



CONFERENCES WITH SPA

The SPA centre has experienced doctors who will advise you, choose health and wellness programs according to your personal needs. The SPA centre offers a total of over 100 different health improvement, preventive treatments, body and facial care, beauty and relaxation treatments, as well as over 10 different types of massages.

Conferences with SPA is a particularly effective and enjoyable combination of business communication or improvement and wellness.

Working hours 8:00 to 22:00

SWIMMING-POOL AND BATHING COMPLEX

At your service there is a complex of the SPA swimming-pool, whirlpool baths, baths (saunas, steam baths, Russian baths). Also, after hot bathing, we recommend you testing the toning cold mineral water treatment for hands "Kneip's Coffee". In the swimming pool, you need to have flip flops, suitable for wearing in a damp environment and a swim cap.

DURATION - 90 MIN., PRICE - WITHOUT ADDITIONAL TAX, MAXIMUM NUMBER OF PEOPLE- 30.

Working hours

8:00 - 22:00

HALOTHERAPY (SALT CHAMBER)

It is designed for the prevention of the diseases of lungs, respiratory system and for the hygiene of respiratory tract. Also, it is good for for the prevention of viral, infectious and cold diseases. In addition to this, it prevents allergic diseases and cleans respiratory tract from atmospheric pollution and tobacco smoke. Furthermore, it is suitable for the treatment of skin diseases and prophylaxis, cardiovascular prophylaxis, and for strengthening of the immune system.

DURATION - 30 MIN., PRICE - 6 EUR. MAXIMUM NUMBER OF PERSONS - 10.

TONING PROCEDURES IN "KNEIP'S" GARDEN (DURING THE SUMMER SEASON)

Only at the Royal SPA Residence hotel you have the perfect opportunity to try out the unique body strengthening treatments in the Kneipp's Garden: "Kneipp's Coffee"- a procedure for hands with cold mineral water that tones up and activates mental work; wading barefoot in a mineral water pool by „The Stork's Steps“ is recommended after a long sitting; „Reflexotherapy for the Feet "- walking barefoot by reflexology stone path, the procedure relieves stress, tension, and calms the nervous system.

DURATION - 30 MIN., PRICE - WITHOUT ADDITIONAL TAX, MAXIMUM NUMBER OF PERSONS - 35.



A SELF-MASSAGE LESSON – 20 MIN.

Self-massage is a great way to relax, restore lost physical and mental strength. You do not have to go to a professional masseur to experience the benefits of a massage. This can be done independently. Self-massage reduces nervousness, fatigue, relaxes tense muscles, refreshes, improves mood and health.

DURATION – 10 MIN., PRICE – 2.00 EUR, MAXIMUM NUMBER OF PERSONS – 20.

WAKING – TONING EXERCISE IN THE SWIMMING-POOL "WAKE UP"

A combination of special exercises that will move the stiff muscles after a long sitting, remove the accumulated tensions, calm down too much activated mind.

DURATION – 20 MIN., PRICE – WITHOUT ADDITIONAL TAX, MAXIMUM NUMBER OF PERSONS – 20.

MORNING EXERCISE "FRESHNESS"

Half an hour of intensive physical activity in the morning every day improves mood, well-being, generates useful energy for the whole day, increases working capacity. During the exercise, blood flow improves, all muscles and joints move.

DURATION – 30 MIN. PRICE – WITHOUT ADDITIONAL TAX, MAXIMUM NUMBER OF PERSONS – 20.

NORDIC WALKING

We invite everyone who wants to spend the morning exercise in fresh air. "Nordic Walking" will increase your energy, improve cardiovascular performance, strengthen joints, abdominal and back muscles, nervous and immune systems, and reduce stress. During the exercise, the body releases happiness hormones that improve the mood and relaxes.

DURATION – 60 MIN., PRICE – 6 EUR, MAXIMUM NUMBER OF PERSONS – 8.

The Royal SPA Residence – relaxation and tranquility surrounded by forest