



ensana

Meet Well. Feel Better. Achieve More.

**WellMeeting® by Ensana combines
productive business with wellbeing.**

Healthy nutrition, active breaks, natural healing resources
and revitalising spa experiences help participants recharge,
reconnect and perform at their best.

Why Mariánské Lázně

The WellMeeting® concept brings wellbeing and meetings together, turning corporate events into healthier and more inspiring experiences.

In Mariánské Lázně this comes naturally. A UNESCO-listed spa destination with more than 200 years of healing tradition, the town combines natural mineral resources, clean air, beautiful parks and renowned medical and wellness expertise in one elegant setting.

Ensana sits at the heart of the destination, with 7 hotels and 920 rooms — enough capacity and flexibility for anything from an intimate executive meeting to a large conference or incentive.

Our venues range from traditional meeting rooms and elegant historic halls to the iconic Mariánské Lázně Colonnade, which no other operator in the town can offer.

7

Hotels in one
spa quarter

920

Rooms

11

Meeting
spaces

900

Guests in
the Casino



Room & Sleep

Complimentary services

Pillow Menu (on request)

A curated selection of firmness levels and hypoallergenic options to match individual sleep preferences and support optimal neck alignment.

Fitness Menu (on request)

Small fitness equipment to help guests stretch, recharge and stay active in the comfort of their room.

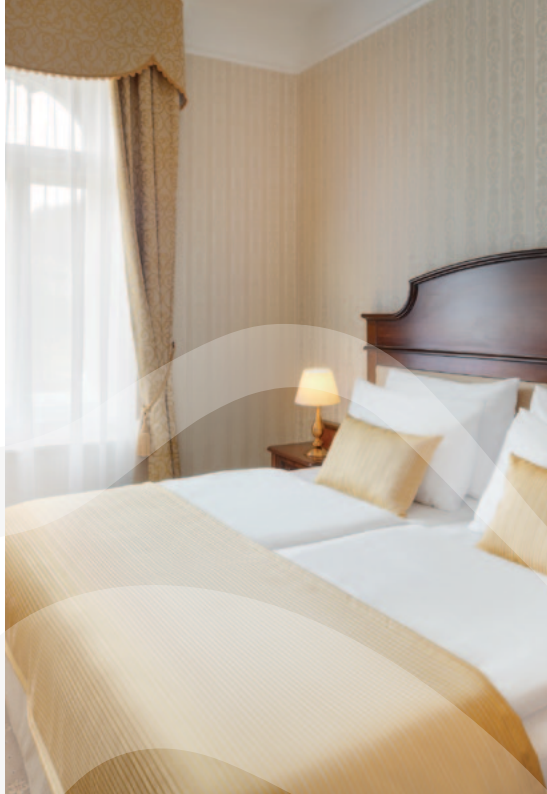
Sleeping Bag for Mobile Phone

A simple digital detox solution encouraging guests to disconnect before bedtime and enjoy better sleep.

Anti-Fatigue Face Mask

A refreshing wellness amenity designed to reduce signs of fatigue and help guests wake up feeling revitalised.

All items are subject to availability and can be bundled into a Sleep Better amenity package for your group.



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Outdoor Experiences

Forest Bathing

Slow down and reconnect with nature in Mariánské Lázně's peaceful forests, reducing stress and restoring mental energy.

Climate Trail Walk

Discover Mariánské Lázně's unique healing climate on a guided walk combining fresh air, gentle movement and natural wellbeing.

Nordic Walking

Recharge body and mind with an energising Nordic walk through the scenic parks and forest trails surrounding the spa town.

E-bike Tours

Explore Mariánské Lázně and its beautiful surroundings by e-bike — an active and enjoyable way to experience the destination together.

Golf

Play the Royal Golf Club, 18 holes, opened in 1905 by the British King Edward VII, whose Royal Cabin still stands in our hotel Nové Lázně.

To-Go Coffee Breaks

Take your coffee break outdoors — fresh air, light refreshments and a change of scenery while recharging between meetings.



Spa & Wellbeing

Signature to Mariánské Lázně

The Roman Baths, 1896

Bathe where the spa's first guests did — the original Roman Baths are still in use in our hotel Nové Lázně.

