



ensana

Mariánské Lázně

Ensana Health Spa Hotels

Spa Treatment
in Mariánské Lázně

ENSANA Health Spa Hotels Mariánské Lázně continues the rich tradition of spa care in Mariánské Lázně. All the company hotels – **Nové Lázně, Centrální Lázně, Hvězda, Pacifik, Butterfly, Vltava** and **Svoboda** – have their own teams of physicians and medical personnel and primarily utilise natural healing resources, i.e. mineral springs, the unique Maria's gas with its high CO₂ content, peat wraps, peat, as well as having a therapeutic climate.



The team of physicians of ENSANA Health Spa Hotels Mariánské Lázně

Dear Guests and Spa Devotees,

It gives me great pleasure to welcome you to our beautiful spa town of Mariánské Lázně, which is often referred to as the „town of springs“ thanks to its wealth of natural mineral springs. These springs were the main reason for the foundation and development of the spa town and along with the omnipresent greenery, they accentuate the one-of-a-kind character of one of the most significant spa towns in Central Europe.

Mariánské Lázně is the centre of regeneration and recuperation where traditional balneology meets modern medicine. The treatments making use of natural healing resources are the cornerstones of our treatment. And together with therapeutic rehabilitation, physiotherapy, treatments using modern treatment methods and technology, and last but not least, nutritional counselling, we create a complex therapeutic programme tailored to each guest.

Improving both the physical and mental condition, spa treatment has its irreplaceable place within comprehensive care. In today's fast paced times, mental health needs much more attention and due to acquiring the status of a climatic spa, we can incorporate new attractive spa treatments into our treatment programmes in the setting of the greenery of our parks and forests.

We also believe that prevention is the key to long-term health. Therefore, we are already implementing a range of diagnostic methods for the early detection of serious diseases, and we lay emphasis on education in the fields of nutrition, physical activity, and a healthy lifestyle. After all, our task is not only to cure, to speed up recovery or to return to normal life. A spa is not just for the elderly or the sick. Mariánské Lázně wants to practically demonstrate that spa treatment plays an essential role also in terms of prevention since the current societal trend is to maintain a high standard of human health and quality of life.



MUDr. Pavel Knára

Head Physician Emeritus of Nové Lázně

In the 21st century, balneology is changing its character. In addition to classic spa treatment, spa facilities are starting to provide what I would call „spa rehabilitation“. There are more and more guests with musculoskeletal impairments. The biggest increase is amongst guests following musculoskeletal surgery. You know, when someone gets a hip or knee replacement, they think they will be up and running in no time the same as when they were young. It is not quite like that. Naturally, the surgery is the most important thing but it must be followed by the second step – rehabilitation. And this is where the possibilities of our spa are enormous. The 21st century is thus an era of „spa rehabilitation“ at spas.



FIVE STAR SPA

Mariánské Lázně is a five star spa

- ◆ It has had the status of a climatic spa since 2023
- ◆ There are more than 40 mineral springs, the most famous being the Rudolph Spring
- ◆ Maria's Spring is a unique natural curative spring containing 99.7% natural CO₂
- ◆ Spa treatments are provided with the use of the local natural healing resources, especially including water carbonated baths – mineral baths
- ◆ It is listed on UNESCO's World Heritage List as one of the „Great Spa Towns of Europe – Slavná lázeňská města Evropy“

INDICATIONS:

- ◆ **Musculoskeletal system disorders** – vertebrogenic syndrome (back pain), large joint arthrosis, conditions after orthopaedic surgery, including joint replacement and spinal surgery
- ◆ **Kidney and urinary tract disorders** – all types of kidney stones, urinary tract inflammations, including bladder inflammation, prostatitis, and post-surgery conditions
- ◆ **Respiratory tract disorders** – chronic bronchitis, bronchial asthma, and conditions after respiratory tract surgery
- ◆ **Metabolic disorders** – gout and diabetes mellitus with complications



- ◆ **Neurological disorders** – Parkinson's disease and nerve root disorders
- ◆ **Oncological diseases** – spa treatment of patients following cancer treatment
- ◆ **Gastrointestinal tract disorders** – gall bladder, stomach, pancreas, and intestine diseases
- ◆ **Circulatory system disorders** – hypertension and ischemic heart disease
- ◆ **Skin diseases** – atopic eczema, generalised and arthropathic psoriasis vulgaris

CONTRAINDICATIONS

- ◆ Pregnancy
- ◆ Acute infectious diseases
- ◆ Malignant tumours during treatment
- ◆ Serious heart disease
- ◆ Addiction to alcohol and addictive substances
- ◆ Non-healing skin defects
- ◆ Inability to walk independently and to perform daily activities independently
- ◆ Epilepsy



NATURAL HEALING RESOURCES

For our spa treatment, we utilise natural healing resources: mineral springs, the unique Maria's gas, peloids, and the therapeutic climate

Mariánské Lázně was blessed with the mysterious power of carbon dioxide which the most visible are the mineral springs, which are intensely saturated with this gas and are able to release it under the right conditions. This property is put to use in traditional mineral baths or the mineral water drinking cure. Other minerals present in the mineral springs also play a role in the mineral water drinking cure and determine the success of the treatment.

MINERAL SPRINGS

There are more than 40 mineral springs in Mariánské Lázně. The significant difference in their chemical composition allows the mineral water drinking cure to target a wide range of various organ diseases. The mineral water quantity prescribed for the drinking cure varies depending on the diagnosis and the condition of the patient. The mineral water drinking cure is always prescribed by the attending physician. The mineral springs are also used for mineral baths and inhalations.

