

#VisitCzechia



Czech Spas



Czechia, A Land Blessed With Spas

The tradition of spa treatment in Czechia is one of the oldest in Europe.

Since the Middle Ages, people have sought to harness the extraordinary power of natural healing resources – mineral springs, beneficial peat and sludge, natural gas, and climate.

By the end of the 18th century, Czech spas had become so renowned that the most prominent figures from around the world were flocking here – from rulers and statesmen to military leaders, nobility, and artists. Remarkably, spa facilities can be found all over Czechia – in more than thirty locations.

Czechia has a well-developed spa infrastructure, with spas boasting top balneological specialists and highly qualified medical personnel.

The quality of Czech medical care and the advancement of treatment and rehabilitation methods are well known. It is no coincidence that the very first spa facility in Europe to receive the **EUROPESPA med© certificate** – the prestigious quality award of the European Spa Association in Brussels – was from Czechia: Lázně Bělohrad. This certificate is awarded only to selected European spas after a thorough inspection and audit of their operations. **At present, Czechia holds the highest number of successfully completed certifications among EU countries.**

One of the guarantors of spa quality in Czechia is the professional association called the Union of Spa Treatment Resorts. All spa facilities that are members of the Union are accredited medical spas, and must meet strict quality criteria for treatment, catering, and accommodation. Another important institution in the field of Czech spa culture is the Association of Spa Towns of the Czech Republic. The mission of the association is to actively contribute to creating conditions and tools for the regeneration and development of spa care and spa destinations, both in Czechia and at the international level. In today's fast-paced world, spas are not only frequented by those seeking treatment for illnesses, but also by people who respect preventative healthcare and relaxation. Spa facilities cater to this diverse clientele by offering traditional therapeutic stays alongside an array of regenerative and relaxation programs. The main advantage of this medical wellness – that is, wellness provided



in spa facilities – lies in the long-standing experience with traditional treatment, the possibility of medical consultation during the stay, and above all, the presence and use of natural healing resources. In addition to traditional procedures involving these resources, spas also offer a variety of other wellness treatments, from massages and pearl baths to exotic care inspired by Eastern medicine.

The combination of treatment, appropriate relaxation, top-quality gastronomy, sporting activities, and unique cultural experiences together creates a comprehensive experience. Let yourself be carried away and disconnect from the reality of everyday life. You are about to experience something truly exceptional.

How Natural Healing Resources Are Used

Mineral waters – drinking cures, baths, inhalations, underwater massages

Peat, sludge – wraps, compresses, baths

Gases – gas injections, dry gas baths

Climate – stays in areas with uniquely clean air



More information here:

Union of Spa Treatment Resorts of the Czech Republic

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Association of Spa Towns of the Czech Republic

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Experience the Exceptional

Czech spas are renowned for their medical care and stunning surroundings. Visitors can enjoy leisurely walks, diverse cultural events, and explore the rich history of many spa towns and unique architecture.

1. Healing Effects of Natural Springs

Czech spas rank among the most important in the world thanks to a unique combination of mineral springs, therapeutic peat wraps, and other natural therapies. These natural treasures have proven healing effects on the musculoskeletal system, the respiratory tract, and overall regeneration of the body.

2. Healthy Air and Natural Beauty

Czech spas are situated in beautiful surroundings of forests, mountains, and nature parks, where you can enjoy fresh air and a healing climate. Staying in these locations contributes to strengthening the body and to the overall harmonisation of body and mind. Six spa towns in Czechia hold the status of climatic spas – Janské Lázně, Jeseník, Karlova Studánka, Lázně Kynžvart, Lipová-lázně, and Mariánské Lázně. Climatic spas boast mild conditions and exceptionally clean air.

3. Rich Culture And History

Czech spa towns have a unique atmosphere combining historical landmarks, cultural events, and traditional hospitality. The most significant Czech spa towns – Karlovy Vary, Mariánské Lázně, and Františkovy Lázně – are listed as UNESCO World Heritage Sites. Karlovy Vary has hosted famous figures such as Goethe and Beethoven, and today it is home to a world-renowned film festival every year. Spa promenades, elegant arcades, and historical buildings create an unforgettable atmosphere in Czech spas.



4. Top Professionals

An experienced team of specialists will create an individual treatment and therapy plan. Thanks to the fusion of traditional healing methods and the most advanced medical technologies, such as cryotherapy or specialised rehabilitation programmes, Czech spas offer personalised care on the level of prestigious global wellness centres.

5. Soothing Ambience

Spas are not only places of treatment but also a synonym for luxurious relaxation. Famous Czech wellness programmes, inspired by time-proven methods from all over the world, include everything from classic massages to beer baths and aromatherapy. All this is complemented by first-class service and a pleasant atmosphere, turning a spa stay into a truly mild experience.





Karlovy Vary



Karlovy Vary Region

karlovyvary.cz



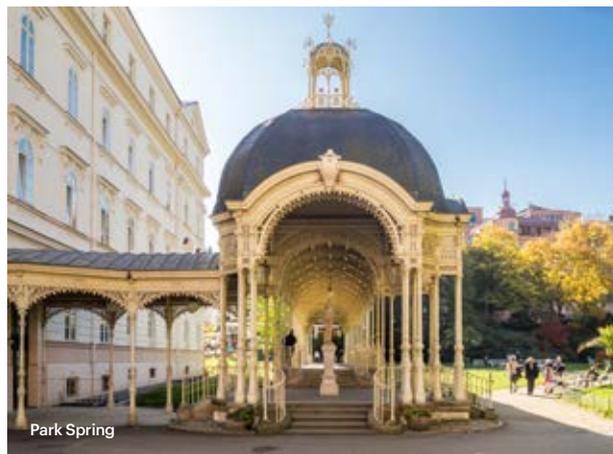
Karlovy Vary, the most famous spa in Czechia, was once a retreat for the legendary musicians and the venue for an international film festival.

Magnificent townhouses, grand hotel buildings, and spa resorts. Whether you stroll along one of the arcades sipping the beneficial water from one of the Karlovy Vary springs, follow the spa trails on the wooded hillsides in the footsteps of Goethe, Beethoven, Schiller, Wagner, or Chopin, or admire the town from one of the famous viewpoints, Karlovy Vary will always leave a lasting impression on you.

Karlovy Vary is a place where time simply stops matter. It's a place where you can escape the modern world and enter a state of serene tranquility, leaving you wondering which era you are in. Yet, it's also a vibrant modern city with a rich cultural scene and entertainment. Whether you want relaxation, shopping, sports, or exploration, Karlovy Vary offers a unique and distinctive experience that is both healing and rejuvenating.

Natural Healing Resources

Hot mineral springs were known in this area as early as the Middle Ages. Today, there are 15 warm mineral springs exceptionally suitable for drinking cures, baths, and rinses. They have a similar composition, but due to differences in temperature and CO₂ content, they offer various healing effects.



Park Spring



Thermal Spring Vřídlo



Interior of the Grandhotel Pupp



Drinking mineral spring water



Market Colonnade



Golf in Karlovy Vary

What Is Treated Here

The springs of Karlovy Vary are beneficial in the treatment of digestive system disorders – diseases of the stomach, oesophagus, intestines, gall bladder, liver, and pancreas, as well as metabolic disorders – diabetes, obesity, gout, and musculoskeletal conditions, and even periodontitis. Excellent results are also achieved in the treatment of post-oncological conditions and neurological diseases.

Karlovy Vary Highlights

The town and its surroundings offer countless opportunities for walks, excursions, exploration, and discovery. The arcades here are particularly striking, especially the most famous, the neo-Renaissance **Mill Colonnade**, built by the prominent architect Josef Zíték, who also contributed to the construction of the National Theatre in Prague. You will also be charmed by the Art Nouveau **Castle Colonnade**, the modern **Hot Spring Colonnade** – in front of which, in the open space, the most powerful spring in Karlovy Vary spouts up to the sky, with a flow of two thousand litres per minute – or the **Park Colonnade** hidden beneath its iron structure.

Unmissable is the neo-Baroque complex of the **Grandhotel Pupp** and the theatre built in the same style, as well as the pseudo-Renaissance **Imperial Spa**, which was awarded the Czech Architecture Award for its exceptional built-in multifunctional hall, along with many other buildings lining the Teplá River.

The churches of Karlovy Vary are also worth a look – especially the masterpiece of the Baroque genius Kilian Ignaz Dientzenhofer, the parish **Church of St Mary Magdalene**, and the beautifully adorned Orthodox **Church of St Peter and Paul**.

Take the funicular up to the **Deer Jump** viewpoint or all the way to the **Diana** stone lookout tower with its historic restaurant and Butterfly House, a tropical garden home to butterflies from around the world. The view of Karlovy Vary from above only confirms that you have found yourself in a dream city.

Tips for Exploring the Area

Head to the town of **Loket**, dominated by a medieval stone castle that rises majestically on a rocky promontory surrounded by the Ohře River. Or visit **Bečov nad**

Teplou Castle and Chateau, one of the best-preserved castles in Czechia, which proudly houses a unique monument of European importance – the reliquary of St Maurus, whose age and value rival the Czech Crown Jewels.

Golf & Spa

Golfers will feel right at home in Karlovy Vary. You can choose between two courses. Astoria Golf Resort Cihelny offers a gently undulating Scottish-style course, while Golf Resort Karlovy Vary features one of the leading Czech courses with a tradition of over 120 years, tested by European tournaments. It is the oldest golf club in Czechia.

Gastro Tip

Since 1856, traditional spa wafers have been inseparably linked with the atmosphere of the spa and are one of the typical specialities of Karlovy Vary. The first baking moulds discovered date back to the second third of the 18th century. To this day, the traditional production of wafers continues with great success.

Mariánské Lázně



Karlovy Vary Region

marianskelazne.cz



Think of Mariánské Lázně as an enigmatic, lively town packed with green spaces – it's basically one big, dreamy park. This place is buzzing with good vibes, thanks to the enchanting singing fountains and the natural, powerful healing springs.

In 2023, Mariánské Lázně was officially designated a climatic spa, confirming the exceptional quality of its local climate. But Mariánské Lázně is also a town of cafés, patisseries, and stylish restaurants. It is a town where people live contentedly and proudly call it home, warmly welcoming spa guests from all over the world. Here too, the footsteps of famous visitors have not faded – King Edward VII of England used to come here, as did Goethe, Chopin, and many others. Each name speaks for itself – Edison, Freud, Kafka, Nobel, Nietzsche, or Gogol...

Natural Healing Resources

Locals knew as early as the 13th century that the wild forests here concealed springs whose waters were beneficial to health. However, as this was once an inaccessible wilderness, systematic research into the composition and health **benefits of the springs** only began at the end of the 18th century.

Today, nearly 100 mineral springs rise in and around the town. Spa care is based mainly on six of them. Interestingly, these are not thermal springs but **cold acidic mineral springs rich in iron and mineral salts**. Their temperature is only 7–10 °C, making them some of the coldest in Czechia.



Maxim Gorky Colonnade



Mineral bath



Nové Lázně Spa Hotel



Singing Fountain



Maria Spa Hotel

The springs differ significantly from each other and yet often rise to the surface right next to one another – a true global balneological rarity that Mariánské Lázně proudly claims. The springs are so abundant that the drinking cure alone is often very effective in treating various ailments. When complemented by baths and inhalations, the results are truly remarkable, especially given the wide range of conditions treated here.

What Is Treated Here

Treatments are offered for disorders of the nervous and musculoskeletal systems, osteoporosis, back pain, kidney and urinary tract diseases, prostate conditions, respiratory illnesses including asthma, metabolic and gynaecological diseases, post-oncological conditions, as well as hypertension and ischaemic heart disease.

What To See In Mariánské Lázně

It's best to begin your walk in the heart of the town – at the neo-Baroque colonnade, quite possibly the most beautiful in all of Czechia.

Right beside it is one of the town's main attractions – the unique **Singing Fountain**. A total of 250 jets shoot water up to six metres high in refined intervals, shapes, and combinations controlled by computer, with the water display further enhanced by a mesmerising play of colours. All of this unfolds in harmony with famous musical compositions from various eras of history.

Through the **town parks**, you can reach the architecturally remarkable **Basilica of the Assumption of the Virgin Mary**, built in a historical Byzantine style, or the Orthodox **Church of St Vladimir**, the geological park, and, last but not least, the many springs scattered throughout the town.

