



HEALTH & LONGEVITY CENTER

Power of the Earth



BY FALKENSTEINER
SPA RESORT MARIENBAD

FALKENSTEINER.COM



ACQUAPURA Medical Spa & Wellness

Marienbad is the cradle of modern health tourism in the heart of Europe. Spa town since 1818, founded on the basis of a multitude of natural resources, with a unique cityscape, extensive parks based on the English model, and the completely preserved imperial Art Nouveau architecture of the Imperial and Royal period.

An unusual combination of tradition and modernity awaits you at the Falkensteiner Spa Resort Marienbad.

A listed historical main building from 1890 with a contemporary interior decor, in which you will feel at home on arrival. In addition, our complete medical offer, again a combination of classic healing methods, supplemented with therapies for the challenges of our fast-moving times.

Welcome Home!

Our Approach: Power Of The Earth

4 elements, forest, earth, water and air are the basis of the healing methods that were used by the local population decades before the official confirmation as a spa town.

At the Falkensteiner Spa Resort Marienbad we understand our strengths in making the „power of the earth“ accessible to you. In our wellness hotel here in Marienbad, it is of several importance.

On the one hand, nature offers products such as spring water and mud, which we incorporate into our treatments; on the other hand, the forest and nature in the area have a beneficial effect on the mind and body.

Nature supports you in finding your inner strength, peace and balance. That is why outdoor activities are part of our holistic program.

Air

Mariánské Lázně has held the status of a climatic spa since 2023. Without industry, through traffic and fine dust pollution, the city and the surrounding area offer many opportunities for unpolluted outdoor activities

Forest

In addition to the oceans, forests are the most valuable ecosystems with an inestimable biodiversity, which make the infinite cycle of life tangible in the change of the seasons

Earth

Free CO₂ and CO₂ bound in the sources are used for specific treatments. The moor mud opens up valuable nutrients that have been compressed over millennia for medical applications

Mineral spring water

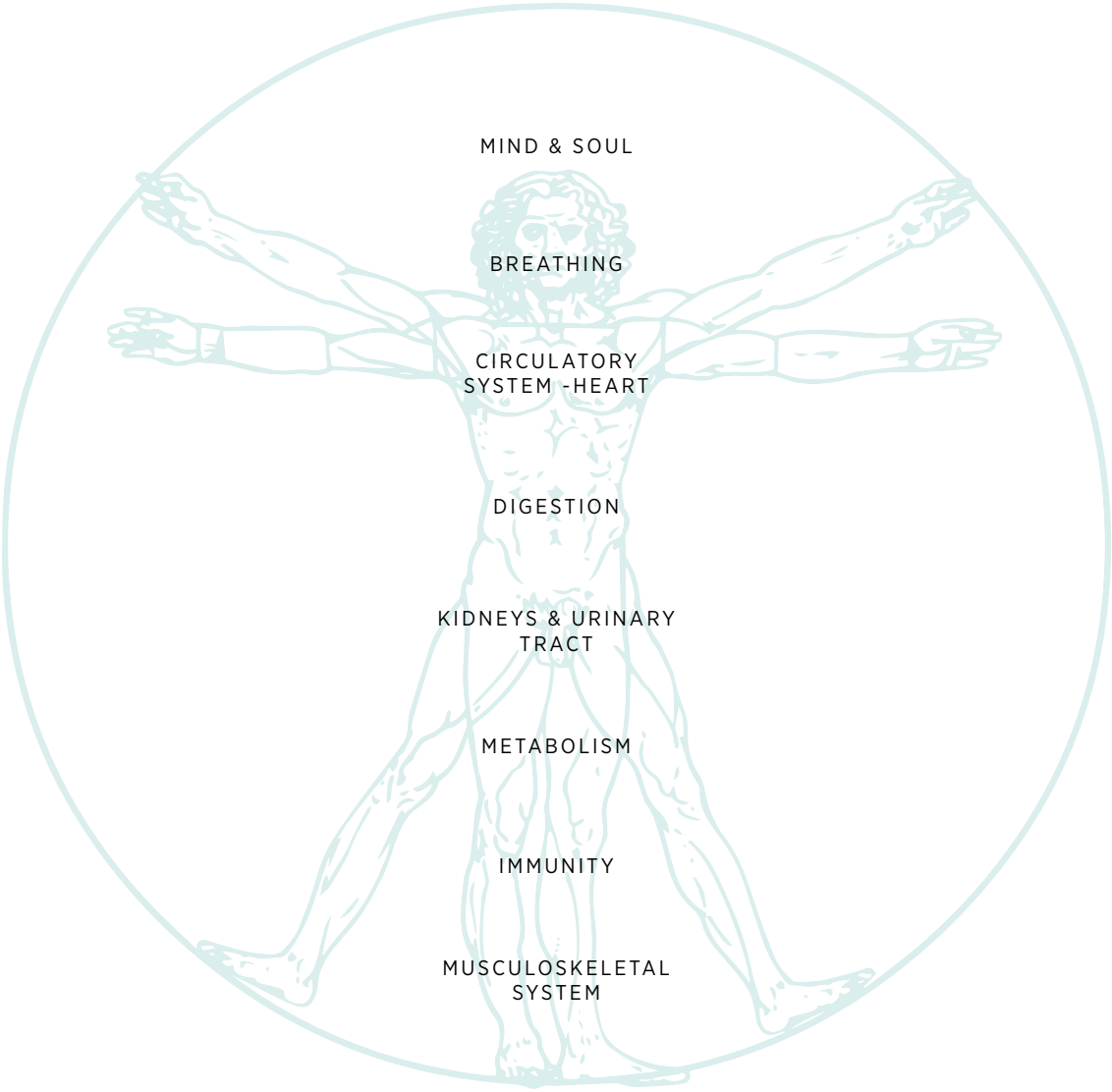
The occurrence of dozens of mineral sourlings of various compositions with different healing effects is a rarity in this diversity.

