



# SPA RESORT LIBVERDA

LÁZNĚ LIBVERDA | BAD LIEBWERDA | SPA LIBVERDA



EN

WELLNESS AND MEDICAL  
TREATMENTS





## WELLNESS TREATMENTS

Recharge your energy and relieve stress in our Wellness Centre Jizera accompanied by pleasant relaxing music. Relax in a pleasant environment and entrust yourself to the care of our experienced therapists who – with the help of natural products – will contribute to the overall regeneration of your body and a feeling of absolute relaxation.

From our extensive offer, you can indulge in one of the wellness treatments and relax in the sauna, or private whirlpool. Our resort also offers a fitness centre with a view of Smrk, the highest mountain of the Jizera Mountains, or a 12×4 m swimming pool and more.

Opening hours of the Jizera Wellness Centre: daily from 8 a.m. to 8 p.m.

### WELLNESS TREATMENTS:

|  |       |
|--|-------|
|  | 3     |
| Massages                                     | 4–8   |
| Ingredient-relaxation baths                  | 8–9   |
| Wellness baths                               | 9–10  |
| Luxury body rituals                          | 10–11 |
| Royal full-body rituals with relaxation bath | 11–12 |
| Other treatments                             | 13    |

### MEDICAL TREATMENTS:

|                  |       |
|------------------|-------|
|                  | 14    |
| Electrotherapy   | 15–16 |
| Physical therapy | 17    |
| Water therapy    | 18–19 |
| Medical massages | 19–20 |
| Other treatments | 20–22 |

**The prices are valid from 1<sup>st</sup> January 2024.**

The duration of the procedure and its price can be found in the current price list.

Spa Resort Libverda reserves the right to change the prices.

**Please book the date and time of treatments before your arrival at the resort by phone at +420 482 368 657, +420 737 862 794 or e-mail to rozpis@lazne-libverda.cz, Monday–Friday from 7 a.m. to 3.30 p.m.**

## MASSAGES

Massage is the oldest form of therapy that has been known from the ancient times of Egypt, ancient Rome, China, India, and the whole Arab world. Depending on where in the world the therapy originated, different massage techniques were developed. Hence, they are nowadays very diverse. Massage has many positive effects on the whole body and mind.

### Aroma massage

This is a relaxing massage combined with the healing effect of essential oils. Pleasant, gentle and long strokes help the body to slowly relax. The highly effective essential oils penetrate the body through the skin, while being inhaled at the same time. During the massage, the essential oils from the skin enter the lymphatic system and bloodstream. Some oils stimulate the body, mind or emotions, while others soothe. Essential oils are selected for the massage blend of each client to help eliminate their health problems and bring their body into balance.

### Full aroma massage + peat wrap

Peat is considered a true gift of nature. During the treatment, the body is deeply warmed up, which results in muscle relaxation and regeneration or pain relief.

### Full aroma massage + paraffin wrap

The effects of paraffin are mainly thermal and help not only to relax and reduce musculoskeletal pain, but also have a beneficial effect on the whole body.



### Full aroma massage + honey wrap

Indulge yourself with the healing power of heat and recharge yourself with natural energy. We provide this comfort with original BIO wax wraps. Wax, honey and propolis are famous for their disinfecting and anesthetic effects. Give yourself the gift of health directly from nature.

### Classic massage

The most commonly used type of massage. It is mainly used as a therapeutic massage and as a preventive measure against many diseases. It is very suitable for chronic pain conditions, helping to release painful spasms and blockages caused by various injuries and overloading of the body. Massage has overall beneficial effects on physical performance and affects the condition of the central nervous system. It helps to maintain health and relieve emotional stress. It relaxes tense muscles, promotes blood and lymphatic circulation, removes waste substances from the body, nourishes joints, and prevents arthrosis.



### Dry massage bath

A pleasant relaxing massage on a special heated waterbed, where you are massaged through a membrane with a stream of water. As with a traditional massage, it reduces muscle tension, increases blood circulation, stimulates the lymphatic system, improves metabolism, and relieves stress.

The procedure can be performed in light clothing. The treatment is not recommended for acute back pain, trauma, acute phase of rheumatoid arthritis, cancer, osteoporosis with recent fracture, epilepsy, and pregnancy.