Tips for Exploring the Area

If you feel like taking a trip outside the town, don't miss two nearby gems. First is the **monastery in Kladruby**, featuring a rare church redesigned in the Baroque Gothic style by the brilliant Jan Blažej Santini. The Baroque convent building was added a little later by his greatest rival, Kilian Ignaz Dientzenhofer. In a relatively small area, you can witness the awe-inspiring works of the two greatest Baroque architects active in the Czech lands.

Also not to be missed is the monastery in Teplá, an intriguing complex dominated by a Romanesque-Gothic three-nave Church of the Annunciation.

The rugged surroundings of the town invite you to explore on foot or by bike. **Cycle paths** and well-marked **hiking trails** will lead you into slightly mysterious forests, past peat bogs, and to dark red lakes. The **Kladská themed walking trail** is well worth a walk. You'll learn a lot about the local peatlands and the peaceful non-intervention area known as the Taiga.

Golf & Spa

Golfers will be delighted in Mariánské Lázně. Here you'll find the oldest golf course in Czechia. It was officially opened as early as 1905, even with the presence of King Edward VII of England. The original nine-hole course was replaced by an 18-hole parkland course full of charming nooks and a very tranquil, almost old-world English atmosphere. It is the only course in Czechia to bear the title Royal.

Františkovy Lázně



Karlovy Vary Region

frantiskovy-lazne.info



Step back in time with a visit to the neoclassical town of Františkovy Lázně, surrounded by sprawling parks and English-style landscaped woodlands. Find a moment of peace in the shade of the New Colonnade, rejuvenate in the aquapark, or set out on a trip to discover the natural and historical beauty of the surrounding area.

The buildings and streets of Františkovy Lázně harmonise with the festive spirit of its visitors. Stroll through the park, sip **water from healing springs**, meet other guests on the promenade, stop by the legendary statue of little František, or go on an excursion into the countryside. Is there a hint of mystery in all this? But that's exactly what Františkovy Lázně is – decorative, charming, friendly, yet always just a little mysterious.

It is the smallest of the three towns in the so-called West Bohemian Spa Triangle – along with Karlovy Vary and Mariánské Lázně – and lacks the grandeur of a major spa city. You'll feel more like you're visiting good friends.

Natural Healing Resources

In 1793, Emperor Francis I had the world's first peat spa established here. At that time, the local water was sold not only throughout the Czech lands but also across Germany, where it was actually the best-selling spa mineral water.



Františkovy Lázně



New Colonnade with Carbon Dioxide Baths



Františkovy Lázně



The Hall of Glauber Springs



Hydrotherapy



Bandstand

Around 20 healing springs rise here, used for drinking cures, rinses, and baths. Another significant healing resource is the local peat, rich in minerals and humic acids, used for wraps and baths. Also beneficial is the natural healing gas separated from the local mineral water, which is used for gas injections. The dry CO₂ spring is used for seated carbon dioxide gas baths and for the treatment of gynaecological issues. Even the local air has healing properties – it is exceptionally clean.

What Is Treated Here

The spa is most renowned for its treatment of gynaecological diseases, including infertility. However, doctors here also achieve excellent results in treating heart and circulatory system disorders, musculoskeletal issues, neurological, oncological, dermatological, and digestive diseases.

What to see in Františkovy Lázně

The peace and calm of this spa town is best enjoyed on walks through the town parks and the surrounding area, where five **Heart Trails** are marked with charming colourful heart symbols. They will lead you to the most attractive spots in the spa – to the most famous springs,

František and Luisa, to the colonnade of the Salt and Meadow Springs, and to the most iconic symbol of all: the **statue of little František**.

Tips for Exploring the Area

In the immediate vicinity of the spa, you will be delighted by the romantic **Salinburg lookout tower**.

About 6 km further lies one of the most remarkable nature reserves in Europe – **Soos**. This area of the historic Soos Forest ("Soos silva"), covering 221 hectares, was declared a National Nature Reserve in 1964. Here, you will find extensive peat bogs and marshlands, where numerous mineral springs and pure carbon dioxide rise from so-called mofettas – also known as mud volcanoes. You can explore this unique reserve along a 1.2-kilometre themed walking trail that leads across the bed of a long-dried mineral lake. What remains is a true European rarity – the so-called diatomaceous shield.

You'll also enjoy the geological park, educational trail, and the prehistoric animal museum located on the site. For a more leisurely excursion, hop on the idyllic tourist

mini-train from the town to the **Amerika forest park**, winding around the pond of the same name, where you'll also find a small zoo.

If you'd like to make your relaxation a bit more active, hop on a bike and follow a truly scenic, easy cycling trail that links all the major attractions around Františkovy Lázně. It will take you to the Soos Nature Reserve, to the ruins of the Gothic moated castle Starý rybník, and to the noble Seeberg Castle.

Golf & Spa

For enthusiastic golfers looking to enjoy a combination of relaxation and a round of golf, we also have good news – the 18-hole course at Golf Resort Franzensbad, set in a stunning landscape, is eagerly awaiting your stance at the first tee.

Legend has it that a woman who touches the big toe of the statue of little František will become pregnant within a year. The legend remains very much alive to this day. Perhaps that's one of the reasons why Františkovy Lázně is so successful in treating infertility.

Jáchymov



Karlovy Vary Region

laznejachymov.cz



The Krušné Mountains are a long mountain ridge of brooding forests, rust-coloured peat bogs, stone sphinxes, and flowering meadows. Amid this picturesque landscape lies the oldest radon spa in the world.

This area has always been a place of ore mining. Everything changed two years before the end of the 19th century. It became known that the local water contained a previously undiscovered element – radium. Completely new possibilities emerged, and a long spa future opened up for Jáchymov. The **first radon spa in the world** was founded here. And the world came to Jáchymov for treatment. And it still does.

Natural Healing Resources

In 1864, an accident occurred in the Svornost mine in Jáchymov. Miners extracting ore hit a very strong spring of water at a depth of five hundred metres underground. The water quickly flooded the entire shaft. For a long time, it wasn't known that this was, in fact, a stroke of luck for Jáchymov. Because in 1898, when Marie and Pierre Curie discovered an entirely new element – radium – in waste pitchblende, which, simply put, is the father of radon alongside uranium, the water of Jáchymov suddenly became extremely valuable. Its effects shocked the world.

But the true founding of the spa came in 1906, and six years later an astonishing building rose in the town – the monumental neoclassical palace Radium Kurhaus, known today as the Radium Palace. It was equipped with every imagina-



Spa Hotel Radium Palace

ble luxury of its time and remains one of the most modern spa houses in Europe. Over time, additional spa buildings and facilities were added to the Radium Palace, and equipment was modernised. But the essential part remained – thermal water with a high concentration of radon.

What Is Treated Here

Radon therapy is very gentle and does not burden the body. It is particularly suitable and effective in the treatment of musculoskeletal disorders – such as inflammation, rheumatism, ankylosing spondylitis, arthrosis, herniated discs, tendon and ligament damage, osteoporosis, gout, and peripheral paralysis. It also has beneficial effects on post-operative conditions involving joint replacements, the spine, and burns. It offers a significant strengthening effect – for loss of vitality in old age, exhaustion from demanding professions or athletic activity, and even for sensitivity to cold. Here, diseases of the nervous, metabolic, circulatory, and dermatological systems are also treated.

Jáchymov Highlights

Jáchymov itself is a remarkable little town. It holds several world firsts – **the oldest still-operating mine** (Svornost, 1518), the first mining vocational school (1716), and, as already mentioned, the first radon spa (1906). Unfortunately, it is also a place marked by a turbulent history, which you can explore by following in its footsteps.

Ski & Spa

Most trips head into the Krušné Mountains, especially to the ridges – to Boží Dar, the highest town in Czechia, or to the highest peak of the Krušné Mountains, Klínovec. Both offer very popular ski resorts. Enjoying the spa in winter adds a truly magical dimension to your stay. Klínovec offers 18 km of downhill slopes across 50 hectares, 90% of which are covered with artificial snow, modern four-seater chairlifts, a snow park, and 50 km of perfectly groomed cross-country trails. The ski resort in Boží Dar is smaller, but quieter. At both places, you'll enjoy fantastic skiing to your heart's content. And after a great day on the slopes, you can unwind in the Spa Aquacentre.

Lázně Kynžvart



Karlovy Vary Region

lazne-kynzvalt.cz



Beneath the majestically rising massif of the Slavkovský Forest, in an area with high and above all stable air humidity and crystal-clear air free from pollutants, lies Lázně Kynžvart.

Lázně Kynžvart is one of only six locations across Czechia that proudly bear the title of climatic spa. It has long specialised in treatment and **healing programmes for children** from as young as one and a half years of age. The entire spa regime is perfectly adapted to their needs. Today, however, it has also opened its doors to adults, becoming a family-friendly spa destination.

The triumph of clean air

The first spa buildings began to rise in 1863, and over the following thirty years, the spa grew to such an extent that its fame began to spread across the world. At that time, it was considered a luxury spa for a distinguished and affluent clientele. Although **climate therapy** was virtually unknown at the time, local specialists quickly realised that the climatic conditions here were entirely unique. They began to regularly monitor and evaluate air temperatures, humidity levels, and precipitation.

Natural Healing Resources

The combination of an altitude of 730 metres, high and stable humidity provided by the surrounding mixed forests, abundant sunshine, and exceptionally clean air – continuously monitored by state-of-the-art equipment – creates climatic conditions that serve as the spa's main natural healing resource. A supplementary source is the local mineral springs – ferruginous, hypotonic acidic mineral waters with a high content of silicic acid.



Lázně Kynžvart



Castle Kynžvart

What Is Treated Here

The spa focuses primarily on treating non-specific respiratory diseases, including those of allergic origin. It also achieves excellent results in treating obesity, skin conditions including psoriasis and eczema, metabolic disorders, and diseases of the digestive and musculoskeletal systems. Uniquely in Czechia, this spa provides spa treatment for kidney and urinary tract diseases in children and adolescents, as well as for adult patients.

Tips for Exploring the Area

The surrounding region is brimming with attractive excursion destinations. Visit the neoclassical **Kynžvart Chateau** with its rare Metternich collection of curiosities from around the world and its adjoining chateau park, or the romantic **ruins of Kynžvart Castle**, which can be reached via the newly established Fairy Tale Trail featuring local legends and wooden sculptures. Explore the mud volcanoes, follow the themed trail through the peatland area of Kladská, discover the remarkable Jewish cemetery, or set off to nearby **Mariánské Lázně**, several **golf courses**, or a geographical curiosity – the officially recognised and precisely measured **centre of Europe**.

Konstantinovy Lázně



Pilsen Region

konstantinovy lazne.cz



Nestled in a picturesque landscape on the outskirts of a serene woodland park lies the spa town of Konstantinovy Lázně, a hidden treasure waiting to be discovered.

Although Konstantinovy Lázně may live somewhat in the shadow of the more famous Karlovy Vary or Mariánské Lázně, it offers its own distinct advantages.

Like being among your nearest and dearest, this place is so peaceful and welcoming it feels like a home away from home. Most visitors forget about the outside world after just a few days in the spa—stress disappears, and problems fade away. This is all enhanced by the exceptionally **clean air** and a landscape that is often untouched by human hands.

At the modern Konstantin Wellness Centre, guests will find a relaxation pool, whirlpools, Kneipp paths, an aroma sauna, Finnish sauna, steam bath, and a fitness centre.

Natural Healing Resources

The local **sulphur spring** has long been—and still is—the source of mineral carbonated water, more precisely a ferruginous acidic mineral water with a temperature of 9.1 °C. What makes it truly unique is its carbon dioxide content—the highest in the entire Czech Republic.

What Is Treated Here

The healing mineral water forms the foundation of cardiovascular disease treatment. Patients are treated here for post-heart attack conditions, after heart, aortic, and major blood vessel surgeries, ischaemic heart disease, congenital and acquired heart defects, post-thrombosis states, and acute carditis. Another major group includes patients with



Konstantinovy Lázně



Konstantinovy Lázně

musculoskeletal disorders, neurological diseases, diabetes, and oncological diseases of the breast and prostate.

