



HERBAL SPA



KOMORNÍ LHOTKA

established 1860

Herbal baths

Indulge in the beneficial combination of medicinal herbs and warm spring water. Herbal medicines have been a key part of treatment since ancient times.

In order to restore the body's impaired functions, we must supply the body with substances and elements that are contained in a harmonious ratio in medicinal plants.

Herbal treatment will help you strengthen your body as a whole and along with this another advantage is the natural origin of these medicines, which have a tradition that has been tested by many generations.

During the bath, believe in the beneficial effect of the warm herbal spring water. Feel how the ailments that bother you gradually weaken and leave your body.

If you are lucky enough to enjoy good health, then you can embrace the warm herbal water and sit back in complete relaxation and wish for everything good.

Description of the procedure

The bath is prepared with an infusion of dried herbs in a cloth bag and when this is added to the bath it only takes a short amount of time until the active substances are then released into the bath. The bath has an effect not only through the herbal infusion contained, but also through aromatherapy. It is also impossible to forget the positive effect of relaxing and warming up the muscles before the massage, which we recommend after the bath. The possibility of ordering one of the herbal teas and drinking it during the bath will also contribute to relaxation during the bath. The water temperature is between 35-38°C, the recommended time is 25 minutes. If you do not like the water temperature, you can regulate it yourself during the bath. After the bath, you will spend another 15 minutes on the sofa, wrapped in a sheet and a warm blanket. This continuation of the procedure leads to further relaxation of the body and enhances pleasant feelings.

The baths have a long-term effect if they are followed daily or every other day in a total of at least 10. As a natural continuation, our guests then choose a massage of their choice. Warm water combined with rest will relax the body and all your muscles, making the massage much more effective.

Caution should be taken when choosing the type of bath and its temperature as it may not be appropriate for patients with heart disease and high blood pressure.

Expert consultants in the preparation of the baths:

MUDr. Petr Fojtík – internal diseases

MUDr. Martin Bláha – diseases of the musculoskeletal system

Nettle bath

Improves basic metabolism with a strong anti-hemorrhagic and strong anti-rheumatic effect. Used for muscle and joint rheumatism, arthritis. Stimulates breathing in asthma. Stimulates wound epithelialization and granulation



Pine bath

The bath has anti-inflammatory and antiseptic effect, facilitates coughing, dilates peripheral blood vessels, causes warming of the skin. Therefore, it is used for rheumatism, lumbago, neuralgic pain, and in the treatment of skin eczema.



Birch bath

It has antirheumatic, antiseptic and anti-inflammatory effects, eliminates smooth muscle spasms. It is used for excessive hair loss, in the treatment of chronic eczema and poorly healing wounds, in rheumatic diseases, has a stimulating effect in renal and biliary colic.



Chamomile bath

These baths have an anti-inflammatory and softening effect, also anti-allergic. It is used for inflammation of the mucous membranes, improves and accelerates tissue regeneration, rheumatism and neuralgic pain, burns and swelling, skin problems, sweating of the feet and nervous irritation.



Bath for mental stress

It has a calming effect on the nervous system, strengthens it, has a mild sedative and spasmolytic effect, and slightly tones the nervous system in cases of neurosis, anxiety, psychovegetative insomnia syndrome.



Ingredients:

peppermint, lemon balm,
St. John's wort, pine shoots

Bath for rheumatic diseases

These baths have a good antirheumatic effect for joint pain, muscle and joint rheumatism. The bath improves metabolism.



Ingredients:

juniper, stinging nettle,
horse chestnut

Skin regeneration bath

It has a regenerative effect on the skin with an anti-inflammatory effect, also has an anti-allergic and slightly anesthetic effect.

It accelerates healing and epithelialization of skin defects.



Ingredients:

calendula, chamomile,
warty birch, lanceolate plantain

Cold bath

It has a general warming effect on the body with an anti-inflammatory effect and strengthens immunity.

It is also a strong diuretic and reduces fever.



Ingredients:

elderberry, blackberry,
raspberry, strawberry,
stinging nettle

Bath for degenerative joint diseases

It has a beneficial effect on degenerative joint diseases (arthrosis), myalgia, neuralgia, increases the resistance of connective tissues.