Promise

The Falkensteiner Spa Resort Mariánské Lázně is a non-governmental provider of health services on the basis of a license granted. Thanks to many years of treatments and healing practice, our Medical Center offers sustainable traditional and alternative therapies and healing methods at the highest level.

Team

The Falkensteiner Medical Team consists of specialists who, under the direction of the chief physician will take care of your health and well-being every day. Our nurses, physiotherapists and hydrotherapists are trained as specialist medical staff. All of them have many years of experience in their field and we regularly support them in their further training.



- | | | | |
|------------------------------------|----------------------|----------------------------------|---------------------|
| K Circulatory System -Heart | A Breathing | N Kidneys & Urinary Tract | S Metabolism |
| B Musculoskeletal System | G Mind & soul | V Digestion | I Immunity |



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IF YOU DON'T SPEND A
LITTLE TIME EVERY DAY
ON YOUR HEALTH, YOU
WILL ONE DAY HAVE TO
SACRIFICE A LOT OF TIME
FOR ILLNESS.

Sebastian Kneipp



THERAPEUTIC BATHS AND WATER THERAPIES

K | G | I | A | S | DE LUXE

ALEXANDRA SPRING WATER BATH

In-house source

Blood circulation | Relaxes mind and body |
Lowers blood pressure

B | I | DE LUXE

MOOR MUD BATH

Warming | Relaxing | Helpful with chronic
inflammation of the musculoskeletal system |
Relieves rheumatic complaints

Optionally with colloidal silver -
antibacterial effect

K | B

HYDROXEUR

Fine stream massage

Relaxing | Relieves the joints |
Stimulates the circulation

K | B | DE LUXE

UNDERWATER MASSAGE

Manual pressure jet massage

Improves blood circulation in the vessels and
muscles | Relieves tension | Vitalises

K | I | S

„ENERGY BOOST“ - SCOTTISH SHOWER

Water jet with alternating cold and warm water
improves the immune system | Strengthens
blood circulation | improves metabolism |
Vitalises