NATURAL CURATIVE CO₂ GAS

Maria's Spring is actually a powerful gas seep (99.7% of natural CO₂). The natural curative gas is administered in the form of dry carbon baths. This procedure is becoming ever more popular because in addition to lowering blood pressure, improving heart function and blood circulation in the lower limbs, patients report a significant improvement in sexual functions. The natural curative gas is also applied in the form of subdermal injections for joint and spinal disorders and ischemic heart disease. A brand new procedure is Maria's gas bath with oxygen therapy. It is a dry carbon bath in Maria's gas complemented with oxygen therapy.



PELOIDS – PEAT AND PEAT WRAPS

Peat wraps and peat are found in the vicinity of the springs. They are usually applied at a temperature of 40°C for 20–30 minutes. Peat wraps are used for the treatment of musculoskeletal and respiratory tract disorders. Peat and peat wraps treatments can be undertaken only with the physician's consent.

THERAPEUTIC CLIMATE – CLIMATOTHERAPY

A climatic spa is a place where treatment is carried out with the aid of the climatotherapy or climate therapy. A very important factor in the treatment of respiratory diseases is the location of Mariánské Lázně at an altitude of 630 metres above sea level, which corresponds to the toning submontane climate. During the therapy, the body is usually subjected to training and its performance gradually increases. Staying outside in the fresh air with progressive loading of the body are a part of the treatment. Another element is therapeutic exercise focusing on various breathing exercises and performed by professionally trained physiotherapists. Rehabilitation is carried out individually based on the client's current health condition.

MINERAL SPRINGS

Mineral springs are considered a true symbol of health

More than a hundred mineral springs can be found in the wider surroundings of Mariánské Lázně and about forty in the spa town, which is something that is unique in the world. All the local curative springs yield cold acidulous water with temperatures ranging between 7 and 10°C. Before commencing with the mineral water drinking cure, always consult your attending physician about which mineral springs and in what quantity they are suitable for you.

CROSS SPRING

Due to its therapeutic effect, the Cross Spring is mainly used to treat digestive tract diseases (stomach, intestine, gall bladder, liver and pancreas), metabolic disorders (obesity, gout, diabetes mellitus), and allergies conditioned by digestive disorders. The presence of sulphates in the water produces a laxative effect. The spring contains a high quantity of sodium and is not suitable for hypertonic or cardiac patients and the elderly.

FERDINAND SPRING

The Ferdinand Spring has seven outflows of which Ferdinand I Spring is available for the mineral water drinking cure. Even though its composition is similar to the Cross Spring, it is less mineralised.

FOREST SPRING

The Forest Spring is used for mineral water drinking cures and inhalations. It aids in the treatment of upper respiratory tract and gastrointestinal tract diseases. It is also suitable for the management of certain urological disorders, e.g. uric acid stones, as it alkalises urine.

RUDOLPH SPRING

For its diuretic effect, the Rudolph Spring is used for the treatment of kidney and urinary tract dis-



orders. The spring is distinguished by its high calcium content (2:1 calcium and magnesium ratio) and the mineral water drinking cure thus suitably complements the treatment of osteoporosis, and due to its anti-inflammatory effect, it is also used for the treatment of urinary tract inflammations.

AMBROSE SPRING

The Ambrose Spring has three outflows of similar chemical composition. They yield slightly mineralised ferrous acidulous water utilised for the treatment of certain forms of anaemia because of its high iron content, and its diuretic effect aids in the treatment of urinary tract disorders, especially phosphate lithiasis.

CAROLINE SPRING

The Caroline Spring is used for the treatment of kidney stones of unknown composition and of oxalate stones.

Detailed information may be found in the publication „MINERAL WATERS in Mariánské Lázně“.
(MUDr. R. Nečasová, MUDr. P. Knára)

PROCEDURES UTILISING CARBON DIOXIDE

Mineral Water Carbonated Baths

Mineral carbonated baths are baths in mineral water heated to a temperature of 34°C. Carbon dioxide is absorbed from the mineral water through the skin and into the body where it reduces blood pressure, improves heart function, and enhances microcirculation. Mineral carbonated baths are suitable for relaxation and for stress relief.

Natural Dry CO₂ Baths

The treatment utilises Maria's gas. It is natural carbon dioxide of volcanic origin. Clients lie in a special plastic bag, which is sealed under the breasts and filled with carbon dioxide. As the carbon dioxide is absorbed through the skin, it improves blood circulation in the entire body, which means that more blood is flowing into the brain, the heart, and the lower limbs. Dry carbon baths also improve sexual functions, namely in male clients.

Gas Injections

The treatment involves the hypodermic injection of Maria's gas, natural carbon dioxide, in the area of large joints and the spine. This treatment has many remarkable effects, including pain relief, improved perfusion in the application area, and accelerated healing.

Gas injections are applied using natural carbon dioxide, i.e. Maria's gas, exclusively at ENSANA Health Spa Hotels Mariánské Lázně.

OTHER PROCEDURES

Mineral water drinking cure

The mineral water drinking cure is an essential part of the spa treatment. All the local curative springs yield cold acidulous water with temperatures ranging between 7 and -10°C. The springs vary in their chemical composition and some are as different as night and day. The mineral water drinking cure is usually taken before meals and the quantity of the mineral water is prescribed by the physician.



Peat Wraps

They are used for the treatment of musculoskeletal disorders because they intensely warm up the body. Peat heated to a temperature between 38 and 42°C is applied to the body. Peat wraps are a very heat-intensive treatment and caution is required with clients suffering from hypertension, heart disorders, as well as the elderly. The treatment can be undertaken only when recommended by the physician.

Inhalations

The Forest Spring is utilised for inhalations. During the inhalation process, the medicinal product is inhaled directly into the airways and lungs where it helps to dissolve mucus and to clear the respiratory system. Inhalation is effective in the treatment of chronic respiratory conditions, allergies or the after-effects of a cold or respiratory infection.