Tips for Exploring the Area

There are **four themed walking trails** around the spa: to Hradištský vrch for beautiful views, through the Úterský potok Nature Park, to the ruins of Švamberk Castle on Krasíkov Hill, and finally to the Spring of Love—who could resist? You can also head to the romantic ruins of Gutštejn Castle, to the nearby town of Bezručovice with its chateau housing the Museum of Czech Glass Art, or to the charming medieval town of Úterý with its delightful urban conservation area.

Tips For Active Leisure

Cyclists can ride to the stunning Baroque chateau in Manětín or to the monasteries in Teplá or Kladruby. In-line skaters will find great conditions here too, and especially lovers of **Nordic walking** will be in their element. You can even enjoy an unusual swim in a quarry, or play a round of golf at nearby Alfrédov, where an 18-hole course awaits you amidst a centuries-old lime tree avenue.

Lázně Libverda



Liberec Region

lazne-libverda.cz



Nestled in the picturesque Jizera Mountains, the pretty town of Lázně Libverda is surrounded by majestic mountain ridges.

The tranquility of the mountain basin, the clean air, and forests that create a unique climate—these are all reasons why this is the perfect place to relax and clear your mind of worries and stress.

And when you add the fact that the local healing mineral water, long known as the “**Divine Water**,” springs from the hillsides, it’s no wonder that Lázně Libverda has long been one of the most sought-after spa destinations in North Bohemia.

As early as the 14th century, pilgrims came here in large numbers to seek the “Divine Water,” but the first spa buildings were not erected until 1760. At the end of the 18th century, the Clam-Gallas family built an English-style spa park, a promenade, and a small Empire-style chateau as their summer residence. By that time, the spa had already gained such renown that distinguished guests from all over Europe were arriving—such as Emperor Joseph II, Russian Princess Anna Feodorovna, Franz Kafka, Alexander von Humboldt, and the composer Carl Maria von Weber, who found inspiration here for his opera *Der Freischütz*.

Natural Healing Resources

As early as 1910, an incredible 200,000 bottles of Libverda’s mineral water – the so-called Divine Water – were sold. It is a natural cold ferruginous mineral water of the bicarbonate-magnesium-calcium type with a high content of silicic acid.



Lázně Libverda

What Is Treated Here

The spa specialises primarily in treating the musculoskeletal system, including inflammatory and degenerative pain, as well as back and leg pain. The second major group of effectively treated conditions includes heart, vascular, and circulatory diseases – post-heart attack conditions, ischaemic heart disease, hypertension, post-thrombosis states, arterial diseases, post-varicose vein surgeries, and both congenital and acquired heart defects. Further treatment focuses on recovery after oncological diseases, metabolic disorders, diabetes, and neurological conditions.

Regional Cooperation

The spa is not only a destination for recovery after surgeries or illnesses – it also offers wellness stays that heal the soul.

LÁZŇŮ LIBVERDA, a.s. cooperates with local businesses, allowing them to provide top-quality treatments while minimising their carbon footprint. The range includes lavender procedures, hemp rituals, and aromatherapy.

Tips for Exploring the Area

A special gourmet experience awaits you at a remarkable restaurant with stunning views. It is called **Obří sud** (Giant Barrel) – and it truly is a barrel, nearly twelve metres high. Lovers of active relaxation should not miss a **walk along the themed trail** with five viewpoints over Lázně Libverda – the full circuit takes about three hours. For more active hikers, a scenic trail leads to the summit of the highest peak in the Jizera Mountains – Smrk (1,124 m a.s.l.). Cyclists will also be thrilled – the local network of cycle routes is dense and varied. You can follow the Pekelský Stream to Raspenava and continue to **Frýdlant**, where the breathtaking, truly fairytale-like castle and chateau complex with an extensive exhibition will leave you speechless.

In nearby **Liberec**, about 25 km away, you’ll find a renowned zoo, a botanical garden, and a rich cultural offering. Be sure to take a trip to **Ještěd** – the iconic cone-shaped hotel crowns the hilltop overlooking the city.

Teplice v Čechách



Ústí nad Labem Region

lazneteplice.cz



Teplice v Čechách



Teplice v Čechách



Thermalium



Osek - Cistercian monastery

At the foot of the forested Krušné Mountains, in a wide basin on the edge of the volcanic České Středohoří, stands the town of Teplice, which has existed for over seven hundred years. Its name in Czech is derived from the warm springs found here.

However, their discovery and first use go back much further than the town itself – people have known about the healing power of the local waters for over two thousand years. Lázně Teplice is the oldest spa in Central Europe.

Delving into the past, it's worth noting that the powerful spring known as Pravřídlo has been gushing from the depths of the Earth for eighteen thousand years. Teplice is a vibrant town with an extensive spa zone. Stepping into it feels like closing the door on the rush of everyday life and entering a haven of calm. Teplice is a spa of worldwide renown; in the late 19th century, it was even called “Little Paris” or the “Salon of Europe” – and rightly so.

Emperors, kings, scientists, artists, and military leaders gathered here; the promenades bustled with the most prominent figures of the continent. Anyone who was anyone came to be seen in Teplice. Among them were Tsar Peter the Great, Austrian emperors Joseph II, Francis I, and Ferdinand V, Prussian King Frederick William III, Swedish King Gustav IV, German Emperor Wilhelm I, French King Charles X, Schumann, Liszt, Casanova, Beethoven, Goethe, Chopin – the list goes on.

The Teplice Phenomenon: THERMALIUM

THERMALIUM is the largest reservoir of pure thermal spring water in Czechia, and the healing power of the spring is available here every day – to both spa guests and the general public. This is not a place for swimming – it is a place for regeneration. The water's composition essentially serves as nourishment for the joints. It helps prevent bone density loss and supports the health of the back, muscles, and joints into advanced age. In the largest spa facility, the spring temperature reaches 35 °C.

Supported by more than 100 massage elements, mineral absorption and regeneration take place continuously.

Natural Healing Resources

All spa houses in Teplice are supplied by **mineral springs**, the hottest of which is Pravřídlo, with water gushing at 42.5 °C. All the thermal springs provide moderately mineralised water of the bicarbonate-sulphate-sodium type.



On the golf course

What Is Treated Here

Teplice specialises in treating musculoskeletal disorders, including rheumatism, osteoporosis, and arthrosis, as well as neurological and vascular conditions such as paralysis, Parkinson's disease, multiple sclerosis, and inflammation of the central nervous system. Treatment takes place in four spa houses, the largest of which – and the oldest in Central Europe – bears the name of a famous guest: Lázně Beethoven.

What To See In Teplice

Begin your walk through Teplice at **Castle Square**, where you'll find one of the most beautiful Baroque plague columns in Europe, the work of the renowned Matyáš Bernard Braun. It is such a picturesque and noble spot that one hardly wants to leave. But that would be a pity. Also worth visiting are the gleaming white **Church of St John the Baptist** and last, but not least, the castle, which now houses the rich and fascinating collections of the regional museum. The **castle gardens** are just as lovely as they were in the days when Beethoven visited the town – it was here he met Goethe in person for the first time. Who will you meet here? Let the fate decide.

Tips for Exploring the Area

Head to **Dubí**, known for its stunning church – the northernmost example of Venetian architecture in the world. You can also visit the fascinating exhibition in the **House of Porcelain** with Blue Blood. For 150 years, the local porcelain works has produced “delicate white gold,” and the exhibition offers a cross-section of Czech porcelain history along with samples of modern-day production. See for yourself what they create in the only place in the world besides historic Meissen where official blue onion-pattern porcelain is produced.

Set out for the medieval mining town of Krupka, ride the cable car up to **Komáří vížka**, or visit the monumental Cistercian monastery in nearby **Osek**. Or would you rather explore the place where the legendary lover **Giacomo Casanova** lived?

Then head to Duchcov, for it was here that he spent many years of his life and eventually died in one of the castle's wings.

Golf & Spa

Golfers in Teplice will be delighted. They have two top-tier courses at their fingertips. **Golf Resort Barbora**, a parkland 18-hole course offering spectacular views of the Krušné Mountains and the nearby lake, and the highest-altitude golf course in Czechia – **Golf Klub Teplice** – set on the edge of a classic Krušné Mountains peat bog at the very crest of the range, in Cínovec.

Lázně Toušeň



Central Bohemia Region

slatinnelaznetoušen.cz



The Peat Spa Toušeň was founded in 1868 near a ferruginous spring. In 1889, the spa expanded its therapeutic methods to include unique peat wraps and baths.

The spa offers peaceful and pleasant relaxation in an intimate setting near Prague. It consists of a complex of buildings in a closed area with its own park and arcade in the small town of Lázně Toušeň, near the confluence of the Elbe and Jizera rivers.

In recent years, the spa complex has been expanded with a Department of Inpatient Rehabilitation Care for patients after musculoskeletal surgeries and injuries, as well as an Outpatient Clinic of Rehabilitation and Physical Medicine for the general public. Under the auspices of the Bulovka University Hospital, the **Toušeň Rehabilitation Centre** was created, of which the Peat Spa Toušeň is now a part.

Accommodation is available in single and double rooms in standard or superior categories in the main spa building. There are also two apartments with private entrances and rooms in a separate building, Na Výsluní, located directly on the arcade. All rooms are equipped with Wi-Fi, television, and other amenities depending on the category.

At the spa café, tourists and other visitors can enjoy coffee, an ice cream sundae, a warm wafer, draught lemonade, or a glass of wine. In the afternoon, the spa restaurant is also open to the public, offering an outdoor terrace and a full menu of light and hearty meals, as well as salads.

Natural Healing Resources

The renowned peat wraps and baths have been harnessing the beneficial effects of the local unique natural resource – sulphur-ferruginous peat, known as peloid – for over 135



Lázně Toušeň



Elbe Trail

years. This peat effectively stimulates blood circulation, relieves pain, relaxes muscles, and also has strong anti-inflammatory, antibacterial, and antifungal properties.

What Is Treated Here

The spa offers a wide range of therapeutic and relaxation procedures in a pleasant environment. It focuses primarily on the treatment of musculoskeletal disorders, as well as skin, neurological, and gynaecological conditions.

Tips for Exploring the Area

The spa is an excellent starting point for short walks or full-day excursions—the surrounding area is a paradise for hikers and cyclists. Several major cycling routes intersect in Lázně Toušeň, especially No. 2 Elbe Trail and No. 17 GW Jizera, which also form part of the EuroVelo Route No. 4. Whether you're riding along the Elbe to Hamburg or heading west on EuroVelo 4 to Brittany, the Peat Spa Toušeň complex is your most important stop along the way. **We look forward to seeing you in Lázně Toušeň.**

Poděbrady



Central Bohemia Region

lazne-podebrady.cz
detska-lecebna.cz
spahotelfelicitas.cz



Poděbrady is a picturesque town of many parks lying on the banks of the largest Czech river, the Elbe. You could spend days strolling through the town and its surroundings.

Silvery water jets into the sunlit air, colourful carpets of flowers bloom, the famous floral clock ticks softly, bushes are carefully trimmed in the French style, airy pavilions, fountains, winding paths, a heavenly calm and an atmosphere laced with gentle drowsiness – time in Poděbrady seems to pass just a little more slowly.

Natural Healing Resources

At the beginning of the 20th century, when dowsing was all the rage, Count Karel Bülow also succumbed to the trend. The owner of the Poděbrady chateau, Prince Hohenlohe, heard of his skills and invited the Prussian dowser to Poděbrady, watching eagerly as Bülow pointed to a spot in the chateau courtyard. On 1 August 1905, a strong spring really did burst forth from a depth of nearly one hundred metres, providing **healing water** to this day and bearing the name of its discoverer – Bülow's Spring. Two more springs followed two years later, enabling the foundation of the Poděbrady Spa in 1908. The water, still gushing from deep underground, is cold, **strongly mineralised acidic mineral water** of the bicarbonate-chloride-sodium-calcium type.

What Is Treated Here

Thanks to the composition of the local mineral water, physicians in Poděbrady achieve excellent results primarily in the treatment of circulatory system diseases – conditions after heart surgery, myocardial infarction, or chronic forms of ischaemic heart disease. Other conditions treated here include vascular diseases, high blood



Poděbrady

pressure, and disorders of the venous system in the lower limbs. The spa also achieves excellent results in the treatment of diabetes, neurological conditions, obesity, and painful conditions affecting the spine and major joints.

