



SVATÁ
KATEŘINA
RESORT

WELLNESS & SPA BEAUTY



Oasis of Health and Tranquility



WELCOME

at Svata Katerina Resort, we believe that true beauty and health arise from a balance of body, mind, and soul. Our mission is to create a place of peace, regeneration, and deep relaxation for you.

In this brochure, you will find an overview of all our wellness treatments, massages, therapies, and beauty services, carefully selected and created with love for both nature and people.

We wish that each of your visits becomes a journey toward inner harmony and newly discovered energy.

Resort Svata Katerina





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WELLNESS & SPA & BEAUTY

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"INNER
PEACE AND
BEAUTY
BEGIN
WHERE SELF-
CARE
BEGINS."





WELLNESS



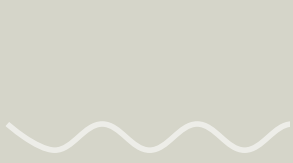
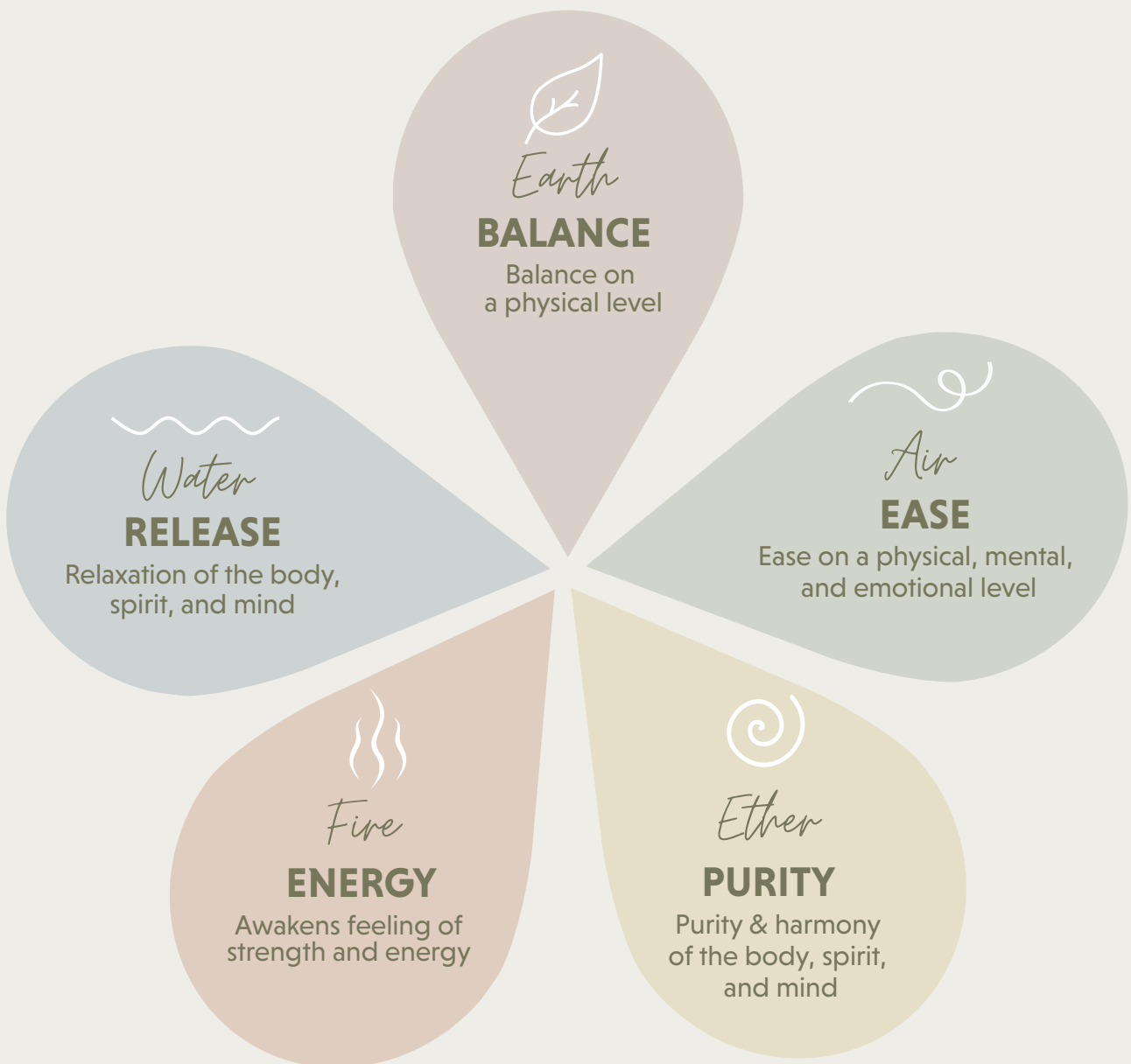
Pamper yourself with a massage, a wrap, or enjoy a bath in a unique lava tub. Discover the healing effects of Ayurvedic therapies. Choose from a special massage combination for the lymphatic system, detoxification, anti-cellulite, for men or for pregnant women. If you want to enjoy time together with your partner, friend, or daughter, we offer special massages for two.

According to Ayurveda, everything consists of five elements: ether, air, fire, water, and earth. They represent five states, properties of energy or matter. They are omnipresent and make up everything. Individual elements have their own manifestations and influence everything around us.

The harmony of the elements is the key to physical and mental health, harmony within ourselves and with the world around us.

Elements

We have prepared a list of the effects of therapies regarding individual elements, their properties, and effects.



RELEASE



ENERGY



BALANCE



EASE



PURITY



MASSAGES

Surrender yourself to the gentle hands of our masseurs.
Release muscle tension and stress, experience pain relief,
and achieve a sense of inner balance.

The stated massage duration includes 5 minutes of preparation time.





CLASSICAL MASSAGE

It relaxes the entire musculoskeletal system (head, neck, back). This massage is a good complement to the wraps. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



BALANCE



RELEASE

Price: 890 CZK/ 30' | 1 490 CZK/ 60'

SPORTS MASSAGE

It relaxes and regenerates the whole body after the sport performance. This massage is a good complement to the wraps. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



BALANCE



RELEASE

Price: 890 CZK/ 30' | 1 490 CZK/ 60'

RELAXING FOOT MASSAGE

It improves blood and lymph circulation, relieves stress, relieves leg fatigue, pain and stress and gives a feeling of inner peace and harmony. The treatment begins with a Himalayan salt peeling, which nicely softens the skin, followed by a massage with refreshing eucalyptus balm.



RELEASE



EASE

Price: 790 CZK/ 30'



RELAXING HEAD MASSAGE

It effectively relieves stress, tension and removes migraine. Oxygenates the brain, improves concentration, and helps to relieve depression and anxiety states.

Massage includes head and neck massage.



RELEASE



PURITY

Price: 1 290 CZK/ 45 ´

RELAXING MASSAGE WITH VIRGIN COCONUT OIL

It calms and harmonizes the body, spirit, and mind. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage will remove tension caused by stress and bring relief to your mind and tired muscles.



RELEASE



EASE

Price: 890 CZK/ 30 ´ | 1 490 CZK/ 60 ´

HOT LAVA STONES MASSAGE

Let your body be pampered by warm massage strokes. Give him the energy that comes from lava stones. This massage leads you to absolute relaxation and often lulls you into an enhancing sleep.



BALANCE



RELEASE



ENERGY

Price: 1 690 CZK/ 60 ´



BAMBOO MASSAGE "LYMPH STIMULATION"

A massage with distinct bio-stimulating, and restorative characteristics is designed for the body. This massage, which uses bamboo, is draining, relaxing and soothing. It is ideal for men, especially for athletes due to the stimulation of the nervous and muscular system and reinforcing, relaxing and soothing properties. It is also suitable for women thanks to its drainage and regenerating properties, particularly for those who suffer from cellulite and swelling, or fibrosis.



Price: 1 590 CZK/ 60 ´

BAMBOO MASSAGE "FACE LIFTING"

Using special massage touches, bamboo rods and oil, it attends to relax the facial muscles and to remove swellings and stiffness of muscles. The face is brightened, free of stress and tension. Allow us to pamper you and brighten your face.



