



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MOderní MEtody s Novými Technologiemi
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Tematický okruh:	Spa
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Anotace:	Popis lázeňství ČR, historie vzniku lázeňství a jeho vývoj. Typy lázeňských procedur a lázeňská města a na jaké zdravotní problémy jsou zaměřena.

Spa

- The term spa is associated with water treatment.
- Spa towns or spa resorts offer various health treatments.
- The belief in the curative powers of mineral waters goes back to history.
- Some of the earliest descriptions of bathing practices came from Greece.
- They established public baths and showers for relaxation and personal hygiene.
- Greek mythology specified that certain natural springs were blessed by the gods to cure disease.
- However, the Romans were the ones who brought bathing to a fine art.



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- In the 14th century springs in Spa, Belgium were discovered.
- A famous health resort eventually grew around these springs and the term "spa" came to refer to any health resort located near natural springs.
- By the 16th century, physicians at Karlsbad, Bohemia, prescribed the mineral water to be taken internally as well as externally.



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Spa treatments

A body treatment, spa treatment, or cosmetic treatment is non-medical procedure to help the health of the body

- **Aromatherapy** - using essential oils, and other aromatic compounds for the purpose of influencing a person's mind, mood or health.

Bathing or soaking in any of the following:

- **Hot spring** - a natural spring with warm water above body temperature
- **Hot tub** - a large tub or small pool full of heated water. Some have jets for massage purposes (Jacuzzi). It is designed to be used by more than one person.
- **Mud bath** - it may come from:
 - ☞ lakes
 - ☞ hot springs
 - ☞ saltwater sea (e.g. Dead Sea)
 - ☞ mud volcano

- **Peat pulp bath** - used as a remedy for certain diseases
- **Sauna** - is a small room to take heat sessions with temperatures between 70 °C and 100 °C
- **Steam bath** - similar to sauna but wet (using a lot of steam)
- **Body wraps** - wrapping the body in hot linens, plastic sheets and blankets, or mud wraps, often in combination with herbal compounds.
- **Facials** - facial cleansing with a variety of products (e.g. facial masks, peels, and massage)
- **Massage** - involves working on the body with pressure, tension, motion, or vibration, done manually or with mechanical aids
- **Nail care** - such as manicures and pedicures

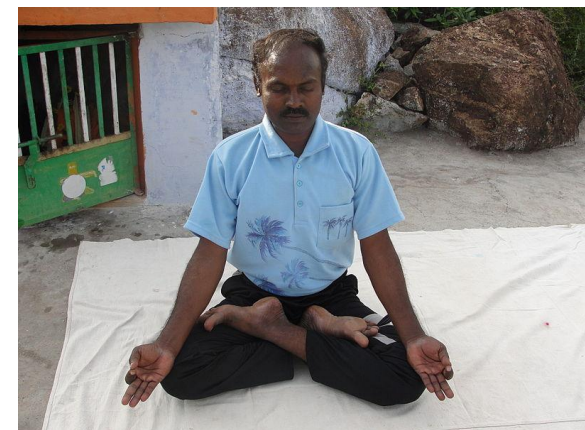
- **Nutrition and weight guidance** - is the provision to obtain the essential nutrients necessary to stay healthy.
- **Personal training** - is a set of exercises created according to person s needs, goals and requirements
- **Meditation** - is a practice in which an individual trains the mind
- **Yoga** - is the physical, mental, and spiritual practices or disciplines
- **Waxing** - the removal of body hair with hot wax



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Spa towns in the Czech Republic

Františkovy Lázně

- there was the first peat pulp bath in the world and operated 24 mineral springs, 12 of which are still in operation.
- high content of carbon dioxide in mineral water = better function of the **cardiovascular system**, the lower occurrence of **chronic inflammatory processes** in the body, **rheumatics**, and better **blood circulation** in tissues.

Mariánské Lázně

the top attraction of the town is its 100 mineral springs

Disorders of:

- | | |
|-----------------------------|--------------------|
| - locomotive system | - respiration |
| - kidneys and urinary tract | - metabolic system |

Karlovy Vary

- famous for its hot springs (13 main springs, about 300 smaller springs). It is the most visited spa town in the Czech Republic.
- treatments involve walks through the spa colonnades, the use of water and various procedures (baths, hydrotherapy, massages).
- also known for the Karlovy Vary International Film Festival and the Czech liqueur *Karlovarská Becherovka*.

Lipová

- beneficial effect on chronic diseases, mainly civilization related diseases.
- endocrine, nutritional and metabolic diseases, respiratory diseases, skin diseases.
- long tradition in the treatment of dermal diseases.

Luhačovice

- treat successfully **the disorders of locomotive, respiratory and digestive system** as well as **blood circulation diseases**

Poděbrady

- specialized in the treatment of **cardiovascular diseases**

Lázně Bělohrad

- problems of the ***locomotive system***, mainly with **rheumatic diseases, back pains, Bechterew's disease, arthritis**, after an accident or orthopedic operation.
- also the treatment of **scars** resulting from injury or burns

Teplice

- treatment of **locomotive system** and **vascular diseases**