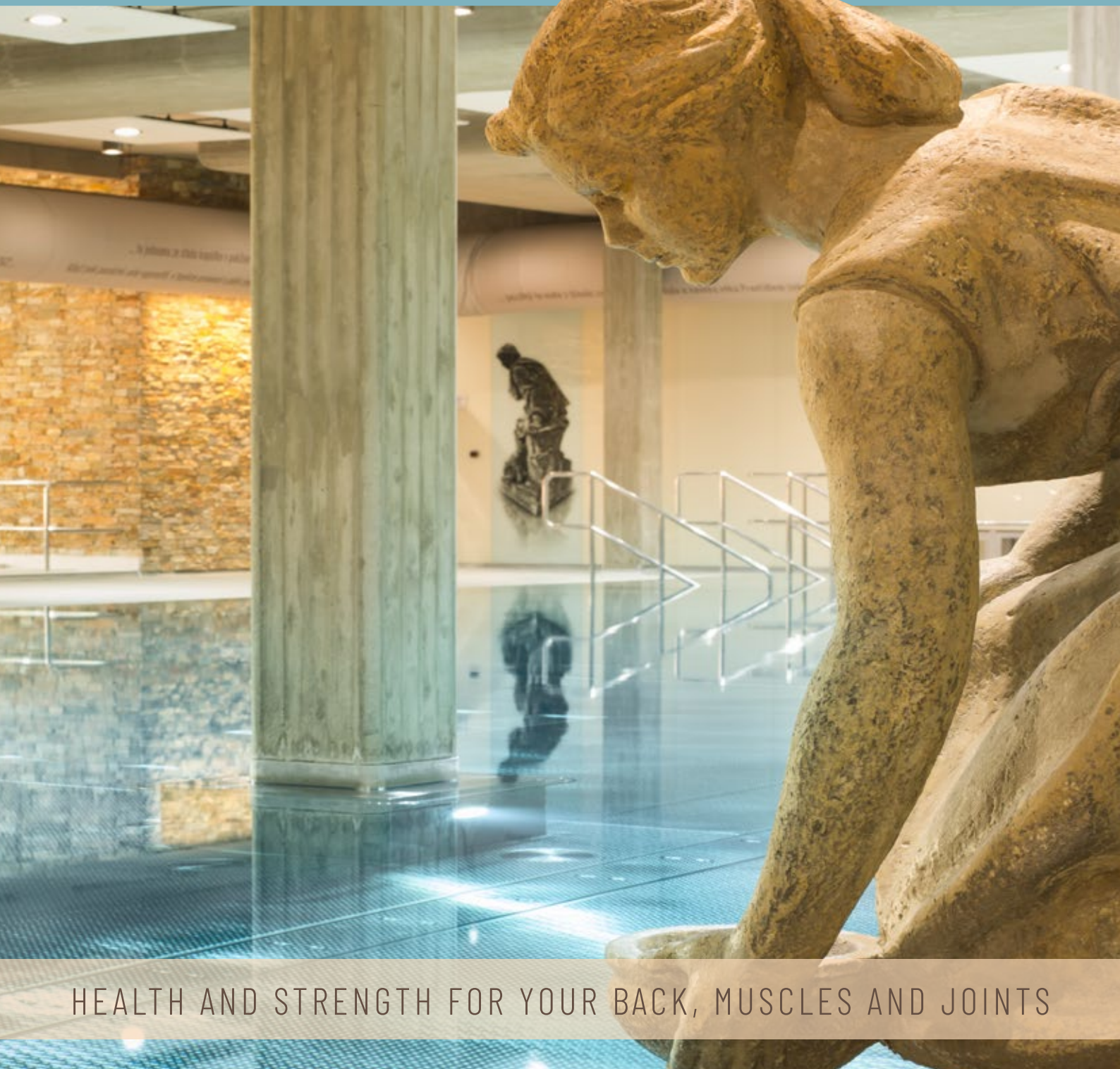




Lázně Teplice
v Čechách



HEALTH AND STRENGTH FOR YOUR BACK, MUSCLES AND JOINTS

WWW.LAZNETEPLICE.CZ

There is a therapeutic thermal spring in Teplice. It not only warms your back, muscles and joints, but also keeps them healthy and strong for as long as possible.