Price: 890 CZK/ 30 ´





ARNICA WELEDA MASSAGE

Do you feel muscle fatigue, whether after sports, hard work or due to stress? Arnika Weleda massage will warm you up, relax tired muscles and bring the necessary relaxation. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



Price: 890 CZK/ 30' | 1 490 CZK/ 60'

LAVENDER WELEDA MASSAGE

It relieves muscular and mental tension and strain. Lavender has a positive effect on skin hydration. Its pleasant scent harmonises the senses and helps to reduce stress. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



Price: 890 CZK/ 30' | 1 490 CZK/ 60'

CITRUS WELEDA MASSAGE

Have you been through a physically and mentally challenging period? Citrus Weleda massage will bring you not only a feeling of relaxation, but also strength, energy and joy. The massage product enriched with almond oil is a pleasure not only for your skin but also for your senses. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



Cena: 890 CZK/ 30' | 1 490 CZK/ 60'



AROMASOUL ELEMENTS MASSAGE COMFORT ZONE

A body massage taking you all around the world to four outlandish destinations - Exotic Orient, warm Mediterranean region, pulsing India and to the desert tribe - to use all your senses. In the beginning of the journey, you pick your unique mixture of oils: oriental, mediterranean, Indian and Arabic. Special therapy brings relief to the mind and tired muscles, relieves tension and pain and restores inner balance. The concluding ritual brings you a sense of strength, energy and vitality. What can you expect? Body massage.



BALANCE



RELEASE

Price: 1 690 CZK/ 60 ´

TRANQUILITY MASSAGE COMFORT ZONE

Mysterious combination of essential oils and massage stimulates feeling of total pleasure and blessedness. What can you expect? Moisturizing whole body massage.



ENERGY



PURITY

Price: 1 590 CZK/ 60 ´

MASSAGE WITH STONES FROM HIMALAYAN SALT COMFORT ZONE

This therapy is based on traditional healing rituals, purifying and relaxing the body. Warm salt stones soothe the nervous system, relieve stress and muscle tension. This therapy helps with water retention in the muscles, insomnia, relieves stress and brings inner harmony to body and mind. What can you expect? Massage, peeling and full body wrap with delicate face massage.



PURITY



EASE

Cena: 2 390 CZK/ 90 ´



THAI & BALI MASSAGES

We have prepared a selection of traditional and special Thai and Balinese massages and rituals for you. Indulge in the scent of exotic oils, release tension and muscle pain thanks to special massage techniques. Thai and Balinese massages and rituals bring a feeling of vitality, physical strength, and mental balance.



We recommend a maximum of two massages per day.



We do not recommend combining Ayurvedic and Czech massages on the same day.



THAI & BALI MASSAGES



THAI CLASSIC MASSAGE

Traditional Thai temple massage is called in local languages "nuat". This massage is a combination of master techniques employing acupressure and manipulation exercises stimulating important points of your body. Thus, the massage releases tension and pain of muscles, tendons and joints. This traditional Thai massage brings overall muscle relaxation, along with a feeling of recharged vitality and mental balance.



BALANCE



RELEASE

Price: 1 690 CZK/ 60´

THAI BACK MASSAGE

The back massage is a combination of massage techniques focusing on removing acute or chronic back pain. It combines Thai massage with menthol and camphor ointments. It releases tension and blockings in back, nape and shoulders. It helps eliminate the effects of stress and prolonged sitting. You will feel reborn. Specially prepared herbal cotton bags are used during the massage.



BALANCE



RELEASE

Price: 1 890 CZK/ 60´

THAI AROMA THERAPY MASSAGE

Thai massage techniques combine essential oils, bringing total relaxation to your entire body. The massage eliminates stress and induces feeling of inner harmony and bliss. We offer the following oil combinations: relaxing, detoxifying, invigorating and de-stressing. 60 minutes includes a back and neck massage, 90 minutes a full body massage.



RELEASE



EASE

Price: 1 790 CZK/ 60´ | 2 390 CZK/ 90´



THAI FOOT REFLEXOLOGY MASSAGE

This massage focuses on the stimulation of feet reflexive points, and it helps support the proper function of inner organs and the endocrine system. It helps improve blood circulation and lymphatic flow and it harmonizes functions of the entire organism. The foot massage ends with acupressure massage of shoulders, neck and head. Enjoy the experience of total relaxation.



BALANCE



ENERGY

Price: 1 690 CZK/ 60 ´

THAI FOOT MASSAGE

Thai foot massage employs acupressure focusing on the sole. Reflexology, along with a toes-to-knees massage, employs 100% essential oils, bringing relaxation and removing the heavy and tired lower limbs feeling. This massage is popular for its healing effects and reduction of health hazards related to civilization problems, especially blood circulation disorders.



BALANCE



EASE

Price: 890 CZK/ 30 ´

THAI VITALITY

Thai back, shoulders and neck acupressure massage brings a prompt relief, reduces the effects of stress and inner tension. You will feel relaxed and reborn. Experience the influx of new energy.



RELEASE



EASE

Price: 890 CZK/30 ´



CANNABIS THERAPY MASSAGE

The entire body oil massage combines the acupressure and techniques of Thai massage with effects of cannabis oil. The massage has an anti-inflammatory effect, is very gentle and it slows down skin aging. Choose from 60 minutes (head, back, neck) and 90 minutes (back, neck, head, upper and lower limbs).



Price: 1 790 CZK/ 60 ' | 2 390 CZK/90 '

SPA JOURNEY

Cleansing aromatherapy treatment in a steam bath with a subsequent full body oil massage that has positive effects on your lymph flow and cardiovascular system, whilst also balancing the hormone levels.



Price: 1 890 CZK/ 90 '

BALI RITUAL

Balinese relaxation ritual brings a sense of calmness. The treatment starts with a coconut milk bath that softens your skin. The subsequent gentle Bali massage uses long strokes that resemble the movement of seawater, relieves stress and tension of your muscles, and soothes the flow of your thoughts. The coconut scent affects your senses, and you feel a sense of inner bliss.



Price: 2 090 CZK/ 90 '



BALI COCONUT DREAM MASÁŽ

Special Balinese coconut massage of back, shoulders and neck brings relaxation to your tired muscles, restores the elasticity of your skin and pampers your senses. Let yourself be carried away by the exotic aromas and unique techniques of this massage.



RELEASE



EASE

Price: 1 690 CZK/ 60 ´

PREGNANCY BLISS MASSAGE

Gentle prenatal relaxing back and neck massage for pregnant women. It helps eliminate pain of your spine, nape and head and increases skin elasticity. This massage takes care of the skin of pregnant women, helps to release inner stress and tension. It harmonizes the future mother with her baby. What can you expect? Relaxing massage of back and neck.



UVOLNĚNÍ



LEHKOST

Price: 1 690 CZK/ 60 ´





SPA RITUALS

Spa rituals that bring relaxation and harmony to the body, spirit, and mind. Intensive care that includes scrubs, wraps, and massages. Choose care from Comfort Zone, which combines the wisdom of nature and the intelligence of science, Pure Fiji, which has been using pure coconut oil and flower extracts for centuries, or purely natural cosmetics from WELEDA, which uses herbs from its organic gardens.

Relax and let yourself be pampered.





We're preparing new Comfort Zone rituals for you. The current offer is available while supplies last.

AROMASOUL ELEMENTS RITUAL COMFORT ZONE

A unique massage ritual that takes you on the journey for a complete sensorial experience through four distinct worlds: the exotic orient, the warmth of the Mediterranean, the vibrant world of India and the ancient culture of desert tribes. Special peeling and therapy bring relief to your mind and tired muscles, release tension and pain and restore inner balance. The final ritual brings you a sense of strength, energy and vitality. What can you expect? Peeling and body massage.



BALANCE



ENERGY

Price: 2 390 CZK/ 90'

TRANQUILITY RITUAL COMFORT ZONE

An aromatherapy ritual that brings release of inner tension and stress. Amaranth oil helps to renew the skin's natural barrier, while sweet almond oil brings nourishment. The ritual includes a sugar scrub whose crystals improve blood circulation, gently cleanse and smooth the skin. The ritual begins with a sugar scrub, followed by a massage that includes special moves to release tension and remove the effects of stress. This therapy calms the mind, relieves mental and physical fatigue, and releases muscle tension. It brings a feeling of lightness, calm and energy. What can you expect? Peeling and hydrating full-body massage.



EASE



ENERGY

Price: 2 390 CZK/ 90'



PURE FIJI RITUAL

Fine ritual purifying the body and mind. Coconut oil and peeling, with aroma of your choice, stimulates the lymphatic system; deep cleans pores and improves blood circulation. Gentle peeling, coconut wrap, massage stimulating lymph flow and head massage, which relieves stress and inner tension, brings a sense of balance and harmony.



BALANCE



PURITY

Price: 1 890 CZK/ 75'

We're preparing new Weleda rituals for you. The current offer is available while supplies last.

WELEDA SKIN RETREAT

A unique wellness experience prepared for you by experts and professionals from WELEDA. A relaxing therapy that uses special strokes to bring relaxation and regeneration. A holistic approach combined with pure, natural WELEDA products will put a smile on your face. Just choose the therapy that suits you best:

POMEGRANATE "Energy & rejuvenation"

Pomegranate is known for its rejuvenating effect. It works against oxidative stress, formation of pigment spots. It promotes hydration, provides necessary minerals, and vitamins. Firms, hydrates and restores elasticity to the skin. This ritual brings a feeling of strength and energy.