K Circulatory System -Heart

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S Metabolism

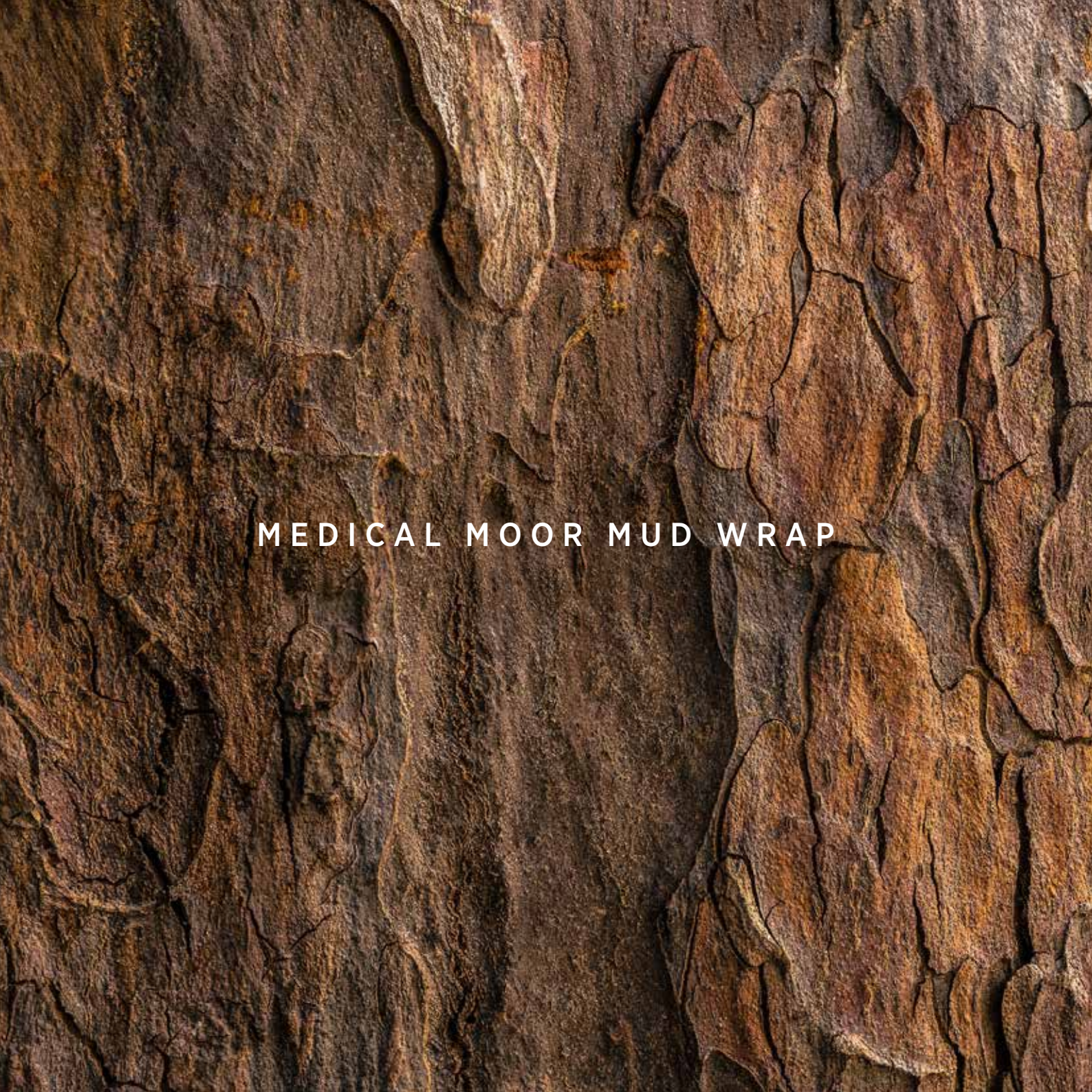
B Musculoskeletal System

G Mind & soul

V Digestion

I Immunity

DE LUXE The de luxe version of the treatment differs in terms of duration, additional product appointment and choice of therapist.



MEDICAL MOOR MUD WRAP

B | S | DE LUXE

PARTIAL OR FULL BODY WRAP WITH NATURAL MOOR MUD

improves blood circulation | accelerates the regeneration process | the warmth works deep inside | stimulates the metabolism - relaxes the muscles | cares for stressed and dry skin | has a detoxifying and rejuvenating effect

Ideal preparation for the massage

Optional with colloidal silver antimicrobial and antiviral effect | improves cell regeneration and wound healing | helpful with skin diseases

B | DE LUXE

FANGO WRAP

Local heating with the natural active ingredients of the mud peloid

Warms in depth | relaxes joints | loosens muscles | improves blood circulation

Ideal preparation for the massage

B | N

PARAFFIN WRAP

Specific heat therapy

Relieves joint complaints

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INDIVIDUAL SIGNIFICANT MEDICAL SERVICES

CO₂ TREATMENTS

B | S

CO₂ INJECTION

subcutaneous injection
increases local blood circulation | relieves pain |
improves metabolic processes