### **NEW** Lavender Massage

Relax after a busy day with almond-lavender oil, which comes from the local Levandulovna producer. Lavender massage is a relaxing experience. It helps relieve stress, anxiety and insomnia, improves blood circulation and soothes the skin. Free yourself from everyday stress and discover the bliss brought to you by this aromatic therapy.

### **NEW** Hemp Massage

Experience an unforgettable feeling of relaxation with our new hemp oil massage! Our high quality hemp oils are carefully crafted to provide maximum relaxation and beneficial effects on the body and mind. With a combination of natural ingredients and essential oils, we offer not only deep hydration and nourishment for your skin, but also muscle tension relief and energy harmonisation. Immerse yourself in a unique world of relaxation and treat yourself to a massage that revitalizes your senses.



### Cupping therapy

An ancient Chinese method, known for over 3,000 years and still widely recognized and widespread today. The basis of this treatment is the use of vacuum pressure on the skin. By applying the cups, we affect the blood circulation, which activates the body's detoxification process. This promotes blood circulation and oxygenation of the skin. The massage supports the proper function of the lymphatic system and brings great relief from tension in the spinal area. It relieves pain and swelling and restores anti-inflammatory processes. During this treatment, it is quite common for the skin to turn red or purple. However, this effect will disappear over time.



### Chocolate massage

The ancient Mayans and Aztecs already knew about the healing effects of chocolate. Chocolate contains a large number of antioxidants, is wonderfully toning and moisturizing. The massage is a real temptation for all lovers of its wonderful scent. It has a positive effect on the immune and cardiovascular systems, supports immunity, lowers blood pressure, and induces pleasant feelings by releasing endorphins. This is a light massage using long strokes with relaxing and regenerating effects.

### Honey massage

A procedure known for many centuries, where heated honey is applied to the body and using special touch, removes unwanted harmful substances accumulated in the body from food, drugs, and the environment in which we live. It has a positive effect against fatigue, depression and improves the condition in nervous disorders. This massage also has cosmetic effects. It smooths, regenerates and nourishes the skin, while also fighting against skin aging.

### Herbal stamp massage

This is a wellness treatment full of warmth, fragrance and comfort that combines stretching, pressure and heat to achieve maximum relaxation of body and soul. The bags are heated in hot oil and the herbs and spices begin to release active substances, which are transferred to the skin using the stamping method. This ancient technique is particularly pleasant for stiff and strained muscles, arthritis, or conditions of general exhaustion.

### Seashell massage

This method comes from the Pacific and will remind you of the atmosphere of the sea and exoticism. The radiant heat from the shells warms the skin and relaxes stiff muscles and energy blocks in the body. The thorough warming of the muscles helps to eliminate back and neck pain. This is a luxurious body treatment with a strong energetic effect on the body and mind.

### Lava stone massage

This is an ancient Chinese method. The aim is complete unwinding followed by relaxation. In this procedure, the stones accumulate heat which they transfer to your body. It eliminates blockages, stress and releases energy. If you like warmth, this massage is the right one for you.

### Anti-stress massage

As the name suggests, this treatment is the ideal choice if you need to relax and indulge in mental well-being. This massage will pamper not only your body, but also your soul. The massage is performed on the back, décolletage, face, neck, and head.



### Ingredient bath (aroma, herbal)

A full-body bath at a pleasant temperature with the addition of aroma salt or herbal extract. Its effect is achieved through exposure to water, heat and the action of the additive. Depending on the chosen ingredient, it will help you to relax the whole body or, on the contrary, to stimulate and refresh the organism.

## WELLNESS BATHS

Pamper yourself with relaxing baths that not only relax your mind, but also give your skin everything it needs.

### NEW Lavender Bath

Bath with salt from the local Levandulovna producer. A lavender bath is a great way to relax and unwind, as it has calming effects that help relieve stress, anxiety and insomnia. Thanks to the pleasant scent of lavender, the bath becomes a multi-sensory therapy.

### NEW Hemp Bath

Immerse yourself in a luxurious wellness experience with our new hemp bath! With the addition of high quality hemp oil, you can indulge in moments of relaxation and pleasure for your body and soul. The bath will moisturize your skin, but it will also immerse you in the amazing aroma of hemp. The combination of the beneficial effects of cannabis and a warm bath creates a space for complete relaxation and unwinding, for instant peace and harmony.

You can enjoy the bath by itself or in combination with a hemp wrap. During the wrap, a spray of cannabis concentrate is applied to your back to promote overall relaxation.