Ingredients:

horsetail, juniper,
root of dandelion,
pine shoots

Bath improving metabolism

This bath acts on chronic diseases caused by impaired metabolism, supports the purification of the body. It helps in the treatment of arthrosis, chronic liver diseases, gout, diabetes and atherosclerosis.



Ingredients:

stinging nettle,
root of dandelion,
rosehip, lemon balm

Bath for kidney disease

It has beneficial effects on urinary tract diseases, against inflammation and excessive sweating.



Ingredients:

horsetail, brown flax,
chamomile, peppermint,
calendula

Bath for women

It has a beneficial effect on irregular menstruation and inflammatory diseases.



Ingredients:

mistletoe, chamomile,
peppermint, lemon balm,
horsetail, turnip

Chestnut bath

It has a good anti-rheumatic effect,
improves swelling in soft tissue
bruises, sprains, affects muscle and
joint pain in rheumatism and arthrosis,
improves metabolism.



Relaxing bath

It has calming effects, helps with nervous diseases, rheumatism and heart problems.



Ingredients:

lavender, lemon balm,
birch, thyme

Iodobromine bath

It takes care of the musculoskeletal system of the whole body and natural iodine has a hydrating, disinfecting and locally antiseptic effect, which helps with skin and gynecological problems. It also supports the expansion of large blood vessels and thus helps reduce blood pressure.



Ingredients:

Iodobromine salt from “Darkov” is a highly mineralized water with an 800x higher iodine content than current seawater.

Peat bath

Relieves pain and has a positive effect on the regeneration of the musculoskeletal system. The bath is suitable for arthrosis (rheumatic degenerative diseases), postoperative or traumatic conditions. This bath promotes blood circulation in the tissues and accelerates the regeneration of the body. It also helps to relieve painful muscle stiffness and increases overall fitness. It is also suitable for athletes. It has toning effects - balances blood pressure and helps with a variety of skin problems (irritation and itching, acne, eczema, psoriasis). Last but not least, it also works against stress and negative external influences.



Ingredients:
peat extract

Mint and sage bath

It has a beneficial effect on the bronchi and poorly healing wounds.



Bath of Kings

Already in ancient times of the famous Incas, a bath was used for Inca kings and dignitaries, and later also some Spanish kings. Currently, it is used by Indian shamans in Ecuador and Peru. This unique bath was created by combining pine shoots and the *Minthostachys mollis* (tipo, tipollo, poleo - local names) plant (a 60 cm tall shrub) from the Peruvian plateaus of Puno and Cusco. The bath is used in the treatment of respiratory tract infections, sinus infections, coughs, urinary tract infections and against parasites (tapeworms). It is also used to improve the healing of bone fractures and osteoporosis.



Ingredients:

Minthostachys mollis, pine shoot

Bath price list

1. Nettle bath	420 CZK
2. Pine bath	420 CZK
3. Birch bath	420 CZK
4. Chamomile bath	540 CZK
5. Bath for mental overload	540 CZK
6. Bath for rheumatic diseases	540 CZK
7. Bath for skin regeneration	580 CZK
8. Bath for colds	580 CZK
9. Bath for degenerative joint diseases	580 CZK
10. Bath improving metabolism	580 CZK
11. Bath for kidney disease	580 CZK
12. Bath for women	540 CZK
13. Chestnut bath	540 CZK
14. Relaxing bath	540 CZK
15. Iodobromine bath	580 CZK
16. Peat bath	490 CZK
17. Bath with mint and sage	490 CZK
18. Bath of kings	620 CZK
19. Seasonal bath	620 CZK



Price list of massages

Classic partial massage (30 min.) 650 CZK

(Includes back, shoulder, neck massage, and scalp massage by arrangement.)

Classic full massage (60 min.) 1080 CZK

(Includes back, shoulder, neck, head, hands, feet, soles of feet and décolleté massage.)

Relaxation massage with facial care (60 min.) 1290 CZK

(Consists of back, shoulder, neck, head massage + facial massage including - basic application of natural herbal cleansing hydrophilic oil, which prepares the skin for further treatment, massage with natural herbal peeling with fine essential fatty esters of jojoba, application of natural avocado mask on the face, final treatment - disinfection and application of natural pink moisturizing cream.)

