



Karlovy Vary
Region



MEDICAL SPAS

Karlovy Vary Region



THE KARLOVY VARY REGION – A REGION OF WORLD- -RENOWNED SPAS

A spa paradise in the heart of Europe

The Karlovy Vary Region is the pulsing heart of the European spa industry. People from around the world come here to rest, to improve their health, and to eliminate stress or lifestyle diseases. The famous spa towns with their romantic atmosphere offer healing and centuries-proven therapeutic procedures and modern medicine, as well as cultural events and enchanting nature. You can choose one of the five picturesque spa towns surrounded by nature, which urge one to do sports and to explore. Karlovy Vary, Františkovy Lázně, Mariánské Lázně, Jáchymov, and Lázně Kynžvart await your visit.

The therapeutic landscape

The surroundings of the spa towns were created with respect to nature as a therapeutic landscape for the needs of patients. The unique combination of therapeutic procedures that use the natural curative resources (mineral springs, natural gases, peat, peloids, and radon water) is fittingly complemented by social activities, physical training, sports, or walks in the spa parks and forests. The Karlovy Vary Region, especially the area of the Slavkovský Forest, can boast of exceptional climatic conditions. The local constant and elevated level of humidity is given by the proximity of mixed coniferous forests, which produce slightly negative ions, and the ideally pristine atmosphere with a minimum amount of sulphur oxides, nitrogen, and particulate matter, and thus has exceptionally positive effects on respiratory system diseases.

THE SPA TRIANGLE ON THE UNESCO WORLD HERITAGE SITE LIST



Together, Karlovy Vary, Mariánské Lázně, and Františkovy Lázně create the famous spa triangle, where the greatest concentration of curative springs with unique therapeutic qualities is located. To this day, the towns have preserved the authentic appearance that these spa resorts had up to the mid-20th century. Their wonderfully preserved architecture reflects the international spa trend preferring the Classicist and Historicism styles. The tradition of the spa treatment in the Karlovy Vary Region dates back to the 14th century. Thanks to the natural therapeutic procedures, the holistic approach to health, the unique architecture, and the varied social life, our spa towns rightfully rank among the significant European cultural centres.

Along with other European spa towns, the spa triangle of Karlovy Vary, Mariánské Lázně, and Františkovy Lázně was inscribed on the UNESCO World Heritage List as a part of the transnational series “The Great Spa Towns of Europe”.

TEN REASONS TO VISIT THE SPAS OF THE KARLOVY VARY REGION

1/

Spas with a centuries-long tradition, inscribed on the UNESCO World Heritage Site list.
Proven therapeutic effects, first-class treatments, and one hundred percent relaxation. The spa triangle is included on the UNESCO World Heritage Site list.

3/

Unique Natural Resources
The fact that so many spas are located on such a small area is no accident. The Karlovy Vary Region is extremely rich in mineral springs, peloids, natural spring gases, wholesome climatic conditions, and unique radon water.

5/

Good traffic accessibility
The spa towns have regular bus and train connections. They are located within 170 kilometres from the capital city of Prague with its international airport, and yet they offer tranquillity and an escape from the noise of the big city. Tourists can also use the smaller international airport in Karlovy Vary.

2/

Famous Visitors
Five world-renowned spa towns are nestled within the peaceful landscape. Their stories were written by their famous visitors, including the likes of Johann Wolfgang Goethe, Edward VII, or Russian Tzar Peter the Great.

4/

Exceptional Architecture
The original preserved architecture of the spa towns, spa buildings, pavilions, colonnades, spa parks, and forest parks are admired by visitors from around the world.

6/

A varied offer of leisure time activities
At the spas, one is also enticed to combine their rest with leisure time activities and sports. Near the spa towns, you will find hundreds of kilometres of cycle paths and marked hiking trails leading through the beautiful nature of the Slavkovský Forest and the Ore Mountains. Facilities for aficionados of golf, tennis, water sports, and winter sports are also found here.

7/

Year-round season
Unique experiences await you year-round in the spas, not just rest. Do you yearn for relaxation or need to relieve pain? The Karlovy Vary Region will welcome you with open arms.

9/

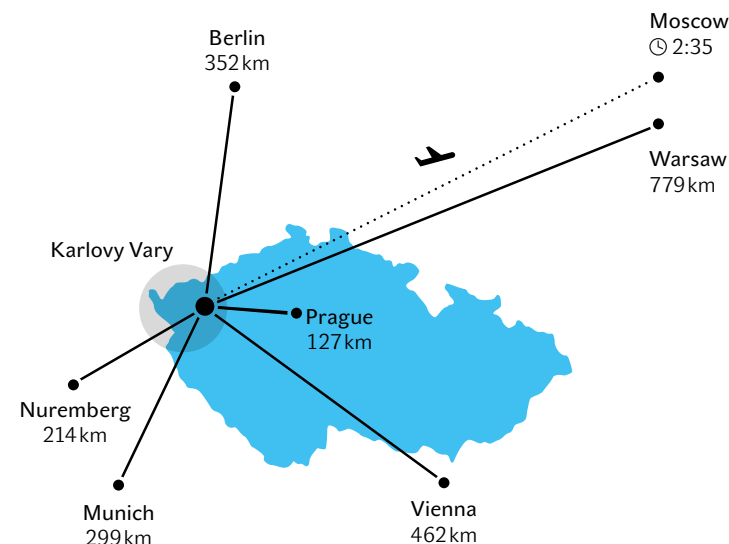
Spas for every generation
Whether you desire relaxation or a stay full of therapeutic procedures, pleasant massages, and rituals, whether you plan to come alone or accompanied by your better half, family, or group of friends, the spa centres offer various customised spa stay packages to all who adhere to a healthy lifestyle.

8/

A rich cultural programme
Who would not be enticed by an interesting theatre performance, a concert, or a get-together with friends? Spa towns offer a rich cultural programme, from which everyone will be able to choose.

10/

A diverse offer of accommodation
You can select from luxurious five-star hotels, to smaller hotels with a friendly atmosphere, to flats or family-owned guesthouses.



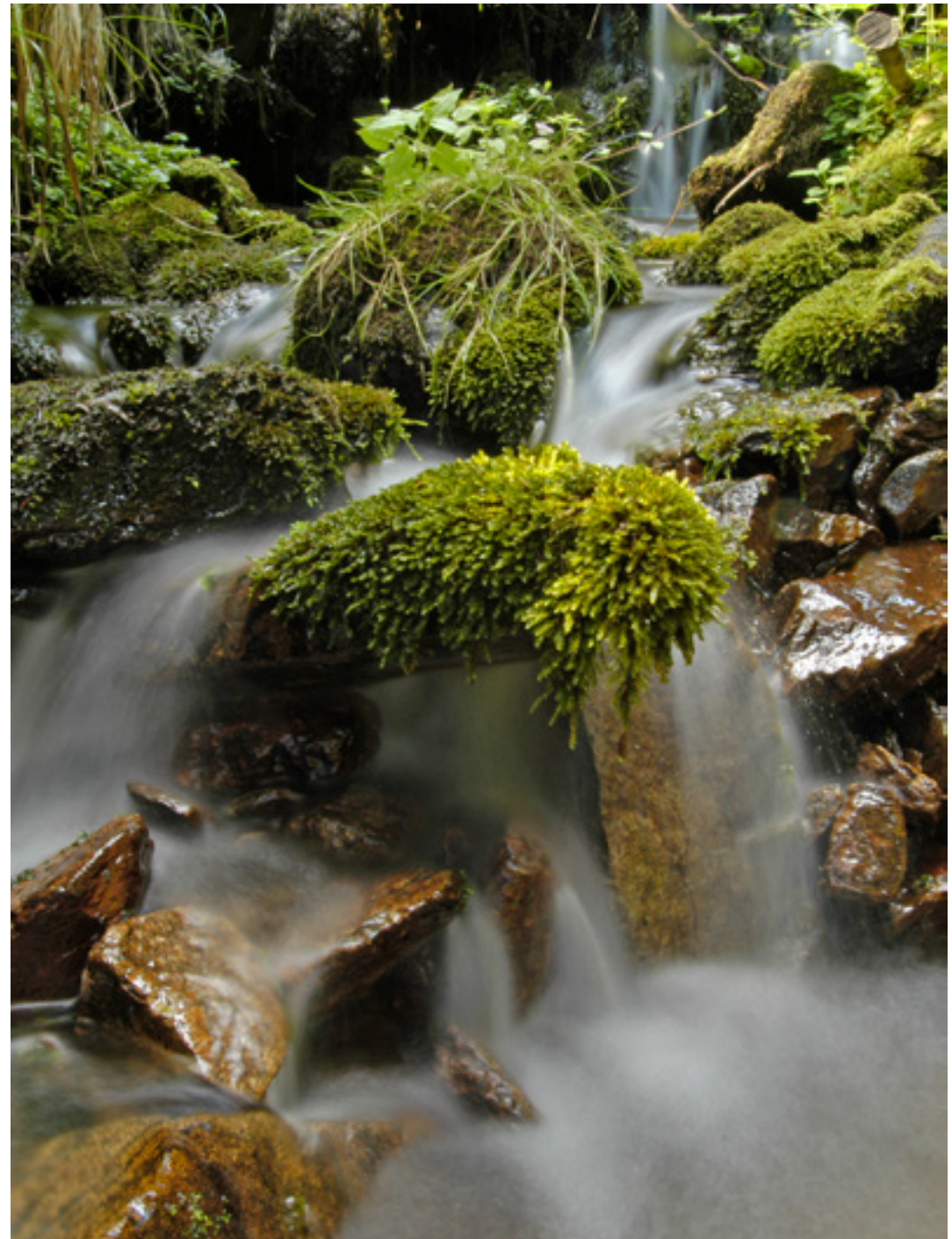
While staying in the region, take advantage of the Karlovy VARY REGION CARD for tourists that includes pre-paid services. www.karlovyvarecard.cz