## INGREDIENT-RELAXATION BATHS

### Ingredient bath (peat)

Peat bath, after which you will indulge in a wrap and relax your body and soul.



### Milk vital bath

A milk bath with rose petals to rejuvenate and soften the body's skin. A glass of sparkling wine and water from the Kristián spring is served at the bath.

### Detox bath

The bath contains seaweed, which has excellent degreasing properties due to its iodine content; in addition, it has moisturizing properties, contributing to the elasticity and softness of your skin. The bath is decorated with rose petals and is accompanied by a glass of sparkling wine and Kristian's spring water. Not suitable for those with very high blood pressure and heart disease.

### Salt bath

Salt bath for cleansing the skin and supplying necessary minerals to the body. The special bath salt also acts as a body scrub and moisturises the skin with essential oils. Therefore, after the bath, the skin is soft to the touch.

## LUXURY BODY RITUALS

Nothing cleanses the skin better than a salty peeling. High-quality salt, together with an oil or milk balm, rid the skin of dead cells and other impurities that do not improve its appearance. If you treat your skin with a wrap after the peeling, it will reward you. How? It will be visibly firmed and velvety to the touch.

### Anti-stress body treatment

#### Peeling + wrap

Salt peeling with a milky balm and anti-aging cream wrap. The body mask also has a beneficial effect on the rejuvenation of the body's skin. The skin is visibly firmed and soft to the touch.



### Detox body treatment

Peeling + wrap + final anti-aging treatment  
Salt and oil peeling with detoxifying mud wrap. Stimulates metabolic activity (silicic acid, titanium, aluminum, iron, manganese, sodium, potassium, magnesium, calcium, trace elements). Perfectly cleanses the skin, which then looks younger and firmer.

### Ritual silhouette

Peeling + wrap + final anti-aging treatment  
This peeling is composed of high-quality mineral salt and anti-aging firming oil that cleanses the skin perfectly. The wrap will make the skin visibly firmer and softer, giving a slimmer impression.

## ROYAL FULL-BODY RITUALS WITH RELAXATION BATH

### Real pampering!

This treatment offers only the best for your body and mind. After an intensive peeling, a relaxing bath decorated with rose petals awaits. After the bath, you can enjoy a massage and a final wrap. After this treatment, your skin will be visibly rejuvenated.

**For all three rituals below are during the bath served a glass of sparkling wine and Christian spring for a perfect experience.**

### Ocean Royal ritual

Peeling + salt bath + massage + wrap

In the first part, you will experience a full-body peeling using a mixture of salts and oils to moisturize and soften the skin. This is followed by soaking in a marble bath with a mixture of salts enriching the skin with minerals. Then you will enjoy a pleasant massage and finally a wrap with an anti-aging (rejuvenating) oil.

### Libverda ritual

Peeling + scented bath + massage + wrap

A ritual named after our spa that applies our values of relaxation+nurture+benefit for the body through a ritual to you. A salt and oil scrub is applied to the body to moisturize and mineralize the skin, followed by a scented bath with rose petals. Afterwards, you will enjoy a pleasant massage and at the very end your body will be treated with a cream. The whole ritual is performed with products with anti-aging effects and after the ritual, your body will be simply perfect.

### Cleopatra milk bath ritual

Peeling + milk bath + massage + wrap

We will let you experience the feeling and care of kings and queens. The rejuvenating and beneficial effects of milk were known to Cleopatra herself, whose name the ritual bears. The longest procedure you can indulge in with us. A rejuvenating milk ritual including a very gentle milk scrub followed by a milk bath, a massage and an anti-aging oil wrap will create an unforgettable wellness experience. The synergy of successive treatments will soften your skin, improve its hydration and provide mental relaxation and thus an unforgettable wellness experience.



## OTHER TREATMENTS

### Machine lymphatic drainage

It is sought after as a gentle therapy for the lymphatic system, but also for its cosmetic and relaxing effects. It has a wide range of indications. Lymphatic drainage helps to prevent and eliminate cellulite, stimulates detoxification processes of the organism, positively counteracts swelling of veins and limbs, and supports the lymphatic system. To achieve the best possible effect, it is advisable to perform lymphatic drainage repeatedly. This method is suitable not only for women but also for men due to its therapeutic and preventive effect.