ENERGY



BALANCE

Price: 2 890 CZK/90 '



ALMOND "Protection & care"

WELEDA almond products are the first aid for skin irritation. This care not only has intense soothing effects, but also helps to restore the natural skin barrier, improve the skin's defences. This ritual is very gentle, without essential oils, and is suitable for all those who seek soothing, pampering and gentle care.



Price: 2 890 CZK/90 ´

ROSE "Vitality & harmony"

Extracts of rose in WELEDA products give the skin vitality, freshness and youthful appearance. It supports healing, skin metabolism and the formation of elastic and collagen fibres. This ritual is very gentle and soothing. Rose improves mood, harmonizes body, spirit and mind.



Price: 2 890 CZK/90 ´

SKIN FOOD "Hydratace a regenerace"

Skin Food is a unique line of products from WELEDA, which has been on the market since 1926. This unique cream formula helps regenerate and moisturize the skin of the entire body. It helps regenerate, heal and rejuvenate the skin. The herbs used in Skin Food products provide the necessary strength to the skin to fight the environmental influences. This ritual brings a pleasant feeling of regeneration not only to the body but also to the mind.



Price: 2 890 CZK/90 ´



**We're preparing
new treatments for you.**





BATHS

There is nothing more relaxing than a bath in a tub made from a single piece of lava stone. All you have to do is choose which one... Don't forget, baths go beautifully with body massages – it's entirely up to you.





BATH IN LAVA STONE BATHTUB IN COCONUT MILK Pure Fiji

Perfect relaxation in the water bath with beneficial effects. Coconut milk scents and softens your skin. The bath releases stress and gives you a feeling of serenity.



RELEASE



BALANCE

Price: 690 CZK/ 30 ´

BATH IN LAVA STONE BATHTUB IN COCONUT MILK FOR TWO Pure Fiji

A bath in a lava stone bathtub filled with coconut milk and time spent together with your loved one is the ideal way to relax both physically and mentally.



RELEASE



BALANCE

Price: 890 CZK/ 30 ´

We're preparing new Weleda baths for you. The current offer is available while supplies last.

ARNICA WELEDA BATH

Arnica helps to deeply relax tired muscles and mind. A bath in this aroma essence containing arnica, rosemary and birch leaf extract will bring you a feeling of refreshment and strength.



RELEASE



ENERGY

Price: 690 CZK/ 30´



LAVENDER WELEDA BATH

Both lavender and water bring perfect relaxation and calm to the body and mind. Lavender calms the nervous system, relaxes, promotes sleep and deep relaxation.



BALANCE



RELEASE

Price: 690 CZK/ 30'

CITRUS WELEDA BATH

An energising and refreshing bath that will help you improve your mood and put a smile on your lips. The juicy citrus scent brings a feeling of strength and energy.



RELEASE



ENERGY

Price: 690 CZK/ 30'





IN THE WRAP

Treat yourself to the feeling of health and beauty typical for relaxing wellness stays. A wrap is a procedure that will give you a truly sensual experience. For a moment, exchange the embrace of your loved ones for the embrace of a wrap, so that you can return to them reborn.





We're preparing new Comfort Zone massages for you. The current offer is available while supplies last.

SLIMMING & ANTI-CELLULITE THERMAL MUD THERAPY Comfort Zone

Intensive therapy that combines a special massage with a brush to stimulate the flow of blood and lymph, peeling of the whole body and then other massage treatments, including thermal mud wrap. Slimming treatment that helps to eliminate cellulite, cleans your body and remineralizers tissue, which leads to improved skin elasticity.

What can you expect? Drainage massage with special brushes, scrub of the entire body, massage and a wrap with thermal mud, treatment with a firming cream, application of a cream against swelling of lower limbs.



BALANCE



EASE

Price: 1 590 CZK/ 60'

DETOX THERAPY WITH SEAWEED SEDIMENTS Comfort Zone

Cleansing treatment using marine sediment and essential oil, which activate the lipolytic process. There is a deep cleaning of the body and stimulate metabolism.

What can you expect? Peeling and cleansing whole wrap of problematic zone.



EASE



BALANCE

Price: 1 590 CZK/ 60'



ANTI-CELLULITE FORMING WRAP Comfort Zone

Deep stimulating, detoxifying and slimming treatment, which has a very strong hot effect. What can you expect? Peeling and slimming wrap of problematic zones.



EASE



ENERGY

Price: 1 490 CZK/ 60'

ANTI-CELLULITE MASSAGE WITH SEAWEED ALGAE Comfort Zone

Slimming treatment with special toning mask. Alginate Mask strengthens the skin in combination with a special anti-cellulite massage accelerates weight loss. Very effective anti-cellulite treatment is suitable for combating high-stage Cellulite. What can you expect? Peeling and treatment of problematic zones with a special mask.



EASE



BALANCE

Price: 1 790 CZK/ 60'

SLIMMING THERAPY WITH MUD FROM THE DEAD SEA

The mud wrap of the whole body uses mud from the Dead Sea, which has an array of minerals and trace elements, is an excellent cleanser, antioxidant and restorative effects. Smooths skin and restores her lost flexibility.



BALANCE



ENERGY

Price: 1 490 CZK/ 60'



TERMOTHERAPY – PARAFFIN HANDS WRAP

The thermotherapy is a procedure that brings health and aesthetic effects. Paraffin wraps improve blood circulation, warm up and relax the muscles and joints. Help with arthritis or problems with eczema. Your skin is velvety soft, supple and glowing. Leave on for beneficial heat to your muscles and joints.



Price: 790 CZK / 30 ´

TERMOTHERAPY – PARAFFIN FOOT WRAP

The thermotherapy is a procedure that brings health and aesthetic effects. Paraffin wraps improve blood circulation, warm up and relax the muscles and joints. Help with arthritis or problems with eczema. Your skin is velvety soft, supple and glowing. Leave on for beneficial heat to your muscles and joints.



Price: 790 CZK / 30 ´





PEELINGS

Peeling promotes skin cell renewal, improves skin blood circulation and removes signs of fatigue. This therapy cleanses, oxygenates and relieves tension. Remember, peeling should be performed no more than once a week.





We're preparing new Comfort Zone massages for you. The current offer is available while supplies last.

AROMASOUL ELEMENTS PEELING Comfort Zone

Cleansing body peeling reflecting ancient traditions of Oriental, Mediterranean, Indian and Arabic cultures. It brings nourishment, youth and radiance to all types of skin.

Peeling provides tension relief, smoothens and softens your skin leaving it nourished and hydrated. What can you expect? Full body peeling.



BALANCE



EASE

Price: 1 390 CZK/ 45'

TRANQUILITY PEELING Comfort Zone

A unique deep cleansing aromatherapy scrub that brings cellular renewal, eliminates signs of fatigue and removes excess tissue from the skin. It adds glow, supports cellular oxygenation, improves microcirculation and leaves skin fresh and vital. This treatment combines the effects of amaranth oil, sweet almond oil and crystal sugar to create the final effect of highly nourished and silky skin. What can you expect? Full-body peeling.



BALANCE



EASE

Price: 1 390 CZK/ 45'





MASSAGES & BATHS

Relax in a lava bath and then indulge in the gentle healing touch of professional masseurs. The combination of these two therapies is a treat for both body and mind.





BATH IN LAVA STONE BATHTUB IN COCONUNT

MILK & RELAXING MASSAGE Pure Fiji

You will completely relax in a soothing therapeutic bath. Pure coconut milk will fragrance and soften your skin. The bath relieves stress and brings a feeling of balance and harmony. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage releases tension caused by stress and brings relief to both the mind and tired muscles.



Price: 1 390 CZK/ 60'

BATH IN LAVA STONE BATHTUB IN COCONUNT

MILK & RELAXING MASSAGE FOR TWO Pure Fiji

Perfect relaxation in the water bath with beneficial effects. Coconut oil scents and softens your skin. The massage releases stress and gives you a feeling of serenity. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage will relieve tension caused by stress and bring relief to your mind and tired muscles.



Price: 2 190 CZK/ 60'

ARNICA WELEDA BATH & MASSAGE

The unique combination of Arnika Weleda bath and massage will help you to deeply relax and regenerate your body, mind and spirit.



Price: 1 390 CZK/ 60'



MASSAGES FOR PREGNANT WOMEN & AFTER CHILDBIRTH

Therapies for pregnant women and women after childbirth have been specially developed by experts in their fields to help women with minor problems during one of the happiest periods of their lives. Enjoy safe, relaxing, and nourishing therapies that will make you happy and refreshed.

Happy mom = happy baby.

**We recommend a maximum of two massages per day.*

***We do not recommend combining Ayurvedic and Czech massages on the same day.*

Pregnancy massages can be booked after the end of the first trimester.

We do not offer massages during the first three months of pregnancy.





We're preparing new Comfort Zone massages for you. The current offer is available while supplies last.