UNIQUE NATURAL RESOURCES

The natural healing resources - unique worldwide – are the basis of the effective spa treatment in the Karlovy Vary Region.

The therapeutic power of nature

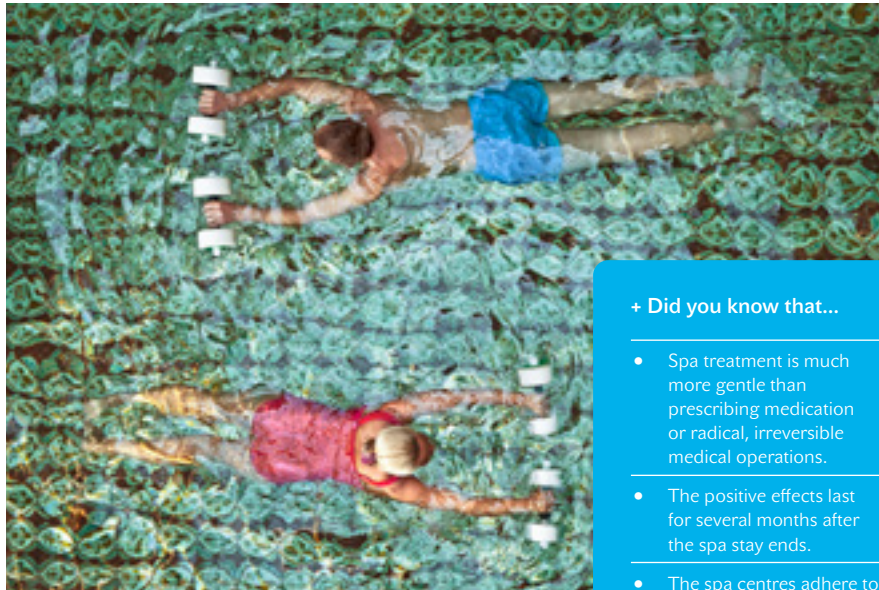
The Karlovy Vary Region can boast of an exceptional concentration of natural resources with therapeutic effects, whose wholesome results have been proven throughout the centuries and by first-rate medical experts, verified by modern scientific methods. The core of the treatment are the thermal and cold mineral springs, which are not only drunk, but are also used for an entire range of other procedures. The hot spring gases, peat, and peloids especially help with problems of the locomotor system. You can encounter them most often in the form of wraps and packs. Just as vital are the climate conditions that are characterised by clean air and the significant concentration of healing essences and turpentine, which underscores the excellent medical results of the spas here. Radon water, which literally has miraculous effects that are repeatedly sought-out by patients from around the world who desire this life-saving pain relief, sources from the depths of the rugged Ore Mountain wilderness.



FOR HEALTH

Natural treatment for the body and mind

The unique natural resources, combined with the first-rate care of expert physicians and a qualified healthcare staff, will help you prevent and treat diseases, or to recuperate after operations or exhausting diseases. Take full advantage of the healing powers of nature.



+ Did you know that...

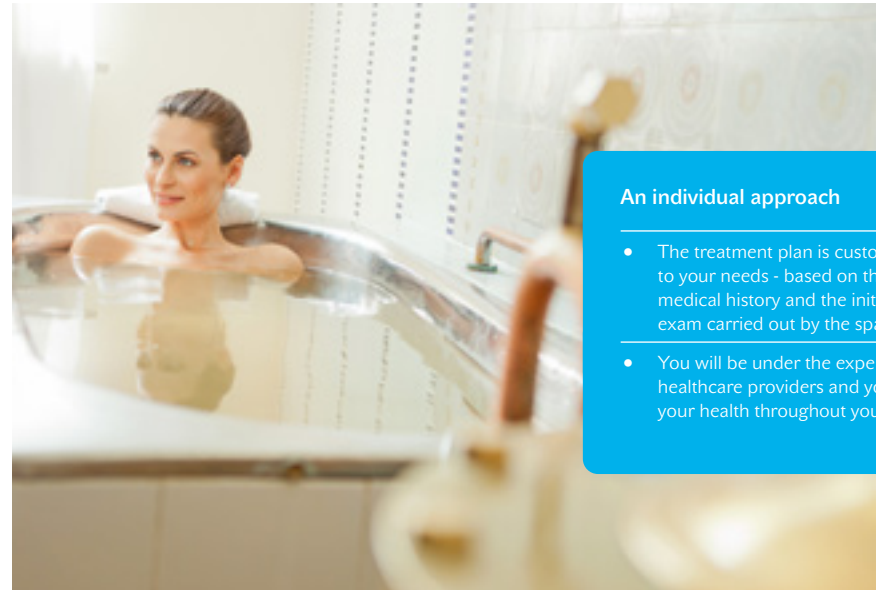
- Spa treatment is much more gentle than prescribing medication or radical, irreversible medical operations.
- The positive effects last for several months after the spa stay ends.
- The spa centres adhere to the most rigid standards in hygiene. The health and safety of the guests always comes first.

The Karlovy Vary Region – the centre of the European spa industry

It is the aforementioned unique concentration of numerous curative mineral springs, peloids, or natural gases combined with modern scientific methods that have made the Karlovy Vary Region a Mecca of the spa industry. You will not find this unique combination of natural healing resources anywhere else. The first-rate standards are guaranteed by prominent experts in the field of balneology or remedial rehabilitation, who often have specialisations in internal medicine, as well as by a highly qualified healthcare staff. Stays and treatments in the spas of the Karlovy Vary Region utilise the combination of the natural healing resources, a daily regime, a suitable diet, physical activity, psychotherapy, education, and a social life in the setting of the suitable climate, far from daily stress. The objective is to improve the life quality of clients, relieving them of problems they often suffer from in the long term. The spa treatment is combined with pharmacotherapy, increasing its effects while lowering its risks. Guests can take advantage of spa and rehabilitation medicine, as well as of wellness and beauty programmes.

Famous spa towns

The world-renowned spa triangle formed by Karlovy Vary, Mariánské Lázně, and Františkovy Lázně is inscribed on the UNESCO World Heritage Site list. The other spa towns of Jáchymov and Lázně Kynžvart are also exceptional. Each of them specialises in the treatment of certain types of diseases, using methods proven throughout the years. Discover the world of springs and colonnades with their distinctive atmosphere and amazing genius loci.



An individual approach

- The treatment plan is customised directly to your needs - based on the data of your medical history and the initial physical exam carried out by the spa physician.
- You will be under the expert supervision of healthcare providers and you can consult your health throughout your entire stay.

FOR PREVENTION

The power of nature for your health and vitality

A spa vacation is the most effective and most direct method of preventing health complications and of generally boosting the immunity. As was recently proven to the maximum degree, the natural immunity of our body is irreplaceable. Thus, the significant role of spa treatments is now coming to light. A spa stay can launch self-healing processes in our body and supports us in adopting proper lifestyle habits and methods of prevention. Simply put, nature has much greater powers than we realise. So let us not resist it, but on the contrary, let us take advantage of its powers to the full extent.

Did you know that...

- Spa programmes focused on prevention can avoid chronic diseases, therapeutic procedures benefit your health, and they also boost the immune system.
- Therapeutic and wellness procedures, sports and leisure time activities in the fresh air, a balanced diet, and mental detox all come together to return a natural equilibrium to your body.
- Programmes for a healthy body and mind or for weight loss, anti-stress therapy, anti-ageing programmes, and other procedures are based on the findings of modern medicine and on centuries-long experience.



