</b> Visitors to Křivoklát will experience a time travel from early medieval times to the 20th century. Nice refreshments are served in a stylish local restaurant.	<b>Kladská</b> The village lies nearly in the middle of the Emperor's Forest (Slavkovský les). A romantic Kladská - Taiga peat bog nature trail goes around the former hunting lodge.

We will be happy to arrange trips to other interesting locations for you, such as Český Krumlov /UNESCO Heritage Site/, Hluboká nad Vltavou Chateau, Dresden /Germany/, Vienna /Austria/, etc., as well as attractive trips around Karlovy Vary.







## LIST OF WELLNESS PROCEDURES

Spa procedures free your body of ailments and also protect you from a number of civilization disorders, such as stress, depression and burnout syndrome. Another reason why it is best to add some cultural activities to your spa stay, to help you organize your thoughts and bring you peace. The possibilities are countless...

### Anticellulitis with bandage | ♥• | 🛠️ | 🛌 (30) |

*Hotel Imperial, Spa Resort Sanssouci*

**Anti-orange peel skin with a bandage** includes an anti-stress aroma ritual, reflex zone brush massage, and a wrap with deep penetrating effects. Moreover, a client is treated with concentrated preparations, pressure massage with anti-orange peel skin symptoms and pressure bandage procedure which initiates lipolysis using stimulating etheric oils with documented effects on fibrous cellulitis and orange peel skin.

**Contraindication:** extensive varicose veins, skin defects, sensitivity to cosmetic products, dermatological and inflammatory conditions

### Anticellullite slimming massage

#### Anticellullite slimming massage De Luxe | ♥• | 🛠️ | 🛌 (30) |

*Hotel Imperial*

**Anti-cellulite slimming massage** uses the pressing of palms enhanced with the effects of a thermally active preparation which stimulates the flow of the lymph and facilitates skin detox. Subsequently, a number of problematic substances are discharged from the subcutaneous tissue and the skin becomes smoother gradually.

**De Luxe Anti-cellulite slimming massage:** the anti-cellulite effects of this massage are enhanced with Thermoiodosal massage and a body wrap. The effective combination of active substances and the unique technology of the preparation of the massage emulsion immediately prior to its application.

**Contraindication:** extensive varicose veins, skin defects, sensitivity to cosmetic products, dermatological and inflammatory conditions

### Hot stone therapy | ♥••••• | 🛠️ | 🛌 (60) |

*Spa Resort Sanssouci*

**Hot stone therapy (whole body / partial)** combines the effects of hot lava stones and gentle massage movements. This therapy positively affects, among others, inflamed joints and bones, digestive disorders, circulatory problems, it relieves backache and neck ache, it boosts the immune system, it accelerates the healing of pulled or strained muscles. It is also suitable for all those who suffer from sleeping disorders and lack of concentration because it eliminates stress, fatigue and tension.

**Contraindication:** dermatological and acute conditions, feverish and hemorrhagic conditions



### Harmonizing bath + Wrap | ♥••• | ⚠️ | 🛀 | 🛏️ (30) |

(Cleopatra = whey, Afrodité = salt, „Blue Harmony“, beery, wine)

*Spa Resort Sanssouci*

Perfect relaxation comes with a **bath with added salts, herbs or other products according to one's request** (Cleopatra = whey, Afrodité = Blue Harmony salt, beer or wine extract). The bath brings relaxation, establishes body and mind balance, nourishes and emolliates skin. Every added product has its characteristic effects. When combined with a dry wrap applied right after the bath, all everyday worries and stress disappear.

**Contraindication:** allergy to added substances, alcoholism in case of beer or wine bath because a glass of beer or wine is served during the procedure

### Spa Body care | ♥•• | 🛀 | 🛏️ (30) |

*Spa Resort Sanssouci*

**Full body medical care** should pamper and spoil your body. It begins with sea salt peeling, continues with a soothing aloe shower, body lotion, a whole body wrap and relaxation. The skin is smooth, stress is gone and you feel irrepresible...

**Contraindication:** dermatological and inflammatory conditions

### Slimming body wrap | ♥•• | 🛀 |

*Hotel Imperial*

**A slimming wrap** is a highly effective procedure which helps to shape the body and fight the signs of orange peel skin. The areas treated with the cream warm up intensively. As a result, metabolism is stimulated, degradation of fat is supported and surplus water is removed from tissues. Sliming wraps have both therapeutic and preventative effects.