NEW LIFE: FOR EXPECTANT MOTHERS COMFORT ZONE

Appropriate treatment for expectant mothers throughout their pregnancy. Pleasant and calming ritual help relax tension of back muscles and legs. Restores skin elasticity and helps prevent stretch marks. Pamper yourself! What can you expect? Relaxing back and legs massage.



RELEASE



BALANCE

Price: 1 590 CZK/ 60 '

PREGNANCY BLISS MASSAGE

Gentle prenatal relaxing back and neck massage for pregnant women. It helps eliminate pain of your spine, nape and head and increases skin elasticity. This massage takes care of the skin of pregnant women, helps to release inner stress and tension. It harmonizes the future mother with her baby. What can you expect? Relaxing massage of back and neck.



RELEASE



EASE

Price: 1 690 CZK/ 60 '

TERMOTHERAPY – PARAFFIN WRAP

The thermotherapy is a procedure that provides health, as well as aesthetic effects. Paraffin wraps improve blood circulation, warm up and relax your muscles and joints. Help with arthritis and eczema problems. Your skin becomes velvety soft, supple and radiant. Let the beneficial heat act to your muscles and joints.



RELEASE



EASE

Price: 790 CZK/ 30 ' (hands/feet)



BAMBOO MASSAGE – FACE LIFTING

Using special massage touches, bamboo rods and oil, it attends to relax the facial muscles and to remove swellings and stiffness of muscles. The face is brightened, free of stress and tension. Allow us to pamper you and brighten your face.



Price: 890 CZK/ 30 ´

BATH IN LAVA STONE BATHTUB IN COCONUT MILK

Perfect relaxation in the water bath with beneficial effects. Coconut milk scents and softens your skin. The bath releases stress and gives you a feeling of serenity.



Price: 690 CZK/ 30 ´

RELAXING MASSAGE WITH VIRGIN COCONUT OIL

It calms and harmonizes the body, spirit, and mind. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage will remove tension caused by stress and bring relief to your mind and tired muscles.



Price: 890 CZK/ 30 ´ | 1 490 CZK/ 60 ´

PREGNANCY & POSTNATAL MESSAGES



TRANQUILITY MESSAGE

Mysterious combination of essential oils and massage stimulates feeling of total pleasure and blessedness. Let the mysterious blend of herbs and oils work its magic on your body, spirit, and mind. What can you expect? Moisturizing whole body massage.



ENERGY



PURITY

Price: 1 590 CZK/ 60 ´

MASSAGES & THERAPIES FOR WOMEN AFTER CHILDBIRTH

If you are interested in another therapy from our offer, **please consult the experts at the reception desk of the Wellness & Spa Resort Svatá Kateřina**. They will be happy to help you, advise you, or adjust the selected procedure according to your current state of health. The therapies recommended for pregnant women and the following procedures are suitable for you

CLASSICAL MESSAGE

It relaxes the entire musculoskeletal system (head, neck, back). This massage is a good complement to the wraps. Choose from 30 minutes (head, back, neck) and 60 minutes (back, neck, head, upper and lower limbs).



BALANCE



RELEASE

Price: 890 CZK/30 ´ | 1 490 CZK/60 ´

OTHER VARIETIES OF RELAXING MESSAGES



MASSAGES FOR TWO

You haven't done this together yet! Enjoy a massage for two.

**We recommend a maximum of two massages per day.*

***We do not recommend combining Ayurvedic and Czech massages on the same day.*





BATH IN LAVA STONE BATHTUB IN COCONUT MILK & RELAXING MASSAGE FOR TWO

Perfect relaxation in the water bath with beneficial effects. Coconut oil scents and softens your skin. The massage releases stress and gives you a feeling of serenity. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage will relieve tension caused by stress and bring relief to your mind and tired muscles.



RELEASE



BALANCE

Price: 2 190 CZK/ 60 ´

BATH IN LAVA STONE BATHTUB IN COCONUT MILK FOR TWO

Perfect relaxation in the water bath with beneficial effects. Coconut milk scents and softens your skin. The bath releases stress and gives you a feeling of serenity.



RELEASE



BALANCE

Price: 890 CZK/ 30 ´

RELAXING MASSAGE WITH VIRGIN COCONUT OIL FOR TWO

It calms and harmonizes the body, spirit, and mind. Pure virgin coconut oil will scent, soften, and nourish your skin. The massage will remove tension caused by stress and bring relief to your mind and tired muscles.



RELEASE



EASE

Price: 1 490 CZK/ 30 ´ | 2 690 CZK/ 60 ´



We're preparing new Weleda massages for you. The current offer is available while supplies last.

RELAXING MASSAGE WELEDA FOR TWO

You can choose from the following:

ARNICA

Do you feel muscle fatigue, whether after sports, hard work or due to stress? Arnika Weleda massage will warm you up, relax tired muscles and bring the necessary relaxation



LAVENDER

It relieves muscular and mental tension and strain. Lavender has a positive effect on skin hydration. Its pleasant scent harmonises the senses and helps to reduce stress.



CITRUS

Have you been through a physically and mentally challenging period? Citrus Weleda massage will bring you not only a feeling of relaxation, but also strength, energy and joy. The massage product enriched with almond oil is a pleasure not only for your skin but also for your senses



Price: 1 490 CZK/ 30' | 2 690 CZK/ 60'



WELEDA BATH FOR TWO

You can choose from the following:

ARNICA

Arnica helps to deeply relax tired muscles and mind. A bath in this aroma essence containing arnica, rosemary and birch leaf extract will bring you a feeling of refreshment and strength.



LAVENDER

Both lavender and water bring perfect relaxation and calm to the body and mind. Lavender calms the nervous system, relaxes, promotes sleep and deep relaxation.



CITRUS

An energising and refreshing bath that will help you improve your mood and put a smile on your lips. The juicy citrus scent brings a feeling of strength and energy.



Cena: 890 CZK/ 30'



We're preparing new Weleda massages for you. The current offer is available while supplies last.

WELEDA BATH & MASSAGE FOR TWO

You can choose from the following:

ARNICA

The unique combination of Arnika Weleda bath and massage will help you to deeply relax and regenerate your body, mind and spirit.



LAVENDER

The unique combination of Weleda Lavender Bath and Massage will help you to release internal tensions of body and mind.



CITRUS

The unique combination of Citrus Weleda bath and massage will help you to hydrate your skin and refresh your body and mind.



Price: 2 190 CZK/ 60'



SPORTS MASSAGE FOR TWO

This massage relaxes and regenerates the entire body after sports performance (head, neck, back, chest, arms and legs). This massage is a good complement to our wraps.



Price: 1 590 CZK/ 30 ' | 2 490 CZK/ 60 '

RELAXING FEET MASSAGE FOR TWO

Foot massage improves blood and lymph circulation, relieves stress, relieves leg fatigue, pain and stress and gives a feeling of inner peace and harmony. The treatment begins with a Himalayan salt peeling, which nicely softens the skin, followed by a massage with refreshing eucalyptus balm.



Price: 1 490 CZK / 30 '

CLASSICAL MASSAGE FOR TWO

Relaxes the entire musculoskeletal system (head, neck, back, chest, arms and legs). This massage is a good complement to our wraps.



Price: 1 490 CZK/ 30 ' | 2 690 CZK/ 60 '



RECOMMENDED PACKAGES OF TREATMENTS

If you are unsure how to combine massages, baths, wraps, and other spa treatments, we have prepared specially tailored packages for you. The treatments are divided into three days. We recommend that you undergo them in the given order and adhere to their duration.



RECOMMENDED PACKAGES OF TREATMENTS



I. ANTI-CELLULITE

Package includes:

- Bamboo massage - lymph stimulation 60'
- Slimming therapy with mud from the Dead Sea 60'
- Comfort Zone – Anti-cellulite forming wrap 60'

For better results in the fight against cellulite, we recommend yoga exercises and sauna visits. Don't forget to drink enough fluids.

Discounted package price: 3 970 CZK/person

II. LYMPHATIC THERAPY

Package includes:

- Lymphatic massage 60'
- Bamboo massage – lymph stimulation 60'
- Lymphatic massage 60'

We do not recommend sporting activities after therapies. Before the massage, do some yoga exercises (to stimulate the lymphatic system). Don't forget to drink enough fluids.

Discounted package price: 3 870 CZK/person

III. DETOXIFICATION

Package includes:

- Lymphatic massage 60'
- Comfort Zone – detoxifying therapy with sea sediments 60'
- Bamboo massage - lymph stimulation 60'

For perfect cleansing of your body, we recommend yoga exercises and a visit to the sauna. Don't forget to drink enough fluids.

Discounted package price: 4 070 CZK/person



IV. FOR MEN

Package includes:

- Sports massage 60'
- Thermal mud therapy 60'
- Cannabis Therapy massage 60'

To unwind, take advantage of our spa therapies (saunas, steam rooms, and whirlpool) and our relaxation rooms for undisturbed rest. The Gymnasion Hotel also has a gym. Take advantage of the opportunity to train with professionals in our scheduled classes.