TEPLICE



NATURE HAS GREAT RESTORATIVE POWER

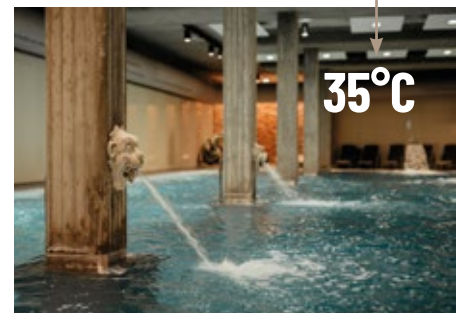
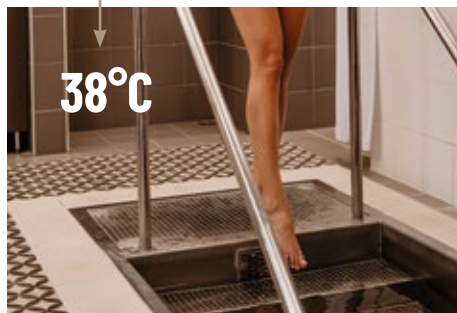
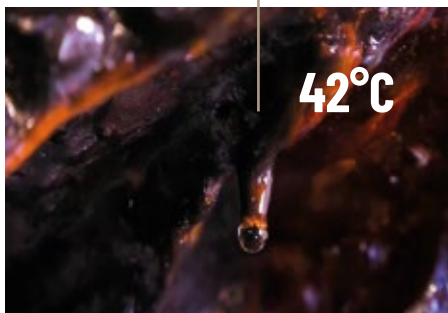
The springs in Teplice are direct proof of this

The therapeutic springs rise from the volcanic massif in a valley between the Krušné Mountains and the Central Bohemian Highlands, from a depth of 1 kilometre below the spa town. This is where they have been gaining their unique composition for over 18,000 years. This is the source of a natural, mineralised (1,064 mg/l) spring called Pravřídlo (Ancient Spring) of the hydrogen carbonate - sulphate-sodium type, with an increased fluoride content (7.43 mg/l) and additional radon, rich in minerals and trace elements.

The Pravřídlo thermal spring is not tap water. It is a natural therapeutic source certified by the Ministry of Health of the Czech Republic, proven by laboratory analyses and, most importantly, by the number of improved backs and joints.



Water from the Pravřídlo spring travels directly from the volcanic massif to all our baths and swimming pools. It is constantly analysed and always supplied at 100% quality and concentration.



The Pravřídlo spring rises from a depth of around a kilometre below the surface of the earth, where it has been absorbing minerals and radon for 18,000 years. The water reaches a temperature of 42°C thanks to geothermal energy.



The unique composition of the water from the Pravřídlo spring helps thousands of guests every year. The temperature is adjusted to the specific therapeutic purpose of the individual treatments and the baths are at 38°C.



The THERMALIUM, a swimming pool complex right above the spring, is the heart of the spa. This means that water from the Pravřídlo spring travels the shortest possible route to spa guests, so that it can show what it can do in its best possible form.

Teplice, Beethoven Spa

THE SPRINGS IN TEPLICE KEEP YOU FIT

Immerse yourself in the thermal springs

Many guests visit this spa not only to treat their afflictions, but mainly with the goal of staying fit. The composition of the water from the Pravřídlo spring supplies the body with elements it is missing, thereby preventing bones from thinning, helping delay changes to joints, relieving chronic issues and eliminating the need to take pain relief drugs with undesirable side effects. Guests relax, enjoy all the benefits of a holiday and leave in better shape.

We treat issues of the musculoskeletal system at Teplice. We relieve muscle, back and joint pain. We eliminate muscle stiffness and support restorative processes.



In Teplice, the issues we help most often with are lower back pain radiating into the legs and pain from the cervical and thoracic spine radiating into the hands. Our extensive experience means we are able to establish a new motor pattern.



In Teplice, we maintain your fitness and prolong your life in complete health. We prevent your bones from thinning and improve mobility and posture.