**Contraindication:** skin defects, open wounds in and near the wrapped area

### Aromatherapeutic massage | ♥•• | 🛀 | 🛏️ | 🛎️ (60) |

*Hotel Imperial, Spa Resort Sanssouci*

**Aroma massage** combines the positive effects of massage, etheric essential oils and vegetable oils. This gentle massage brings about relaxation, promotes general health, relieves stress, and boosts immunity. The combination of scent and massage touches creates the feeling of easiness and harmony. Properly chosen herbs can help you get rid of headaches and locomotor problems, backache, and issues connected with work-related exhaustion.

**Contraindication:** allergy to etheric oils, some skin diseases

### Detoxicant massage with honey | ♥•• | 🛀 | 🛏️ (60) |

*Hotel Imperial, Spa Resort Sanssouci*

During a **honey detox massage** warm honey is applied onto the back. Using special touches, underpressure is created over the massaged areas and the involved tissues become aptly supplied with blood. The blood stream and lymphatic system thus energized. The substances contained in honey help to cleanse the body, eliminate toxic substances from the skin, subcutaneous layer and muscles. They also promote the relaxation of muscular spasms.

**Contraindication:** serious and acute conditions, allergy to honey, excess body hair on the back

### Head massage | ♥• | 🧘 | 🛌 (45) |

*Hotel Imperial, Spa Resort Sanssouci*

**Head massage** helps to relieve tension in the neck spine area, alleviates stress, brings about the feeling of emotional well-being and harmonizes the body. It can be extremely helpful in the management of painful eyes, headaches and migraines. It eliminates stress, improves concentration, hair quality, and reduces depression. This procedure has beneficial effects on mind and it brings about the feelings of physical and mental well-being and easiness.

**Contraindication:** scalp diseases, acute and serious diseases

### Candle massage / Candle massage De Luxe | ♥• | 🧘 | 🛌 (60) |

*Hotel Imperial*

During a harmonizing **massage with a candle** melted scented candle wax is applied by using specific touches and techniques to produce deep relaxing effects during which the body is detoxed, blocked energy and stiff muscles are released and the flow of the lymph is adjusted. Warmed ingredients have gentle yet powerful effects on the skin which is then able to absorb necessary minerals and hydration substances to a maximum degree. This massage is ideal for muscular regeneration and for physiotherapeutic massage.

Candle massage De Luxe is completed with a wrap.

**Contraindication:** general, allergy to heat, essential oils

### Sauna | ♥ | 🧘 |

*Spa Resort Sanssouci*

Relaxation, penetration of warmth, calmer heart activity, clearing of airways, and reduced joint and muscle pain are the benefits of **sauna treatment** during which tired muscles loosen and stressed mind feels at ease because relief-inducing substances are released into blood. Moreover, taking a sauna has beneficial cosmetic effects, makes skin more supple, young and good looking.

**Contraindication:** some cardiovascular diseases, high blood pressure, breathing difficulties, acute conditions, pregnancy, etc.

### Thai massages | ♥•• | 🧘 | 🛌 (30) |

*Spa Resort Sanssouci*

During a **traditional Thai massage** an experienced therapist presses her fingers, palms, elbows and feet against on body and uses stretching movements to boost your energy and lymphatic system as well as to loosen up your muscles and joints. The beneficial effects of these massages have been tested over centuries during which this method have been brought to perfection.

**Contraindication:** dermatological problems, acute and oncological diseases, pregnancy, large varices, osteoporosis, post-operation condition, burns, inflammations, bruises







### Thalasso therapy | ♥ | ✂ | 🛏 (30)

Spa Resort Sanssouci

If you want to spend some time on the beach, at least in your thoughts, choose the **thalasso therapy**. Its main hallmark is the use of sea salt and seaweed preparations which have positive effects on metabolism. This procedure is sought after for its skin rejuvenating effects, for its ability to reduce cellulitis and to fight obesity. Thalasso therapy begins with body peeling and finishes with the application of body lotion. After the procedure a client feels physically and emotionally relaxed.

**Contraindication:** some skin diseases, feverish and acute conditions

### Wellness body wrap | ♥• | ✂ | 🛏 (60)

Spa Resort Sanssouci

**Wellness wrap (e.g. chocolate, honey, cinnamon, hempseed)** is a guarantee of relaxation and an unforgettable enjoyment. Following peeling and shower the body is applied all over with a chosen ingredient (chocolate, honey, etc.) and wrapped in a foil. This procedure helps the body to detox, improves the quality of the skin, prevents the signs of cellulitis, releases endorphins and thus boosts one's mood.

**Contraindication:** allergy to a specific ingredient

## 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

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.

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