



DARUVARSKÉ
TOPLICE



HEALTH PROGRAMS

specifically created to assist in maintaining health and prevention

SMALL

health package

PACKAGE CONTAINS:

- initial and final examination by a doctor
- three therapies per day as recommended by the doctor (hydrotherapy, hydro gymnastics, fango therapy, paraffin, electrotherapy – laser, magnet, various electro procedures, group medical gymnastics etc.)
- thermal water pool access
- full board (buffet)
- twin room accommodation

*Minimum stay: 7 days

***For a stay of more than 10 days 10% discount is approved**

TERMAL **77 € ***
ARCADIA **66 € ***

Companion of the user of health packages

- full board (buffet)
- thermal water pool access

*Minimum stay: 7 days

***For a stay of more than 10 days 10% discount is approved**

TERMAL - **70 € ***
ARCADIA - **60 € ***





MEDIUM health package

PACKAGE CONTAINS:

- initial and final examination by a doctor
- up to five therapies per day (hydrotherapy, hydro gymnastics, paraffin, electrotherapy – laser, magnet, various electro treatments, partial massage, group medical gymnastics etc.)
- thermal water pool access
- full board (buffet)
- twin room accommodation

*Minimum stay: 7 days

***For a stay of more than 10 days 10% discount is approved**

TERMAL **88 € ***

ARCADIA **76 € ***

Companion of the user of health packages

- full board (buffet)
- thermal water pool access

*Minimum stay: 7 days

***For a stay of more than 10 days 10% discount is approved**

TERMAL - **70 € ***

ARCADIA - **60 € ***

LARGE

health package

PACKAGE CONTAINS:

- therapies recommended by a doctor specialist physiatrist
- initial and final examination by a doctor
- medical specialist's advice and adequate therapies
- laboratory diagnostics, if necessary
- thermal water pool access
- full board (buffet)
- twin room accommodation

*Minimum stay: 7 days

***For a stay of more than 10 days 10% discount is approved**

TERMAL **99 € ***

ARCADIA **86 € ***

Companion of the user of health packages

- full board (buffet)
- thermal water pool access

*Minimum stay: 7 days

***For a stay of more than 10 days
10% discount is approved**

TERMAL - **70 € ***

ARCADIA - **60 € ***





MEDICAL TREATMENT OF ATHLETES

PACKAGE CONTAINS:

- individual patient approach
- initial and final diagnostics on the Biodex system
- initial and final examination by a specialist doctor
- kinesiology and physical therapy as recommended by the specialist
- individual kinesiotherapy sessions (120 minutes)
- thermal water pool access
- accommodation, twin room
- full board (buffet)

STAY UP TO 7 DAYS

123 € *

STAY FOR 8 DAYS OR MORE

112 € *

THERAPY FOR CHRONIC DISEASE

PACKAGE CONTAINS:

- initial and control examination by a specialist in physical medicine and rehabilitation
- hydrogymnastics, electrotherapy - pain therapy, group exercises
- InterX or Hiro-Hilt laser
- partial hand massage
- partial hydromassage
- scift bicycle
- bicycle access
- thermal water pool access
- full-board
- twin room accommodation

**Due to prolonged and positive balneo
rehabilitational effects, longer stay is
recommended.**

Package Price 7 days
567 € *

Package Price 10 days
790 € *

*Additional free feature in the package:
1x partial water massage

Package Price 14 days
1050 € *

*Additional free feature in the package:
1x partial water massage, 1x InterX or
Hiro-hilt laser





PREPARATION FOR SURGERY

PACKAGE CONTAINS:

- initial and control examination by a specialist in physical medicine and rehabilitation
- hydrogymnastics, electrotherapy - pain therapy, group exercises
- consultation with a nutritionist, diagnosis and creation of a special menu
- thermal water pool access
- recreational bicycle access
- full-board
- twin room accommodation

Our health program will prepare you for the post-surgery period, strengthen your muscles and fitness. It will prepare you for getting out of bed, using the toilet, walking with crutches, and teach you how to rise, walk, and perform daily activities properly.

PRICE PER DAY

85 € *

Minimum stay 5 days (board)



You may feel like it's impossible to plan the future, but things can change quickly. At this point, it is crucial to adjust the mindset towards discovering new things and this is easier with an active holiday.