Highlights of Poděbrady

The town offers numerous landmarks, led by the Poděbrady Castle, which blends harmoniously into the town's character. You'll also find the statue of the Czech King George of Poděbrady, created by sculptor Bohuslav Schnirch, a Baroque Marian column, the Gothic Church of the Exaltation of the Holy Cross, and much more. Equally fascinating are more recent monuments – the very first functionalist railway station in Czechia, an impressive weir on the Elbe River, a unique radiotelegraph station, and of course the entire spa zone, crowned by the glass-walled Libenský Arcade with its unique reinforced concrete dome from 1938.

Tips for Exploring the Area

Set out for **Kutná Hora**, a historic town whose monuments are protected by UNESCO, and marvel at the beauty of the Gothic Church of St Barbara. Or visit what may be the most romantic Czech chateau – **Hrádek u Nechanic**.

A more unusual experience awaits you in the nearby village of Ostrá, at the Botanicus folk craft village. Here you can try your hand at forgotten skills, stroll through herb gardens, and watch the production of natural cosmetics. Travel back in time at the open-air museum of folk architecture in **Přerov nad Labem**.

If you're a cycling enthusiast or enjoy long rides on in-line skates, you'll love the riverside trail along the Elbe. It will take you all the way to the town of Nymburk or in the opposite direction to Libice nad Cidlinou. Each route offers a thoroughly pleasant ride through flat countryside, flood-plain forests, and along the calm surface of the river.

Golf & Spa

Spa and golf – a perfect pairing that naturally applies to Poděbrady as well. You'll be delighted by the parkland 18-hole course of the Poděbrady Golf Club.

Lázně Bělohrad



Hradec Králové Region

belohrad.cz



In the gently rolling landscape of the Krkonoše foothills lies a picturesque little town that will enchant you with its atmosphere, unique Lázně Bělohrad.

The Bělohrad Peat Spa has a rich history dating back to the 19th century. As early as 1872, Prague industrialist Dormitzer had a wooden hut with three bathing rooms built on the left bank of the Javorka River. However, it was not until 1885 that the spa truly began, thanks to the efforts of Prussian Countess Anna von Asseburg, who conducted the first successful treatments using the healing properties of the local peat. Lázně Bělohrad experienced great popularity and growth during the First Republic period, and its reputation continues to this day. In 2023, it received accreditation from the United Accreditation Commission, which evaluates quality in healthcare.

Natural Healing Resources

In the 1939 Spa Bulletin, Professor Cmunť wrote: *“Lázně Bělohrad has excellent peat, one of the best in Bohemia, and what’s more, it is as warm as Piešťany—only with the added benefit that the cool air of the expansive forests is within arm’s reach.”* His words still hold true nearly a century later. The current source of high-quality **sulphur-ferruginous peat** is a rich deposit near the village of Lány, just 3 km from the spa town. A reminder of the original excavation remains in Bažantnice Park, where authentic peat ponds offer romantic spots during walks through untouched nature. At the end of the tree-lined promenade, you’ll find the second healing source of the Bělohrad Spa – the **Vita mineral spring**. It is rich in bicarbonate, carbon dioxide, sodium, and calcium.



Lázně Bělohrad

What Is Treated Here

Lázně Bělohrad has long specialised in the treatment of musculoskeletal conditions, neurological indications, and rehabilitation following injuries and orthopaedic surgeries. The beneficial peat also shows very positive results in the treatment of gynaecological, oncological, and skin diseases, which are also treated here. The spa complex includes the modern **Centre for Comprehensive Rehabilitation**, opened in 2024 and equipped with thirty state-of-the-art rehabilitation devices. Children suffering from obesity, musculoskeletal, or gynaecological issues are also cared for at the spa’s dedicated **Children’s Spa**. A high-quality range of wellness services is provided by the luxurious **Spa Resort Tree of Life**.

Leisure Activities

Every month, Lázně Bělohrad offers its clients a rich cultural programme, including a variety of lectures, guided walks, concerts, and social evenings. Throughout the year, in cooperation with the town, they organise major cultural events such as the Opening of the Spa Season, and every week a special minibus departs for guided excursions around the beauty of the Krkonoše foothills. These include visits to the Hořice Wafer Factory, the Nová Paka Brewery, the Dvůr Králové Safari Park, and more.

Tips for Exploring the Area

The Charming Lázně Bělohrad offers several lovely spots for walks or short hikes. In addition to Bažantnice Park with the Vita spring and peat ponds, there is Pardoubek Pond, lined with dozens of wooden sculptures. The nearby church of Byšičky, steeped in legend, is another magical experience. For active relaxation, guests can enjoy a mini-golf course directly on the spa grounds or explore an extensive cycling network stretching nearly 100 km. A traditional sport in Bělohrad is tennis, with courts once graced by the king of Czech comedy, actor Vlasta Burian. Today, six outdoor courts and a tennis hall are available. Lovers of historical landmarks will enjoy an excursion to the Baroque Hospital Kuks, the castle and chateau complex of Staré Hrady, or the nearby fairy-tale town of Jičín.

Janské Lázně



Hradec Králové Region

janskelazne.com



The majestic, mostly forested Krkonoše Mountains surprisingly hold just one spa town within their embrace – but it is an exceptionally beautiful and very well-known one: Janské Lázně.

Beneath the nearly 1,300-metre-high Černá hora massif, on clearings along the wooded foothills, the town of Janské Lázně spreads out in all directions. Wherever the forest allowed, houses were built. The character of this mountain spa resort, nestled in the woods, has remained unchanged to this day. The clean mountain air and **healing water springs** together create ideal conditions for a spa stay. Whether in winter, summer, spring, or autumn – it is always beautiful here, and the surrounding nature is always irresistibly inviting for walks and excursions. The skiing is truly excellent, and the spa care highly effective.

Natural Healing Resources

The water that springs up here has significant healing properties. It is thermal, around 28 °C, and of the bicarbonate-calcium-sodium type. As early as the 1930s, Janské Lázně recorded great success in the treatment of poliomyelitis, and the treatment of musculoskeletal diseases remains the spa’s main specialisation and pride to this day.

Two springs rise here – Jan’s Spring and the Black Spring – which supply healing water to hydrotherapy treatments, including the spa’s Aquacentre.

What Is Treated Here

Janské Lázně successfully treats muscular, neurological, orthopaedic, but also skin, metabolic, and even respiratory diseases. Patients with back pain, nerve inflammation, post-encephalitis and meningitis conditions, paralysis,



Janské Lázně

joint replacements, and spinal surgeries receive excellent care here. What the healing water does not cure, skilled therapists and the clean mountain air often do.

Highlights In Janské Lázně

Walks and excursions through fragrant, peaceful forests are the signature experience of Janské Lázně. You can also stroll along the charming **Art Nouveau spa arcade**, which has been the centrepiece of the town square since 1904. Beneath it runs the Janský Stream, which had to be diverted into an underground tunnel during construction.

A pleasant walk through **Rudolf’s Valley** leads you from the town centre to the **Tree Top Trail**. Along its 1,500-metre route, you’ll have the chance to experience the Krkonoše forest from its roots to the treetops of its highest trees.

Tips for Exploring the Area

The most popular tourist destination is the mysterious **Černá hora** (Black Mountain). You can reach it in many ways – most comfortably by cable car, or more challengingly, but with a sense of triumph, on foot. Your reward will be a unique panoramic view of the Krkonoše Mountains from a lookout tower made from a former cableway pylon, and a walk along wooden footbridges through the Černá hora Peat Bog.

Ski & Spa

If you’re a skier, try the well-equipped ski resort located right next to the spa. You can choose from dozens of kilometres of slopes. Winter fun continues on a 4-kilometre-long natural toboggan run or on snowshoes, which are easy to rent here.

Golf & Spa

As you’ve probably come to expect, Czech spas never forget about golfers – and Janské Lázně is no exception. The nearby **Golf Club Mladé Buky** offers an 18-hole course with a 6-hole practice course – all set against the most beautiful backdrop: the panoramic view of the Krkonoše Mountains.

Velichovky

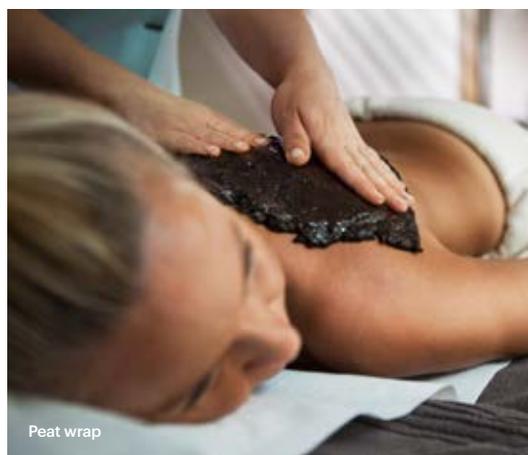


Hradec Králové Region

velichovky.cz



Velichovky



Peat wrap

The nostalgically charming spa town of Velichovky is nestled in the idyllic flat agricultural landscape of East Bohemia.

Lázně Velichovky was founded back in 1897, shortly after the discovery of the healing properties of local peat by MUDr Alois Kutík. However, its major development came only after the founding of the Czechoslovak Republic. That period saw not only extensive construction, but also the arrival of **notable guests**, including President Masaryk himself. The spa park on the edge of the village remains a true showcase of First Republic architecture – alongside beautiful villas, its greatest pride is the main spa building, **Masaryk House**. It is the work of one of the best-known architects of the First Republic, Milan Babuška, who also designed the late functionalist buildings of the National Technical Museum and the National Agricultural Museum in Prague's Letná district. The architecture gives the spa a pleasantly nostalgic atmosphere, even though the spa care offered here is entirely modern and of a very high standard. Tradition is taken seriously, and the spa takes great pride in its history – and in the experience that comes with it. Perhaps that's one of the reasons why spa guests feel so good here.

Natural Healing Resources

For over a hundred years, exceptionally high-quality **peat** from a local source has been used in Velichovky's spa treatments. It is a unique Cretaceous peat soil with a high content of calcium carbonate and iron. This natural healing resource is one of a kind in Europe and is stored in a vast deposit—experts estimate that the local peat reserves will last for another two hundred years. Thanks to its natural density, the peat is particularly suitable for wraps and baths.

What Is Treated Here

The local peat is especially beneficial in the treatment of musculoskeletal and neurological disorders. It deeply warms both soft and hard tissues, has anti-inflammatory, analgesic, and regenerative effects, making it ideal for treating the musculoskeletal system. It significantly helps to reduce or even completely eliminate pain in patients suffering from joint, muscle, and spinal conditions.

Lázně Bohdaneč



Pardubice Region

llb.cz



Pavilion Gočár

In a landscape of water channels and fishponds, near Pardubice, lies Lázně Bohdaneč, blessed with an abundant source of healing peat and mineral springs.

The surrounding countryside will quickly convince anyone who believes flat terrain lacks charm. The vast spa park and the national nature reserve around the Bohdaneč ponds are perfect for endless walks and excursions.

Healing Natural Resources

For four thousand years, peat lay waiting in the Bohdaneč wetlands until a bold and enterprising local man, Jan Veselý, recognised its potential. In the 1890s, during the drainage of local meadows, he had the idea to build a spa in Bohdaneč. For years, locals had been using the peat as fuel—so why couldn't it serve a more noble purpose? Upon professional examination, it was confirmed that the local peat was exceptionally suitable for therapeutic use, and so the history of the spa began in 1897. Over time, a second natural healing source was added – a **pure ferruginous-alkaline acidic mineral water**.

What Is Treated Here

Bohdaneč spa specialises in treating the musculoskeletal system, rheumatic conditions, Bechterew's disease, lupus, osteoporosis, arthrosis, post-orthopaedic surgery recovery, nervous system disorders, and many other conditions.

Highlights In And Around Lázně Bohdaneč

The best way to get to know the town is along the five-kilometre **Gočár Trail**, a local educational route leading past the main sights of Lázně Bohdaneč. Be sure not to miss one of the spa pavilions, designed by renowned Czech

architect Josef Gočár, after whom the route is named. This building, with the distinctive features of rare Cubist architecture, remains one of the spa's greatest points of pride.