Contraindications. Reasons to postpone your visit to the spa

Pregnancy, non-healing skin defects, hypertension above 16 kPa diastolic pressure (± 120 mm Hg), serious infectious diseases, acute stage diseases, malignant arrhythmia, history of deep vein thrombosis and thrombophlebitis, unstable and decompensated diabetes mellitus, clinical symptoms of circulatory failure, repeated profuse haemorrhage, cachexia, cancer (for one year after completing cancer treatment), uncontrolled epilepsy, psychoses and mental illnesses, addiction to addictive substances, lack of selfsufficiency, incontinence.

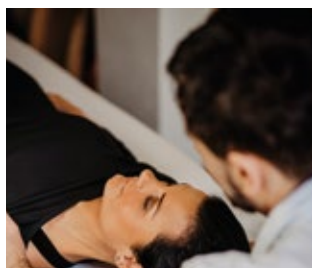


Teplice, Beethoven Spa

DO YOU KNOW OF A MORE PLEASANT WAY TO RESTORE YOUR HEALTH?

Baths, massages, stretching your muscles in the swimming pool

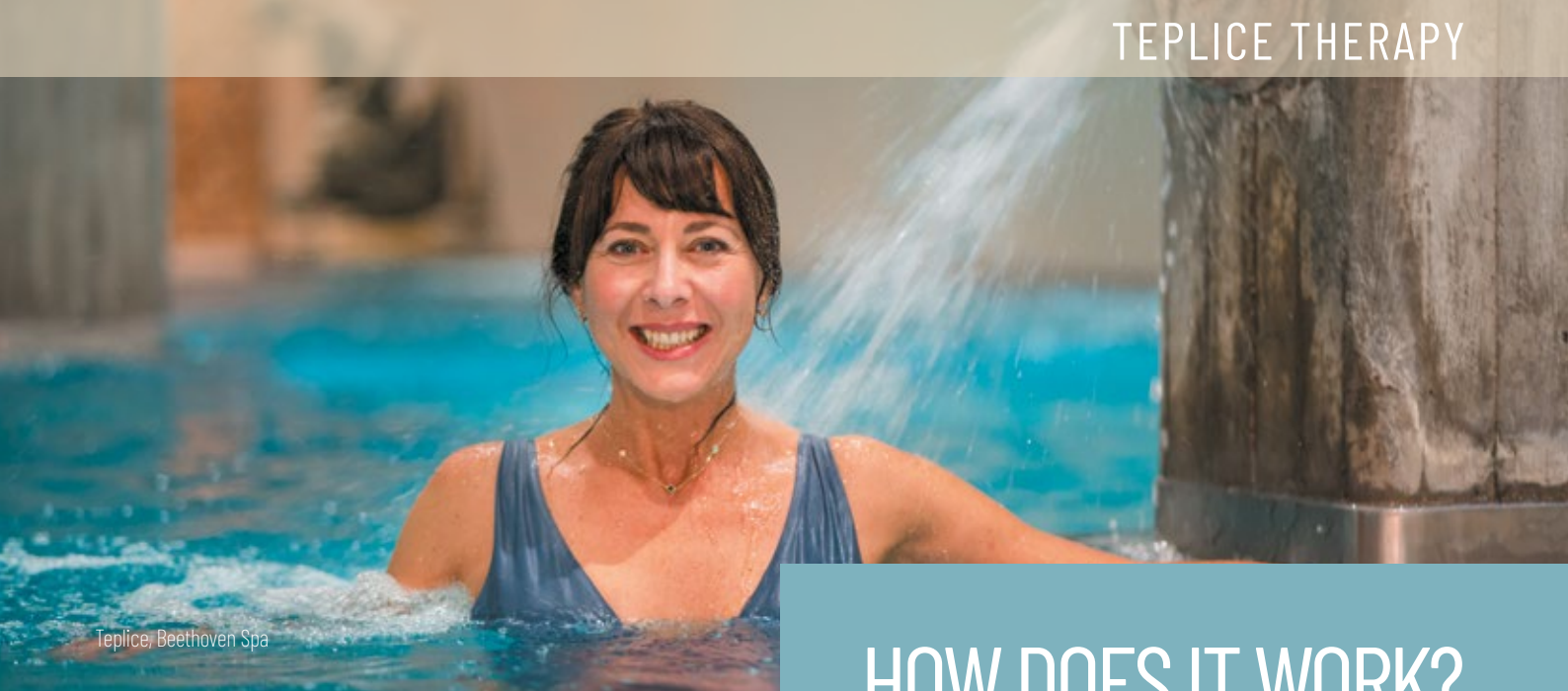
We base spa treatment on a combination of hydrotherapy and specialised rehabilitation. A simple approach is crucial. Immerse yourself in the thermal water, build up the absorbed minerals and warmth under a pack and then immediately place yourself in the hands of a professional masseur while your muscles are pleasantly warmed. This three-phase procedure is one of the pillars of Teplice therapy.