### Paraffin hand bath

Very pleasant and effective procedure in the form of application of warm cosmetic paraffin on the hands. The effects of paraffin are noticeable immediately after the treatment as the hands become softer and generally look more beautiful.

### Private whirlpool with sauna

The private whirlpool with sauna offers a beautiful space for relaxation and rest. In the Finnish sauna, you will boost your immunity, warm up your joints and muscles, and after a shower you can jump into the cooling pool or whirlpool. Of course, there is also a relaxation area. We recommend it for up to 4 persons.

### Wellness centre with swimming pool

Exclusive wellness centre including a 12×4 m pool, sauna, steam room, Kneipp walkway and relaxation zone.



## MEDICAL TREATMENTS

Spa Resort Libverda cares mainly for clients with musculoskeletal problems, post-operative conditions of the spine and joint replacements, but also for patients with heart, blood circulation and vascular diseases, neurological problems and patients after oncological treatment. At Spa Resort Libverda, we take maximum advantage of the effects of local mineral springs, for carbonated baths. The mineral springs are of the bicarbonate-magnesium-calcium type with an increased content of silicic acid. They are hypotonic and cold. The average carbon dioxide content is 2400 mg/l. Modern equipment and the latest treatment methods are used for other treatments and therapies.

Peat wraps, whirlpool baths, additive baths, various types of massages (classical, reflex, underwater), pool exercises, mobilization techniques, individual exercise with physiotherapists, therapeutic exercise on machines, motoric floor mats, electrotherapy and others are an integral part of the therapy.

You can choose from a wide range of therapeutic procedures and enjoy the overall beneficial effects of the mineral waters and therapeutic procedures.

You can relax in the sauna or the 12×4 m swimming pool and more. Our resort also offers a fitness centre with a magnificent view of Smrk – the highest peak of the Jizera Mountains.

Most treatments are carried out from Monday to Saturday from 7.00 a.m. to 3.30 p.m.

The duration of the procedure and its price can be found in the current price list.

**Please book the date and time of the treatments before your arrival at the resort by calling +420 482 368 657, +420 737 862 794 or e-mail to rozpis@lazne-libverda.cz, Monday–Friday from 7.00 a.m. to 3.30 p.m.**

**Treatments marked with \* are prescription only.**



## ELECTROTHERAPY

### BioStimulation – contactless electrotherapy\*

Combines the benefits of conventional electrotherapy with those of contactless application to minimize skin irritation. It can be applied through clothing and bandages. Contactless electrotherapy promotes the proliferation of new capillaries following an injury, regeneration of peripheral nerves, treatment of hard-to-heal wounds and restoration of muscle, tendon and joint function.

### Four-chamber bath\*

Electrotherapeutic treatment in water, where we apply electric current on electrodes placed in tubs of water to all submerged limbs. The procedure is mainly used in the treatment of neuropathies, disorders of blood supply and innervation of the limbs and in acute post-traumatic conditions – e.g., distortion of the ankle.

### Diadynamic\*

It is based on the simultaneous application of DC and pulsed current through electrodes applied to the treated area. Depending on the type of current chosen, the effect is analgesic or stimulating.

### Interdyn\*

Interference of two medium-frequency currents with a resultant value of 0–100 Hz. It has similar effects as Diadynamic but with greater depth and intensity, so it is mainly used for chronic musculoskeletal problems.



### Short-wave diathermy\*

A contactless method where the electric current is spread into the body in the form of an electromagnetic field without conductive contact with the skin and even through poorly conductive tissues. It produces heat in the tissues. It is used on joints and muscles.

### Laser\*

Laser stands for Light Amplification by Stimulated Emission of Radiation. Thanks to its effects, it finds its application in dermatology, neurology, traumatology, orthopedics, and dentistry.

### Magnetotherapy\*

Uses magnetic fields to treat certain musculoskeletal disorders.

### Ultrasound\*

Acoustic waves whose frequency is beyond the range of human hearing. It generates heat, improves blood circulation, capillary permeability, suppresses pain, and improves the regenerative capacity of tissues and muscular structures.



## PHYSICAL THERAPY

### Group exercise in the pool

Exercise in water aimed at improving mobility and overall fitness.

### Individual exercise\*

Individual therapy with a physiotherapist is one of the basic pillars of physical therapy. The aim is to normalize the affected body function as quickly and efficiently as possible.

### Individual physical education therapy (LTV) under supervision on machines\*

Physical activity using machines increases the maximum functional fitness of the individual.