A favourite place for spa guests to stroll is the **spa forest park**, home to tall, often century-old trees, idyllic nooks, well-maintained paths with rest areas, the Paradise Stream, and exotic flora. The park blends seamlessly into the surrounding countryside, allowing you to choose a walk as short or as long as you please.

Peat meadows, forests, reed beds nesting marsh and water birds, fascinating flora, rare fauna – these are the characteristics of the large national nature reserve Bohdanečský Pond and Matka Pond. Don't be surprised if an eagle, heron, or cormorant circles overhead. After dark, you might even hear a nightingale. A four-kilometre **educational trail** leads into the heart of the reserve, and you don't need to be a passionate ornithologist to be enchanted by this blessed piece of countryside.

The nearby town of **Pardubice** also beckons, with its Renaissance castle, charming square, renowned horse racetrack, and fragrant gingerbread – a local speciality.

Golf & Spa

Golfers have it easy in Lázně Bohdaneč – the course is just a short walk from the spa. Golf Club Pardubice has built an 18-hole course right next to the spa complex. Playing here is a true experience, thanks to the abundance of cleverly placed water hazards on a course as flat as a tabletop – a rare sight indeed.



Priessnitz Spa

Jeseník



Olomouc Region

priessnitz.cz



The Jeseník spa is nestled on a hillside, surrounded by forests that reach towards the sky. The air here is pristine; every breath is truly healing.

This is where the famous therapeutic method of Vincenz Priessnitz was born. This is the birthplace of the **Priessnitz wrap**. The renowned folk “water doctor,” a native of this region, was the first to harness the power of water. Today, his legacy proudly lives on in those who care for spa guests.

At the beginning of the 19th century, a young heir to a small farmstead lived in Jeseník – Vincenz Priessnitz. As a child, he noticed a deer washing its injured leg in a spring, eventually healing completely. Later, when he himself suffered a severe injury, he turned to water for help, using cold compresses, which aided his recovery – even though the doctors had already given up on him.

He became the first person in the world to build a makeshift **hydrotherapy spa** beside one of the springs on Studniční Hill – a simple hut with two tubs. His fame, however, grew rapidly, and soon he was treating some of the most distinguished individuals from all over Europe.

Natural Healing Resources

Strict adherence to the Priessnitz method, the use of both mineral and non-mineral forest springs, but above all, the truly unique climate shaped by air currents from the Baltic Sea rich in iodine, sea salt, and negatively charged ion particles – all of this has **profoundly beneficial effects** on the human body.



What Is Treated Here

According to the latest measurements, Jeseník has the cleanest environment in all of continental Europe! It is therefore no surprise that it successfully treats non-tuberculous respiratory diseases, including asthma and chronic obstructive pulmonary disease, as well as cancer, metabolic disorders, endocrine system diseases, mental health conditions, and skin diseases.

In recent years, the spa complex has introduced a one-of-a-kind Balneopark – Priessnitz’s Natural Spa. This water garden invites you to step through an icy pool, tread on submerged pebbles, and experience Priessnitz sprays, showers, and benches. The result is a strengthened immune system, reduced allergy symptoms, improved circulation, lower blood pressure and heart rate, enhanced vascular function, and relief from headaches, depression, and restlessness.

Tips for Exploring the Area

Begin your excursion at the unique colonnade in **Jeseník**, surrounded by ancient trees and offering incredibly beautiful views of the landscape. There is also a stunning park with a herb garden and a pond with water lilies.

The Jeseník area is a **paradise for hikers**. There are seven specially marked hiking routes that will lead you to springs and mountain peaks – such as Bílé kameny, the highest mountain of the Jeseníky range, Praděd, or Červenohorské sedlo.

The **Rychlebské Mountains** and the **Jeseníky** are right at your fingertips – and it would be a shame not to set off into this unspoiled nature to discover wonders found nowhere else.

Lipová-lázně



Olomouc Region

lazne-lipova.cz

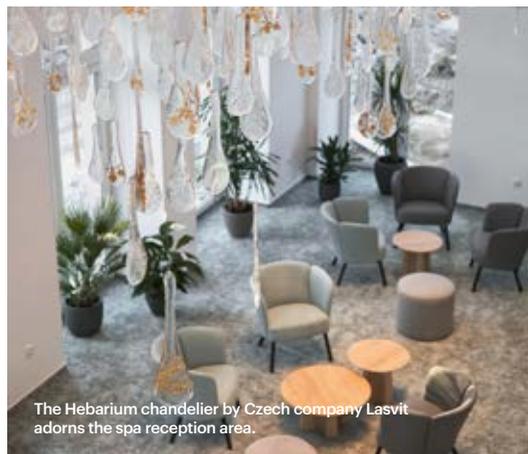


The Schroth Healing Spa in Dolní Lipová is a picturesque retreat nestled between the Hrubý Jeseník and Rychlebské Mountains, right in the heart of a popular tourist region.

In the early 19th century, a farmer named Johann Schroth lived in Dolní Lipová. Even as a young man, he began experimenting with treatments for livestock and was so successful that by his early twenties, he turned his attention to treating humans. His moist and warm wraps and steam compresses were so effective that he soon gained a reputation as a folk healer. He was friends with the later and more famous Vincenz Priessnitz, though the two would eventually diverge significantly in their methods. Schroth relied on rather harsh diets and wraps lasting up to eight hours. Undergoing his treatment required considerable resolve—perhaps that's why he initially attracted only those labelled as incurable elsewhere. From 1837, one can speak of spa care in Dolní Lipová, officially recognised by decree three years later. Johann's methods were adapted and softened by four generations of his descendants, who ran the spa until the end of the Second World War. Even today, the **modernised principles** of the Schroth method remain highly effective.

Natural Healing Resources

The main natural therapeutic resource here is the air—it is a climatic spa that benefits from the subalpine environment of the Hrubý Jeseník region, known for its exceptionally **high air quality**. The treatment also makes use of peloids and unique herbal blends from Lipová, alongside both traditional and state-of-the-art rehabilitation methods. Despite the modern equipment and facilities, the spa stays firmly rooted in nearly two centuries of healing tradition.



The Herbarium chandelier by Czech company Lasvit adorns the spa reception area.



Accommodation in Lipová Spa

What Is Treated Here

The spa specialises in the treatment of non-infectious skin diseases – particularly psoriasis – as well as respiratory disorders and mental health conditions. Significant success has also been achieved in the treatment of children with asthma and eczema. Treatment here is beautifully complemented by walks through the expansive spa park or the charming Anenské Valley, which directly adjoins the spa grounds.

Velké Losiny



Olomouc Region

lazne-losiny.cz



Imagine a picturesque little town cradled in the wide-open palm of meadows and fields, dotted with groves and woods, with stately mountain ridges rising majestically behind it. This is Velké Losiny, beneath the Jeseníky Mountains.

Velké Losiny is a small town steeped in history, which has left behind a generous legacy of historical landmarks. The Losinka stream flows through the centre of the town, and like pearls on a string, all the key sites are arranged along it – the grand Renaissance chateau, a Baroque handmade paper mill, the late Renaissance Church of St John the Baptist, and of course, the spa buildings, led by the Eliška Pavilion, built in the early 1930s. From the earth here springs the “healing waters,” as they were already referred to in the 16th century.

Natural Healing Resources

The springs in Velké Losiny are **thermal and sulphurous**. The most significant healing component is hydrogen sulphide, present in concentrations that make this one of the highest quality sulphur waters in Czechia. The water is approximately the same temperature as the human body – around 36 °C – meaning you won't find warmer springs anywhere else in Moravia.

What Is Treated Here

The longest tradition in Velké Losiny lies in the treatment of neurological conditions and musculoskeletal disorders. Treatments focus on back and joint pain, inflammatory diseases, tendon, ligament, and muscle pain, as well as soft tissue rheumatism. Among neurological conditions, the spa treats peripheral nerve disorders, post-inflamma-



Velké Losiny

tory states of the central nervous system, post-stroke and post-surgical recovery after brain or spinal operations, as well as multiple sclerosis and Parkinson's disease.

In recent years, there has been growing success in the treatment of skin diseases, including psoriasis, atopic eczema, and acne. The therapies also support treatment of blood pressure disorders, cardiovascular disease, and recovery following cancer treatment.

Within the spa park, lovers of thermal water can visit the unique thermal park **Termály Losiny**, which features nine thermal pools, water attractions, a sauna world, massage services, a restaurant, and day-use apartments.

What to see in Velké Losiny

Velké Losiny boasts two **parks** – a smaller one surrounding the chateau, and a larger one around the spa. Here, you can admire stunning rhododendrons, azaleas, colourful flowerbeds, majestic trees from around the world, historical spa buildings, fountains, and small pools. Let the paths and trails guide you to the courtyard of one of the most beautiful **Renaissance chateaux** in Europe. Built at the end of the 16th century on the site of a Gothic water fortress, it will enchant you with its magnificent arcades, intricate sgraffito decoration, and slender octagonal tower.

Just a few steps away, in a beautiful late Baroque and Classicist building, you can visit the **Paper Museum** – a functioning handmade paper mill that has been in continuous operation for four centuries.

Tips for Exploring the Area

The nearby Jeseníky Mountains are full of stunning hiking trails and irresistible cycling routes. Červenohorské sedlo, the peat bogs of Rejvíz, the Šerák nature reserve, the Bílá Opava waterfalls, or the king of the mountains, Praděd – these are destinations fit for seasoned adventurers. You can also cycle along the Witchcraft Educational Cycle Route, which takes you through sites linked to historical witch trials.

If you're a climber, head to Rabštejn, where you'll find over a hundred fascinating climbing routes – and you can climb here all year round!

Bludov



Olomouc Region

lazne-bludov.cz



Spa Bludov is located in North Moravia, nestled in the beautiful landscape at the foot of the Jeseníky Mountains, at an altitude of 297 metres.

The submontane climate, local natural spring, and the charming forest park setting place this spa among the well-known and sought-after spa destinations. The aim of Bludov Spa is to encourage patients to take responsibility for their own health and to achieve the best possible health outcomes. An educational manual for both children and adults is designed to engage patients actively in the treatment programme, addressing nutrition, physical activity, and mental well-being.

Patients learn to understand the causes of their excess weight, assess their family's dietary habits, and find ways to break free from an unsustainable passive lifestyle. All insights are recorded in the manual during the stay, so patients can continue their efforts once they return home. This programme combines the healing power of spa medicine with scientific knowledge.

For both adult and paediatric patients suffering from musculoskeletal disorders accompanied by overweight or obesity, the spa offers a blend of rehabilitation and weight reduction treatment – an area in which Bludov has over 70 years of experience. Excess weight increases the strain on joints, especially the knees, hips, and spine, leading to degenerative changes and reduced mobility. Weight loss during musculoskeletal treatment is therefore a vital step towards achieving long-term results.

For relaxation, circulation improvement, and body detoxification, try the procedures of the weight reduction centre: hydrocolon therapy (a gentle large intestine cleanse), both mechanical and manual lymphatic drain-



Spa Bludov



Relaxation

age, dry carbon dioxide baths (Biotherik), infrared sauna, infusion therapy (ozone, vitamin C + magnesium), and acupuncture.

Natural Healing Resources

The Bludov Spring is used in the treatment of musculoskeletal, metabolic, and endocrinological conditions. It is applied in thermal baths, hydrotherapy, and therapeutic exercise in a thermal rehabilitation pool. These are complemented by physiotherapy, wraps and thermotherapy, massages, SM system exercise, movement programmes, healthy nutrition, and education with nutritional and psychological therapists.

What Is Treated Here

In children, treatment focuses on obesity, diabetes mellitus, and musculoskeletal disorders. In adult patients, the focus is on diseases of the musculoskeletal system and also diabetes mellitus. A combination of natural healing resources, adjustments to daily routine and diet, sufficient sleep, and relaxation all contribute to maintaining long-term health.

Teplíce nad Bečvou



Olomouc Region

ltnb.cz



In an idyllic valley, nestled along banks of the River Bečva lies Teplíce nad Bečvou. The healing springs that rise from the earth here have been used for therapeutic cures since the 16th century.