It is also a good idea to exercise and stimulate the cells responsible for bone formation under the guidance of a therapist. The procedure relieves even chronic issues that have not been treated for many years, with a positive response. This is why athletes, their parents and grandparents, as well as people suffering from one-sided strain from sitting at a computer or behind a steering wheel all visit Teplice. An individualised programme is created for each guest as part of the therapeutic stay, so that they can regenerate and restore their fitness with the best possible results.

THE COMPREHENSIVENESS OF THE SPA THERAPY ENHANCES THE EFFECTS OF THE NATURAL THERAPEUTIC SOURCE.

The individual treatment plan complements the curative power of the spring - with over 70 types of therapy that can be selected specifically for your needs following a medical consultation. Hydrotherapy, massages, rehabilitation exercises, electrotherapy, magnetotherapy and laser therapy act in perfect synergy. The multi-level effects, enhanced by a change in environment, regular meals and subtle impulses promoting your conscious perception of the present, maximise the therapeutic and regenerative impact.



Teplice, Beethoven Spa

HOW DOES IT WORK?

Enjoy an actual improvement - not just a feeling, but clinically proven.

THE PRAVŘÍDLO THERMAL SPRING HAS THREE EFFECTS



MINERALISATION FROM THE VOLCANIC BEDROCK

One litre of water from the Pravřídlo spring contains 1067 mg of dissolved elements from the rhyolite bedrock, including an increased fluoride content of 7.54 mg/l, and a wealth of minerals and trace elements.

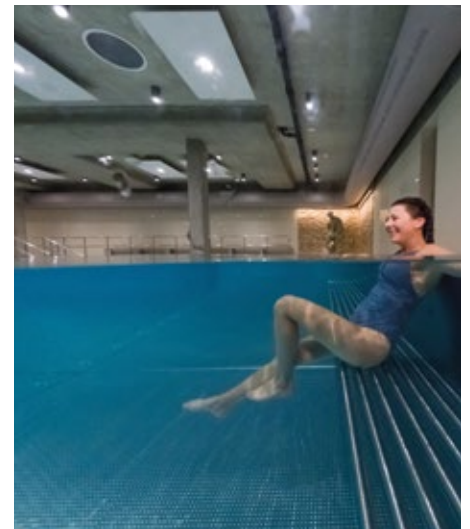
It supplies the body with minerals and elements nourishing the joints, bones and intercellular joint tissue, which slows wear and prevents degenerative diseases.



NATURAL RADIOACTIVITY

Water from the Pravřídlo spring contains radon at a concentration of 359 Bq/l.

