

## Spa & Wellness

Anyone wishing for something beneficial for body, mind and soul, is naturally in the best hands of the enchanting wellness salon at Quisisana Palace. Under the skillful hands of our beauty and massage experts, tension and everyday stress quickly melt away.

The private SPA SUITE of Quisisana Palace offers a pure experience of well-being. Enjoy a bath in the Jacuzzi, take time for an extensive sauna experience or simply enjoy all massage and beauty treatments in conjunction with your time in the private area.

**For more information or reservation contact the Reception or call ext. 110.**

RESERVATION	All treatments should be booked as far in advance as possible. Please contact the Reception.
PREPARATION	Please arrive at least 15 minutes before your first treatment session at the wellness area to ensure that your time with us is as relaxing as possible. Missed treatment time cannot be added to the end of your appointment. Avoid heavy meals or alcoholic drinks for one to two hours before your treatment. Please take a shower before using all wellness facilities.
SAUNA	Our Sauna area is part of the private SPA SUITE and can be booked in advance for exclusive use.
VALUABLES AND MOBILE PHONES	Please do not wear jewellery in the wellness area and leave all valuables in your room safe. The management assumes no liability for items lost in this area. Please switch off your mobile phone while you are in the wellness area.
RELAXING AND DRINKING	Avoid strenuous activities immediately after your treatment and drink plenty of tea or water. It is recommended that you relax for half an hour after your treatment.
WE NEED TO KNOW	Please inform our staff at the time of booking of any potential medical conditions, such as pregnancy or illnesses, since some treatments might not be appropriate for your condition.
CANCELLATION POLICY	Treatments may be cancelled up to twelve hours before your appointment free of charge. We charge 50% of the treatment price for cancellations after this time. If you miss an appointment without cancelling, we will be obliged to charge the total fee.

## Wellness Menu

### THE CLASSIC MASSAGE

This classic massage uses gentle kneading and deeply penetrating strokes to release tension and create feelings of reinvigoration and wellbeing in both muscles and spirit.

### FOOT REFLEXOLOGY TREATMENT

Health and wellbeing start at the feet! Special massage techniques are used to treat the individual reflex zones to restore mental and physical equilibrium. Additionally we spoil your feet with a mineral bath.

### AROMATHERAPY MASSAGE WITH WARM OIL

Fragrances are a delight for the senses. They also have a healing effect on body, mind and soul. We utilize this positive aspect by choosing the oils according to your needs and use them for your improved well-being. Let us bring your body into balance, relieve stress and dissolve blockages.

### LYMPHATIC DRAINAGE

A gentle massage intending to encourage the natural drainage of the lymph with positive cosmetic effects.

### HOT STONE

An unforgettable massage ritual with fiery alpine stones and cold marble. This interplay of temperature and energy creates an incomparable relaxation.

### TRANQUILIZING FACE AND HEAD MASSAGE

Treatment based on techniques involving work on shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension and stress.

## Bathing rituals

KARLOVY VARY SPARKLING  
SALT BATH

Relax and enjoy a traditional healing sparkling Carlsbad salt bath.

HERBAL SPARKLING BATH

Feel the vitalizing effect and let the stress go!

LINDEN BLOSSOMS  
SPARKLING BATH

We recommend you take a sparkling salt bath before any massage.

PRIVATE SPA SUITE

An exclusive experience in an ambiance of privacy. Enjoy the glorious atmosphere of our luxury SPA SUITE either alone or as a couple.

Enjoy romantic moments with your own jacuzzi, aroma steaming room, a spacious sauna area.

## Price list

In CZK, inclusive of VAT.

### MASSAGES

Classic partial body	25 min	965 CZK
Classic full body	50 min	1 790 CZK
Foot reflexology treatment	25 min	1 375 CZK
Aromatherapy partial body with warm oil	25 min	1 100 CZK
Aromatherapy full body with warm oil	50 min	1 925 CZK
Lymphatic drainage - partial	25 min	1 100 CZK
Lymphatic drainage - full	50 min	1 650 CZK
Tranquilizing face and head	25 min	1 100 CZK
Hot stone	75 min	2 430 CZK