Discounted package price: 4 270 CZK/person

V. THAI THERAPIES

Package includes:

- Thai Foot massage 30'
- Aromatherapy massage 60'
- Thai Back massage 60'

Traditional Thai massage is an ancient healing system based on yoga, Ayurvedic medicine, and Buddhist spiritual practice. This unique and comprehensive therapy system combines rhythmic massage, acupressure, gentle twisting, deep stretching, and meditation. Thai massage releases tension, increases vitality, and harmonizes the body, spirit, and mind. After these therapies, relaxing activities are recommended – pranayama (yoga breathing techniques), relaxation, and meditation. Take advantage of our wellness & spa for relaxation.

Discounted package price: 4 170 CZK/person

*This package can only be ordered by prior arrangement.



VI. BALI THERAPIES

Package includes:

- Bali Coconut Dream 60'
- Foot Reflexology massage 60'
- Spa Journey 90'

The aim of Bali massage is to restore balance between the body, spirit, and mind. Combining various techniques from different cultures, these therapies are deep, soft, gentle, and tender, just like the people of Bali. Oils mixed with essential oils are used: vanilla, shrub, ylang ylang, lavender, jasmine, and ginger. Flexible and tonic movements alternate. Bali massages have both relaxing and toning effects. These massages improve blood circulation, strengthen the immune system, calm the nerves, improve mental state, and bring joy to life. After these therapies, activities such as yoga, Pilates, Nordic walking, relaxation, and meditation are recommended. For relaxation, take advantage of our wellness & spa.

Discounted package price: 4 570 CZK/person

*This package can only be ordered by prior arrangement.





AYURVEDIC THERAPIES

Ayurvedic therapies use the healing powers of nature and help us live a healthy life.

Ayurveda is a five-thousand-year-old Indian medicine consisting of unique system of nutrition, exercise, herbal therapy, relaxation, meditation, cleansing of the body, aromatherapy, and massage. It harmonizes the body, spirit, and mind, helping to restore inner harmony and balance.

Ayurveda brings the body back into a perfect health balance.

Provided exclusively by Ayurvedic therapists from India.

**Please note that after Ayurvedic massage and therapies, it is not recommended to visit wellness & spa for at least 2 hours.*

***We recommend combining two massages per day.*

****We do not recommend combining Ayurvedic and Czech massages on the same day.*





NOTICE

We would like to draw your attention to the specifics of Ayurvedic therapies. Ayurvedic therapies relieve stress and overload caused by physical and mental fatigue and exhaustion. They stimulate the organ pathways, the flow of energy in the body, and deeply stimulate the tissues, causing toxins to leave the body, which then relaxes and regenerates. This type of therapy can be very intense and involves massage of all parts of the body. If you find the pressure used during the therapy uncomfortable or if you find the massage of certain parts of your body unpleasant, please inform the therapist at any time.





ABHYANGA

A relaxing oil massage for body and mind, using special warm herbal Ayurvedic oils to relax and harmonize the entire body. Abhyanga as a basic Ayurvedic procedure stimulates blood circulation and releases inner tension of nervous system, muscles and joints. Abhyanga improves the flow of prana (body vital energy) and lymph, which induces inner balance and longevity.



BALANCE



ENERGY

Price: 1 790 CZK/ 60' - 50' massage + 5' steam cabin

PADA ABHYANGA

Ayurvedic oil therapy for the lower limbs focusing on improving blood and lymphatic circulation. It brings relaxation and a feeling of lightness to the lower limbs.

This massage is applied from the feet to the knees.



BALANCE



RELEASE

Price: 890 CZK/ 30'

KATI ABHYANGA

Back and neck relaxing and revitalizing oil massage using a special blend of ayurvedic oils that warm up stiff and tired muscles, relieve pain and relax tension.



RELEASE



EASE

Price: 890 CZK/ 30'



ABHYANGA – FOUR HANDED MASSAGE, two therapists

A full body oil massage performed by two therapists is a very intense cleansing therapy that is an integral part of Ayurvedic healing. It helps to stimulate blood and lymphatic circulation, relaxes muscle tension and eliminates the effects of stress. Thanks to the synchronized work of two therapists, the healing oils are massaged deeply into the tissues stimulating energy pathways and harmonizing the flow of Prana (life energy). According to traditional Ayurvedic rules, this massage is performed by two therapists, thus intensifying its effect on physical, energy and mental feeling. After this massage you will feel eased and relaxed.



Price: 2 390 CZK/ 60' - 50' massage + 5' steam cabin

SHIRODHARA

Shirodhara is a special Ayurvedic therapy focusing on the 6th chakra (it helps cure illnesses related to the head, neck, nervous system, vision and hearing). The therapy is very effective for sleeping disorders, headaches, and tiredness. Shirodhara is basically a gentle flow of oil on the forehead. It is a very pleasant massage technique and a unique experience. A head massage is also part of this procedure.

This procedure can only be ordered:

- after consultation with an Ayurvedic physician
- as part of selected Ayurvedic stays
- if you have had an Ayurvedic stay in our resort
- if you have already done Shirodhara at our resort without any health problems



Price: 2 590 CZK/ 60'



PODIKIZHI

This full body oil massage uses special oil according to a specific dosha composition of each individual person. During the massage, the body is being heated by applying herbal wraps and packs. This treatment stimulates the blood circulation, lymphic flow, and promotes elimination of toxins from the body, thus relieving muscle stiffness and pain. It also helps against arthritis.



Price: 1 890 CZK/ 60'

*We recommend consulting with an Ayurvedic therapist before the procedure.

AYURVEDA HEAD MASSAGE

A traditional massage of the head, neck and shoulders is performed in prone position in order to release intense stress and tension. This very ancient therapy relieves muscle tension, improves joint mobility, stimulates blood circulation and helps to remove toxic substances from the body.



Price: 1 390 CZK/ 45'

KATI – VASTI

This therapy focuses on elimination of lower back pain. It uses a special paste made of flour. It is placed around the painful points and filled with hot oil, thus releases muscle tension. Kati Vasti is a very old therapy that improves spine flexibility, removing cramps, pain and spasm. It is a suitable treatment for spondylosis.



Price: 1 890 CZK/ 45'

*We recommend consulting with an Ayurvedic therapist before the procedure.



SPA



Treat your body, mind, and senses to some pleasure. We should all experience something enjoyable every day! Savor the moments of rest and relaxation at the Svatá Kateřina Wellness & Spa Resort.

In the wellness & spa

we use natural, lightly mineralized water from the Svatá Kateřina spring with an increased content of sulphates, bicarbonates, and calcium with natural radionuclides.

Kateřina water is suitable for washing, bathing, and wellness & spa treatments. It is not too hard—it contains calcium and magnesium, so it easily dissolves fatty impurities.

The content of isotopes of natural radioactive elements (Ra, U), typical of other springs in this geological area, greatly enriches it. In terms of its healing effects, it has a particularly positive effect on the musculoskeletal system. However, it does not reach levels that could be considered risky in any way. The rich concentration of sulphates, silicic acid, and boric acid contributes to the treatment of eczema, including psoriasis.



WELLNESS & SPA HOTEL SVATÁ KATEŘINA

Give your body the care it deserves. The sauna and steam room are perfect cleansing baths that will brighten up your day of relaxation. Try the Kateřina's Finnish and aromatic saunas, salt or herbal baths, and you will understand. In the whirlpool, you can relax stiff muscles, relieve back pain, and release tension. Time will stand still for a moment, and your worries will melt away.





WELLNESS & SPA HOTEL SVATÁ KATEŘINA

OPENING HOURS SPA HOTEL SVATÁ KATEŘINA

Mon-Thu: 11:00 - 22:00

Fri: 10:00 - 23:00

Sat: 08:00 - 23:00

Sun: 08:00 - 20:00

Children aged 1 to 6 years old are only allowed during stays with children:

Daily from 13:00 - 15:00.

Children under one year old are not allowed.

*Children under 15 years old are only allowed when accompanied
by an adult.*



SAUNA

Just right for wellness stays!

Sauna bathing is based on alternating heat and cold. The temperature in the sauna is around 90°C. The temperature of the water in the cooling pool is around 6°C. To increase blood circulation in the skin, we recommend using special brushes and washcloths. Saunas increase the resistance and immunity of the human body, providing better protection against illness, especially in winter. Saunas also have a beneficial effect on muscle tension, helping to reduce stress and relieve overall exhaustion. Saunas also have a positive effect on the skin and mucous membranes. Many people may see an improvement in dermatological problems. Last but not least, the sauna hardens the human body and removes toxic substances. It is not recommended to go to the sauna on an empty or full stomach, immediately after considerable physical exertion, or after consuming alcohol.

If you have any health problems, please contact our staff at the wellness reception.