### Group exercise\*

Guided and supervised physical activity in the company of others, acts as prevention and improves the functional capacity of one's musculoskeletal system.

### Guided group walking

Under the guidance of a therapist, the clients improve their walking stereotypes on courses of various difficulty in the spa park.

### Taping

Taping is similar to support bandages. As a protective or physical therapy aid, it is more gentle. It belongs to the functional techniques of prevention in the treatment of the musculoskeletal system.



## WATER THERAPY

### Carbonic bath + dry wrap

Carbon dioxide is absorbed through the skin into the bloodstream and is the best natural method for dilating blood vessels. A series of baths leads to improved blood circulation and oxygenation of all tissues, reduction and stabilization of elevated blood pressure, improvement of metabolism and elimination of its products. The immediate effect is the elimination of increased muscle tension and overall energy boost of the body.

### Underwater massage\*

Underwater massage of the whole body in warm water 35–38 °C. A jet of water is directed to individual parts of the body using a nozzle. The complex effect of the combination of heat, bath, massage and movement in the water results in muscle relaxation, improved blood circulation, stimulation of the lymphatic system, improved joint mobility.

### Full-body whirlpool

Water treatment performed at 36–38 °C, massage of limbs and torso with swirling water flowing from jets in the tub wall. The combination of the effect of water heat and mechanical stimulation is used in post-traumatic conditions, musculoskeletal diseases, chronic venous insufficiency, swelling and lymphatic congestion.

### Hydromassage bath

The main purpose is to induce intense blood circulation in the body, which accelerates regeneration and relaxes the body. It also has a positive effect on the psyche, where both the body and mind are "purified".

### Whirlpool for lower and upper limbs

Water treatment applied to either the upper or lower limbs at water temperature of 37–38 °C. It is used for muscle fatigue, post-traumatic limb pain, scars, and peripheral neuropathy.

### Whirlpool for lumbar area and lower limbs

The water temperature of 37–38 °C and targeting the lower part of the body helps relieve pain from the lumbar region.

### Kneipp stepping bath

The treatment consists of alternating stepping in hot (40–46 °C) and cold (10–16 °C) water repeatedly (6–10 times), one minute in hot water and fifteen seconds in cold water. This is an excellent procedure for vascular gymnastics of the lower limbs, improving metabolism, strengthening immunity, vegetative dystonia or migraines, and headaches.

### Scottish spray

This is a strongly stimulating full-body treatment consisting of a water jet massage with alternating hot (38–42 °C) and cold (25–30 °C) water. It contributes to the correction of functional vegetative and hormonal disorders, improving immunity, increasing the overall fitness and resistance of the organism and cold exposure training. It activates metabolism, helps with muscle pain, and blood circulation disorders of the lower and upper limbs.

## MEDICAL MASSAGES

### Warm compress 15 min. + classic massage 12 min.

The treatment involves a warm compress applied to the problem area (lumbar, thoracic or cervical spine). The compress serves to relax and pre-warm the tissues before the subsequent massage, performed with a massage oil.

### Peat compress 15 min. + classic massage 12 min.

The treatment involves a peat compress applied to the problem area (lumbar, thoracic or cervical spine). The compress is used to relax and pre-warm the tissues before the subsequent massage, performed with a massage oil.





### Classic partial massage 12 min.

Classic therapeutic back and neck massage using a neutral massage oil.

### Segment massage\*

Reflex segment massage differs from the classic massage in that this massage affects reflex changes that have arisen and persist after various musculoskeletal problems and disharmony of the organism. The massage is performed without the use of massage tools in order to eliminate these changes in the skin and tissues. By being performed dry, it can be more painful than a traditional massage. It leads to quick relief and harmonization of the whole body.

## OTHER TREATMENTS

### Biolamp\*

This is a light therapy. The beam of the biolamp penetrates the tissues, where it causes a reaction. The cells react by speeding up their metabolism, leading to faster healing and overall regeneration.

### Inhalation with the Just additive

Inhalation of water vapor with the addition of an essential oil from 31 medicinal herbs. It is used for colds, rhinitis, bronchitis, flu, vocal cord problems, asthma, sinusitis, and sore throat.