Massages

Massages are one of the most popular spa treatment. We mainly use massages for the management of musculoskeletal impairments. A wide selection of different massages are available.



Physiotherapy

Therapeutic spa facilities provide a broad spectrum of medical rehabilitation and physiotherapy.

CLIMATOTHERAPY

Mariánské Lázně is located at an elevation of 630 metres above sea level. Even in the past the climate was defined as submontane with a slightly irritating character. Based on the decision of the Ministry of Health, Mariánské Lázně was declared a climatic spa in 2023. Hence, certain climatic factors can be used during spa treatments, such as more intense UV radiation, lower barometric pressure, higher ozone and negative ion content in the air, as well as the minimum presence of dust and allergens. It is thus possible to say, with perhaps a little exaggeration, that the air in Mariánské Lázně cures.

Climatotherapy is denoted as the fifth pillar of spa treatment, in addition to mineral springs, natural carbon dioxide, and peloids.

Spending time outside in the healthy air benefits both adults and children in Mariánské Lázně.

In our therapeutic practice, we use climatotherapy as part of our outdoor treatment with supervised walks through the therapeutic spa landscape along newly marked walking routes, and forest bathing become a popular hit during the last spa season.

The utilisation of climatotherapy and other natural healing resources, such as carbonated mineral baths, dry gas baths, is ideal not only for the treatment of clients **with respiratory tract diseases**, but also for those who are experiencing disharmony and discomfort with regard to their **mental and psychological health**, who feel they are lacking strength, who struggle with the feeling of being overworked, increased emotional instability, who suffer from excessive stress or conditions of mild depression and anxiety.

The **Rudolph Spring** is suitable for these clients as its high magnesium content is excellent at countering anxiety and mild depression. **Carbon baths** from our mineral waters are also effective in counteracting stress, depression, and anxiety. And last but not least, **dry carbon baths** in **Maria's gas** have



a similar effect to water carbonated baths. Classic massages, physical activities and frequent visits to our swimming pools also contribute to mental well-being as well.

If mental disorders are associated with musculoskeletal impairments, we recommend our unique CO₂ gas injections utilising Maria's gas. Gas injections are applied using natural carbon dioxide, i.e. Maria's gas, exclusively at Léčebné lázně Mariánské Lázně a.s. – ENSANA Health Spa Hotels.

Forest therapy, which is also known as **shinrin-yoku** (meaning „forest bathing“ in Japanese), is a therapeutic practice that involves spending time in nature, namely in the forest, and intentionally immersing oneself in its atmosphere. The concept originated in Japan in the 1980s and its main aim is to improve physical and mental health through contact with nature.

HEALTHY AND NUTRITIONALLY BALANCED DIET

A healthy diet is an integral part of our spa treatment.

Bearing in mind that nutrition has a fundamental impact on overall health and the healing process, we offer a wide variety of diet plans elaborately tailored to the individual needs of each client. Our goal is not only to support the treatment process, but also to offer our guests the experience of a varied, tasty and healthy diet.

Our menu is based on a rational, nutritionally balanced and varied diet, while taking into account the latest findings in the field of healthy nutrition. When creating the menu, we lay emphasis on the freshness and the quality of the ingredients, on flavour variety and on a balanced macronutrient ratio to facilitate maximum health benefits for our clients. At the same time, we respect the individual wishes, health restrictions and preferences of our guests so that the optimum nutrition of every individual is ensured.

More information on a healthy diet can be found in the **Fit & Healthy** brochure here:



INBODY AND NUTRITIONAL CONSULTING

The most accurate technology for measuring the composition of the human body.

The instrument analyses your current body composition. It measures the total amount of body water, the amount and percentage of fat and muscle mass. Moreover, it determines the distribution of muscle and fat tissue in individual body segments (upper and lower limbs, trunk).

Nutritional Consulting

- Consultation with a nutrition therapist
- In-depth explanation of measured results
- Share and weight of body water, fat and muscles
- BMI and basal metabolism calculations
- Assessment and individual diet tips
- Advice and treatments for successful and permanent weight loss



The treatment of the musculoskeletal system holds first place among the indications of ENSANA Health Spa Hotels Mariánské Lázně

Chronic diseases of the musculoskeletal system are quite widespread and frequent regardless of age and gender, while degenerative diseases are mainly a matter of the older generation. The future of balneology in Mariánské Lázně in the 21st century namely lies in the treatment of clients with various musculoskeletal impairments.



WHAT DISEASES DO WE TREAT?

- ◆ Chronic back and cervical spine pain
- ◆ Arthrosis and arthritis of large and small joints (hip, knee, shoulder, arm joints)
- ◆ Conditions after replacement of large joints and spinal surgery

AIM OF SPA TREATMENT:

- ◆ Improving mobility and muscle strength
- ◆ Loosening of shortened muscles
- ◆ Correct positioning of the pelvis and lumbar spine
- ◆ Training of correct walking posture

SPA TREATMENT PRINCIPLES:

Musculoskeletal disorders tend to be very painful and restrict the client's mobility. The elimination of pain is only possible if the client is willing to cooperate and to follow the recommended regime consisting in:

- ◆ Weight reduction
- ◆ Regular exercise
- ◆ Continuous rehabilitation with a set short-term and long-term plan

The rehabilitation process makes use of a wide range of options offered by rehabilitation and physical medicine, with the key treatments making use of the local natural healing resources:

Water carbonated baths from the local mineral waters promote muscle spasm relaxation and improve blood circulation in the body.

Dry carbonated baths utilise natural Maria's gas containing 99.7% of CO₂, which has analgesic, spasmolytic and regenerative effect and aids in spasm relief.