RULES FOR HEALTHY SAUNA USE

Allow at least two hours for your sauna session. You will need a sheet or large towel to lie on, a towel, slippers, and soap or shampoo.

Beginners are advised to visit the sauna for shorter periods at first.

SAUNA RULES



- 1.** Do not enter the sauna hungry or with a full stomach.
- 2.** To enjoy your sauna experience without interruption, we recommend visiting the restroom before the procedure.
- 3.** Be sure to shower thoroughly before entering the sauna cabin for the first time.
- 4.** Dry yourself well, as dry skin sweats faster.
- 5.** It is better not to wear swimsuits in the sauna area. We recommend removing jewelry that is worn directly on the body.
- 6.** Cover your entire body, including your feet, with a sheet or towel.
- 7.** Your stay in the sauna should be short but intense. Therefore, use the middle or upper bench, but for no longer than 15 minutes.
- 8.** It is less suitable to sit as if on a chair, as this causes a large temperature difference between your feet and head, which can lead to dizziness or headaches. In a horizontal position, you will feel the heat evenly and comfortably. It is recommended to sit for the last two minutes of the sauna session so that your blood circulation can adjust to an upright position again and the blood does not rush to your legs all at once.
- 9.** In saunas, you can breathe either through your nose or your mouth. When breathing through your nose, you may feel as if the air is burning. In this case, you can cover your nose and mouth with your palm. Breathe at a normal rate, as you are accustomed to doing normally.
- 10.** When sweating, you can gently wipe and stroke the surface of your body, which helps to open the pores and wash away impurities from the skin. We recommend using special washcloths.
- 11.** After the recommended time has elapsed, or if you feel a burning sensation in your earlobes, the tip of your nose, or your nipples, leave the sauna.



12. The gentlest way to cool down is to pour water over yourself using a hose. You can also use a shower. Always shower first to wash off sweat before using the cooling pool. If you have high blood pressure, avoid cooling pools. Cool down in the pool by gradually immersing yourself, not by jumping in. If possible, cool down with your head or at least the back of your neck submerged.

13. Repeat the hot-cold procedure at least three times.

14. The final relaxation phase is not only a pleasant end to the sauna ritual but also promotes the recovery of the body. During this phase, don't forget to replenish your fluids – chilled tea, mineral water, or selected isotonic sports drinks are suitable.

15. If you have used the sauna correctly, you will feel pleasantly relaxed and tired. The beneficial effects of the sauna would be negated by alcohol consumption or smoking.

If you suffer from any health problems, please contact our staff at the wellness reception.



Saunas are not suitable for:

severe forms of heart failure

high blood pressure with kidney damage,

cardiac arrhythmia

heart disease

acute phlebitis;

inflammatory diseases of internal organs (liver, kidneys, pancreas, etc.)

malignant tumors;

ischemic brain disease with symptoms of cerebral circulation disorders; epilepsy;

untreated tuberculosis;

acute infections of the upper and lower respiratory tract;

acute inflammatory stages of rheumatic diseases.



AROMATIC SAUNA

Choose from a wide range of aromatic essences:

Inducing relaxation:

Combination of bergamot, rosewood, cedar, ylang-ylang, geranium bourbon, lavender, sweet oranges.

Bringing relief of breathing problems:

Combination of eucalyptus globules and eucalyptus radiata.

Awakening vitality:

Combination of peppermint, grapefruit, pine and rosemary.

Inducing harmony:

Combination of lemon, citronella, cypress, lavender, red tangerine, tea tree and patchouli.





STEAM BATH

Steam bath is a hot bath (40-55 °C) with high humidity (up to 100%). This unique ambiance has positive effect on the human organism. The main difference between the ambiance in the sauna and steam bath lies in the humidity. This body warm-up positively affects the organism. Steam bath helps treat asthma, respiratory diseases, rheumatism, hoarseness, muscle troubles and blood circulation disorders. Warming up of the organism leads to activation of detoxification processes and fat burning, so that steam bath also leads to weight loss. Steam inhalation is an excellent medicinal remedy for colds, bronchitis, laryngitis, sinus inflammation and pneumonia. During inhalation of steam, the skin pores open. Pollutants from the skin are washed out as herbs actively regenerate the skin. Unlike the sauna ambiance, the steam bath is a moist warm bath. It is not recommended to use the sauna with full or empty stomach or immediately after considerable physical exertion.

AROMATIC STEAM BATH OR STEAM SALT BATH

Aromatic steam bath employs wide range of essential oils. Steam salt bath takes advantage of the beneficial effects of the water and salt of Svata Kateřina. If you experience health problems, contact our staff at the Wellness Reception.

RULES OF CONDUCT IN THE STEAM ROOM



- 1.** Do not enter the steam room hungry or with a full stomach.
- 2.** To enjoy the steam room procedure without interruption, we recommend visiting the toilet before using the sauna.
- 3.** Be sure to shower thoroughly before entering the steam room for the first time.
- 4.** It is better not to wear swimsuits in the steam room; we recommend removing any jewellery that is worn directly on the body.
- 5.** Cover your entire body, including your feet, with a sheet or towel.
- 6.** Stay in the steam room until you are properly warmed up (it is not healthy to overdo it to the point of feeling faint or dizzy). The length of time spent in the steam room is always individual, but usually 10-20 minutes.
- 7.** After leaving the steam bath, it is recommended to take a shower – it is not necessary to cool down rapidly – use lukewarm water. The intensity of cooling is chosen by everyone according to their feelings and experience; in addition to a shower, cooling in cold air can also be used.
- 8.** The heating and cooling phases are usually repeated 2-3 times to achieve a pleasant sensation. The duration and intensity of the heating is left up to the visitors.
- 9.** After the procedure, we recommend resting for 20-30 minutes in the relaxation rooms.
- 10.** After the procedure, we recommend replenishing lost water and mineral salts. Unsweetened mineral water, fruit juices, or other non-alcoholic beverages are best suited for this purpose.
- 11.** Alcohol consumption and smoking would negate the beneficial effects. Do not visit the steam room if you are ill, have a fever, or have any other infectious or viral disease.

RULES OF CONDUCT IN THE STEAM ROOM



12. Special rules apply to children in the steam room. Before your first visit to the steam room, inform your pediatrician and ask for advice regarding your stay in the steam room.

13. All visitors are required to follow the instructions of the steam bath staff regarding the operation of the facility without exception. In case of non-compliance, the staff is authorized to expel such visitors from the facility.

If you suffer from any health problems, please contact our staff at the wellness reception.



Steam baths are not suitable for:

severe forms of heart failure

high blood pressure with kidney damage

heart arrhythmia

heart disease

acute phlebitis

inflammatory diseases of internal organs (liver, kidneys, pancreas, etc.)

malignant tumors

ischemic brain disease with symptoms of cerebral circulation disorders; epilepsy

untreated tuberculosis;

acute infections of the upper and lower respiratory tract;

acute inflammatory stages of rheumatic diseases.



WHIRLPOOL

You will relax stiff muscles, relieve back pain, and release tension. Time will stand still for a moment, and your worries will melt away. A gentle massage with swirling water at a temperature of 36-38°C. The recommended bath time is 15-20 minutes.

RASULBATH

Rasulbath is a traditional oriental cleansing procedure that takes place over a period of thirty minutes in a warm steam bath. Its essence lies in the biochemical effects of mud on the human body, which occurs naturally in nature. In Svatá Kateřina, you can experience the beneficial effects of Dead Sea mud, which thoroughly cleanses and stimulates blood circulation in the skin. The mud has a detoxifying effect, so we recommend drinking plenty of clean water during the procedure.



Rasulbath is not suitable for:

*severe forms of heart failure
high blood pressure with kidney damage,
cardiac arrhythmia
heart disease
acute phlebitis;
inflammatory diseases of internal organs (liver, kidneys, pancreas, etc.)
malignant tumors;
ischemic brain disease with symptoms of cerebral circulation disorders; epilepsy
untreated tuberculosis;
acute infections of the upper and lower respiratory tract;
acute inflammatory stages of rheumatic diseases.*



RASULBATH - COCONUT DREAM

Wholesome effects of coconut oil are employed here. It is hypoallergenic, non-irritating and thus is suitable for very sensitive skin. Coconut oil is also called a natural antibiotic.

Price: 690 CZK / 30'

RASULBATH – HONEY PLEASURE

This treatment helps to firm problematic areas of your body. Special honey-milk mask is applied to your skin for 20 minutes while you are in the warm steam bath. At the end, your skin is treated with body honey butter, which intensifies the skin firming effect. This procedure is not suitable during high outdoor temperatures and for those having blood pressure or heart problems.

Price: 690 CZK/ 30'

RASULBATH – GINGER – DETOXIFICATION

Ginger intensively cleanses your body and in connection with coconut oil hydrates and brightens your skin. Coconut oil together with ginger is full of vitamins and antioxidants, bringing the skin necessary nutrients, lightly tones it and protects against signs of aging.