Royal massage with herbal bags (60 min.) 1490 CZK

(Regenerative and aromatherapy massage with herbal bags, in the scope of a full-body massage, performed with warm oil and heated linen bags, ensures more effective absorption of medicinal extracts of 6 types of herbs, which are selected for more intense relaxation for the overall well-being of the body.)

Relaxing cupping massage (30 min.) 750 CZK

(Discover the ancient healing method of cupping, which helps with muscle pain, joints and blocks in the lumbar, thoracic and cervical spine. This therapy also brings relief from asthma and further helps to relax, improve blood circulation and detoxify the body. In addition, it can relieve headaches and discomfort associated with menstruation. Experience a prolonged feeling of relaxation after the massage thanks to the amazing properties of cupping.)

Foot reflexology massage

(30 min.)

750 CZK

(By pressing the reflex zones of the feet, it is possible to diagnose weakened organs and thus prevent potential diseases. This treatment method is used primarily for functional, degenerative and chronic rheumatic diseases of the spine and joints, post-traumatic conditions, circulatory disorders and functional diseases of the internal organs. Indications: release of blockages in the leg area, positive effect on blood circulation, improves blood circulation in the legs, supports the lymphatic system and accelerates detoxification of the body. The massage provides therapeutic and preventive effects on muscle, joint, spine pain, headaches, migraines, and acts as an auxiliary treatment for digestive and excretory disorders.)

Manual facelift

(45 min.)

1050 CZK

(Smoothing facial massage is popular because of its quickly visible effects. The massage will relax all stiff facial muscles and tissues, stimulate blood circulation, which improves the color of your skin and deepens breathing. In addition, there is also a faster flushing of waste products and an acceleration of metabolism, which leads to a decrease in subcutaneous fat. A facelift will not only tighten your skin beautifully, but also create feelings of well-being and harmony, which will be reflected in greater self-confidence and overall satisfaction.)

More information about the services of masseurs and the types of massages provided will be provided by the spa staff.

Time for changing clothes is included in the massage time.



Gift voucher price list

1 bath 1 tea	630 CZK
1 bath 1 classic partial massage 1 tea	1290 CZK
1 bath 1 classic total massage 1 tea	1730 CZK
1 bath 1 relaxation massage with facial care 1 tea	1950 CZK
1 bath 1 royal massage with herbal bags 1 tea	2150 CZK
1 royal massage with herbal bags 1 tea	1600 CZK
2 baths 2 teas	1260 CZK
2 baths 2 classic partial massages 2 teas	2580 CZK
2 baths 2 classic total massages 2 teas	3460 CZK
2 baths 2 relaxation massages with facial care 2 teas	3900 CZK
2 baths 2 royal massages with herbal bags 2 teas	4300 CZK
2 royal massages with herbal bags 2 teas	3200 CZK

Price list of season tickets

Permanent ticket for 5 classic partial massages	2925 CZK
Permanent ticket for 10 herbal baths	4860 CZK
Permanent ticket for 5 baths and 5 classic partial massages	5355 CZK



Herbal teas

Black elder

(flu, cold)

Chamomile

(anti-inflammatory, soothing)

Plantain

(cough, stomach)

Nettle

(cleanses blood, organism and supports blood formation)

Lavender

(soothing, stress, depression, headache)

Linden

(cold)

Mint

(digestion, heartburn)

Thyme

(antibacterial, skin diseases)

Lemon balm

(soothing, indigestion, insomnia)

Primrose

(allergies, asthma, bronchitis, expectoration)

Yarrow

(soothing, women's problems)

Daisy

(metabolism)

Sage

(anti-inflammatory)

Rosehip

(soothing, vitamin C)

Echinacea purpurea

(immunity, heart and blood vessels)

St. John's wort

(nervous system)

Heather

(kidneys)

Herbal teas from our offer can be purchased from us.

Herbal tea blends offer

Anti-flu

Nerve balm

To cleanse the body

For a better mood and

memory

Immune

Liver

Kidney

Lymphatic

For good digestion

Women's

Peaceful sleep

Flowers of life

Herbal mixtures from our offer can be purchased from us.