Gas injections, during which natural Maria's gas is injected hypodermically, have a strong analgesic and spasmolytic effect. It is the most famous spa procedure in Mariánské Lázně.

Peat wraps – it is a demanding thermal therapy, which can only be prescribed by a physician and in the course of which peat pulp at a temperature of up to 40°C is applied to painful areas. It is mainly used for the treatment of degenerative musculoskeletal diseases.

Cryotherapy, whether local or whole-body, employs extreme cold for treatment and aids in improving perfusion.

Individual and group exercises with physiotherapists, exercises with equipment or in the swimming pool focusing on the affected muscle group.

Physical therapy – electrotherapy, diadynamic, interference currents, laser therapy, magnetotherapy, high-induction magnet, shock wave, ultrasound.

The treatment of urological indications in Mariánské Lázně has a long tradition

Mariánské Lázně is the leading and best known spa in the Czech Republic where urological patients are treated. The treatment of urological indications in Mariánské Lázně has a long tradition. We sometimes say that the 20th century was the century of urological patients in Mariánské Lázně.

WHAT DISEASES DO WE TREAT?

- ◆ All types of kidney stones
- ◆ Pyelonephritis
- ◆ Bladder inflammations
- ◆ Prostatitis
- ◆ Conditions after kidney and urinary tract surgery
- ◆ For clients after a kidney transplant and kidney donors, is a new treatment in Mariánské Lázně

AIM OF SPA TREATMENT:

- ◆ Improving the function of the kidneys, bladder and other parts of the urinary tract
- ◆ Alleviating pain
- ◆ Preventing recurrence/relapse
- ◆ Supporting post-surgery regeneration

SPA TREATMENT PRINCIPLES:

The treatment of urological patients is founded on the mineral water drinking cure, for which we use the following 4 springs:

The **Rudolph Spring** is the best known mineral water of Mariánské Lázně and it is distinguished by its high calcium and magnesium content, roughly in the 2:1 ratio. The Rudolph Spring is used for the treatment of urinary tract inflammations and the mineral water drinking cure is the paramount procedure especially in the case of bladder inflammations. The spring is also important as a complementary treatment of osteoporosis. Thanks to its high magnesium content, the mineral water is suitable for reducing stress levels, fatigue, and excessive mental strain.

The **Caroline Spring** has changed its chemical composition in recent years, with the magnesium and calcium content decreasing. The spring is prescribed to patients whose kidney stone chemistry is unknown or who have oxalate kidney stones.

The **Forest Spring** has a high bicarbonate content and alkalises urine. This is beneficial when treating uric acid stones (urates), which can be dissolved by urine alkalisation.

The **Ambrose Spring** is prescribed for calcium-phosphate kidney stones.

As far as **balneological procedures** are concerned, we can generally say that we deploy thermal therapy for inflammatory diseases. We are also trying to increase diuresis (urination), which is aided by water and dry carbon baths.

Over the past few years, Léčebné lázně Mariánské Lázně a.s. – ENSANA Health Spa Hotels has also been focusing on the treatment of incontinence and prostate diseases. Our company was the first in the Czech Republic to use **PelviPower** for the diagnosis and treatment of urogynaecological and urological diseases. The medical device is available to clients at Nové Lázně. It diagnoses the function of the pelvic floor muscles and then strengthens them with special magnetic field pulses.



In today's fast paced times, we are increasingly encountering different types of oncological diseases. The main contributors being hereditary factors, the environment, psychological factors, as well as advanced diagnostic methods.

WHAT DISEASES DO WE TREAT?

Our spa treatment is intended for clients who have undergone cancer treatment and who are in remission. For them, follow-up care is of the utmost importance.

Oncological diseases have a severe impact on the mental health. Post-oncological patients suffer from feelings of fatigue, exhaustion, and post-traumatic syndromes. In Mariánské Lázně, we are able to help with these accompanying effects. A stay at the spa demonstrably strengthens the client's mental health and restores their well-being.

SPA TREATMENT PRINCIPLES:

Spa treatment needs to be complex and strictly individual. The physician determines the client's underlying oncological diagnosis and based on their current health condition, a tailor-made treatment plan is drawn up. The therapy mainly employs natural healing resources with carbon dioxide.

Mineral baths – these are water carbonated baths that have an analgesic, spasmolytic and anti-inflammatory effect and they also have a soothing effect on the patient's mental state.

Dry carbonated baths in Maria's gas (natural CO₂) accelerate healing and improve the function of the small pelvis organs.

Gas injections involve the hypodermic injection of natural carbon dioxide, which has a strong analgesic and spasmolytic effect.

The treatment also includes **a complete body detox**, during which climatotherapy, diet therapy, and the mineral water drinking cure are primarily utilised.

In addition, the therapy focuses on improving the patency of lymphatic pathways and the return of

AIM OF SPA TREATMENT:

- ◆ Detoxifying the body, strengthening of both the physical and mental condition
- ◆ Relieving pain, fatigue and complications resulting from basic oncological treatment
- ◆ Eliminating the consequences of aggressive post-tumour treatment
- ◆ Reducing the time required for the patient's return to their work and social life, regaining energy and restoring vitality and fitness

lymphatic fluid from the lower extremities. Lymphoedema may be improved by **manual lymphatic drainage** or by modern instrumental drainage with the aid of **Lymfoven and Lymfopress**.

Moreover, the treatment includes a **special rehabilitation programme** and **individual or group exercises** aimed at strengthening the muscle corset and at regaining restricted locomotor functions.

Classic and **reflex massages** or various types of hydrotherapy can likewise be incorporated in the spa treatment.



Thanks to the beneficial submontane toning climate, Mariánské Lázně specialises in the treatment of the respiratory tract.