### Inhalation

Inhalation is a therapeutic procedure consisting of inhaling the vapors of "Vincentka" mineral water, which brings beneficial substances into the body. The inhalation is carried out using a special device (inhaler). Inhalation of mineral water is suitable for those who suffer from allergies, asthma, and respiratory diseases. It is also suitable for the treatment of cold and rhinitis, as well as for the prevention of these diseases.

### NEW } CBD Oil Inhalation

CBD oil is injected into the vaporizer along with water and you can inhale the vapor. CBD oil thus enters the bloodstream directly and its effects are felt within minutes. Repeated application is suitable for people suffering from pain, anxiety, insomnia, stress, migraines or chronic illnesses.

### Oxygen therapy

Oxygen therapy is a treatment using inhalation of humidified oxygen. The importance of inhalation of concentrated oxygen lies in slowing down the process of physical and mental aging. It has a positive effect on the psyche and increases mental capacity, strengthens the immune system during infections and weakening of the body, improves the energy state of the body and physical capacity.

### Gas injections\*

A therapeutic method in which carbon dioxide is injected with a fine needle under the skin. The application of carbon dioxide causes an increased release of oxygen from hemoglobin, thus improving the oxygenation and metabolism of the treated tissue. The result is accelerated healing and improved tissue nutrition.







### Paraffin

Topical application of paraffin is a pleasant and effective treatment that effectively warms the area. This results in increased blood circulation to the tissues, improved metabolism and relaxation of muscle tension. It has beneficial effects especially in chronic rheumatic diseases, especially in small joints of the limbs, and degenerative disorders of the musculoskeletal system.

### Peat compress

Peat compress has always had its place in balneotherapy. The action of peat is based on thermophysical and biochemical effects, where it warms up the muscles, increases blood circulation in the skin and relieves muscle pain, arthrosis, and rheumatic problems.

### Cryotherapy\*

Cryotherapy is a method in which the body is briefly exposed to extremely low temperatures. It is applied locally and is used for rheumatological, orthopedic, skin, and some post-traumatic conditions.





Spa Resort Libverda  
LÁZNĚ LIBVERDA, a.s.  
463 62 Lázně Libverda 82  
Tel.: +420 482 368 111  
Fax: +420 482 368 110  
E-mail: [info@lazne-libverda.cz](mailto:info@lazne-libverda.cz)

[WWW.LAZNE-LIBVERDA.CZ](http://WWW.LAZNE-LIBVERDA.CZ)



## PRICE LIST OF PROCEDURES

| Procedure                                   | * | Duration (minutes) | Price for non-residents | Price for accommodated guests |
|---|---|--------------------|-------------------------|-------------------------------|
| Anti-stress massage                         |   | 30                 | 820 CZK                 | 750 CZK                       |
| Anti-stress body treatment                  |   | 60                 | 1 050 CZK               | 960 CZK                       |
| Aroma massage                               |   | 30                 | 520 CZK                 | 470 CZK                       |
| Biolamp                                     | * | 10                 | 250 CZK                 | 230 CZK                       |
| Biostimulation – contactless electrotherapy | * | 1 application      | 300 CZK                 | 270 CZK                       |
| Carbonic bath + dry wrap                    |   | 30                 | 470 CZK                 | 430 CZK                       |
| Carbonic bath + dry wrap – for a couple     |   | 30                 | 940 CZK                 | 860 CZK                       |
| Chocolate massage                           |   | 30                 | 540 CZK                 | 490 CZK                       |
|   |   | 60                 | 950 CZK                 | 850 CZK                       |
| Classic massage – full body                 |   | 50                 | 930 CZK                 | 850 CZK                       |
| Classic partial massage 12 min.             |   | 12                 | 380 CZK                 | 350 CZK                       |
| Classic partial massage 25 min.             |   | 25                 | 520 CZK                 | 470 CZK                       |
| Cleopatra milk bath ritual                  |   | 120                | 1 900 CZK               | 1 800 CZK                     |
| Cryotherapy                                 | * | 1 application      | 250 CZK                 | 230 CZK                       |
| Cupping therapy                             |   | 30                 | 600 CZK                 | 550 CZK                       |
| Detox bath                                  |   | 30                 | 660 CZK                 | 600 CZK                       |
| Detox body treatment                        |   | 60                 | 1 100 CZK               | 990 CZK                       |
| Diadynamic                                  | * | 1 application      | 300 CZK                 | 270 CZK                       |
| Dry massage bath                            |   | 20                 | 410 CZK                 | 370 CZK                       |
| Exercise on machines                        |   | 25                 | 130 CZK                 | 120 CZK                       |
| Four-chamber bath                           | * | 20                 | 360 CZK                 | 330 CZK                       |