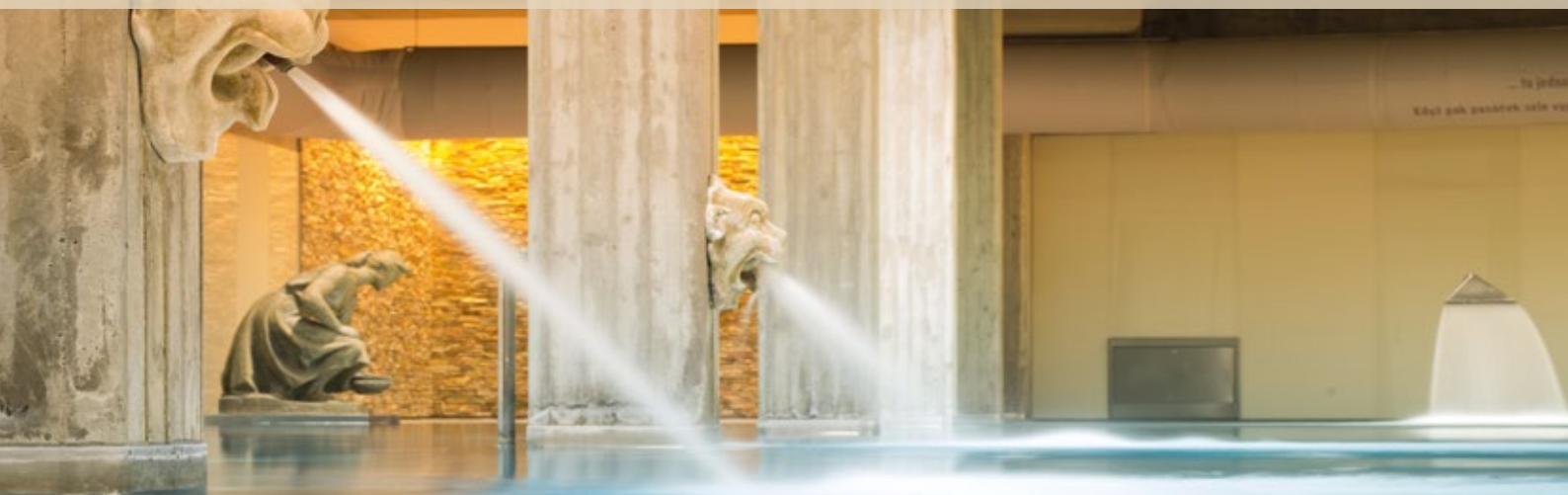
The radon benefits you due to its optimal concentration in the water. This means it prevents inflammation and degenerative diseases while avoiding tissue damage.



GEO THERMAL ENERGY

Water from the Pravřídlo spring rises from a depth of around a kilometre below the surface of the earth, where it gains its unique composition and temperature. It rises to the surface at a temperature of 42°C.

The resulting intensive perfusion and vasodilation increase oxygen and nutrient supply to tissue, ensures that minerals and active agents are more easily absorbed and supports the general metabolism.



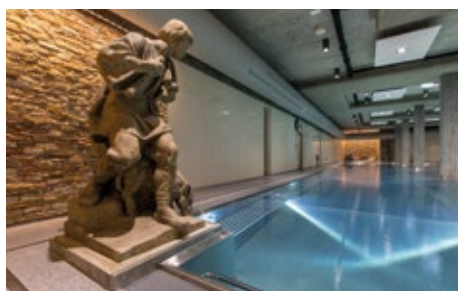
THE THERMALIUM IS NOT A SWIMMING POOL, IT IS A THERAPEUTIC BATH

Teplíce, Beethoven Spa, THERMALIUM



An entire floor of thermal water inside the Beethoven Spa.

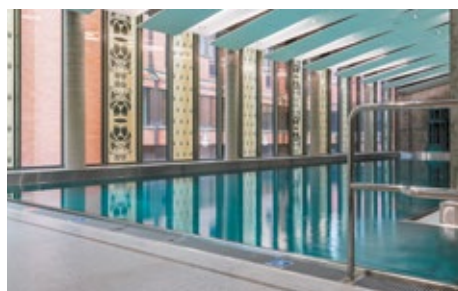
The THERMALIUM takes up the entire inner courtyard of the Beethoven Spa. This unique thermal complex is located right above the spring and will treat you to undiluted therapeutic spring water at a temperature of 35°C. Open every day until 9 p.m.



MAIN THERAPEUTIC BATH 35°C with massage and rehabilitation features

- :: size 23×13 m
- :: depth 1.3 m
- :: temperature 35°C
- :: 100% water from the Pravřídlo spring

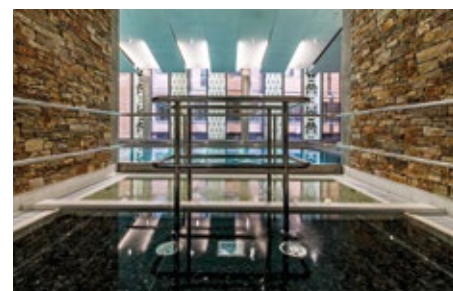
Don't swim, relax. The thermal water can tire you, but this means that your body is regaining its health. Enjoy the all-encompassing heat and rest. Over 100 types of massage and rehabilitation elements will help you with this.