In 2023, Mariánské Lázně was declared a climate spa by the Ministry of Health and it has become the only spa in the Czech Republic that utilizes the climate as a fourth natural healing resource. Repeated therapy in Mariánské Lázně is recommended for the successful treatment of the respiratory tract.

AIM OF SPA TREATMENT:

- ◆ Improving the ventilation function of the respiratory tract
- ◆ Restoring correct breathing mechanics (rib mobility, respiratory muscles)
- ◆ Restoring airway patency
- ◆ Improving the overall resistance of the organism
- ◆ Eliminating external environmental pollutants and harmful factors (allergens, dust, emotional strain, etc.)

WHAT DISEASES DO WE TREAT?

- ◆ Chronic bronchitis
- ◆ Bronchial asthma
- ◆ Pulmonary fibrosis, post-pneumonia conditions
- ◆ Conditions after upper and lower respiratory tract surgery

SPA TREATMENT PRINCIPLES:

The treatment of respiratory diseases is founded on **climatotherapy**. The elevation of Mariánské Lázně is 630 metres above sea level, which corresponds to the toning submontane climate. As a result, climatic factors can be taken advantage of during the treatment, such as more intense UV radiation, lower barometric pressure, higher ozone and negative ion content in the air, as well as the minimum presence of dust and allergens.

The **Forest Spring** is used for the **mineral water drinking cure**. It is an alkaline salty mineral water with a mucolytic effect. The Forest Spring is also used for inhalations, gargling, or nasal rinsing.

Inhalations with the Forest Spring with an additive according to the nature of the disease are administered daily. Ultrasonic inhalers are used during inhalations, which generate an aerosol

mist of 1-10 microns in size. These particles penetrate into the bronchi, alveoli, and in the sinuses.

Breathing exercises are another vital part of the treatment. Apart from the actual breathing exercises, they incorporate routines relaxing muscle spasms, as well as exercises correcting the body posture and strengthening weak abdominal muscles.

Other procedures primarily comprise **mineral baths** to improve perfusion and to aid in deepening breathing, **partial massages**, **thermal therapy** and **electrotherapy** to relieve muscle spasms, hydrotherapy to increase the body's performance and immunity, and **oxygen therapy** to aid in oxygenating and dilating blood vessels, to improve lung tissue elasticity, and to boost the body's immunity.

TREATMENT OF DIABETES AND THE METABOLIC SYNDROME

WHAT DISEASES DO WE TREAT?

- ◆ Diabetes mellitus with complications

AIM OF SPA TREATMENT:

- ◆ Improving metabolic compensation
- ◆ Influencing atherosclerosis risk factors (obesity, increased blood lipid values, hypertension, vascular disease, smoking, insufficient exercise)
- ◆ Treating diabetes-related complications and accompanying diseases

SPA TREATMENT PRINCIPLES:

The treatment is mainly founded on **mineral baths, whirlpool baths and baths with additives, dry carbonated baths, peat wraps, gas injections, electrotherapy, inhalations, classic and reflex massages, therapeutic individual and group physical activities, and swimming pool activities.**

Spa treatments with carbon dioxide, water carbonated and dry carbonated baths dilate the capillaries, thereby improving microcirculation.

And microcirculation is namely affected in clients with diabetes. Gas injections are also very successful in this treatment, which are administered using natural carbon dioxide, i.e. Maria's gas, exclusively at ENSANA Health Spa Hotels Mariánské Lázně.



Physical activity is very important for diabetics since it aids in controlling blood sugar levels, improves insulin sensitivity, and contributes to weight control. In addition, exercise has a positive effect on the heart's health, it reduces the risk of diabetes-related complications, and improves the overall quality of life.

The **mineral water drinking cure** is usually taken before meals and the quantity of the mineral water is prescribed by the physician. Drinking mineral waters affects the composition of urine, it aids in the management of digestive disorders, and it concurrently positively influences kidney diseases. As a rule, for diabetics we recommend the Rudolph Spring due to its high calcium content, which has a beneficial effect on the function of the pancreas.



TREATMENT OF SKIN CONDITIONS

The company Léčebné lázně Mariánské Lázně has become the first spa in the Czech Republic that has included full-body phototherapy as a standard spa therapy for skin conditions. This is a highly effective, modern, and verified method using various forms of light radiation for treating an entire range of skin conditions.

WHICH DISORDERS DO WE TREAT?

- Atopic eczema
- Generalised and arthropathic psoriasis vulgaris

PRINCIPLES OF SPA TREATMENT:

The spa treatment combines the beneficial effects of mineral water, carbon dioxide, peloid wraps, climate therapy, and special procedures that help alleviate symptoms, boost healing, and improve the skin's condition in the long-term.

How does the combination of spa procedures and technologies work?

- **Mineral baths** in Mariánské Lázně decrease inflammation and irritation of the skin, hydrate it, improve its elasticity, and renew the skin barrier.
- **Dry carbon baths** improve blood circulation to the skin, stimulate cell renewal, and help "soften" and release scars.
- **Peloid wraps** have an astringent and antibacterial effect, which leads to an overall improvement of the skin's condition.
- **Climate therapy** takes advantage of the clean air of Mariánské Lázně, with its small number of dust particles and allergens, an optimal humidity, and a stable temperature – all which naturally contributes to the regeneration of the skin.
- **Phototherapy** has anti-inflammatory effects, calms irritated skin, reduces itchiness, and boosts cell regeneration. It uses infrared light, which is especially effective in treating atopic eczema, as well as ultraviolet light with a wavelength of 311 nm, which ranks among the most effective methods of psoriasis treatment. A phototherapy comb, which can treat lesions on the scalp and on smaller, localised areas on other parts of the body, can be used for treatment.