Price: 690 CZK/ 30'



HYDROMASSAGE TUB UNDER THE SKY "AQUA EUFORICA"

Immerse yourself in refreshing water full of bubbles and positive energy, and you will feel wonderful. Stars shine above your head and a glass of sparkling wine sparkles in your hand. A beneficial bath in bubbling mineralized water combined with buoyancy, warmth, and massage is wonderfully rejuvenating. Your body weighs a tenth of its normal weight in the water bath, allowing your muscles and tendons to relax completely. The warmth and massage stimulate blood circulation, which brings more oxygen and nutrients to calm and regenerate tired muscles. The jets are positioned to massage the most stressed areas. You can use the controls to adjust the intensity of the water jets so that the hydromassage is comfortable for you. There are six massage frequencies available. The composition of the water from the St. Catherine spring significantly enhances the effect of the hydromassage. This deep alkaline spring has been used in spa treatments for centuries, among other things for its unique skin regeneration effects. The revitalizing effect of the bath is multiplied by the altitude of 750 m above sea level, where the sparkling clean air is so thin that it forces you to breathe deeply. After the hydromassage, your sleep will be deeper and more relaxing. A warming room - a tropical bath - also awaits you on the terrace.

If you have any health issues, please contact our staff at the wellness reception.



CANTABRIA

Up to 8 relaxation seats.

A perfect place for relaxation. The power of the pumps and nozzles will surprise you.

GENEVA

Up to 6 relaxation seats.

A perfectly shaped whirlpool with precisely positioned nozzles and powerful pumps.

TAHITIAN

Up to 6 relaxation seats.

For those desiring ultimate hydrotherapy in a compact design. The younger "sister" of Geneva will satisfy and excite you.

MARTINIQUE

Up to 4 relaxation seats.

A perfect experience of relaxation, especially if you and your loved one want to be undisturbed.



PRICE LIST FOR AQUA EUFORICA HYDROMASSAGE TUB UNDER THE SKY & PRICE LIST FOR INDIVIDUAL JACUZZI

Martinique: 690 CZK/ 60' | 890 CZK/ 90'

Tahitian: 990 CZK/ 60' | 1 290 CZK/ 90'

Geneva: 1 090 CZK/ 60' | 1 490 CZK/ 90'

Cantabria: 1 290 CZK/ 60' | 1 790 CZK/ 90'

RENT ALL JACUZZIS TOGETHER

Martinique, Tahitan, Geneva a Cantabria

Price: 3 660 CZK/ 60' | 5 060 CZK/ 90'

PRICE LIST OF JACUZZIS – COMBINATION OF TUBS

Martinique a Geneva: 1 580 CZK/ 60' | 2 180 CZK/ 90'

Geneva a Tahitian: 1 880 CZK/ 60' | 2 580 CZK/ 90'

Tahitian a Cantabria: 2 080 CZK/ 60' | 2 880 CZK/ 90'

Martinique a Geneva a Tahitian: 2 470 CZK/ 60' | 3 370 CZK/ 90'

Geneva a Tahitian a Cantabria: 3 070 CZK/ 60' | 4 270 CZK/ 90'



SPA AYURVEDIC PAVILION

WELCOME TO THE AYURVEDIC PAVILION...

feel the closeness and power of the healing nature of the Highlands. The Ayurvedic Pavilion, "Building of the Year 2019," is divided into two sections. The first is dedicated exclusively to Ayurveda and Ayurvedic therapies, while the second section consists of a wellness & spa. Ayurveda is based on the theory of five elements: earth, water, fire, air, and ether, which are part of everything around us. Harmonizing these elements allows us to find inner strength and health. Vastu, a Vedic manuscript on architecture, discusses the influence of individual elements, planets, and cardinal directions on the quality of life in buildings. Therefore, the inspiration for the construction of the Ayurvedic Pavilion was, to a certain extent, this ancient text, which is part of the teaching and practice of Ayurveda.





AYURVEDIC PAVILON

OPENING HOURS

Mon – Thu: 10:00 - 22:00

Fri: 10:00 - 23:00

Sat: 8:00 - 23:00

Sun: 8:00 - 20:00

Opening hours for the public:

Always by prior arrangement with the Ayurvedic Pavilion reception
(phone number: 565 456 891).

AYURVEDIC DOCTOR

Office hours:

Everyday: 9:00-13:00 a 14:00-18:00

Children (1 to 6 years of age) may not enter the Ayurvedic section. They are only allowed to enter the Wellness and Spa section accompanied by an adult on dates designated for children for 2 hours during the following periods:

Every day 10:00 – 12:00 and 15:00 – 17:00

Children under one year old are not allowed.

Bathrobes and hotel slippers will be provided in your hotel room, and upon entering the wellness & spa, the wellness reception will provide you with a towel and two sheets free of charge. As part of our commitment to environmental sustainability, we will lend you additional towels, sheets, or bathrobes for a fee. The fee for changing your bathrobe is 60 CZK, for borrowing an additional sheet 30 CZK, and for a towel 20 CZK.



WELLNESS & SPA

Wellness & spa in Ayurvedic Pavilion offers:

- **Finnish sauna** (You can find information about saunas and sauna rules in the WELLNESS & SPA HOTEL SVATÁ KATEŘINA section)
 - **Aromatherapy steam cabin**
(You can find information about steam cabin and sauna rules in the WELLNESS & SPA HOTEL SVATÁ KATEŘINA section)
 - **Two big whirlpools**
 - **Pool with six massage seats**
- **Gentle reflexology therapy "Walking on stones and pebbles"**

Gentle reflexology therapy is an effective complement to reflexology foot massage performed by therapists. Reflexology is an Asian technique that is over a thousand years old and is part of alternative medicine and self-treatment. It is based on holistic principles, on the fact that the final parts of the body, the feet, hands, and ears, contain nerve endings that are connected to internal organs. Stimulating and massaging these endings influences and supports their activity.

This therapy also has a positive effect on metabolism, regeneration of the body, digestion, and insomnia. The gentle reflexology therapy that we recommend you try is a supportive therapy performed by massage therapists. Any pain you may feel is part of the therapy. Painful sensitivity in the feet indicates problems with individual organs. The combination of therapies gradually improves the functioning of these organs and thus gradually reduces pain, whether during massage or when walking on stones.

Not suitable for skin diseases of the feet, not suitable during pregnancy.

Almost every area of the wellness & spa offers beautiful views of the surrounding nature. Connecting with nature helps you find inner harmony and eliminate the effects of stress caused by modern life and city living.



AYURVEDIC SECTION

Dedicated to Ayurveda & Ayurvedic therapies

- Six specialized therapy rooms have been built in the pavilion, including steam cabins for intensive absorption of therapeutic oils after Ayurvedic therapies. The rooms are equipped with original massage tables made of mahogany wood in Kerala, India.
- Near the reception desk is the office of an Ayurvedic doctor, located so that the doctor is always available not only to our guests, but also for professional consultations and individual adjustments to therapies according to the client's health condition.
- After therapy sessions, clients can use the spacious relaxation areas and enjoy the proximity and power of the healing nature of the Highlands.



AYURVEDIC PAVILON

PRICE LIST

ENTRANCE FEES - Adults

- **Weekend - Fri, Sat, Sun (until 2 p.m.) + holidays**

- 790 CZK – all-day admission
- 490 CZK - 2 hours

Each additional 15 minutes, or part thereof, is 60 CZK.

- **Weekdays - Sunday (from 2 p.m.) – Thu**

- 590 CZK – all-day admission
- 390 CZK - 2 hours

Each additional 15 minutes, or part thereof, is 40 CZK.

ENTRANCE FEES - Children + Reserved times for children

- **Weekend - Fri, Sat, Sun (until 2 p.m.) + holidays**

- 390 CZK - 2 hours

Each additional 15 minutes, or part thereof, is 60 CZK.

- **Weekdays - Sunday (from 2 p.m.) – Thu**

- 290 CZK - 2 hours

Each additional 15 minutes, or part thereof, is 40 CZK.

Children (1 to 6 years of age) may not enter the Ayurvedic section. They are only allowed to enter the Wellness and Spa section accompanied by an adult on dates designated for children for 2 hours during the following periods:

- *Every day 10 a.m. – 12 p.m. & 3 p.m. – 5 p.m.
Children under one year old are not allowed.*



BEAUTY



Pamper yourself with beauty treatments from Comfort Zone, discover the beneficial effects of natural care from WELEDA or Inlight. You can have beautiful and healthy nails thanks to natural care from OPI.



COSMETIC

Treat yourself to moments of relaxation and care with exceptional cosmetic products that pamper both your body and senses. Discover premium skincare from Comfort Zone, combining a scientific approach with a deeply relaxing experience. Enjoy the power of nature with natural cosmetics from WELEDA, whose products are created with the utmost respect for both nature and your skin.