THERMAL SWIMMING POOL 29 °C

- :: size 20×6 m
- :: depth 1.5 m
- :: temperature 29°C
- :: 100% water from the Pravřídlo spring

Utilise the potential of perfectly warmed muscles by exercising in the active bath. Even the swimming pool is one hundred percent thermal water, which allows you to absorb beneficial elements in this pool too.



KNEIPP PAVEMENT

- :: promotes blood circulation in the feet and legs
- :: temperature 40°C/ 10°C
- :: 100% water from the Pravřídlo spring

Walk through both pools several times. Finally walk through the cold pool and immediately dry your feet. Walking on the stones in the alternating hot and cold water promotes blood circulation, increases metabolism and strengthens veins.

Pravřídlo & massage

The best time for a massage? Immediately after visiting the Thermalium!

Bathing in water from the Pravřídlo spring prepares your body perfectly for a massage. Your muscles are relaxed, your skin is perfused and the active components from the spring water are already working - this is the perfect time for a massage that will enhance the water's effect. If you have time, combining a session in the Thermalium with a massage is one of the most effective therapies you can enjoy.

Teplice, Beethoven Spa,
THERMALIUM, Finnish salt sauna

THE SAUNA WORLD COMPLEMENTS 100% THERMAL COMPLEX

Sauna treatment is a type of heat therapy, which promotes resilience, improves your skin and contributes to detoxification. Include sauna treatment in the regeneration process in the THERMALIUM.

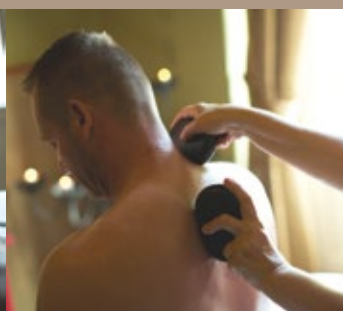
The Thermalium offers various types of saunas with different temperatures and humidities depending on their specific purpose and your condition. The traditional Finnish sauna is kept at a high temperature with minimum humidity, the Finnish salt sauna also treats the respiratory system, the steam sauna is the clear choice for skin regeneration, the bio sauna combines a sauna with steam, and the tropical version promotes lymph flow.



Absorb minerals and rare elements while your muscles are revived by more than a hundred massage jets. Strengthen the veins in your legs on the Kneipp pavement and improve your immune system in the sauna world. Try to enjoy at least a few days here and you'll return home well-rested.



Ayurvedic massage



Hot stone massage



Beauty Ritual



Lomi Lomi massage



THE OLDEST SPA IN CENTRAL EUROPE

Teplice, Beethoven Spa

The Beethoven Spa combines tradition with comfort

This spa has served guests continuously since it was established in the 14 th century. Numerous visits by emperors and kings and their families gave rise to an extensive complex of 12 historical buildings. Today, the Beethoven Spa is fully integrated into a complex that combines all services under one roof. The THERMALIUM, a unique complex of thermal swimming pools and saunas, fills the entire inner courtyard. The complete spa world has everything you need to maintain long-lasting fitness:



PRAVŘÍDLO
therapeutic spring
42°C



BALNEO treatments -
70 types of treatment
and therapy



THERMALIUM 100%
thermal pools with jets



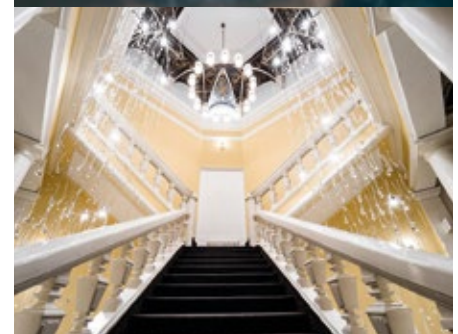
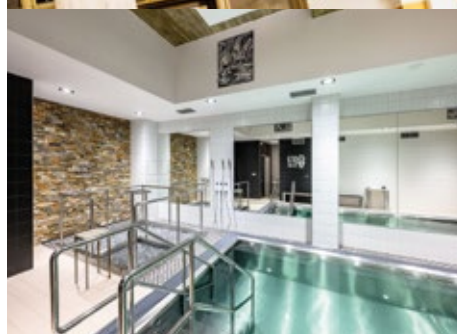
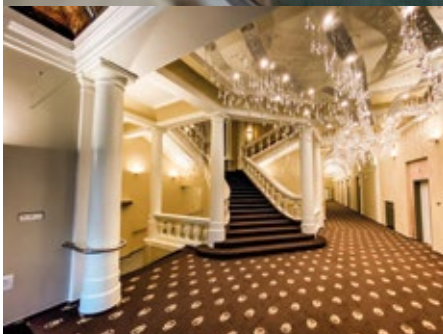
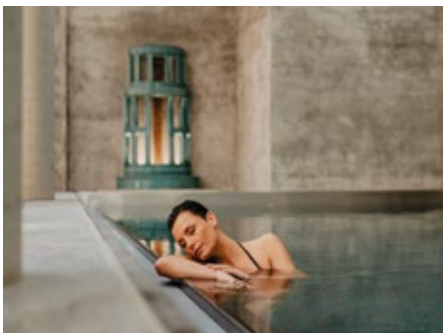
MASSAGES
classic and specialized



SAUNAS
5 types of saunas



GYM
open daily





Teplice, Beethoven Spa

WELCOME TO THE BEETHOVEN SPA

In the centre of town, but surrounded by parks

The natural thermal spring is located in the Beethoven Spa, which also includes a complete balneo facility offering hydro-therapy, rehabilitation and other therapies, an entire floor of thermal swimming pools, a sauna world, buffet dining, a roof terrace and restaurant serving its own beer and coffee, with piano evenings. The spa is surrounded by parks and there is a theatre, château, concert hall, shopping centre and cinema within 5 minutes' walk.



A visit to the salt cave is like 3 days at the seaside.



Physicians creating a tailored treatment



Roof terrace with barefoot pavement



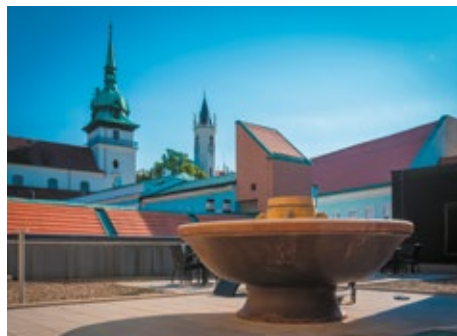
Café Restaurant Beethoven with outdoor terrace, café and restaurant



Piano evenings at Café Restaurant Beethoven



Day bar offering refreshments during the day



WELCOME TO THE IMPERIAL SPA

Everything you need for tried and tested treatment

Anyone who enters the Imperial Spa will find themselves in one of the most beautiful buildings in Teplice. However, the Imperial Spa is not just a reminder of the magnificent past, but also a vital place for your health and experience. Guests can find everything they need for comprehensive therapy of their joints, muscles and back here. Water from the Pravřídlo thermal spring is supplied to the building and is a crucial element of the spa programme, which is created by the spa physician and tailored to each guest, in combination with other therapies from the wide range of available treatments.

The Imperial Spa in Teplice helps keep you fit at any age. Musculoskeletal system issues are not only treated here, but also prevented to a substantial degree