Phototherapy represents a fundamental development in our ability to treat skin conditions. Now, we can offer patients a full spectrum of methods ranging from traditional spa procedures to modern phototherapy. We believe that thanks to this combination, we shall achieve even better results, not only in the alleviation of symptoms, but also in increasing quality of life in the long-term," says MUDr. Markéta Hovorková, Ph.D., Head Physician at Léčebné lázně Mariánské Lázně, a.s.





The team of physiotherapists of ENSANA Health Spa Hotels Mariánské Lázně

Therapeutic exercise is an inevitable part of the recovery process

Exercise benefits any rehabilitation programme. The therapy is led by an expert physiotherapist, usually for a group of guests with a similar diagnostic profile.

GROUP THERAPEUTIC EXERCISE

Examples include therapeutic exercise focusing on spinal or joint conditions, osteoporosis, obesity, cerebral perfusion issues, and exercise for cardiac patients. The exercises are mainly aimed at relaxing overstrained muscles, strengthening weak muscle groups, improving joint, spinal and pelvic mobility, and at reinforcing the static and dynamic functions necessary for the correct body posture. In addition to complementary exercises involving speed, mobility, endurance or balance training and overall physical fitness, correct breathing techniques are also an integral part of the classes.

INDIVIDUAL THERAPEUTIC EXERCISE

Individual therapeutic exercise is led by a qualified physiotherapist and prescribed exclusively by a physician based on an assessment of the client's current health condition. The exercise is aimed at maintaining and restoring physical mobility skills, as well as at developing functional abilities. The therapy comprises active and passive movements, mobilisation, and manipulation. Other methods can include visualisation, active muscle contraction, active assisted movements, and free active movements. Breathing exercises are an inseparable part of these classes, in addition to balance, strength and flexibility training.

THERAPEUTIC MASSAGES

Sometimes referred to as a „classic“, the therapeutic massage is performed by a qualified masseur

who uses a variety of massage techniques. It generally focuses on areas where secondary changes have occurred as a result of the body's response to injury. The aim is to accelerate the healing process by improving perfusion in problem areas, relaxing and stimulating muscles, and alleviating pain. The massage usually targets the areas of the back, arms, lower limbs, abdomen, chest, and neck. Depending on the targeted areas, it is either referred to as a „partial“ or a „full body“ massage.

REFLEX MASSAGE

This massage employs a very specialised massage technique stimulating nerve connections and endings. The massage is performed in one of the four areas – i.e. the head, back, chest, or the pelvis. Using their thumb and index finger, the masseur firmly presses points along short or long, straight or curved lines. This massage technique is very specific not only because it promotes healing in the massaged areas, but also due to the „reflex“ effect supporting healing throughout the body. For this reason, it is sometimes referred to as „reflex“ massage. Moreover, it is quite effective in relieving stress, fatigue, sleep and digestive disorders, as well as high blood pressure. As a perceptible intervention in the body, the reflex massage can cause serious side effects, such as shortness of breath, abdominal pain, reduced blood pressure, and sudden fatigue. It is thus prescribed exclusively by the physician based on an assessment of the client's current health condition.



PREMIER FITNESS at Centrální Lázně

When staying at one of the Ensana Spa Hotels, you may visit Premier Fitness where you can engage in sports activities designed to boost your physical condition, improve your body posture and overall fitness. Our fitness trainers, nutrition therapists and physiotherapists are at your disposal and ready to create a training programme tailored to your needs.

FIVE CONCEPT

The Five Concept is an innovative training method that treats the logic of pain with the aid of special equipment to prevent injury and damage to the body. Mobility is achieved by opening the muscle chains. The method can be used for acute pain or as a rehabilitation and preventative measure for all age groups. Apart from muscles, it also focuses on the fascia and thus



forms the 3rd pillar of endurance and strength training. Through active movements of the entire body, the body posture and muscle tone are improved, the fascia are relaxed, breathing and blood circulation are optimised. Flexibility is a vital part of holistic fitness training. And as preventative training, the Five Concept ensures a higher quality of life and compensation of unilateral strain of the body due to combining endurance, strength, and mobility!

NORDIC WALKING

Nordic Walking is a walking sports activity with special poles facilitating effective exercise and improving physical fitness. While walking, up to 600 muscles are activated, i.e. approximately 90% of the muscles in the whole body. Calorie consumption increases by up to 40% and the average consumption is higher by up to 400 kcal per hour. Nordic Walking enhances physical endurance, it positively impacts muscle imbalance, strengthens upper body muscles, improves heart function and circulation, and protects hip and knee joints. For those interested in Nordic Walking, three types of routes are prepared that are divided into easy, moderate, and difficult trails.

TREATMENT AND RELAXATION STAYS



HEALTHY IN MARIÁNSKÉ LÁZNĚ

Reservations are possible from 2 to 6 nights.

The stay includes accommodation with half board (breakfast and dinner), **1 spa treatment / 1 night.**

Choice of spa treatments: mineral bath with natural CO₂, whirl bath, classical massage - partial body, natural dry carbonated gas bath, oxygen therapy, hydrojet - partial body, inhalation, lavatherm, paraffin pack for hands.



The spa treatment stay includes accommodation with half board, initial and final doctor's check up, final medical report, spa treatments and the mineral water drinking cure prescribed by the physician.

INTENSIVE SPA STAY

Reservations are possible from 7 nights. The stay includes accommodation with half board (breakfast and dinner), initial and final doctor's check up, final medical report, basic laboratory analysis, **2 spa treatments / 1 night** and the mineral water drinking cure as prescribed by the physician.

TRADITIONAL SPA STAY

Reservations are possible from 7 nights. The stay includes accommodation with half board (breakfast and dinner), initial and final doctor's check up, final medical report, basic laboratory analysis, **3 spa treatments / 1 night** and the mineral water drinking cure as prescribed by the physician, as well as emergency medical and nurse services.