HEALTH PROGRAM

TIME FOR ME

PACKAGE CONTAINS:

- examination by a specialist in physical medicine and rehabilitation
- initial diagnostics: anthropometry
- body composition analysis and customized nutrition according to the recommendation and supervision of a nutritionist
- therapeutic procedures under the professional supervision of physical therapists:
 - underwater massage in a tub
 - exercises for body regeneration
 - breathing exercises outdoors
- therapeutic procedures under the professional supervision of kinesiologists:
 - assessment of static and dynamic parameters related to balance maintenance; PowerPlate vibration platform
 - cardiovascular exercises – cycling, stepper, elliptical trainer...
 - stretching exercises
- use of a pool with healing thermal water
- walk with a tour guide – a tour of the city and cultural-historical landmarks (walk approximately 2.5 km)
- accommodation, twin room
- full board

5 days
385 € *

12 days
864 € *

Additional in the 12-day program:

- follow-up (control) examination by a specialist in physical medicine and rehabilitation
- electrotherapy (TENS)
- 2x outdoor breathing exercises
- nordic walking
- creation of a nutrition plan

THE GOLDEN YEARS

PROGRAM FOR RETIREES

Designed for individuals in their golden years, program focuses on maintaining vitality through the enjoyment of thermal waters and healing mineral mud, as well as medical gymnastics and hydrotherapy exercises under the supervision of a physiotherapist, electrotherapy treatments, and massages.

PACKAGE CONTAINS:

- four therapies per day as recommended by a doctor (hydrotherapy, hydro gymnastics, fango therapy, paraffin, electrotherapy - laser, magnet, various electro procedures, group medical gymnastics, partial massage)
- initial and final medical examination
- full board – buffet
- unlimited thermal pool access
- accommodation, twin room

*minimum stay - 10 days

PRICE PER DAY

66 € *



Health Program

{IT} Matters

The program is specially tailored for employees in the ICT sector. Programme is created to help preserve health, as well as treat specific diseases related to the nature of work, i.e., a predominantly sedentary lifestyle.

{IT} MATTERS 1.0 = 5 days | 590 € *

PACKAGE INCLUDES:

- full board accommodation in Spa hotel Termal
- examination by a doctor specialist physiatrist
- therapeutic procedures under the expert supervision of physical therapists- Pearl baths, McKenzie exercises, Hull stabilization exercises, InterX, Electrical procedures, partial manual massage
- therapeutic procedures under the expert supervision of kinesiologists- assessment of static and dynamic parameters associated with maintaining balance; PowerPlate vibrating platform, exercises for the cardiovascular system (cycling, stepper, orbitrek), stretching exercises
- unlimited use of the pool with thermal water
- unlimited internet access (wi-fi)
- free parking

{IT} MATTERS 2.0 = 7 days | 819 € *

PACKAGE INCLUDES:

- Package 1.0 + first and final examination by a doctor specialist physiatrist, MFR (Myofascial release)

{IT} MATTERS 3.0 = 10 days | 1080 € *

PACKAGE INCLUDES:

- Package 1.0 + first and final examination by a doctor specialist physiatrist, Sigma (proprioceptive pad)





JOY OF LIFE

Treatment of infertility by natural healing factors

PACKAGE CONTAINS:

- specialist doctor's examination upon arrival and at the end of treatment
- therapeutic procedures on recommendation of a doctor specialist (up to four types of therapies daily)
- if necessary, one gynecological examination during the stay
- thermal water pool access
- full board (buffet)
- accommodation, twin room

*Minimum stay: 10 days. Recommended program duration is 21 days.

* **For a stay of more than 12 days 10% discount is approved**

TERMAL
88 € *

ARCADIA
75 € *

***Note:** No therapies are provided on Sundays, public holidays, and/or festive days. Prices are expressed in euros, based on accommodation in a twin room. Prices are per person, and do not include tourist tax of € 1,50 per day (Exempt from VAT based on the VAT Act Article 39, Paragraph 1.b.) and one-time reception fee (€ 1,30). Single room/ single use of a twin room is 19€ per day (VAT included in the price).



INFORMATION AND RESERVATIONS:

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