Today, the spa buildings climb the steep slopes above the softly murmuring river. Life here flows slowly and calmly, giving you time to focus on yourself and your well-being. The area's unique mineral water lends its healing powers to assist you as much as it can – a true balm for the heart and nerves.

It was the year 1553 when the local estate owner, Jan Kropáč of Nevědomí, had a stone bathing reservoir constructed at one of the springs flowing from the slope. It would take another 158 years before the first two-storey brick spa building was erected – it stood on the bank of the River Bečva.

The town saw a major construction boom of spa buildings in the 1930s, a time when the **healing properties** of the local water were finally and scientifically confirmed.

Natural Healing Resources

The local springs are highly mineralised, carbonated, thermal waters of the calcium bicarbonate type.

What Is Treated Here

The spa has long specialised in the treatment of heart and vascular diseases. Cardiovascular conditions treated here include high blood pressure, post-operative states following heart surgery and heart attacks, ischaemic



Teplíce nad Bečvou

heart disease, and diseases of the arteries, venous system, and lymphatic system. Neurological disorders treated include Parkinson's disease, neuromuscular conditions, and post-injury and post-surgical states affecting the brain, spinal cord, and peripheral nerves. Other conditions treated include cancer, diabetes, and a wide range of musculoskeletal disorders and post-operative states.

Tips for Exploring the Area

Strolling along the banks of the **Bečva River** and through the sloping spa quarter is truly calming. You can add some variety to your walks by venturing underground – right next to the Bečva spa house is the entrance to the unique **Zbrašov Aragonite Caves**. These caves feature rare karst formations created by warm, mineral-rich, carbonated water. The water also warms the cave air to 15 °C – a temperature unmatched in any other Czech cave.

Above ground, you'll find architectural treasures such as the remarkable **villa designed by architects Ella and Oskar Oehler**. This highly acclaimed functionalist building is carefully embedded in the steep slope and still impresses observers today.

Nearby sights worth visiting include the **château in Hustopeče nad Bečvou** and the town of **Hranice**, home to interesting churches, a late Renaissance chateau, a synagogue, and a Jewish cemetery. Hranice also boasts the famous Hranice Abyss – the deepest freshwater-flooded cave in the world.

And for golf enthusiasts: just 12 kilometres from Teplíce nad Bečvou lies the village of **Radíkov**, home to a **golf club** with a pleasantly undulating nine-hole course beautifully integrated into the surrounding landscape.

Slatinice



Olomouc Region

lazneslatinice.cz



This family owned spa is the oldest spa in the whole of Moravia. The surrounding area is equally attractive, offering numerous monuments – Bouzov Castle, the château in Náměšť na Hané, or the historic city of Olomouc.

The first serious scientific study of the remarkable sulphurous springs in Slatinice dates back to the 16th century, when they were described in the Book of Healing Waters or Moravian Spas as unquestionably therapeutic. The owners of the local estate, the Liechtensteins, took advantage of this in the late 17th century and founded a spa. By 1714, the spa already had seven rooms and continued to grow. The first dedicated spa building was constructed in 1733. It is pleasing to note that this original architecture can still be admired today, as the current dining room, restaurant, and balneotherapy facilities are located in the historic building named **Morava**. At the end of the 18th century, the spa was nearly closed, but the prince heeded the appeals of the citizens of Olomouc and allowed it to continue operating. The spa experienced its most significant development during the First Czechoslovak Republic and again in the last twenty years, when its facilities underwent substantial modernisation. The entire complex was expanded, a **new spa house** was built, and the park was refurbished.



Slatinice



Slatinický sulphur spring

Natural Healing Resources

A highly effective natural **medium-mineralised water** with a high content of hydrogen sulphide springs here. Treatment is complemented by various types of electrotherapy, thermotherapy, light therapy, as well as ultrasound, pulsed magnetotherapy, and computer kinesiology. Top-level care is also provided in the field of rehabilitation.

What Is Treated Here

Disorders of the musculoskeletal and circulatory systems, neurological, dermatological, and oncological diseases. At the Specialist Rehabilitation Institute, patients are treated after total joint replacements, severe injuries, spinal surgeries, or with rheumatological and neurological conditions.

Karlova Studánka



Moravian-Silesian Region

horskelazne.cz



In a charming spa set in a mountain valley of the Jeseníky Mountains, on the banks of the Bílá Opava stream, the greatest asset alongside mineral springs is the crystal-clear air.

Karlova Studánka Spa is a true oasis of tranquillity in the heart of breathtaking nature. Adding to the uniqueness of the highest-altitude spa in Czechia is the Alpine character of its architecture. The **mineral springs** began to be used for therapeutic purposes as early as the first half of the 17th century, when the territory was acquired by the Order of Teutonic Knights. The first spa house was built in 1785 by the Grand Master of the Order, the youngest son of Empress Maria Theresa, Maximilian II Francis. (By the way, the spa is named after Archduke Charles, the Empress's grandson.) The oldest spa buildings are **Odra**, **Věžový dům** and **Praděd** – all dating from the late 18th century. Additional buildings were constructed mainly in the 19th century, when the popularity of this idyllic mountain spa began to grow rapidly.

Natural Healing Resources

Medium-mineralised carbonated mineral waters of the calcium bicarbonate type with an increased content of silicic acid spring here. Local therapeutic resources also include peat deposits that were used for healing purposes as early as 1910. Although their use ceased in the 1940s, in 2016 the spa obtained authorisation to reintroduce treatment with this peloid material, and now offers therapeutic wraps and baths once again. Carbon dioxide gas from the spring is also used to enrich certain baths. Effective spa procedures also include electrotherapy and rehabilitation.



Karlova Studánka



Relaxation in the sauna

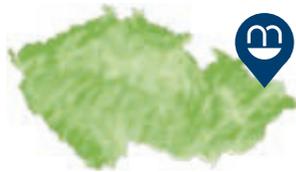
What Is Treated Here

Oncological diseases, circulatory system disorders, diabetes, neurological diseases, skin conditions, mental disorders, and respiratory diseases.

A Spa Not Just for Patients

The mountain spa of Karlova Studánka is, of course, not only intended for patients coming on doctor's orders. You can also book a shorter or longer stay yourself by choosing from a wide range of accommodation and wellness packages. The spa can also serve as a base for cycling or hiking tours. There is no shortage of opportunities to explore natural beauty, cultural monuments, and industrial attractions in the area. After a demanding outing, you will surely appreciate the chance to sit for a while on the terrace of the Letní lázně restaurant and café, or enjoy homemade desserts or ice cream in the Spa Confectionery.

Klimkovice



Moravian-Silesian Region

sanatoria-klimkovice.cz



Klimkovice

On a small hill at the foot of the Nížký Jeseník range, surrounded on two sides by forest, lies the Klimkovice spa complex. The town of Klimkovice itself is just under four kilometres away, making the spa grounds a completely self-contained, peaceful stretch of countryside offering fascinating views of the Beskydy Mountains.

The spa sanatorium complex was ceremoniously opened in 1994 and has since been providing guests with the utmost comfort. The foundation of all local treatments is a European rarity: iodine-bromine mineral water. The complex of modern buildings is architecturally unique, fully barrier-free and perfectly functional.

Natural Healing Resources

The first documented use of these salty mineral springs—locally known as “solanka”—dates back to the mid-19th century. It was discovered that the water, which is over ten million years old, contains an unusually high concentration of minerals. Its mineralisation is in fact even more concentrated than that of the Red Sea!

What Is Treated Here

The effects of the local water contribute significantly to the treatment of neurological disorders, including multiple sclerosis, musculoskeletal diseases, arthritis, back pain, rheumatism, and skin conditions. Excellent results are also achieved in the treatment of cardiovascular diseases, including lower limb ischaemic disease, as well as gynaecological conditions.

What To See in Klimkovice

Both of the extensive spa houses are intricately structured; the larger of the two even conceals an indoor arcade with fountains, benches, shops, and tropical plants. The outdoor area offers a wide range of opportunities for sports and relaxation. The complex includes Priessnitz's outdoor baths for upper and lower limbs, a mini-golf course, and a Forest Park – an ideal place for relaxation and leisurely walks.

Tips for Exploring the Area

The surroundings of the spa offer a number of attractive destinations for day trips. For example, visit **Hukvaldy Castle**, the châteaux of **Raduň** and **Hrádek nad Moravicí**, or **Nová Horka**.

For urban experiences, head to nearby **Ostrava**. Its **industrial heritage** sites are truly unique in the world.

Anyone with an interest in cars should not miss a trip to the town of **Kopřivnice** to explore the one-of-a-kind museum dedicated to the production of Tatra vehicles.

Golf & Spa

Golf lovers will be delighted by the number of courses within easy reach of Klimkovice. **There's Golf Resort Ostravice**, the famous **Prosper Golf in Čeladná**—an internationally recognised course built by top golfer Miguel Ángel Jiménez—the beautiful links-style **Golf Course Ropice**, or the picturesque course in the château park in **Šilheřovice**. The selection is truly first-class.

Karviná – Darkov



Moravian-Silesian Region

darkov.cz



Darkov Spa is one of the oldest iodine spas in Europe. It is situated in the foothills of the Beskydy Mountains, in the town of Karviná.

The healing springs in Darkov have been known since the 13th century. Back then, locals would collect the beneficial water from a nearby spring with the poetic name **Stříbrňočka** and use it in natural medicine. Salt was also extracted from the water. Later, the region experienced a veritable coal rush. One of the prospectors searching for coal deposits was Baron Jiří Bess of Chrastina. Although he wasn't successful in finding coal, a geyser of salty water began to gush from one of his test boreholes. His personal physician turned out to be a visionary and advised the baron to establish a spa on the site to treat people using the salty water and to extract **healing iodine salt** from it. The official permit to found the spa was granted in 1866, and once the baron submitted scientific certification confirming the quality of the water, he could begin preparations for the very first spa season in 1867. Over time, it became clear that the water was even more beneficial than originally assumed, which sparked the construction of more and more spa buildings. The spa's popularity and reputation grew, Darkov salt was exported across the world, and the local specialists passed down their knowledge and experience—something they continue to do to this day.

Natural Healing Resources

It has been proven that iodine is in fact the most effective balneological element. And the natural healing resource of Darkov – highly mineralised iodine-bromine brine – contains an impressive amount of iodine: up to 25 mg per litre. This brine originated from Tertiary sea water, which over millions of years became concentrated and enriched with elements from ancient marine flora and fauna. It is primarily used for baths and wraps.



Darkov Spa



Bath with local salt

What Is Treated Here

For more than 150 years, the spa has specialised in the treatment of musculoskeletal disorders and neurological conditions. Darkov Spa also achieves excellent results in the field of rehabilitation, in part thanks to its combination of traditional rehabilitation methods and robotic rehabilitation using state-of-the-art equipment.



Luhačovice

Luhačovice



Zlín Region

lazneluhacovice.cz
luhacovice.eu



Spa town Luhačovice is often the most beautiful spa town in Moravia. The charming valley nestled among forests was given its unmistakable character by the poet of wood, architect Dušan Jurkovič.

The magical atmosphere and healing springs also attracted Leoš Janáček, Tomáš Garrigue Masaryk, Karel Čapek and Alfons Mucha. Luhačovice is located in eastern Moravia, just a short distance from the Slovak border. The stunning nature of the nearby White Carpathians and Vizovice Hills attracts not only spa guests but also tourists and day-trippers who enjoy combining walks with perfect wellness, discovering local architecture or indulging in the vibrant cultural life that enlivens the town throughout the year.

There are **13 healing springs** in Luhačovice. The most famous is undoubtedly Vincentka, but locals also swear by Ottovka, Aloiska, Dr Šťastný or the New Jubilee Spring. You can taste them all during the traditional May Opening of the Springs.

Natural Healing Resources

Systematic use of mineral springs for therapeutic purposes has a tradition spanning more than 350 years. The local treasure lies in the hydrogen-carbonate-chloride-sodium iodine springs. Every hour, 15,000 litres of mineral water gush from underground, valued for their high mineral content and the presence of free carbon dioxide. Thanks to this, they are among the most effective healing springs in Europe. Today, their use is overseen by Lázně Luhačovice, a.s., but you can also confidently entrust your body to the professionals at the ROYAL SPA spa hotels.