The individually drawn-up treatment programme combines treatments utilising natural healing resources with physical therapy and other spa treatments. The number and the configuration of the treatments is determined exclusively by the spa physician based on an entry medical examination, which allows to establish an accurate diagnosis and a treatment plan with prescribed treatments.

Treatments exploiting natural healing resources: Mineral baths, dry gas baths, gas injections, peat wraps (up to 3 per week), inhalations, outdoor activities.

Therapeutic rehabilitation: Individual or group therapeutic exercise, therapeutic exercise in the swimming pool, physiotherapy.

Other treatments: Massages (up to 3 per week), lymph drainage, electrotherapy, magnetotherapy, laser, cryotherapy, ultrasound, paraffin wraps, oxygen therapy, lavatherm.

Basic laboratory examination: Biochemical blood analysis (blood sugar, cholesterol and other lipid levels, liver tests, kidney function and uric acid), urine analysis.

INTENSIVE TREATMENT STAY

Reservations are possible from 7 nights. The stay includes accommodation with half board (breakfast and dinner), initial and final doctor's check up, final medical report, basic laboratory analysis, final medical report, basic laboratory examination, **4 spa treatments / 1 night** and the mineral water drinking cure as prescribed by the physician, as well as emergency medical and nurse services.

The individually drawn-up treatment programme combines treatments utilising natural healing resources with physical therapy and other spa treatments. The number and the configuration of the treatments is determined exclusively by the spa physician based on an entry medical examination, which allows to establish an accurate diagnosis and a treatment plan with prescribed treatments.

Treatments exploiting natural healing resources: Mineral baths, dry gas baths, gas injections, peat wraps (up to 3 per week), inhalations, outdoor activities. **Therapeutic rehabilitation:** Individual or group therapeutic exercise, therapeutic exercise in the swimming pool, physiotherapy.

Other spa treatments: Massages (up to 3 per week), lymph drainage, electrotherapy, magnetotherapy, laser, ultrasound, paraffin



wraps, oxygen therapy, lavatherm.

Basic laboratory examination: Biochemical blood analysis (blood sugar, cholesterol and other lipid levels, liver tests, kidney function and uric acid), urine analysis.



The entire team of our medical spa personnel takes care of the quality of the treatment, the satisfaction and the well-being of our guests

In all hotels operated by ENSANA Health Spa Hotels Mariánské Lázně emergency medical and nurse services are available.

Upon arrival at the spa, each client meets with a spa physician who, based on a detailed initial examination, determines an accurate diagnosis and an individual treatment plan with prescribed treatments. During the stay, the medical team carefully monitors the effectiveness of the treatment and, if necessary, optimises the treatment plan according to the results. At the end of the stay, each client undergoes an final examination, during which they receive a detailed summary of the treatment results and recommendations for maintaining the acquired habits at home.

WHO MAKES UP OUR MEDICAL TEAM

The doctors working in our spas specialize in internal medicine. The majority of them also have a second specialization in various fields, in most cases physical medicine and rehabilitation most often in rehabilitation and physical medicine (formerly physiatry, balneology and therapeutic rehabilitation), and they likewise specialise in other areas, such as diabetology, oncology, etc.

All nurses have secondary or university education in the field of nursing. All head nurses have a university degree, which allows them to work in the EU.

LABORATORY DIAGNOSTICS

At our hotels, we offer a wide range of laboratory diagnostics that significantly contribute to therapeutic success. Our team of healthcare professionals will secure the entire process: from the issue of the request form and the actual sample collection in the comfort of the waiting room at any of our hotels to the interpretation of the results with subsequent recommendations.

2021 ESPA INNOVATION AWARD WINNER

The company Léčebné lázně Mariánské Lázně, a member of the Ensana Group, was presented with this prestigious award in the field of Medical Spa Scientific Research for its study focused on the efficiency and effectiveness of spa rehabilitation care of patients with post-covid complications. The study focused on specific observed factors, such as physical fitness, shortness of breath, and oximetry and

spirometry values. The results confirmed that comprehensive rehabilitation care in Mariánské Lázně is an effective treatment process, thanks to which post-covid complications, especially those of pulmonary functionality, are positively affected, thus greatly increasing patients' quality of life.

THE ONKOFIT-SPA STUDY

The OnkoFit-Spa Study by the company Léčebné lázně Mariánské Lázně was dedicated to women with gynaecological cancers, especially to those with carcinoma of the breasts. The study was conducted in cooperation with the First Faculty of Medicine of Charles University, the Institute of Spa and Balneology, and the Czech Healing Spa Association, and aimed to find and implement the most effective treatment and rehabilitation programme for female post-oncological patients. Based on the results of this study, our company as the first in the Czech Republic introduced a therapeutic programme, adding a joint physical activity programme and regular nutritional interventions to the standard spa treatment. Thanks to this, we can improve the physical and mental fitness of female oncological patients in remission, lower the risk of tumour recurrence, and accelerate the patients' return to a normal life.

2025 ESPA INNOVATION AWARD WINNER

The company Léčebné lázně Mariánské Lázně, a member of the Ensana Group, was presented with the prestigious ESPA Innovation Award from the European Spas Association for its OnkoFit-Spa Project – a comprehensive educational and rehabilitation programme for patients following their oncological treatments. The programme, which has since become the standard approach in treating post-oncological treatment patients, helps them regain their physical fitness, mental balance, and self-esteem. This award is a testament to the multidisciplinary cooperation of the entire healthcare team and it is recognition of the high erudition and modern approach of spa medicine in Mariánské Lázně.