Spas fight against stress and burn-out syndrome

The issue of mental health is more of a hot topic today than ever. Life in contemporary society, with its ever-increasing work tempo and demands, can lead to the burn-out syndrome. This damages both personal and work relations, leads to more serious diseases, and thus has a damaging effect on the overall life quality. Preventive spa therapeutic stays have a years-long tradition and strengthen our resistance against disadvantageous stressors. Doctors recommend them since they not only improve the patient's current state of health but can also prevent serious health complications. Complex spa treatments not only consist of the therapeutic and regenerative procedures themselves, but also allow one to be in nature, which is often a cure in itself. Stays in the spa environment are thus considered as one of the most effective tools of managing daily pressures and tension, lowering the levels of stress-mobilising hormones, and thus help us avert the burn-out syndrome even before it has the chance to develop.

POST-COVID-19 SYNDROME RECUPERATION AT THE SPAS

The following procedures are applied in the treatment of post-Covid-19 syndrome and for the regeneration of the body:

- inhaling the springs
- breathing exercises with a physical therapist
- procedures using carbon dioxide
- oxygen therapy
- remedial physical education
- the radon baths in Jáchymov
- stays in the climate of the Ore Mountains and of the Slavkovský Forest

Recuperation from the disease and boosting the immune system

For many decades, patients recovering from complicated chronic pulmonary diseases or with problems of the locomotor system, but also with viral liver diseases or non-specific intestinal inflammations, have been successfully treated in the Karlovy Vary Region. Thanks to this, our specialists here can effectively help your recovery process and eliminate the frequent consequences of suffering Covid-19.



From the doctors' perspective

"The thermal, hypotonic springs with a high mineral content and the climate of Karlovy Vary are suitable for treating diseases of the respiratory system. The situation of the town amidst the spa forests, ensuring permanent humidity and an exceptionally pure atmosphere, is a big plus."
Senior Doctor Dr Marie Rebjonková

"States following complicated lung infections have been treated in Mariánské Lázně for decades already. This diagnosis is now highly topical thanks to Covid-19. When applying treatments in Mariánské Lázně, we take advantage of climate therapy, the natural magnesium found in the Rudolf Spring, inhalations of the Forest Spring, remedial physical education to increase the vital capacity of the lungs, procedures utilising carbon dioxide, and oxygen therapy."
Dr Pavel Knára

"In Františkovy Lázně, not just the mineral springs, but also the procedures using the most modern medicine are used to treat post-Covid-19 syndrome."
Senior Doctor Dr Robert Michalič

"The coronavirus disease has various consequences primarily on the respiratory system and locomotor system, but also on other systems of the body. The Jáchymov radon baths have an anti-inflammatory and an overall strengthening effect, contributing along with targeted rehabilitation to the regeneration and reduction of fatigue in those who have suffered from Covid-19."
Senior Doctor Dr Jindřich Maršík, MBA

"The therapeutic spa at Lázně Kynžvart is an ideal place to recuperate and boost the immune system for those patients who had a severe case of Covid-19 (a lung infection or complications in the form of chronic respiratory diseases)."
MUDr. Dana Šašková

WELLNESS & SELFNESS

Pampering yourself is not a sin, but a necessity

Every day is a challenge. Come to the spas for rest and recuperation to be prepared for these challenges and to handle them easily. Relaxation stays are designed so that you deflect everyday worries, relieve your body from beginning pains caused by work stereotypes, regain energy, purge yourself of stress, and thus tune in better both physically and mentally. Both are just as important for your health and well-being. Enjoy body and facial rituals full of herbs, natural oils, or chocolate, massages, saunas, whirlpools, and pools. The offer of stays is extensive, and you will surely be able to choose what suits you.

Selfness as the basis of spiritual well-being

Selfness is not just about relaxation, but also about strengthening your inner mental health, which then charges you with positive energy. Although this was not the case for a long time, today, the influence of one's psyche on their overall health is no longer doubted, and on the contrary, is coming more to the forefront. This holistic approach to a healthy lifestyle is based on the combination of modern and ancient techniques of relaxation, meditation, discovering your inner self, and meeting your own needs. The spa towns full of green parks and situated in deep forests are the perfect environment for relaxation and for finding the peace you need. It is from this that our inner strength sources, which we can then rely upon in crises. Choose from the offers of the spa hotels.

Why come to the spas then, exactly?

- The spa towns are perfect for developing physical vitality and provide the opportunity to do sports in the beautiful countryside surrounding them, enticing one to take walks and hikes.
- Guests have pools and saunas, fitness centres, tennis courts, golf courses, bike rentals, and several other sports at their disposal.
- History made its mark in the Karlovy Vary Region, and its historical monuments will enchant you with their stories and architectural beauty.



FAMILY VACATIONS AT THE SPAS

Relaxation for parents, activities for children

Do you want to relax and enjoy wellness procedures, sports, romantic moments for parents, fun and activities for curious and restless children? The Karlovy Vary Region was practically created for an active yet relaxing family vacation. Modern wellness centres will pamper you with their noteworthy offers of treatments, relaxation, and therapeutic programmes, just as their beauty and well-being services, all provided in high-quality hotel facilities. Does fun in the water entice you? Do you like to ride your bicycle and discover local history, or do you ski in the winter? There are no limits in the Karlovy Vary Region. You can look forward to fairy-tale castles, enchanting chateaus, extensive cycle paths or nature parks meant for strolls, organic farms with animals and delicious home-made products, but also water sports activities and adrenaline for demanding visitors - for example, on ferratas, ziplines zooming over towns, or wild downhill rides on bikes or scooters through mountainous terrain.

Where to go with children

- Park Bohemini in Mariánské Lázně
- Prelát Nature Park in Mariánské Lázně
- Amerika Forest Park in Františkovy Lázně
- St Linhart Natural High Ropes Centre and Game Reserve in Karlovy Vary
- The Butterfly House and Diana Lookout Tower in Karlovy Vary
- The Christmas House in Karlovy Vary
- Children's tours of Kynžvart Chateau
- Children's tours of Bečov Castle and Chateau
- Bečov Botanical Garden
- The Baby Jesus Hiking Trail at Boží Dar
- The Plešivec Mythical Ore Mountain Hiking Trail

Have fun in the water

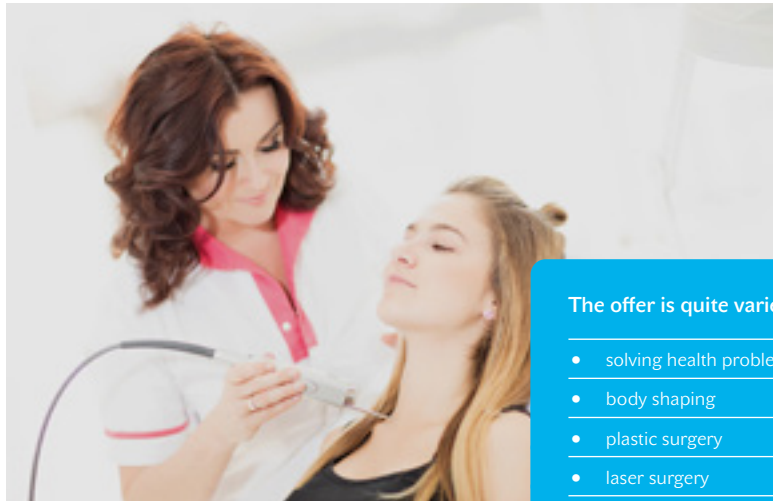
- KV Arena Karlovy Vary
- Saunia Thermal Resort Karlovy Vary
- Wellness Resort Hotel Prezident Karlovy Vary
- Indoor swimming pool Mariánské Lázně
- Aquaforum Františkovy Lázně
- Aquacentrum Agricola Jáchymov
- Indoor swimming pool Sokolov



VISIT SPAS FOR HEALTH TOURISM

First-rate healthcare and specialists in their field

The spa industry is not the only reason for visiting the Karlovy Vary Region. Join the visitors from around the world who come here for health and beauty. Here, they put their trust into the hands of clinical experts, including ophthalmologists, dermatologists, gastroenterologists, dentists, or plastic surgeons. Here, you will find the best ratio between quality and price in all of Europe, located in the gorgeous environment of spa colonnades and parks, where you can enjoy a pleasant rest during treatment or following your procedure, eliminating the stress associated with each medical or medical-cosmetic procedure. You can combine this rest with spa procedures, but also with relaxation during massages or in the lavishly furnished wellness centres. You will go back home feeling reborn. An overview of clinics in the Karlovy Vary Region can be found at www.zivykraj.cz.



The offer is quite varied

- solving health problems
- body shaping
- plastic surgery
- laser surgery
- aesthetic medical procedures
- laser eye operations

... and much more.