\* procedures marked with an asterisk can only be ordered after consultation with our doctor

To book procedures, contact the schedule of procedures:

rozpis@lazne-libverda.cz, phone: +420 482 368 657, 737 862 794 on Monday-Friday 7:00 a.m.-3:30 p.m. All prices include VAT and are valid from January 1<sup>st</sup>, 2024. Prices and services are subject to change. You can find more details on our website [www.lazne-libverda.cz](http://www.lazne-libverda.cz).



| Procedure   | * | Duration (minutes) | Price for non-residents | Price for accommodated guests |
|---|---|--------------------|-------------------------|-------------------------------|
| Full aroma massage + wrap (peat, paraffin, honey)                         |   | 75                 | 1 200 CZK               | 1 100 CZK                     |
| Full-body whirlpool   |   | 15                 | 430 CZK                 | 390 CZK                       |
| Gas injections  | * | 1 application      | 300 CZK                 | 270 CZK                       |
| Group exercise  | * | 25                 | 370 CZK                 | 340 CZK                       |
| Group exercise in the pool  |   | 30                 | 270 CZK                 | 250 CZK                       |
| Guided group walking  |   | 25                 | 360 CZK                 | 330 CZK                       |
| Hemp bath   |   | 30                 | 580 CZK                 | 530 CZK                       |
| Hemp bath with hemp wrap  |   | 60                 | 950 CZK                 | 900 CZK                       |
| Hemp massage  |   | 30                 | 780 CZK                 | 700 CZK                       |
| Herbal stamp massage  |   | 30                 | 980 CZK                 | 890 CZK                       |
|   |   | 60                 | 1 250 CZK               | 1 150 CZK                     |
| Honey massage   |   | 30                 | 540 CZK                 | 490 CZK                       |
| Hydromassage bath   |   | 15                 | 470 CZK                 | 380 CZK                       |
| Individual exercise   | * | 25                 | 590 CZK                 | 550 CZK                       |
| Individual physical education therapy (LTV) under supervision on machines | * | 25                 | 590 CZK                 | 550 CZK                       |
| Ingredient bath (aroma, herbal)   |   | 30                 | 470 CZK                 | 430 CZK                       |
| Ingredient bath (aroma, herbal) – for a couple                            |   | 30                 | 940 CZK                 | 860 CZK                       |
| Ingredient bath (peat)  |   | 30                 | 480 CZK                 | 440 CZK                       |
| Inhalation  |   | 15                 | 250 CZK                 | 230 CZK                       |
| Inhalation with the CBD oil   |   | 15                 | 300 CZK                 | 270 CZK                       |
| Inhalation with the Just additive   |   | 15                 | 300 CZK                 | 270 CZK                       |
| Interdyn  | * | 1 application      | 300 CZK                 | 270 CZK                       |

**\* procedures marked with an asterisk can only be ordered after consultation with our doctor**

**To book procedures, contact the schedule of procedures:**

rozpis@lazne-libverda.cz, phone: +420 482 368 657, 737 862 794 on Monday-Friday 7:00 a.m.-3:30 p.m. All prices include VAT and are valid from January 1<sup>st</sup>, 2024. Prices and services are subject to change. You can find more details on our website [www.lazne-libverda.cz](http://www.lazne-libverda.cz).