Regular medical lectures at Nové Lázně. Head Physician Emeritus, MUDr. Pavel Knára

1. You should always consult your physician about which treatments are suitable for you.
2. The indication of each treatment is always individual and depends on the nature of the disease and the client's overall health condition. The treatment programme is determined exclusively by the attending physician.
3. You should always consult your physician regarding the mineral water drinking cure. Never drink a higher quantity of mineral water than prescribed by your attending physician.
4. If you are unable to tolerate a certain treatment, inform your attending physician.
5. Your treatment plan is checked by a computer. Therefore, please observe the set treatment times. If you cannot keep the set time, contact a nurse at the spa hotel.
6. You should resolve any problems that may arise during your spa treatment immediately „on site“ with the managerial staff.
7. The peat wrap is a treatment presenting intense strain on those suffering with a cardiovascular disease. The decision on the suitability of the

peat wrap is always at the discretion of the physician.

8. You should not change your medication prescribed at home without the consent of your physician.
9. Often on the third and fourth day of your spa treatment, you may experience the so-called „spa reaction“, which means that you may temporarily feel worse.
10. The Rudolph Spring is not suitable for clients with phosphate kidney stones.
11. Maria's Spring is not a mineral water spring, instead it yields natural healing gas used for dry carbon baths and gas injections.
12. In addition to carbon dioxide and mineral salts, mineral baths in Mariánské Lázně also contain humic acids, which are an essential component of the peat.
13. Never ask for a different temperature of the mineral bath than prescribed by your physician. In general, the cooler the mineral bath, the more effective it is and the more bubbles it has.



LASER

It is the most effective method used during physical therapy suitable also for treating deep lying structures. Laser therapy is used especially for treating arthrosis, carpal tunnel syndrome, acute muscle injuries, inflammation of tendons, discopathy, bursitis, enthesopathy and muscle spasms. The treatment is available in hotels **Nové Lázně**, **Centrální Lázně** and **Hvězda**.

AI MASSAGE ROBOT ROCOZYER

AI massage robot Rocozyer – the first human contactless AI massage robot in the world, which can use mechanic contact as well as radio frequency waves for deep stimulation of muscles and tissues. This breakthrough device, which we call Anna in our spas, represents a perfect combination of artificial intelligence and advanced robotics to provide extraordinary massage treatments. The treatment is available in hotel Nové Lázně.



PERFORMANCE INDUCTION SYSTEM

This innovative therapy utilises the healing effects of electromagnetic energy to alleviate painful conditions of the joint and neuromuscular systems. It has a positive impact on the human tissue. The therapy achieves pain relief, releases joint blockage, promotes healing processes, relaxes or strengthens muscles. You will sense slight tingling and tightening of the muscles during the therapy, which can be adjusted according to your feelings.



ASTROMOTS4 – CONTINUOUS PASSIVE MOTION DEVICE FOR SHOULDER

Continuous passive motion therapy with Artromot serves to eliminate mobility loss, to quickly regain pain-free movement of joints, as well as to promote gradual healing with a good result. The main goal of the therapy is to reduce joint immobility, to improve metabolism in the joints, and to support the formation or healing of cartilage and damaged ligaments. The CPM device is recommended for most traumas, post-operative conditions, and shoulder joint diseases. The treatment is available in **hotel Vltava**.



PELVIPOWER diagnostics and PELVIPOWER chair

PelviPower Diagnostics

It not only provides information on the degree of contraction of the pelvic floor muscles, but it also graphically visualises the training progress. The device is used for the general assessment of the effectiveness of the superficial layer of the pelvic floor muscles. Divided into three phases, the force test performed on the therapeutic chair allows selecting suitable therapy parameters.



Diagnostic ultrasound examination to obtain basic biofeedback on the activation and relaxation of the pelvic floor muscles. With the aid of diagnostic ultrasound, we measure the contraction onset, duration, height and speed through the abdominal wall. We evaluate the basic parameters and the function of the pelvic floor muscles. We then measure and evaluate the stability of the abdominal wall and the linea alba (diastasis) parameters. Finally, we recommend appropriate therapy and functional pelvic floor training.

Treatments available in **Nové Lázně**.



PelviPower Therapeutic Chair

An innovative alternative for pelvic floor therapy. The medical device is intended for the safe, non-invasive, painless and effective treatment of incontinence, erectile dysfunction, pre and post-prostatectomy conditions, lower back pain, loss of libido, and menopause symptoms.



Ensana Health Spa Hotels



Nové Lázně

Reitenbergerova 53, 353 01 Mariánské Lázně ☎ +420 354 644 111 ✉ novelazne@ensanahotels.com



Centrální Lázně

Goethovo náměstí 1, 353 01 Mariánské Lázně
☎ +420 354 634 111
✉ centralnirazne@ensanahotels.com



Hvězda

Goethovo náměstí 7, 353 01 Mariánské Lázně
☎ +420 354 631 111
✉ hvezda@ensanahotels.com



Pacifik

Mírové náměstí 84, 353 01 Mariánské Lázně
☎ +420 354 651 111
✉ pacific@ensanahotels.com



Butterfly

Hlavní 655, 353 01 Mariánské Lázně
☎ +420 354 654 111
✉ butterfly@ensanahotels.com



Vltava

Anglická 475, 353 01 Mariánské Lázně
☎ +420 354 641 111
✉ vltava@ensanahotels.com



Svoboda

Chopinova 393, 353 01 Mariánské Lázně
☎ +420 354 662 111
✉ svoboda@ensanahotels.com

LÉČEBNÉ LÁZNĚ MARIÁNSKÉ LÁZNĚ a.s., Masarykova 22, 353 01 Mariánské Lázně

☎ +420 354 655 501-9 ✉ marienbad@ensanahotels.com ✉ reservation.cz@ensanahotels.com

ensanahotels.com