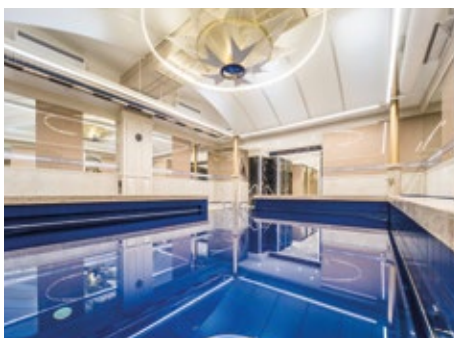
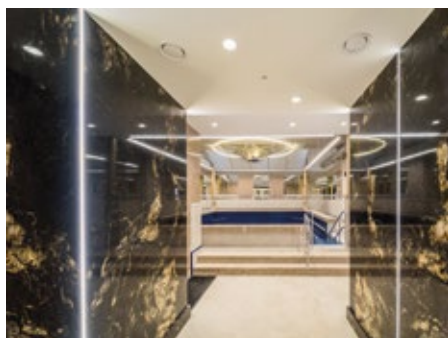
BALNEO treatments -
70 types of treatment and
therapy



MASSAGES -
classic and
specialized



CAFÉ with large
terrace and a view
of the park





IMPERIAL SPA THERMAL POOL

Care worthy of the imperial legacy

The thermal pool, filled with water from the Pravřídlo spring at a temperature of 36 °C, is a popular experience with guests at the Imperial Spa. The Imperial Spa pool is used for group exercises until noon and is open to guests for the remainder of the day. Breakfasts, lunches and dinners are served as a buffet in the restaurant on the ground floor and there is a café with a large terrace and a view of the park on the first floor.

The Imperial Spa is located in the heart of Teplice spa town. Its great location surrounded by greenery, but still in the centre of town, affords a whole range of options within 5 minutes' walk. The nearby park contains a theatre and the house of culture with cinema and concert hall, which is home to the famous North Bohemian Philharmonic. This is adjoined by the château with a museum housing a beautiful exhibition about the spa industry and Queen Judith, and also a large château garden. You can also find a shopping centre, and a number of restaurants and cafés behind the park.



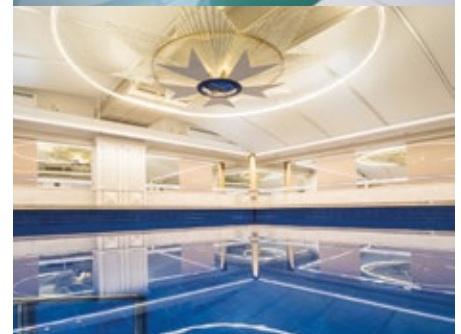
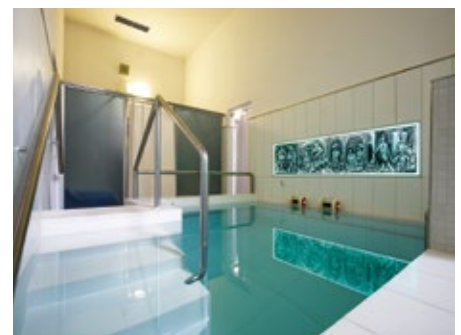
PRAVŘÍDLO
curative spring



PHYSICIANS offering
tailored treatment programme



IMPERIAL SPA
thermal pool 36°C





STAY FIT

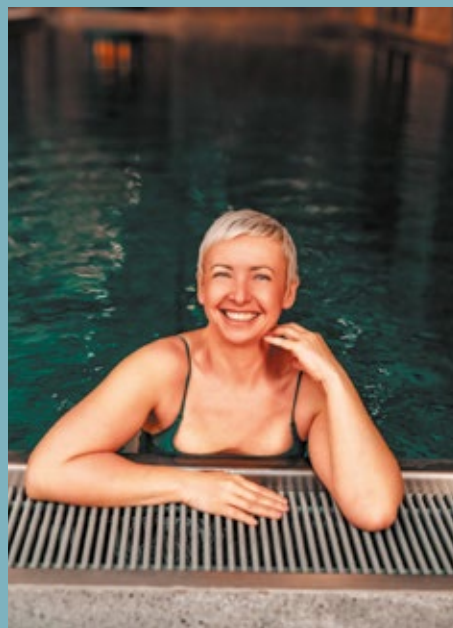


RESERVATIONS

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e-mail: info@lazneteplice.cz

You can view the current offer of therapeutic and wellness stays including short-term packages at www.lazneteplice.cz. You can select a stay and fill in the reservation form here.

We will arrange your stay, send you confirmation of your reservation and the payment information. Payment is possible on-line by payment card or by bank transfer.



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