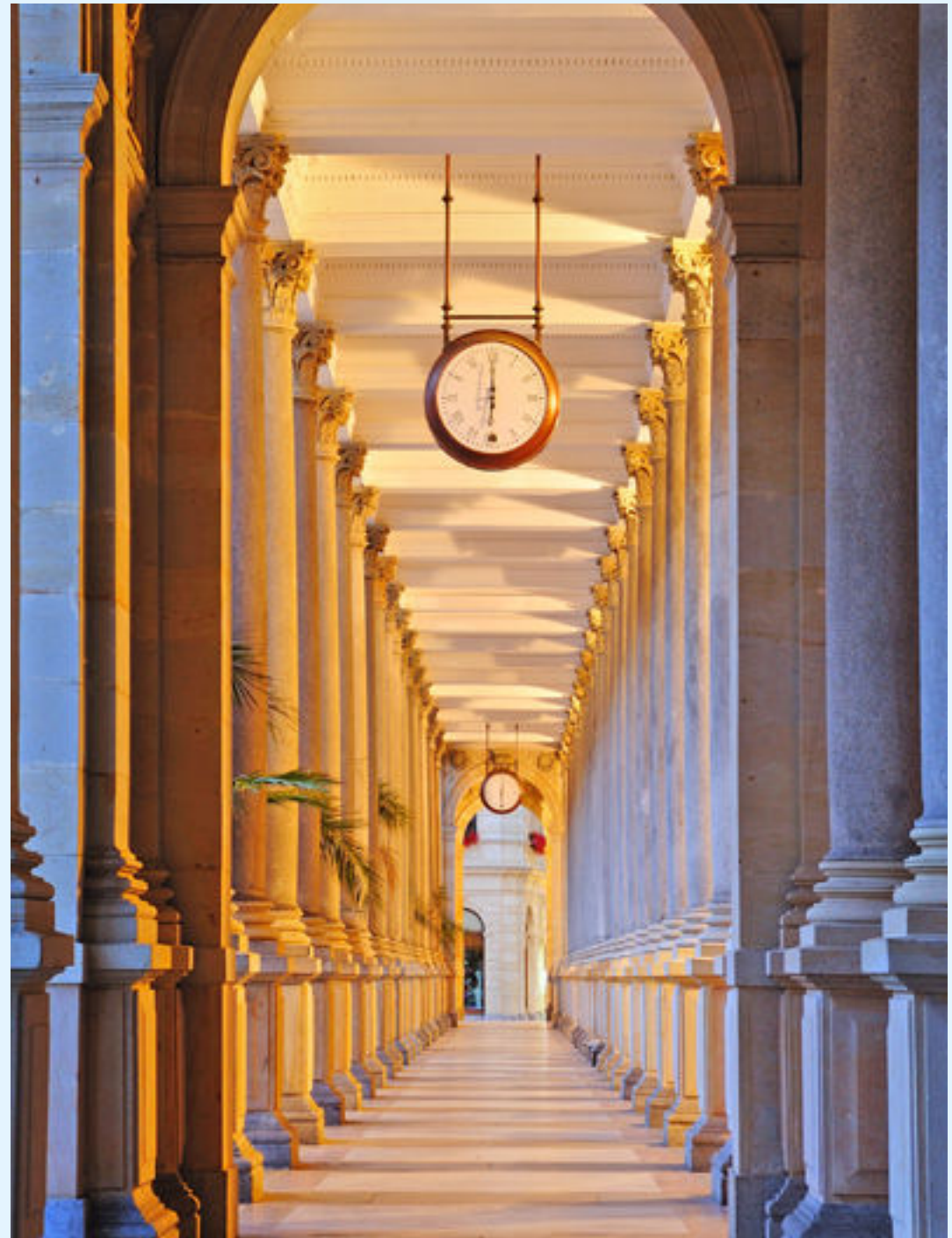
KARLOVY VARY

Five colonnades, fourteen springs, thousands of experiences. Karlovy Vary is not just the largest Czech spa town, but in this sense also ranks among the European best. The genius loci of this magical city, situated in the picturesque valley of the Teplá River, is completed by the gorgeous spa architecture, rich cultural life, and lush nature, charging you with positive energy.

→ www.karlovyvary.cz

Did you know that...

- This famous town was founded in the 14th century by the emperor and king Charles IV.
- The spa can boast of having the largest number of curative thermal springs worldwide.
- The warmest thermal spring is the Hot Spring (73.4 °C), which jets to heights of up to 12 m.
- The unique spa architecture and the extensive municipal parks are complemented by a holistic approach to health.
- Karlovy Vary was loved by an entire range of famous guests, such as Johann Wolfgang Goethe, Ludwig van Beethoven, or Antonín Dvořák, and many more.
- Every year, the Karlovy Vary International Film Festival is held here, which ranks among the most significant of its kind in the world, hosting the most original filmmakers of the present, Hollywood celebrities, and other artists.



A TOWN DEDICATED TO THE SPA

Hundreds of procedures await you in dozens of spa hotels, and the spa physicians will recommend those most suitable for you. This is Karlovy Vary – a town where you can taste curative springs, immerse yourself in wholesome mineral baths, put yourself in the hands of experts - physicians, experienced physical therapists, and massage therapists, or enjoy a mud pack. All under one roof in an elegant environment and with a perfectly trained staff.

Natural healing of the body

Among the natural resources, we can mention thermal mineral water for drinking cures, baths, inhalations and irrigations, natural gas for pneumo punctures and dry carbon baths, and peloids from sites in the Karlovy Vary Region, meant primarily for wraps. Legend has it that the Karlovy Vary springs have rejuvenating effects and support longevity. The thermal, hypotonic mineral waters with a high mineral content and the climate in Karlovy Vary are suitable for treating the digestive tract and metabolic disorders, disorders of the locomotor system, recuperation after finishing cancer treatment, and for the overall cleansing of the body.



Thermal Springs
• Hot Spring (73 °C)
• Charles IV Spring (65.8 °C)
• Upper Castle Spring (51.1 °C)
• Lower Castle Spring (48.6 °C)
• Market Spring (63.8 °C)
• Mill Spring (57.8 °C)
• Rusalka Spring (60.6 °C)
• Prince Wenceslas Spring I (65.4 °C) and II (58.6 °C)
• Libuše Spring (63 °C)
• Rock Spring (44.9 °C)
• Freedom Spring (61.7 °C)
• Park Spring (39.1 °C)
• Dorotka Spring (not accessible)
• Štěpánka Spring (14.2 °C)
• Snake Spring (28.1 °C)
• Ferrous Spring (closed until further notice)

From the doctors' perspective

"The exceptional spa treatment in Karlovy Vary, which has been beyond compare for centuries, is based on the personalised prescription of the drinking cure, to be taken directly at the thermal mineral springs, by a medical specialist. The rehydration of the body, an active climate therapy programme with exercise in nature, and the utilisation of natural healing resources in the form of spa procedures (mineral water, mud, gas) all boost the immune system. To educate towards a healthy lifestyle and to adjust your chrono-biological clock, I recommend a three-week stay with sufficient sleep and a healthy diet."

Senior Doctor Dr Milada Sárová

"The complex Karlovy Vary spa treatment has long-term experience in treating diabetes mellitus, obesity, diseases of the liver, the pancreas, the gall bladder, and non-specific intestinal inflammation. The beneficial effects of the hot Karlovy Vary mineral waters used for the drinking cure are utilised in combination with a diet and physical therapy."

Senior Doctor Dr Ladislav Špišák, CSc

Basic therapeutic procedures and medical treatments

- Drinking cure using the healing thermal mineral water
- Water and gas baths
- Inhalation of mineral water
- Irrigations of mucous membranes (oral, intestinal, gynaecological)
- Hot and cold procedures
- Peloid packs
- Massages
- Hydrotherapy
- Physical therapy (electrotherapy, magnet therapy, phototherapy),
- Remedial physical education and outdoor treatments
- Diet therapy
- Healthy lifestyle education
- Other complementary procedures (e.g., the application of dermatology products to the skin, acupuncture, oxygen therapy...)
- Complex diagnostics methods, including ultrasound and endoscopy



The following is treated in Karlovy Vary:

Digestive tract disorders

- Diseases of the periodontium, oesophagus, stomach, and duodenum, including post-operative states
- Diseases of the intestines, including post-operative states
- Diseases of the liver, including post-operative states
- Diseases of the gall bladder and biliary tract, including post-operative states
- Diseases of the pancreas, including post-operative states
- It is the only spa in the Czech Republic to treat digestive tract disorders in children and youth.

