

Treat yourself to genuine relaxation at traditional and non-traditional Czech spas

Prague, August 2011 Is spa treatment to you nothing more than drinking from healing springs and mud wraps? Come to the Czech Republic and let yourself be proven wrong! We will let you decide whether you prefer bathing in chocolate or beer, or if you'd rather a massage with real pearls...



Something for chocolate lovers

Does the word chocolate epitomise what you love most in the world? In that case, **Buchlovice Spa** (www.laznebuchlovice.cz) is ideal for you. Here you can treat yourself to relaxing chocolate and honey massages and other wellness treatments full of chocolate. You can also convince yourself that chocolate and beauty go hand in hand at the most visited Moravian spa, **Luháčovice**. After the unique local **chocolate treatment**, your skin will be rejuvenated, softer, and your body will be rid of excess toxins (www.lazneluhacovice.cz).

Something for hops lovers

Do you agree with the Czech proverb that “hunger is thirst in disguise”? Will you hear not a word against the “Czech liquid gold”? In that case, venture to the Karlovy Vary region, but rather than the renowned “spa triangle” make **Chodová Planá** (www.chodovar.cz) your destination. The local Chodovar family brewery offers beer baths to its guests. The bath, at a temperature of 35°C and with characteristic caramel-coloured beer froth, is an excellent treatment against psoriasis, acne and cellulite. What's more, every tub has a beer tap, so you need not worry about getting thirsty during treatments.

Beer baths are tremendously popular among spa-goers, and these services have been introduced by a number of other small family breweries. You can treat yourself to such relaxation, for example, at the Svatováclavský (Saint Wenceslaus) microbrewery in **Olomouc** (www.svatovaclavsky-pivovar.cz) and at the so-called beer spas in **Rožnov pod Radhoštěm** (www.roznovskepivnilazne.cz), **Štramberk** (www.pivni-lazne-stramberk.cz), or Harrachov (www.sklarnaharrachov.cz/lazneinfo.php).

In wine there is health

Do you prefer wine to beer? Then the wine spa in **Lednice** is perfectly suited for you (www.lednicelazne.cz). Here you can even have a bath in champagne. The alcohol-free champagne extract has a beneficial effect on skin and hair. It is anti-inflammatory, eliminates free radicals, and replenishes one's energy.

Relax in luxury

Do you love luxury? Then you will definitely find relaxation with the pearl massages at **Chateau Mcely** (www.chateaumcely.com). This romantic chateau, originally a hunting lodge, is situated about an hour's drive from Prague in the direction of Mladá Boleslav. In addition to pearl therapy, silk therapy is also offered.

Go the fruit route

Do you enjoy a bit of cranberry sauce with your Sunday roast? And have you ever tried a cranberry massage? You can rectify that at the Jeseník Spa (<http://www.priessnitz.cz/cz/>). Thanks to their high vitamin C and E content, cranberries have regenerative and anti-oxidizing effects. The **Libverda Spa** (<http://www.lazne-libverda.cz/>) will help rid you of stress using a full-body wrap of banana leaves, while in **Lázně Bohdaneč** (www.lazne.bohdanec.cz) you can take advantage of the beneficial effects of cinnamon.

Healing through freezing

Even cold can be healing and relaxing. You can experience its positive effects on alleviating pain as well as chronic troubles including stress and fatigue, for example, at the **Teplíce nad Bečvou Spa** (www.ltnb.cz), specifically in the local cryogenic chamber. This therapy is also offered to guests of **Spa Darkov** (www.darkov.cz). Cold treatments are also available at Čeladná in the Beskids Mountains (www.brc.cz).

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