| Procedure  | * | Duration (minutes) | Price for non-residents | Price for accommodated guests |
|--|---|--------------------|-------------------------|-------------------------------|
| Kneipp stepping bath                                 |   | 10                 | 250 CZK                 | 230 CZK                       |
| Laser  | * | 1 application      | 340 CZK                 | 310 CZK                       |
| Lava stone massage                                   |   | 30                 | 650 CZK                 | 590 CZK                       |
|  |   | 60                 | 1 250 CZK               | 1 150 CZK                     |
| Lavender bath  |   | 30                 | 560 CZK                 | 510 CZK                       |
| Lavender massage                                     |   | 30                 | 590 CZK                 | 540 CZK                       |
| Libverda ritual                                      |   | 90                 | 1 700 CZK               | 1 550 CZK                     |
| Machine lymphatic drainage                           |   | 45                 | 520 CZK                 | 470 CZK                       |
| Machine lymphatic drainage (6 procedures)            |   | 45                 | 2 760 CZK               | 2 500 CZK                     |
| Magnetotherapy                                       | * | 30                 | 300 CZK                 | 270 CZK                       |
| Milk vital bath                                      |   | 30                 | 560 CZK                 | 510 CZK                       |
| Ocean royal ritual                                   |   | 90                 | 1 480 CZK               | 1 350 CZK                     |
| Oxygen therapy                                       |   | 25                 | 250 CZK                 | 230 CZK                       |
| Paraffin   |   | 15                 | 380 CZK                 | 350 CZK                       |
| Paraffin hand bath                                   |   | 15                 | 380 CZK                 | 350 CZK                       |
| Peat compress  |   | 15                 | 280 CZK                 | 260 CZK                       |
| Peat compress 15 min. + classic massage 12 min.      |   | 27                 | 550 CZK                 | 490 CZK                       |
| Private whirlpool with sauna (2 persons)             |   | 60                 | 610 CZK                 | 560 CZK                       |
| Private whirlpool with sauna (3. and another person) |   | 60                 | 200 CZK                 | 180 CZK                       |
| Ritual silhouette                                    |   | 70                 | 1 200 CZK               | 1 100 CZK                     |
| Sea salt relax bath                                  |   | 30                 | 670 CZK                 | 610 CZK                       |
| Seashell massage                                     |   | 30                 | 660 CZK                 | 600 CZK                       |

**\* procedures marked with an asterisk can only be ordered after consultation with our doctor**

**To book procedures, contact the schedule of procedures:**

rozpis@lazne-libverda.cz, phone: +420 482 368 657, 737 862 794 on Monday-Friday 7:00 a.m.-3:30 p.m. All prices include VAT and are valid from January 1<sup>st</sup>, 2024. Prices and services are subject to change. You can find more details on our website [www.lazne-libverda.cz](http://www.lazne-libverda.cz).

| Procedure  | * | Duration (minutes) | Price for non-residents | Price for accommodated guests |
|--|---|--------------------|-------------------------|-------------------------------|
|  |   | 60                 | 1 260 CZK               | 1 150 CZK                     |
| Scottish spray   | * | 15                 | 500 CZK                 | 450 CZK                       |
| Segment massage  | * | 20                 | 470 CZK                 | 430 CZK                       |
| Short-wave diathermy   | * | 20                 | 340 CZK                 | 310 CZK                       |
| Taping (execution + material)                                      |   | 1 application      | 340 CZK                 | 310 CZK                       |
| Taping (large range, execution + material)                         |   | 1 application      | 530 CZK                 | 480 CZK                       |
| Ultrasound   | * | 1 application      | 300 CZK                 | 270 CZK                       |
| Underwater massage   | * | 15                 | 520 CZK                 | 470 CZK                       |
| Warm compress  |   | 15                 | 240 CZK                 | 220 CZK                       |
| Warm compress 15 min. + classic massage 12 min.                    |   | 27                 | 470 CZK                 | 430 CZK                       |
| Wellness centre with swimming pool (adults, 15+)                   |   | 60                 | 199 CZK                 | 180 CZK                       |
| Wellness centre with swimming pool (seniors 60+, children 3-15)    |   | 60                 | 180 CZK                 | 160 CZK                       |
| Wellness centre with swimming pool (children 0-3)                  |   | 60                 | 0 CZK                   | 0 CZK                         |
| Wellness centre with swimming pool (private for 2 people)          |   | 60                 | 1 100 CZK               | 1 000 CZK                     |
| Wellness centre with swimming pool (private, 3rd and other person) |   | 60                 | 190 CZK                 | 170 CZK                       |
| Whirlpool for lower and upper limbs                                |   | 15                 | 300 CZK                 | 270 CZK                       |
| Whirlpool for lumbar area and lower limbs                          |   | 15                 | 370 CZK                 | 340 CZK                       |

**\* procedures marked with an asterisk can only be ordered after consultation with our doctor**

**To book procedures, contact the schedule of procedures:**

rozpis@lazne-libverda.cz, phone: +420 482 368 657, 737 862 794 on Monday-Friday 7:00 a.m.-3:30 p.m. All prices include VAT and are valid from January 1<sup>st</sup>, 2024. Prices and services are subject to change. You can find more details on our website [www.lazne-libverda.cz](http://www.lazne-libverda.cz).