Metabolic disorders

- Diabetes mellitus
- Gout
- Lipid metabolism disorders
- Obesity

Disorders of the locomotor system

- Degenerative and inflammatory diseases of the spine and joints
- Osteoporosis
- Post-operative states of the locomotor system

Oncological diseases

- Follow-up treatment of cancer patients after finishing cancer treatment

Nervous disorders

- Nerve palsies
- Polyneuropathy
- Radicular Syndromes
- Inflammatory diseases
- States following nerve injury
- Multiple Sclerosis
- Parkinson's Disease

TO VARY FOR HEALTH AND RELAXATION

The hot healing mineral springs source from a depth of up to 2,500 m, and nothing can compare to them worldwide. With their contents consisting of more than sixty chemical elements, the functions of the digestive tract - the stomach, gall bladder, liver, and intestines - normalise already within 14 days from starting the drinking cure. With the combination of the drinking cure, a medical diet, and exercise, the metabolism of one's own insulin is improved, thus compensating diabetes mellitus. Plus, the blood levels of harmful lipids, which cause atherosclerosis, and of uric acid are reduced. The highly qualified therapeutic care provided by physical therapists and massage therapists will eliminate nervous disorders and relieve pain of the spine and joints. After undergoing cancer treatment, you will regain your former health upon taking the spa treatment. Karlovy Vary is an ideal place to rest and to recharge your batteries. Spa hotels offer wellness and relaxation stays for individuals, couples, and for entire families of any age. You will also find specialised wellness centres with a wide range of relaxation procedures, beauty salons, and last, but not least, institutes of aesthetic medicine for various cosmetic operations. The hotels of Karlovy Vary are a shop window for elegance and client care. The rooms meet the most rigid standards for comfort, cleanliness, and design, and the hotel restaurants guarantee a top-level gastronomical experience.

The offer of accommodation can be found at www.karlovyvary.cz.



Rest in the shade of the colonnades

Historical colonnades, extensive parks, and the luxurious villas of Westend entice you to take a stroll in any type of weather. You can also set out into the picturesque surroundings of the town.

Goethe Lookout Tower

You will have Karlovy Vary and its surroundings in the palm of your hand from this lookout tower, located just beyond the town. And if you love adrenalin, you can take the zipline down from it.

Moser Glassworks

Peek into the secrets of blowing glass and of the luxury products of the Moser Glassworks, which has made a name for itself with these items far beyond the borders of our country. www.moser.cz

Becherovka

Discover the story behind the legendary herbal liqueur with its secret recipe in the Jan Becher Museum. Period manufacturing equipment and procedures, as well as a short film on the history of the brand, can also be seen. www.becherovka.com

Underground of the Hot Spring Colonnade

Explore the most famous mineral spring, the Hot Spring, and descend with a guide into its underground areas, where the intact sources are found, as well as the rare algae that live on the surface, bathed by the thermal mineral water. www.splzak.cz

The Diana Lookout Tower

Those who have not been to Diana have not seen Karlovy Vary. This saying has been passed down from time immemorial, and truly, the view of the town from the lookout tower is unique. You can reach it on foot or by the funicular. www.dianakv.cz

St Linhart Natural High Ropes Centre

Let your children have a good romp in the high ropes centre, and walk through the crowns of the trees together, enjoying the lookout tree houses. You can also observe the sika deer, fallow deer, and wild boars that happily live in the game reserve. www.ltkv.cz

Svatoš Rocks, Loket

You can also explore rock formations at Svatoš Rocks, which, according to legend, depicts a petrified wedding party. If you go on foot or by bicycle along the Ohře River, you reach Loket with its Gothic castle. You can make your trip back more exciting by riding a raft or canoe on the river, offering the best views of the monolith of rocks. www.hradloket.cz



MARIÁNSKÉ LÁZNĚ

The second largest Czech spa was endowed with the richness of its majestic landscape and the curative mineral springs. This town full of parks, colonnades, winsome pavilions, the Singing Fountain, and excursion trails has maintained the charm of old times to this day and provides spa treatment of the highest standard.

→ www.marianskelazne.cz

Did you know that...

- More than forty mineral springs source in the town and its proximity, as well as more than 160 sources of ferrous acidulous mineral water containing carbon dioxide and mineral salts, with an average temperature of 7–10 °C.
- The “Maria Gas Lake” – a unique procedure – utilises natural CO₂, the so-called Maria Gas.
- The dominant of the town is the Singing Fountain along with the splendid Main Colonnade.
- Some of the most significant guests of Mariánské Lázně were J. W. Goethe, English king Edward VII, or Franz Kafka.
- Significant social events are held in Mariánské Lázně each year, such as the Chopin Festival or the Marienbad Film Festival.



Therapeutic processes

Therapeutic resources, such as cold hypotonic acidulous waters used for treatments including drinking cures, inhalations, and for preparing carbon and mineral baths, peat, peloids, and Maria Gas, and even the exceptional submontane climate are used for treatment. The primary treatment methods in Mariánské Lázně are: the drinking cure, treatments using mineral baths, dry carbon baths, gas injections, and peat packs. But also hydrotherapy, electrotherapy, and inhalations, oxygen therapy, or physical therapy using remedial exercises. Six springs are primarily used for the drinking cure: Cross, Rudolf, Karolina, Forest, Ambrose, and Ferdinand. Treatment focuses on diseases of the kidneys and the urinary tract, the locomotor system, the digestive system, but also of neurological problems and states following cancer treatment (remissions).

The unique-worldwide beneficial gas known as Maria Gas

However, the absolute rarity is the procedure known as the Maria Gas Lake, in which the spa guests absorb CO₂ directly from the Spring. Maria Gas is also used in the dry carbon baths and for gas injections. This results in the improved regeneration of the cells and the slowing down of ageing. You cannot try this procedure anywhere but here.

From the doctors' perspective

"The drinking cure is a complex process, and it is always necessary to keep in mind that a certain spring is suitable for specific problems and can be highly inappropriate for others. It is always necessary to consult your drinking cure with a physician, since an improperly applied drinking cure can do harm."

MUDr. Pavel Knára



Basic therapeutic procedures and medical treatments

- Drinking the curative mineral water
- Baths
- Thermal procedures – packs
- Gas therapy - gas wraps and pneumo punctures
- Massages
- Hydrotherapy
- Physiatry
- Remedial Exercise
- Other procedures (vacuum compress therapy, oxygen therapy...)
- Diagnostics - physical, mechanical, and biochemical examinations

The following is treated in Mariánské Lázně:

Disorders of the locomotor system

- Rheumatoid arthritis
- Bechterew's disease
- Osteoporosis
- Painful syndromes of the tendons and of the tendon sheaths
- Coxarthrosis and gonarthrosis
- Arthrosis in other locations
- Chronic vertebrogenic algic syndrome
- Post-operative states of orthopaedic surgery of endoprostheses
- Post-injury states to the locomotor system
- Post-operative states of orthopaedic surgery, including post-operative states of intervertebral discs

Treatment of the kidneys and the urinary tract

- Non-tuberculosis chronic inflammation of the urinary tract
- Nephrolithiasis without proven congestion of the urinary tract
- Post-operative states following kidney and urinary tract operations
- Prostatitis, prostatovesiculitis, chronic urethritis
- Post-operative states following kidney transplants, after the graft has stabilised functions

Diseases of the respiratory system

- Chronic bronchitis
- Asthma bronchiale
- Post-operative states of the lower respiratory system States following complicated lung infections within four months after hospitalisation

Disorders of the metabolism and the endocrine system

- Gout
- Diabetes mellitus

Oncological diseases

- Patients in remission with the approval of the pertinent specialist

Neurological disorders

- Parkinson's disease
- Radicular syndromes with spastic and paretic syndrome

Diseases of the circulatory system

- Hypertension
- Coronary heart disease
- Peripheral coronary artery disease of the lower extremities

Diseases of the digestive tract

- Chronic and recurring stomach diseases
- Post-operative states of the stomach and the duodenum
- Crohn's disease
- Chronic diseases of the stomach and the biliary tract with lithiasis
- Post-operative states of complicated gall bladder and biliary tract surgeries
- States following acute hepatitis
- Chronic hepatitis
- Proven chronic pancreatitis



Mineral Springs

- Cross Spring
- Ferdinand Spring
- Forest Spring
- Ambrose Springs
- Rudolf Spring
- Karolina Spring
- Maria Spring – natural source of carbon dioxide
- Alexandra Spring
- Antonín Spring
- Balbín Spring
- Bear Spring
- Pirate Spring
- Prelate Spring
- Edward VII Spring
- Augustin Spring

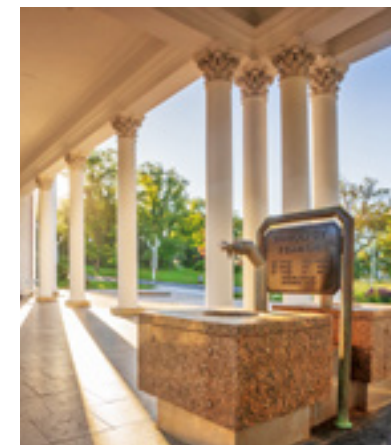
WELLNESS FIT FOR ROYALTY

As a part of your stay, you can focus on just relaxing (in a whirlpool with a glass of champagne, for instance), treat yourself to therapeutic procedures, or add a programme to improve your fitness. The original Roman baths and the Royal Cabin, where English king Edward VII also regained vitality, are truly a treasure.