The Royal Cabin of Edward VII

A mineral bath in the preserved private cabin of King Edward VII, unique to Mariánské Lázně.

Healing Mineral Water Tastings

Discover Mariánské Lázně through its natural mineral springs with a guided tasting of local healing waters and their unique characteristics.

Outdoor Kneipp Therapy

Stimulate circulation and awaken the senses with a refreshing Kneipp experience in the open air.

Medical Expertise on Site

InBody Measurement

A five-minute body-composition scan with a written summary, available as a rotating station during breaks.

Management Treatment Package

For up to 10 participants — rapid diagnostics, targeted massage and relaxation therapy for leadership groups.

Sessions Around Your Agenda

Yoga

Restore balance and focus with a guided yoga session combining gentle movement, breathing and relaxation.

Aqua Exercise

Recharge with a refreshing low-impact workout in the pool, combining movement, wellbeing and fun.

Between-Session Stretch, 10 min

Recharge with simple guided stretches designed to release tension and restore focus between meetings.

Cold Exposure Therapy

Boost energy and resilience through a guided cold exposure experience designed to invigorate body and mind.

Five Concept

An equipment-based method suitable for every age and fitness level — it strengthens the muscular system, releases fascia and improves stability and mobility. Many participants feel the difference after only a few sessions.



Healthy Coffee Breaks & Dining

Take-Away Picnic Coffee Break

A portable coffee break prepared for outdoor meetings, walks and team activities.

From € 18 / person

Smoothie Station

Freshly blended fruit and vegetable smoothies enriched with natural superfoods.

From € 7 / person

Fit Bites

Protein balls, energy bars, nuts and healthy snacks for quick, nutritious breaks.

From € 3 / person

Superfood Bar

A colourful selection of nutrient-rich bowls with seeds, berries, grains and fresh toppings.

From € 3 / person

Brain Food Breaks

Nutritious snacks and refreshments selected to support energy and concentration.

From € 7 / person

Ensana Signature Dishes & Specialties

Healthy regional cuisine inspired by local traditions and Ensana's wellbeing philosophy.

From € 9 / person

Grill Evening

An outdoor dining experience featuring lean grilled meats, fresh vegetables and seasonal sides.

From € 33 / person

All prices are per person. Menus can be adapted to dietary requirements given in advance.



Conference & Meeting Facilities

Designed for focus, comfort and wellbeing

The Casino Conference Centre — Italian Neo-Renaissance, its Marble Hall dating from 1867 — hosts up to 900 guests across six halls and lounges, with a cast-iron terrace for the summer months. Internal corridors connect it directly to the hotels Nové Lázně, Centrální Lázně and Hvězda. Five further meeting rooms are located in the hotels Nové Lázně, Hvězda, Butterfly and Pacifik.

Room	Size	Theatre	Banquet	Reception
Marble Hall, Casino	376 m ²	450	250	300
Mirror Hall, Casino	300 m ²	160	160	250
Red Hall, Casino	190 m ²	130	130	180
Gallery I, Casino	128 m ²	100	100	150
Salon Bellevue, Butterfly	119 m ²	90	60	100

and six further rooms from 32 m²

Professional Meeting Setup

Flexible room layouts (boardroom, theatre, classroom, cabaret or U-shape) with modern AV equipment, stationery, hydration stations and elegant décor.

Spaces that Support Performance

Daylit meeting rooms, breakout areas, outdoor terraces, high-speed Wi-Fi and quiet zones designed for concentration and informal networking.

Integrated Wellbeing Breaks

Guided stretching, breathing exercises, mineral water walks, thermal wellness experiences and other WellMeeting® activities.

Alternative Seating

Ergonomic seating options, including fit balls and dynamic chairs, to promote movement, healthy posture and sustained focus.

Every WellMeeting® can be tailored to your agenda, company culture and brand requirements.





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Plan your WellMeeting®

Whether you are organising an executive retreat, an international conference, an incentive programme or a leadership workshop, our local team will design a WellMeeting experience tailored to your objectives.

Come and see the venues first — we will walk you through the Casino, the hotels and the springs in an afternoon, and build a programme and a quotation from there.

Ensana Mariánské Lázně

Conference & Events

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