Sun Spa – Sluneční lázně

What Is Treated Here

In adults, the treatment is particularly effective for respiratory illnesses such as asthma, allergic bronchitis, hoarseness and voice disorders, as well as for digestive issues – loss of appetite, stomach ulcers, post-operative recovery – and disorders of the musculoskeletal system, metabolic disorders (especially diabetes and obesity), oncological conditions and nervous system diseases. Treatment mainly focuses on respiratory diseases and also skin conditions.

Tips for Exploring the Area

Don't miss the White Carpathians near Valašské Klobučko, take a train ride to the excellent new exhibition of the Jan Amos Comenius Museum in Uherský Brod, visit the chateau, chocolate factory and Tjiwara museum in Vizovice, or take a day trip to the Baťa city of Zlín. In Zlín, be sure not to miss the zoo, where you'll find the tropical Yukatan pavilion, the GORA ARK for vultures, the Karibuni elephant enclosure, or the Stingray Bay, where you can even stroke the rays.

What to See in Luhačovice

Be sure to take the Sound Map of Luhačovice guide or the "Here Architecture Begins" guidebook on your stroll around the town. You'll see the romantic **Jurkovič buildings**, the functionalist White District by Bohuslav Fuchs, and the newly restored **Sluneční Lázně**, which are breathtaking. Step into one of the wellness centres, the Roman baths or the meditation yurt, walk along the Jurkovič Avenue to the Luhačovice reservoir, join a guided tour of the Vincentka factory or the spa wafer production facility. At the Museum of the Luhačovice Zálesí Region, explore the Dušan Jurkovič Cabinet, sip a coffee on the colonnade and taste every spring you encounter. Hop on a bike and head out on one of the 25 cycling routes prepared by the Zlínsko and Luhačovicko region. Ride the Bevlava cycle path, discover the White Carpathians, the Baťa Canal, viewpoints in the Vizovice Hills, or Wallachian wooden houses in Valašské Klobouky. Take the express lift to the roof of the Baťa skyscraper in Zlín, sit at the desk in the villa of traveller Miroslav Zikmund, or stroll through the Baťa factory complex. Everything is just a stone's throw away.

Ostrožská Nová Ves



Zlín Region

laznenovaves.cz



The sulphur spa in the heart of Moravian Slovakia is truly picturesque, nestled within an expansive forest park and offering a calm and pleasant family-friendly atmosphere.

The story behind the founding of the spa in Ostrožská Nová Ves is quite unique. While most discoveries of natural healing resources were made by doctors – rarely were they doctors of theology. But in Ostrožská Nová Ves, it was exactly that – local native and priest František Botek, a prominent figure of the Olomouc Archdiocese, was the one who advocated for a thorough exploration of the sulphur springs bubbling up in the marshes near the village. That took place in 1903, the same year a modest municipal spa was built, consisting of a single building with six bathing cabins and a waiting room for guests. Over time, the significance of the spa grew. Following the establishment of the Czechoslovak Republic, construction began, and the spa's capacity expanded. However, its most significant development came in more recent times. In the 1990s, the spa was privatised, and at the turn of the millennium, a new main spa building was erected. Since then, the spa has continued to flourish – the **spa villas Vlasta and Šárka** were renovated, and in 2011, the expansion was crowned with the construction of a colonnade, a spa café and a restaurant. The spa is crossed by an **educational beekeeping trail** that leads spa guests into the surrounding beauty. There are vast bodies of water, the natural monument Spa Wetland – yes, the very marsh where the sulphur springs were first discovered – and nearby flows the Baťa Canal. Slovácko, the region in which the spa is located, is a land of folklore, traditions, wine, castles and chateaux...



Ostrožská Nová Ves



Walks in Ostrožská Nová Ves

Natural Healing Resources

The therapeutic source consists of **natural mineral water springs** of the hydrogen carbonate-calcium-sodium-magnesium type, with a high sulphur content – in fact, the **highest concentration of sulphur** found in mineral water across all of Czechia.

What Is Treated Here

The spa specialises in treating nervous system disorders, circulatory issues, musculoskeletal conditions and skin diseases, particularly psoriasis and atopic eczema. The spa is also renowned for its excellent rehabilitation results.

Hodonín



South Moravian Region

laznehodonin.cz



A modern spa complex in the heart of south-eastern Moravia, it is situated on the edge of town in a pleasant park setting.

Until the middle of the last century, no one had any idea of the power of the local mineral springs. They were actually discovered by accident – drillers found that the water they were pumping **contained a considerable amount of iodine**. Had it not been for enlightened doctors from the hospital in Hodonín, this information might have simply faded into obscurity. However, the doctors took notice, carried out further analyses and soon began using the brine to treat patients with bone injuries and musculoskeletal disorders. The results were surprising and highly encouraging. This piqued the interest of balneologists, and after long-term studies and the trial treatment of several thousand patients, it was officially recommended to **establish a spa** in Hodonín. The first pavilion opened in the summer of 1979. The journey from opening the spa to achieving full operation, patient trust and popularity was a difficult one. But Hodonín succeeded. When the city of Hodonín took over the premises in 1993, the spa – previously a part of the Luhačovice spa complex – became independent. Its popularity continues to grow. This is undoubtedly due in part to the hospitable and culturally rich region, with wonderful wines, warm-hearted people and a very friendly atmosphere. In recent years, a **Day Spa pavilion** has also been built here, where the experience of therapeutic care is now available to the wider public, with a particular focus on regeneration and relaxation.



Spa Hodonín



Relaxation

Natural Healing Resources

Iodine-bromine mineral water is used, as brine. This iodine-bromine brine is water from the Tertiary sea, fourteen million years old. In addition to its low mineralisation, it is distinguished by a high iodine content and, thanks to its composition, ranks among the highest-quality iodine waters in Europe.

What Is Treated Here

Diseases of the musculoskeletal system, vascular and neurological disorders, as well as skin conditions are treated here. In addition, year-round targeted therapeutic and rehabilitation care is provided.

Lednice



South Moravian Region

lednicelazne.cz



Lednice Spa

The youngest spa in Czechia lies at the heart of the Lednice–Valtice area with decorative buildings and fairy-tale châteaux. The spa complex directly adjoins the château gardens, which can be accessed via a modern spa arcade.

The Lednice–Valtice area, protected by UNESCO since 1996, is a breathtaking region rich in water, flowing gently through alluvial forests, meandering in charming bends of the River Dyje, glistening in man-made canals and a chain of ponds. And it was right beneath this water-rich landscape that a different kind of water was discovered in the 1970s—ancient water, trapped 1,250 metres below ground in the underground chambers of a prehistoric sea. It soon became clear that this **mineral water, rich in iodine**, was quite unique in many ways and had remarkable healing effects. But much water flowed through the Château Dyje before the foundation of the spa. It wasn't until 2007 that spa care was launched here, and two years later, Lednice was officially granted spa status. Although the spa is very young, its therapeutic success, together with the exceptional appeal of the surrounding area and the wide range of excursions on offer—surpassing those of most other spas—make it a major and increasingly popular balneological destination. Moreover, the **Perla Spa House** offers a broad spectrum of wellness stays and even tailors its programmes to the changing seasons.



Castle in Lednice

Natural Healing Resources

Iodine-bromine brine, a mineral water whose composition resembles that of highly mineralised seawater (indeed, its origin dates back to the Tertiary period).

What Is Treated Here

The local brine is particularly effective in the treatment of musculoskeletal disorders. It is also successfully used in the treatment of neurological and gynaecological conditions.

Vráž



South Bohemia Region

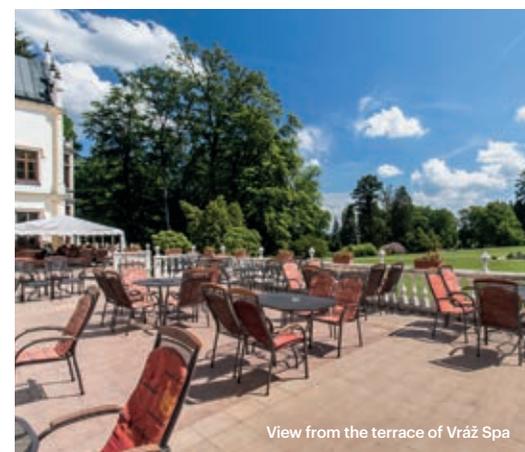
lazne-vraz.cz



Vráž

Vráž Spa is located in a peaceful and beautiful wooded landscape of South Bohemia, not far from Písek. The forest naturally merges into a splendid English-style park that adjoins the former château, once the summer residence of the Lobkowitz family.

When Viennese architect Bedřich Flohr designed this summer residence for the princely Lobkowitz family in the fashionable Neo-Gothic style in 1875, he could hardly have imagined that the château would one day become the centrepiece of a popular spa. The Lobkowitz family sold their summer retreat in 1926 to the Auxiliary Association for the Care and Health of Private Clerks and Officials in Prague, which later transferred it to an insurance company. The new owners invested in interior refurbishment and equipment, and in early 1936 opened a **medical sanatorium**. A major advantage of the new spa was that it was headed by leading Czech neurologist Professor Jiří Vítěk, who established a prestigious **rehabilitation centre** here for neurological disorders, and later for musculoskeletal diseases, making use of the therapeutic properties of the local earthy peat. Even then, one of the great attractions of Vráž Spa was the possibility of taking **delightful walks** in the surrounding area – to the Pond of Love or to Novovrážský Pond. Today, popular destinations also include the nature reserves Čertova hora and Hrbý. The romance of the landscape, the healing silence and tranquillity, the bird-song from an unusually diverse range of species, and the abundance of water features – all of these contribute to the charm of Vráž Spa and make it a sought-after spa destination.



View from the terrace of Vráž Spa

Natural Healing Resources

The healing source here is transitional lowland peat, ideal for preparing high-quality wrap mixtures. Treatment also benefits from the exceptionally favourable local climate.

What Is Treated Here

Neurological, orthopaedic, and rheumatological conditions are treated here, including post-injury and post-operative states. The spa also offers a walking school and comprehensive rehabilitation following amputations. The unique château atmosphere and the gentle embrace of nature also provide the perfect setting for relaxation stays and wellness, with a wide range of sporting activities as well as cultural and tourist experiences.

Třeboň



South Bohemia Region

laznetrebon.cz



A scenic landscape full of fishponds and endless ridges lined with avenues of centuries-old trees. Třeboň is a place where there is always something to do, to discover, to experience. It is undoubtedly a destination that soothes both body and soul!

In the mirrors of vast pond surfaces, fluffy Baroque clouds are reflected, and presiding over all this beauty is the historic town of Třeboň with its gleaming white chateau and proud fortifications. In the Land of Double Skies, as the Třeboň Region is often called, we find **rich deposits of healing peat**. The entire surrounding area of Třeboň has a spa-like feel – wherever you go, you'll feel as though you're strolling through a garden or chateau park – such is the charm of the South Bohemian landscape. It was at the end of the 19th century that peat was first used as a healing resource in Třeboň by a teacher named Václav Hucek. His daughter Berta, who had visited the West Bohemian spa towns, inspired him to examine the composition of the local peat. When it proved to be of very high quality, Václav Hucek built and ran the first spa house in Třeboň by the Zlatá Stoka canal. The older of the two Třeboň spas still bears the name of Hucek's daughter. The second spa house is nearly a century younger and was completed in 1975. Today, both spa facilities – **Berta's Spa** and the **Aurora Spa** – focus not only on traditional spa treatment but also on wellness and relaxation programmes.



Třeboň Castle



Třeboň region



Třeboň



Třeboň region

Natural Healing Resources

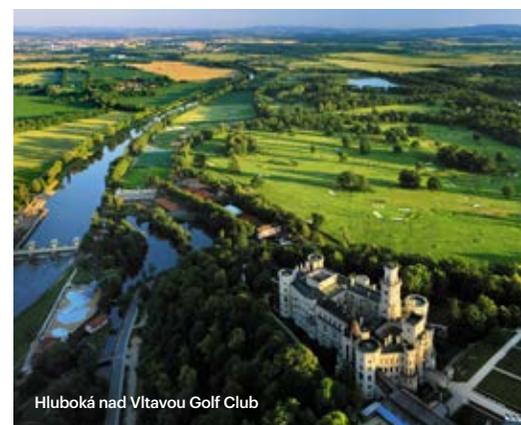
Třeboň peat is a high-quality material for therapeutic use. Before being used for treatment, it is processed and heated. Its main effect lies in the gradual and even warming of the body. In addition to its thermal impact, it has a beneficial effect on the skin and a positive influence on overall immunity.