Choose the very best for your beauty and well-being.





We're preparing new Comfort Zone treatments for you. The current offer is available while supplies last.

COMFORT ZONE

Introducing Comfort Zone, Italian luxury cosmetics whose treatments can be found in luxury hotels, spas, beauty and wellness centres in 40 countries around the world. The feeling of absolute beauty is enhanced by a perfect relaxation experience.

REMEDY

Harmony for sensitive skin and spider veins Advanced professional care for deep nourishment of dry skin, reduction of redness and irritation, and strengthening. The result is uniform, balanced, and healthy skin. Ideal for sensitive and dry skin, pregnant women, and as an emergency treatment for sunburn or other sudden irritation. Reduces the appearance of spider veins, irritation, and other symptoms of discomfort.

Price: 1 390 CZK/ 60'

RECOVERY TOUCH

Nourishing antioxidant treatment. Complete treatment for your skin. It includes aromatherapy anti-stress ritual, relaxing massage of face, décolletage and neck, mask application and final skin treatment. The Recover Touch antioxidant treatment deeply nourishes and restores brightness of dry, lacklustre and tired skin.

Price: 1 250 CZK/ 60'

ACTIVE PURENESS

Treatment for problematic and oily skin. Suitable also for men. Sensitive cosmetic treatment for deep cleansing. Closes pores and harmonizes oily skin with skin blemishes. The treatment includes green matting clay mask.

Price: 1 250 CZK/ 60'



HYDRAMEMORY KOMPLET for dehydrated skin

Deep hydrating and antioxidant treatment for face, neck and décolletage, providing bright and silky skin. It leaves your skin hydrated, silky and provides appearance of firm, nourished and radiant skin. Recommended for extremely dehydrated skin, all year around, but especially during the warm season or in preparation for sunbathing. Ideal for skin that shows the first signs of aging.

Price: 1 350 CZK/ 60'

SUBLIME SKIN - active lifting

Rejuvenating, skin filling and lifting treatment for face and neck. An innovative two-phase lifting mask that nourishes and brightens your skin and reduces deep wrinkles. Recommended for all skin types.

Price: 1 990 CZK/ 85'

SUBLIME SKIN - double scrub peeling – deep peeling s alpha hydroxyl acids (AHA)

A complete treatment tailored to the needs of your skin. It contains aromatherapy anti-stress ritual, relaxing facial, neck and décolletage massage, mask application and final skin treatment. The Chrono-Reverser deep peeling treatment restores the skin structure, smoothens its unevenness and unifies skin colour.

Price: 1 390 CZK/ 60'



SUBLIME SKIN EYE PATCH MASK*

An eye mask with immediate effect! An innovative correcting hydro gel eye mask with peptides for instant refreshment, rejuvenation and nutrition of your eye area. Contains silicone-free ingredients and perfume components, made of 96% natural ingredients.

Price: 490 CZK

**Can only be ordered for treatment, not separately.*

We're preparing new Comfort Zone treatments for you. The current offer is available while supplies last.

COMFORT ZONE TREATMENTS AND RITUALS

Treat your skin to the very best with the Italian brand Comfort Zone, which combines the power of nature with modern science. The products are gentle on both your skin and the environment, free from silicones and parabens. Enjoy professional care that transforms your daily routine into a relaxing experience.

TRANQUILITY URBAN DETOX FACIAL (FACE)

A treatment including an effective peel-off mask enriched with chlorella and charcoal to intensively purify the skin. This type of skin detox is suitable for dull, environmentally stressed, acne-prone skin. The treatment not only cleanses but also brightens and smooths the skin.

Price: 1 590 CZK/ 60'

HYDRAMEMORY GLOW (FACE)

A cryotherapy-inspired facial treatment that deeply nourishes and tones the skin. It uses Prickly Pear extract and hyaluronic acid to hydrate, firm and brighten the skin. The treatment includes unique facial drainage using special cooling spoons. Lymph is stimulated and microcirculation is improved, aiding absorption of the applied products. All products are organic and vegan.

Price: 1 590 CZK/ 60'



TRANQUILITY MEN'S TREATMENT (FACE)

A treatment that is formulated according to the special requirements of men's skin. It includes cleansing care, helps smooth wrinkles and intensively moisturizes shaving-stressed skin. The products contain the plant betaphroline, which affects our mood. The care brings a feeling of relaxation and good mood.

Price: 1 390 CZK/ 60'

TRANQUILITY LUMINANT "Bright facial" (face)

A very effective cosmetic treatment that has a triple effect. It helps in the correction of dark spots, hyperpigmentation and instantly brightens and unifies the skin. The treatment is inspired by the most effective dermatological techniques for the treatment of hyperpigmentation. With its unique 3-BRIGHT TECHNOLOGY™ technology, it effectively corrects and prevents dark spots and hyperpigmentation, combining natural extracts and high-tech molecules such as ginger, 4-butylresorcinol, Melano hexapeptide and keratolytic enzyme.

All ingredients are vegan, 97.6% of the ingredients are of natural origin.

Price: 1 590 CZK/ 60'



We're preparing new Weleda treatments for you. The current offer is available while supplies last.

COSMETIC TREATMENTS WELEDA

Experience a unique wellness journey with natural care from Weleda. Treatments created by experts of this traditional brand combine the power of plants with the touch of professionals, restoring balance, vitality, and a natural glow to your skin. Weleda – harmony of body, mind, and nature.

POMEGRANATE 60'

Pomegranate is known for its rejuvenating effect. It works against oxidative stress, formation of pigment spots. It promotes hydration, provides necessary minerals, and vitamins. Firms, hydrates and restores elasticity to the skin. This ritual brings a feeling of strength and energy.

Price: 1 590 CZK

ROSE 60'

Extracts of rose in WELEDA products give the skin vitality, freshness and youthful appearance. It supports healing, skin metabolism and the formation of elastic and collagen fibres. This ritual is very gentle and soothing. Rose improves mood, harmonizes body, spirit and mind.

Price: 1 490 CZK



SKIN FOOD 60 ´

Food is a unique line of products from WELEDA, which has been on the market since 1926. This unique cream formula helps regenerate and moisturize the skin of the entire body. It helps regenerate, heal and rejuvenate the skin. The herbs used in Skin Food products provide the necessary strength to the skin to fight the environmental influences. This ritual brings a pleasant feeling of regeneration not only to the body but also to the mind.

Price: 1 390 CZK

SENSITIV ALMOND 60 ´

Food is a unique line of products from WELEDA, which has been on the market since 1926. This unique cream formula helps regenerate and moisturize the skin of the entire body. It helps regenerate, heal and rejuvenate the skin. The herbs used in Skin Food products provide the necessary strength to the skin to fight the environmental influences. This ritual brings a pleasant feeling of regeneration not only to the body but also to the mind.

Price: 1 390 CZK





MANICURE

OPI is a leading brand in natural nail care. Its products do not contain dibutyl phthalate, formaldehyde, or toluene. OPI offers complete hand and foot care, treatments for all nail types, and a wide range of coloured and treatment polishes.

Exclusive care for your hands. For best results, we recommend relaxing for 10-20 minutes in the relaxation zone at the Dalila salon.





OPI LUXORIOUS MANICURE

Nail analysis, cuticle and nail treatment, bath, peeling, caring mask, wrap in thermal sleeves, massage, nourishing care, nail painting.

Price: 1 090 CZK/ 60'

OPI BASIC MANICURE

Nail analysis, cuticle and nail treatment, caring mask, nourishing care, nail painting.

Price: 690 CZK/ 30'

P-SHINE

Japanese manicure for healthy, strong and beautiful nails. Suitable for brittle nails.

Price: 690 CZK/ 25'



PEDICURE

Unique softening, refreshing, and revitalizing care for your feet. OPI is a leading brand in natural nail care. Its products do not contain dibutyl phthalate, formaldehyde, or toluene. OPI offers complete hand and foot care, treatments for all nail types, and a wide range of coloured and treatment polishes.





OPI LUXORIOUS PEDICURE

Nail analysis, foot nail and cuticle treatment, bath, peeling, caring mask, wrap in thermal sleeves, massage, nourishing care, nail painting.

Price: 1 090 CZK/ 60'

BASIC PEDICURE WITH NAIL POLISH

Bath, foot and nails treatment, foot massage, nourishing care, nail painting.

Price: 890 CZK/ 60'

BASIC PEDICURE WITHOUT NAIL POLISH

Bath, foot and nails treatment, foot massage, nourishing care.

Price: 790 CZK/ 60'



**S V A T Á
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RESORT

Not sure which treatments to choose?

We're here to guide you.

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Wellness reception Hotel Svatá Kateřina: +420 565 456 809

Reception Ayurvedic pavilion: +420 565 456 891

Ayurvedic manager: +420 565 456 835

Coordinators: +420 602 597 797 / + 420 739 754 690