Elegant spa architecture

The architectural gems of Mariánské Lázně are the spring pavilions, in which you can sip the curative waters sourcing from the depths of the earth in peace. The Neo-Baroque Main Colonnade, with its unusual ceiling frescoes depicting “Man and Space,” is a historic monument of the Czech spa industry. The Singing Fountain will make you smile, playing the songs of the classics, as well as those of Czech composer Petr Hapka.

The offer of accommodation can be found at www.marianskelazne.cz.



In the bosom of the Slavkovský Forest

Mysterious forest nooks and numerous sources of mineral springs await you on the marked hiking trails and cycle paths of the Slavkovský Forest Protected Landscape Area. The Crosses (Křížky), the Globeflower Meadow, and the Domin's Rock sites located between the villages of Prameny and Nová Ves are certainly worth visiting.

The Kladská Peat Bog National Nature Reserve

One of the oldest and largest reserves in the Karlovy Vary Region, as well as the most valuable area of the Slavkovský Forest PLA. An educational trail will lead you along a boardwalk.

Krásno Lookout Tower

With its exterior spiral staircase, it reminds one of the Tower of Babylon.

Golf and skiing

You will find ideal conditions in the local Royal Golf Club and in the Mariánky Ski Resort.

www.golfml.cz

www.skimarianky.cz

Teplá Monastery

Explore the second largest monastic library in the Czech Republic.

www.klastertepla.cz

Bečov nad Teplou Castle and Chateau

Noteworthy is also the second most valuable jewelled relic of the Czech Republic, ranking just under the crown jewels - the Reliquary of St Maurus.

www.zamek-becov.cz

FRANTIŠKOVY LÁZNĚ

A trip to the Classicist spa of Františkovy Lázně, surrounded by extensive English-style parks and forest parks, will seem like a trip back in time. Treat yourself to rest in the shadows of the New Colonnade supported by Sphinxes, refresh yourself in the water park, or head out for a trip to the natural and historical sites in the environs.

→ www.frantiskovy-lazne.info

Did you know that...

- The town is named after Emperor Franz I, who established it in 1793. It is the first peat bog spa in the world.
- The smallest town of the Western Bohemia spa triangle has a typical chessboard layout, in which blocks of houses alternate with extensive parks.
- Exceptional mineral springs rich in Glauber salts and carbon dioxide source in the town and its surroundings. There are large deposits of valuable sulphuric-ferrous peat here.
- Františkovy Lázně was loved by, for instance, J. W. Goethe, Prince Metternich, Johann Strauss, and several other significant figures and members of the European aristocracy.
- Legend has it that every woman who touches the left leg of the statue of the little boy František will become pregnant.
- Spa guests, just as families with children, take advantage of the Aquaforum – the largest and most beautiful water park of Czech spas – to a great extent.
- The town was awarded the title of the Most Beautiful Historical Town of the Czech Republic.



Treatment of pain and infertility

The sulphuric-ferrous peat from the local fens, also known as black gold, alleviates pain resulting from arthritis or rheumatism, and helps treat gynaecological diseases. It is used in the form of packs and baths and is complemented by many modern therapeutic procedures. The local mineral springs are used hand in hand with the peat, and are excellently suited for baths, but also for drinking cures or inhalations. Natural carbon dioxide gas is gained from the dry sources of the mineral springs and is an effective helper in the treatment of cardiovascular diseases or of headaches and backaches. It is not only because of the valuable natural resources, but also because of the pleasant environment that calms the body and mind that makes Františkovy Lázně legendary for treating infertility, which is to be symbolically driven away by the statue of little František with the fish.

What is used for treatment here?

The natural resources in Františkovy Lázně are the local sulphuric-ferrous peat, mineral water, and curative gas.



The following is treated in Františkovy Lázně:

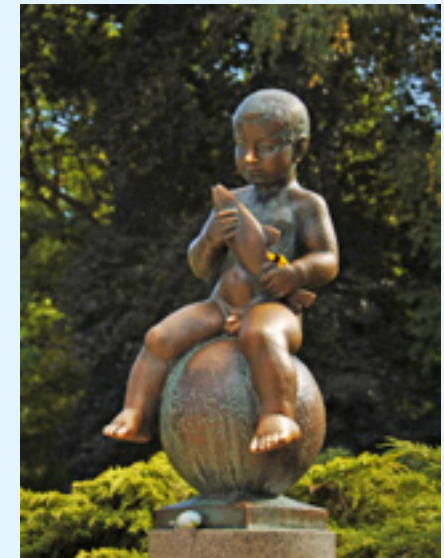
The traditional Františkovy Lázně therapeutic treatment continues in the more than two-hundred-year-old tradition of treatments and is the foundation stone of every spa stay. It utilises solely the local natural healing resources in their highest quality. To achieve the best possible results, it is always prescribed individually based on a thorough physical examination.

Gynaecological diseases

- Sterility and infertility
- Disorders of ovarian functions and uterine development
- Inflammation of the vagina and vulva and its complications
- Post-operative states following gynaecological operations
- Functional disorders

Cardiovascular diseases

- Ischemic heart disorder, including states following myocardial infarction
- Hypertension
- Diseases of the peripheral arteries, functional blood vessel disorders
- Post-operative states following heart defect surgery, coronary artery surgery, after myocarditis, and post-operative states following reconstruction or revascularisation surgery of the circulatory system. States with severe risk factors that can be categorised as lifestyle diseases.



Disorders of the locomotor system

- Rheumatic polyarthritis, psoriatic arthritis
- Extra-articular rheumatoid arthritis
- Bechterew's Disease
- Mixed connective tissue disease, scleroderma, Sjogren syndrome
- Osteoporosis
- Painful syndromes of the tendons, ligaments, bursae, subcutaneous tissue, lipids, skeletal muscles and joints, including damage caused by excessive unilateral strain
- Arthrosis of the large (knees, hips) and small joints, vertebrogenic algic syndrome (back pain).
- Post-injury states of the locomotor system and post-operative states of orthopaedic surgery, including states following operations of intervertebral discs and of spinal canal stenosis

Oncological diseases

- Care for gynaecological cancer patients
- Complex oncological treatment of breast carcinoma
- Treatment following digestive system carcinomas
- Follow-up treatment of prostate cancer
- Malignant lymphomas

Neurological disorders

- Polyneuropathy with paretic manifestations
- Radicular syndromes with spastic and paretic syndrome

Diseases of the digestive tract

- Chronic disorders of the stomach and intestines, states following intestinal infections
- Post-operative states of the stomach, duodenum, oesophagus, and intestines
- Chronic diseases of the gall bladder and the biliary tract with lithiasis, functional dysfunctions of the bile duct
- States following complicated operations of the gall bladder and of the bile duct for stenosis and lithiasis of the bile ducts.

Diabetes mellitus

- Diabetes mellitus with complications - ocular, circulatory, neurological, and renal
- Diabetes mellitus with obesity that is difficult to treat

Dermatological diseases

- Chronic eczemas

Basic therapeutic procedures and medical treatments

- Peat packs
- Peat baths
- Peat tampons
- Carbon baths
- Vaginal irrigation
- Dry carbon baths
- Pneumo punctures
- Drinking cure
- Diagnostics - physical, mechanical, and biochemical examinations
- Procedures of rehabilitation and physical therapy



Mineral Springs

- | | |
|------------------------|----------------------------|
| • The František Spring | • The Žofie Spring |
| • Glauber I | • Luisa's Spring |
| • Glauber II | • The New Spring |
| • Glauber III | • The Cartellieri Spring |
| • Glauber IV | • The Palliardi Spring |
| • The Meadow Spring | • The Marian Spring (D-14) |
| • The Natalija | • The Adler Spring |
| • The Sun Spring | • The Stanislav Spring |
| • The Salty Spring | • The Imperial Spring |
| • The Ferrous Spring | • The New Church Spring |

From the doctors' perspective

Františkovy Lázně, a small town, but a large spa with a tradition reaching back to 1793.