What Is Treated Here

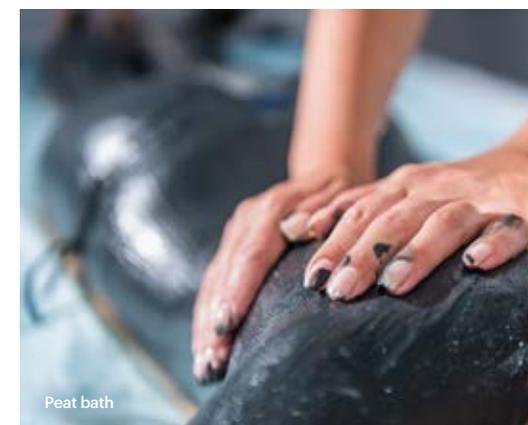
Třeboň's spas are suitable for the treatment of musculo-skeletal disorders, post-injury and post-operative conditions, rheumatic diseases, post-total hip replacements, arthrosis, rheumatism, osteoporosis, and general rehabilitation.

Tips for Exploring the Area

Historic Třeboň attracts heritage lovers with the complex of the State Chateau of Třeboň, the former Augustinian monastery with the Gothic Church of the Virgin Mary Queen and St. Giles, as well as the Regent Brewery, brewing beer since 1379. Masaryk Square, with its Renaissance and Baroque houses built on Gothic foundations, forms the heart of the town's heritage conservation area, a status Třeboň has held since 1976. The J. K. Tyl Theatre from



Hluboká nad Vltavou Golf Club



Peat bath

1833 or the neo-Gothic Schwarzenberg Mausoleum are also well worth a visit. Visitors can choose from a rich cultural offering – concerts, theatre, cinema, festivals, celebrations, markets, and more. Třeboň region was declared a biosphere reserve in 1977 under the UNESCO Man and the Biosphere (MAB) Programme. Only in Třeboň can you walk around the entire "Svět" ("World") in less than three hours. The flat fishpond landscape offers a wealth of walking and cycling trails. Many of them are also easily accessible for prams and wheelchairs.

Golf & Spa

From Třeboň, it takes just half an hour by car heading west to reach Hluboká nad Vltavou, where you can enjoy an excellent round of golf among ponds and canals, with the romantic chateau as your backdrop, across a total of 27 holes. The same journey time in the opposite direction will take you to two courses at the Monachus Golf Resort near Nová Bystřice, where you can choose to play either the 18-hole or the 9-hole course—both offering engaging terrain shaped by the undulating local landscape. After a golfing trip, relaxation at Třeboň's Aqua Viva Wellness Centre with its saltwater pool comes as a natural follow-up.



Carp fries

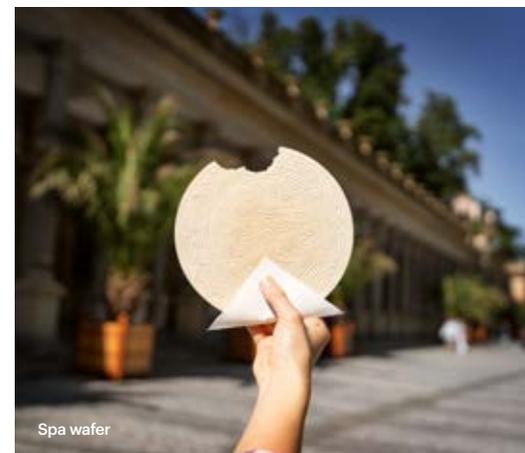
Gastro Tip

Třeboň is synonymous with the world of fish for the Czechs. Local restaurants serve Czech fish specialties, with the famous carp fries taking pride of place. In spring and autumn, fishpond harvests are held, often accompanied by programmes for visitors and the preparation of fish delicacies.

Other Czech spas



Peace and relaxation



Spa wafer

Bechyně

In the valley of the Lužnice River, nestled in the beautiful South Bohemian countryside, lies a spa whose natural healing resource is peat extracted from the Komárovská moorlands. The treatments focus on musculoskeletal disorders—arthritis and arthrosis, Bechterew's disease, metabolic conditions affecting the joints, tendon and muscle disorders, osteoporosis, and neurological diseases.

laznevechyni.cz

Buchlovice

In the picturesque valley of the Chřiby Hills, not far from Buchlov Castle and the château of Buchlovice, lies a sulphur spa founded in 1805. It was revitalised in 2012, and today the local sulphurous mineral water is used to treat neurological, circulatory, and musculoskeletal diseases.

lazneleopoldov.eu

Dubí

Tereza's Spa is located in the town of Dubí, on the southern slope of the Krušné Mountains, at an elevation of 420 metres. Its tradition dates back to 1870. It specialises in the treatment of musculoskeletal and neurological conditions, including serious impairments. The entire complex is fully wheelchair-accessible, and all services are conveniently available "under one roof."

laznedubi.cz

Kostelec u Zlína

Spas located in the beautiful landscape of Central Moravia, where healing springs rich in hydrogen sulphide emerge these spas specialise in treating musculoskeletal disorders – back pain, cervical spine issues and rheumatism, as well as circulatory, neurological and skin conditions.

hotelkostelec.cz

Lázně Kundratice

A spa situated near North Bohemian Liberec, in a valley beneath the majestic Ještěd Mountain. Treatment makes use of the local sulphurous-iron peat. The spa specialises in treating musculoskeletal and neurological conditions.

laznekundratice.cz

Mšené-lázně

Located near Roudnice nad Labem, just 45 km from Prague, Mšené Spa focuses on treating musculoskeletal disorders, nerve inflammation and post-operative recovery. There is also a wide range of wellness, beauty, regeneration and relaxation programmes. The therapeutic offering includes a broad selection of balneological and rehabilitation procedures and methods, with a particular emphasis on the use of the natural healing source – peat – and on movement therapy. Lázně Mšené is also an architectural gem. One of its seven pavilions is the Art Nouveau Dvorana, built in 1905. It was designed by Czech architect Jan Letzel, whose most famous work is the Industrial Promotion Hall in Hiroshima.

msene.cz

Kláštevec nad Ohří

The Evženie Spa Complex with three mineral springs is located in Kláštevec nad Ohří. It provides treatment for circulatory disorders, urinary tract conditions, and diseases related to sugar and fat metabolism. Mineral baths have exceptional effects on degenerative diseases of the musculoskeletal system.

lazneevzenie.cz



What is treated in Czech spas?

Spa resort	I.	II.	III.	IV.	V.	VI.	VII.	VIII.	IX.	X.	XI.	NTR
Bechyně						●	●					●
Bludov				●●		●●						●
Buchlovice		●				●	●			●		●
Dubí						●	●					●●
Františkovy Lázně	●	●	●	●		●	●			●	●	●●●
Hodonín		●				●	●					●
Jáchymov		●		●		●	●			●		●
Jánské Lázně	●●			●●	●●	●●	●●					●●
Jeseník	●●			●●	●●				●●	●●		●●●●
Karlova Studánka	●	●		●	●	●	●		●	●		●●
Karlovy Vary	●		●●	●●		●	●●					●●●●
Karviná – Darkov		●				●	●			●	●	●●
Kláštepec nad Ohří		●	●				●	●				●
Konstantinovy Lázně	●	●		●		●	●					●
Kostelec u Zlína							●			●		●
Lázně Bělohrad	●●					●●	●●			●●	●●	●
Lázně Bohdaneč						●	●					●●
Lázně Kunderlice						●	●					●
Lázně Kynžvart			●●	●●	●●		●●	●●		●●		●●
Lázně Libverda	●	●		●		●	●					●
Lednice						●	●					●
Lipová-lázně	●●			●●	●●				●●	●●		●
Luhačovice	●●	●	●●	●●	●●	●	●			●		●
Mariánské Lázně	●	●	●	●	●	●	●	●				●●
Mšené Lázně	●					●	●					●
Klimkovice		●●		●●		●●	●●			●	●●	●
Ostrožská Nová Ves	●	●				●	●			●		●
Poděbrady	●●	●●		●●		●●	●●					●
Slatinice	●	●				●	●			●		●
Teplice nad Bečvou	●●	●●		●●		●●	●●					●
Teplice v Čechách				●●		●●	●●					●
Lázně Toušeň						●	●			●	●	●
Třeboň						●	●					●
Velichovky	●					●	●					●
Velké Losiny	●●	●				●●	●●			●●		●
Vráž						●	●					●

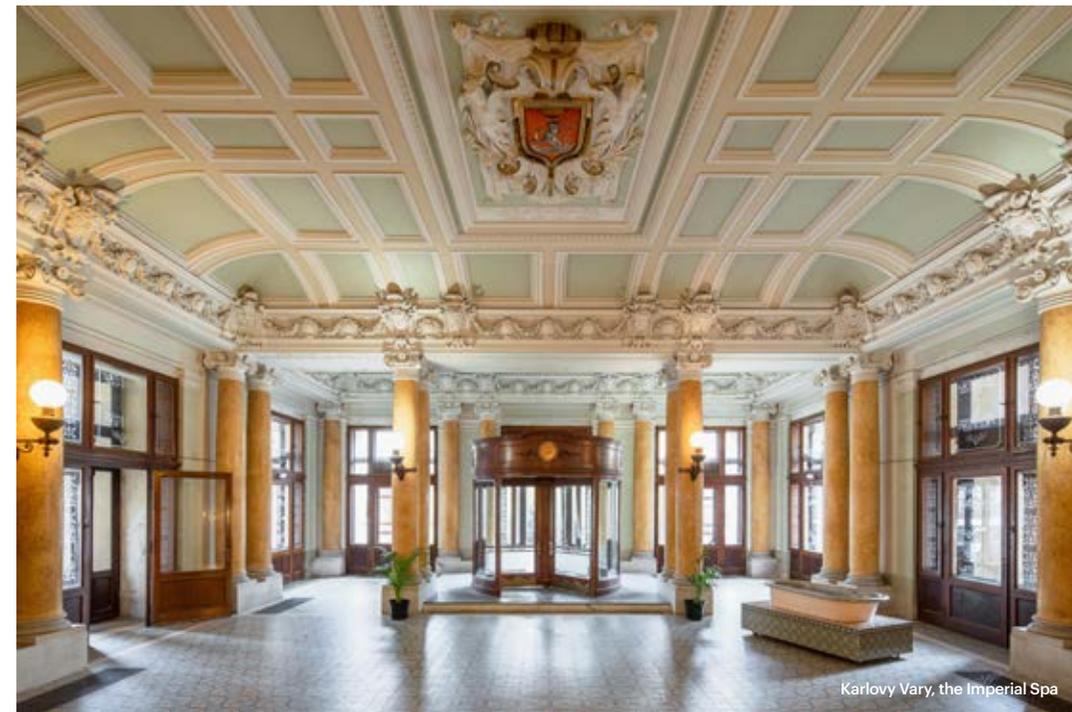
● – adults ● – children

Source: The Ministry of Health

- I Oncological diseases
- II Diseases of the circulatory system
- III Diseases of the digestive tract
- IV Metabolic disorders and diseases of the endocrine glands
- V Diseases of the respiratory system
- VI Nervous system diseases
- VII Diseases of the musculoskeletal system
- VIII Diseases of the kidneys and urinary tract
- IX Mental disorders
- X Skin diseases
- XI Gynaecological diseases

Natural therapeutic resources (NTR)

- mineral water
- peloid (sludge, peat, mud)
- spring gas
- climatic spa



Karlovy Vary, the Imperial Spa

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Czech Spas

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Despite careful research, the information contained in this brochure is subject to change.

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A close-up photograph of a hand holding a white ceramic mug with blue floral patterns and the text 'Karlovy Vary' on it. The mug is being filled with water from a chrome faucet. The background is a blurred, warm-toned surface, possibly a sink or a spa. The word 'unexpected' is written in white, underlined, sans-serif font across the top of the image.

unexpected

iso drink

Sometimes it's hard to heal until we go right to the source. Thankfully, there are vast sources of rich mineral water in Czechia.

**Active holiday or a spa break?
Have both at once.**

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