



## Philosophy of S. Kneipp

Philosophy of S. Kneipp is a unique way of improving health, developed and refined by a German priest Sebastian Kneipp in the 19th century.

Everything in nature can be used for personal health improvement. According to S Kneipp, the “Power of nature” is based on 5 elements:

1. Water
2. Movement
3. Diet
4. Medicinal herbs
5. Harmony

### 1. Water therapy

Since ancient times it's been known, that water means life. Due to its unique properties, water is the source of life and energy. Water can be used for health improvement in various ways. Important factors in water therapy are:

- Temperature (cold and warm water, steam baths)
- Mechanical factor (underwater massages, showers)
- Chemical factor (baths with herbs, minerals and oils)

Water affects us daily through systematic bathing and periodic cleaning of the body.

It is very important to keep the skin clean.

The immune system is strengthened through tempering: The "Kneipp espresso" (cold arm bath), treating cold water with a stork's gait and dousing the entire body and parts of it with cold water.

The effect of cold water on the organism:

- Momentarily increases blood pressure and heart rate
- Causes hyperemia (sense of warmth)
- Anti-inflammatory effect
- Activates the immune system
- Improves the excretion function
- Increases the duration of sleep

\*Cold procedures are only performed after warming up.

The effect of warm water on the organism:

- Improves blood flow
- Reduces blood pressure
- Relaxes the muscles
- Increases elasticity of connective tissue and flexibility of the joints
- Improves metabolism

According to human biorhythms, cold procedures are more appropriate in the morning, while warm one – in the afternoon and evening.



## 2. Movement therapy

Movement is life. Without movement life becomes passive, muscles become stiff, joint pain arises, mood worsens and all of this disturbs the natural processes of the organism.

In order to have a balanced body and feel strong, people must move. One must choose an activity suitable for them. This encompasses various morning and evening exercises, yoga, Nordic walking through the woods, riding a bicycle, table tennis, water aerobics.

Such health improvement strengthens the entire organism, tempers the body and soul.

## 3. Diet

Water plays an important role in the daily diet. Mineral water is even more beneficial. Such water should be consumed in moderation. Our mineral water promotes digestion, it is of a mild taste and smell and is of medium mineralization. Healthy diet is providing the organism with all the necessary nutrients and energy to maintain the ideal weight and health. Food is very important for disease prevention and health improvement. Therefore, we offer a separate table with healthy foods according to S. Kneipp.

## 4. Herbal therapy

For deep relaxation, we offer baths with medicinal herbs. Warm water and herbal tea improves well-being and calms the mind and body. In order to personally tailor the herbs according to problems, we offer tea mixtures or individual herbs. Herbal tea is perfect as preventative measure, in case of ailments or for strengthening the body. Properly selected medicinal plants can help in case of acute illness: e. g. common cold, indigestion, coughing. Warm tea is better at quenching thirst on hot summer days. Medicinal herbs contain lots of active ingredients, which are biologically necessary for the body:

- glycosides: they improve appetite, heart and digestive tract function;
- alkaloids: they stimulate the heart, blood vessels and nervous system, act as sedatives;
- saponins: they facilitate coughing, promote excretion of sweat, bile and urine;
- flavonoids: they disinfect, promote excretion of bile;
- essential oils reduce inflammation, spasms, fight microbes.

In addition to trying S. Kneipp's tea, you can also buy it from us. Main ingredients of the tea:

- Peppermint
- St John's wort
- Broadleaf plantain
- Blackcurrant leaves
- Black elder
- Hyssop
- Chamomile blossoms
- English lavender
- Fennel
- Nettle



## 5. Harmony

It is the art of calming one's thoughts and resetting one's mind. This therapy ensures physical and emotional compatibility. It encompasses breathing yoga in a salt chamber, art therapy, aromatherapy, meditation in the woods, various body and facial massages, rituals, relaxation with a glass of mineral water or a cup of tea.