"The spa is a way of improving health proven by the centuries. The combination of natural forces and medical expertise will have a positive effect on anyone who values their health and decides to support their vitality with a spa treatment stay. The Františkovy Lázně Therapeutic Treatment that utilises the local natural healing resources in combination with the most modern medical methods is therefore a guarantee of the successful spa treatment in Františkovy Lázně."

Head physician Dr Robert Michalič

TREATMENT AND WELLNESS FOR ALL

Relaxation stays for senior citizens, holiday stays with bathing in the water park for families with children, special stays for boosting the immunity and for recuperating after illnesses, but also romantic stays with candlelight dinners or trial weekend spa stays, and many more other stays are offered by the local hotels to all who need rest and relaxation in the peaceful environment of the spa town.

The offer of accommodation can be found at www.frantiskovy-lazne.info.cz.



A spa that can be surprising

Františkovy Lázně has the air of the Classicist and Empire styles and the combination of architecture and nature is a typical feature for the town. A stroll through the town will calm your nerves, and the view of the beautiful buildings connected to the parks will ease your mind.

A walk through the moonscape – the SOOS National Nature Reserve

One of the visually most remarkable places in the Czech Republic resembles a moonscape and is sometimes also dubbed the “Czech Yellowstone” after the famous geothermal park in the USA. The Soos is a peat bog, located on the bottom of a dried-out lake with bubbling mud volcanoes, so-called mofettas, in between which wooden boardwalks lead.

www.muzeum-frantiskovylazne.cz

Aquaforum

The largest and most beautiful water park of any Czech spa, including a whirlpool, toboggan, sauna, and other attractions.

www.aquaforum-frantiskovylazne.cz

Amerika Forest Park

A mini-zoo, educational trail, and attractions for children. You can reach it by the popular mini train.

www.frantiskovy-lazne.info

Vildštejn Castle

This building dating to 1166 ranks among the oldest in our country. The medieval feast room here, with its menu for knights, will transport you back to the past, and be sure not to miss the fire-fighting museum with equipment from Baron Trautenberg, the Royal Hall, or the gallows.

www.vildstejn.cz

Cheb

The historical centre will welcome you with its burgher houses known as “Špalíček” and the Cheb trusses, which are considered the apex of 14th-century carpentry. Cheb Castle was constructed for Emperor Frederick Barbarossa in the 12th century and is the only example of a Stauf Kaiserpfalz in our country.

www.cheb.cz

Seeberg Castle

This Romanesque-Gothic palace dating to the 12th century with a Renaissance wing and arcade corridor is one of the dominants of the spa triangle.

www.muzeum-frantiskovylazne.cz



JÁCHYMOV

The town where the history of the Atomic Age began, as well as that of radon spa treatment. To this day, Jáchymov, where Marie Curie discovered radium in the local pitchblende, has maintained the genius loci of its heyday, when the first radon spa was established and people from around the world travelled here for treatment.

→ www.laznejachymov.cz

Did you know that...

- The mining landscape of Jáchymov is inscribed on the UNESCO World Heritage Site list. Jáchymov, which was first made famous for mining silver and later uranium, is one of the cradles of the mining industry.
- In 1898, Marie Curie-Skłodowska discovered the new element of radium in the pitchblende of Jáchymov.
- Unique radon water, the basis for the local treatment, is drawn from the oldest still-functioning mine in Europe - the Svornost Mine.
- The unique therapeutic method called radium brachytherapy - the controlled application of gamma rays directly to the sites of pain - helps relieve chronic pain.
- Radon baths are a traditional treatment for the general ailments associated with ageing (antiaging treatments), since they strongly counter the body's oxidation stress caused by the environment.
- Jáchymov is located on the edge of the Ore Mountain range, which offer activities year-round.



Radon water for pain relief

Treatment in the Jáchymov spa combines the rare radon water with the professional approach of healthcare workers trained to effectively use it. It is complemented by the offer of high-quality services in the spa buildings, located in the pristine environment of the Ore Mountains. Radon baths have beneficial effects on the human body since low doses of radiation in the form of radon baths stimulate the cells and their self-healing processes. The result is a strong anti-inflammatory effect. Aside from the pain relief itself, radon therapy brings distinct relief for chronic locomotor diseases of a rheumatoid, neurological, and orthopaedic origin, but also of common back pain. The fame of the baths in Jáchymov and their high effectiveness helps rank the spa here among the top spas in the Czech Republic, in Europe, and even worldwide.

From the doctors’ perspective

The unique Jáchymov treatment

“The spa in Jáchymov was established in 1906 as the first radon spa in the world. The unique radon water effectively helps treat diseases of the locomotor system. No other European spa has such a high concentration of radon in the natural mineral water as Jáchymov. Thanks to this, our spa is the most effective radon spa in Europe. The basis of effective spa treatment in Jáchymov is the combination of unique radon water baths with first-rate rehabilitation. Based on the initial physical examination, the spa physician will prescribe the most suitable procedures using the curative radon water, rehabilitation, and physical therapy. The expertly managed spa treatment reduces the need of medicated treatment and improves the quality of life for a period of up to 8-10 months. To achieve the maximum treatment effect, it is recommended that one take twenty-four radon baths per year.”

Senior Doctor Dr Jindřich Maršík

Basic therapeutic procedures and medical treatments

- Radon baths (Ten baths is the minimum to achieve an effect, and the maximum number of baths is twenty-four. They are given six times a week at a temperature of 36 °C for twenty minutes, followed by a dry wrap.)
- Rehabilitation – remedial exercise
- Physical therapy
- Massages
- Hydrotherapy
- Acupuncture
- Diagnostics - physical, mechanical, and biochemical examinations



Special therapies - radium brachytherapy (the so-called Jáchymov boxes)

- This European speciality is suitable for treating states of chronic pain of the locomotor system that do not react to other common types of analgesic treatment. It uses the pain-relieving effect of ionising gamma radiation, applied locally using the special radium brachytherapy method to the site of the pain. The therapy provides patients with pain relief for many months.

Springs of radon water

- Curie (29 °C)
- pramen C1 (29 °C)
- Běhounek (36 °C)
- Agricola (29 °C)

The following is treated in Jáchymov:

Disorders of the locomotor system

- Rheumatoid diseases, especially rheumatoid arthritis, and ankylosing spondylitis (Bechterew’s Disease)
- Degenerative wearing down of the spine and joints, rheumatism of the soft tissues
- Post-injury and post-operative states of the locomotor system, including neuro-orthopaedic operations and joint replacements
- Scar tissue, damage to tendons and joint capsules

Neurological disorders

- Polyneuropathy with paretic manifestations
- Radicular syndromes of vertebrogenic origin
- Post-injury and post-operative states of the central and peripheral nervous system, with movement disorders and signs of renewed functions.

Other diseases

- General disorders of the peripheral blood vessels and blood vessels
- Metabolic disorders
- Joint gout
- Osteoporosis

ESCAPE FROM STRESS TO THE MOUNTAINS

Jáchymov is an ideal destination for an active wellness stay. It is situated at the foothills of the Ore Mountains, not far from the most significant mountain resorts with year-round activities - Klínovec, Boží Dar, and Plešivec. Aside from the Radium Palace, they will also pamper you in the spa hotels of Běhounek, Curie, or Astoria. The offer includes traditional wellness stays for young people, families, and senior citizens, romantic stays for couples with candlelight dinners, but also pools, sauna, and other places to relax in the Agricola Spa Centre, situated in the beneficial mountain climate.

The offer of accommodation can be found at www.laznejachymov.cz.



A mix of ancient and recent history

The Museum of the Royal Mint

Peek under the hood of the minting of the Jáchymov tolar, from which the famed dollar received its name.

www.kvmuz.cz



The Latin Library

This exhibit in the Renaissance cellar of the town hall contains historical documents, including an Old Testament dated to the 13th century.

www.latine-school.cz

Klínovec

The largest resort for winter sports in the Ore Mountains, and the longest connected network of pistes in the Czech Republic, connected to Fichtelberg in Germany. Also attractive for cyclists, where they can find the

longest trial course in Europe.

www.klinovec.cz

Boží Dar

The town with the highest altitude in the Czech Republic offers the unique Boží Dar peat bog, the Baby Jesus Hiking Trail, and God's Lookout Tower, which looks like a matchbox.

www.bozidar.cz

Adit No. 1

Examples of mining train wagons and mining technologies used in the Jáchymov mines.

www.omks.cz

Ostrov

Admire the architectural gem of the Monastery Complex, known as the Holy District, and the chateau with its gorgeous chateau park.

www.ic.ostrov.cz



The Astoria Sightseeing Adit

Discover the unique underground of Jáchymov without having to descend the shaft 500 m underground. Enjoy this tour of the adit that is a faithful copy of Svornost Mine.

www.laznejachymov.cz

LÁZNĚ KYNŽVART

A spa town in the heart of nature, whose climatic conditions are declared a healing resource. They focus on the care of children and adults. The architectural landmark of the town is a Classicist castle with an English park and a spa district.

→ www.lazne-kynzvar.cz

Did you know that...

- Lázně Kynžvart can boast of unique climatic conditions with a sunny submontane climate bordering with ground fogs, ensuring a natural humidity, plus other natural resources in the form of mineral springs and peloids.
- Specialisation in the treatment of respiratory diseases in children and in adults. Also offers a wide range of package stays for families, couples, and individuals, offers for sports training camps, and for school camps.
- In its proximity, the beautiful and peaceful landscape of the Slavkovský Forest extends outwards, not far from the Kladská Peat Bog National Nature Reserve, suitable for walks and day trips.
- Not far from here is the Kynžvart Chateau, the former residence of Prince Metternich, holding interesting exhibits.



Aimed at children

Lázně Kynžvart primarily specialises in the treatment of the respiratory system or of dermatological problems in children aged two to fifteen years, and in the case of kidney disease or obesity, up to nineteen years of age. School education is ensured during their stays.

Just breathe

Thanks to its specific climatic conditions, Lázně Kynžvart is labelled as the most significant spa site in the Czech Republic. It ranks among the four spa facilities in the Czech Republic that abound in high-quality and stable climatic conditions. Therefore, the Czech Ministry of Health has declared these climatic conditions as a natural healing resource.

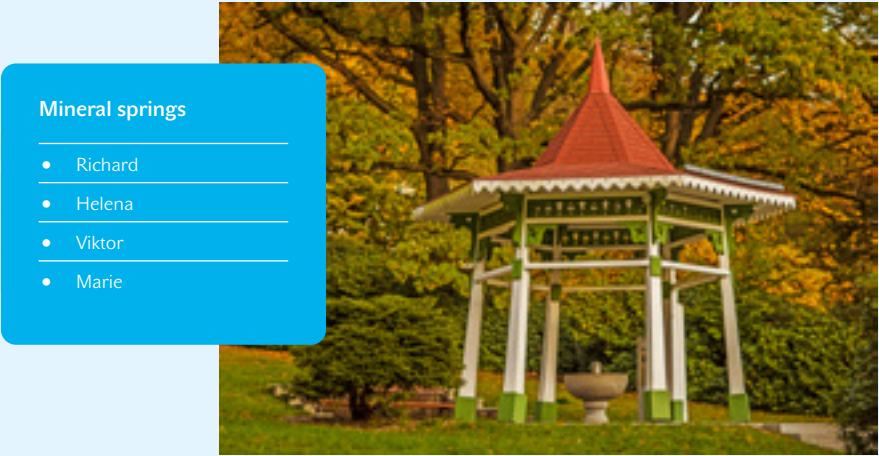
Mineral Springs

The Kynžvart mineral springs, which are a part of the thermal network of acidulous mineral waters within the Mariánské Lázně spring area, are used for the treatment. However, the only thing they have in common with the Mariánské Lázně springs is the underground source of carbon dioxide. Presently, four springs are collected - Helena, Viktor, Marie, and Richard. High-quality peat from the Třeboň region is used for treatment.

From the doctors’ perspective

“The long-term study called “The effect of spa treatment on children” unequivocally showed positive results - after undergoing (repeated) treatments at the spa in Lázně Kynžvart, the health and quality of life of 75–78% of patients was improved.”

Dr Dana Šašková



- Mineral springs
- Richard
 - Helena
 - Viktor
 - Marie

The following is treated in Lázně Kynžvart:

Non-tuberculosis diseases of the respiratory system

- Recurring infections of the upper respiratory system with weak immune system
- Allergic rhinitis
- Bronchitis
- Post-nasal-drip syndrome
- States following bronchopneumonia
- Obstructive bronchitis
- Asthma bronchiale
- Dermorespiratory syndrome
- Pulmonary fibrosis
- Post-operative states of the respiratory system and the chest

Dermatological disorders

- Psoriasis
- Atopic eczema and other eczemas
- Ichthyosis
- Other chronic dermatoses

Diseases of the kidneys and urinary tract

- Recurring or long-term kidney infections
- Urolithiasis
- Post-operative states of the urinary tract
- Prolonged diffused diseases of the glomeruli

Oncological diseases

- States following cancer

Gastroenterological and endocrine diseases

- Chronic and functional disorders of the stomach and the intestines
- Celiac disease, malabsorption symptoms

- Diseases of the liver, gall bladder, and the pancreas
- Post-injury states, post-operative states of the gastrointestinal tract
- Obesity
- Thyropathy, post-operative states of the thyroid gland

Disorders of the locomotor system

- Basic therapeutic procedures and medical treatment
- Climate therapy
 - Drinking cure and inhalations, using the mineral waters
 - Breathing rehabilitation and gymnastics
 - Reflexive and fibrous massages, ball massaging
 - Remedial physical education, Nordic walking, hiking
 - Remedial physical education in a pool with water enhanced with ozone
 - Hydrotherapy procedures – Hubbard baths, Hauffe’s bath, alternating hot and cold foot baths, “Arctic Fire” alternating water jets, baths with additives, mineral baths
 - Carboxytherapy (pneumo punctures)
 - Carbon gas packs
 - Peat packs
 - Myofeedback
 - Electrotherapy, magnet therapy, thermal therapy - saunas
 - Diagnostics - physical, mechanical, and biochemical examinations
 - Oxygen therapy
 - Other procedures



Relaxation for adults

You can also enjoy a relaxation stay in the heart of the Slavkovský Forest. Also try packs made using healing peloids, bubble or aroma baths, massages, and other procedures that will eliminate your stress and tension. Or skip off to play a round of golf on one of the most beautiful courses in the Karlovy Vary Region. This undemanding activity in the healing climate will charge you with energy and a good mood.

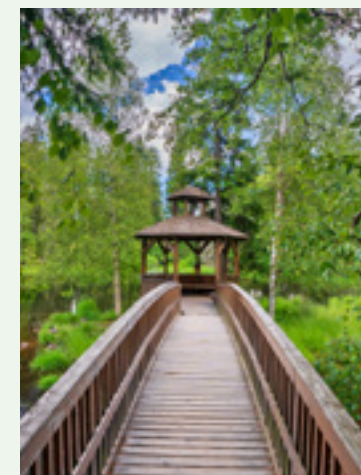
Kynžvart Chateau

An exhibit of curiosities (including a collection of mummies) that the traveller and adventurer Prince Metternich collected throughout his lifetime.

www.zamek-kynzvart.cz

Kladská Peat Bog

A mysterious jungle of swamp pines and carnivorous plants. Animals to be found here include elf owls, black storks, and if you are lucky, even bobcats.



HEALING RESOURCES AND INDICATIONS

Natural healing resources

Natural Resources	Karlovy Vary	Mariánské Lázně	Františkovy Lázně	Lázně Kynžvart	Jáchymov
Mineral springs	•	•	•	•	
Radon water					•
Peloids	•	•	•	•	
Natural gas	•	•	•		
Therapeutic climate				•	

Indication

Indication Group	Karlovy Vary → adults	Karlovy Vary → children and youth	Mariánské Lázně → adults	Františkovy Lázně → adults	Františkovy Lázně → children and youth	Lázně Kynžvart → adults	Lázně Kynžvart → children and youth	Jáchymov → adults
Oncological diseases	•		•	•	•	•	•	
Diseases of the circulatory system			•	•	•			•
Digestive tract disorders	•	•	•	•	•	•	•	
Metabolic disorders and endocrine glands	•	•	•	•	•	•	•	•
Respiratory system diseases			•			•	•	
Neurological disorders	•		•	•	•			•
Disorders of the locomotor system	•	•	•	•	•	•	•	•
Disorders of the urinary tract			•			•	•	
Dermatological diseases				•	•	•	•	•
Gynaecological diseases				•	•			

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PRO MÍSTNÍ
ROZVOJ ČR**

The project “Karlovarský kraj – žijeme regionem” (The Karlovy Vary Region – we live for the region) was realised with contributions from the state budget of the Czech Republic, from the programme of the Ministry for Regional Development.



Amid beautiful nature, between forests and meadows with clean air, one finds romantic spa towns that attract not only spa guests, fans of sports and healthy lifestyles, but also families with children who like to be pampered. Plan your holiday in the spa towns of the Karlovy Vary Region, from where you can head out on trips to discover magical places.

 @ZivyKraj

 @zivykraj

www.zivykraj.cz

www.laznezdрави.cz

www.greatspatownsofeurope.eu

CzechRepublic



United Nations
Educational, Scientific and
Cultural Organization



World Heritage
Convention