B | N | S | K | DE LUXE

DRY CO₂ BATH

Dry carbonic acid bath
dilates blood vessels | improves blood
circulation | anti-inflammatory effect |
accelerates wound healing | has a positive effect
on kidney function | stimulates the production
of sex hormones

deepening effect in connection with oxygen
inhalation

- | | | |
|------------------------------------|----------------------|----------------------------------|
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INHALATIONS

A | I | I | DE LUXE
INHALATION WITH
THE FOREST SPRING

frees the airways | expands the bronchi |
suitable for allergic rhinitis

If necessary and according to a doctor’s
prescription, also with additional medication.
Two applications per day are recommended to
achieve the best possible effect.

A | G | I | I | K
OXYGEN THERAPY

Inhalation of oxygen-enriched air

Increase in the oxygen concentration in the
blood | Increases energy | strengthens the
immune system | improves neural performanc |
increases the ability to concentrate

Can be carried out together with the dry CO₂ bath

INDIVIDUAL
MEDICAL SERVICES

MEDICAL CONSULTATION /
EXAMINATION

The doctor will be at your disposal and will be
ready to find the optimal solution to your
question

S | I | I | K
BIOSTIMULANT
TREATMENT - DETOX

Series of daily intramuscular injections

Regulation of metabolic functions | strengthens
immunity | increases vitality | improves
sleep quality

G | I | I
VITAL-MONITOR®
MEASUREMENT
AND CONSULTING

Measurement of heart rate variability,
biological age and resting state of the body.

The effects of stress therapies and mindfulness
exercises can already be measured during the
stay.

A | K | I | I
SPIROMETRY

Measurement and recording of the lungs and air
flow velocities to assess lung function.

S
BIOIMPEDANCE ANALYSIS

Method for determining body composition

S, G, I, DE LUXE
UVIDA® METABOLISM
ANALYSIS

Comprehensive breath metabolism analysis that
guides you to improved fitness, better nutrition,
stress management, and lasting health and
performance

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THERAPEUTIC MESSAGES

B | G | A | DE LUXE

CLASSIC HEALTH MESSAGE

Full or partial body massage

Loosens tension | improves blood circulation in the muscles

B | V | K | I | N | DE LUXE

FOOT REFLEX MESSAGE

Individually tailored | locally promotes blood circulation | stimulates organs and tissue functions

B | G | DE LUXE

HEAD MESSAGE

Gentle treatment of the forehead, temples and ears | Relieves headaches | ensures relaxation“

S | B | DE LUXE

CUPPING MESSAGE

Activates lymph flow and metabolism | blood supply | intensely loosens the muscles | relaxes

B | DE LUXE

DORN-BREUSS MESSAGE

Gentle energetic massage | Vertebrae and joints are ideally placed carefully and with little pressure

B | DE LUXE

MYOFASCIAL MESSAGE

Relieves tension in the connective tissue | loosens hardened fascia |relieves pain |regenerates the intervertebral discs

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PHYSIOTHERAPY AND PHYSICAL TREATMENTS

N | S | I | DE LUXE

LYMPHDRAINAGE

Whole or partial body treatment

Stimulates the lymphatic system | improves the metabolism | detoxifying effect | helpful in reducing swelling

B | A | S | DE LUXE

PHYSIOTHERAPY

Individual physiotherapy

Helps keep joints, ligaments, muscles, bones and nerves healthy - treats and alleviates chronic and acute complaints

B | DE LUXE

CONNECTIVE TISSUE MASSAGE

Long-range effects on internal organs are achieved via nerve stimuli and reflexes | relieves deep-seated tension - relieves pain

S Metabolism

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B

TAPING

Muscle and fascia support | relaxation | pain relief

B | S

ULTRASOUND

Anti-inflammatory | analgesic | helps with muscular tension, arthrosis, neuralgia, „tennis elbow“ and hematomas | scars become smoother | stimulates lymphatic activity

S | K | I | DE LUXE

LYMPHOVEN

Mechanical overpressure massage

Activates the lymph flow | promotes removal of the accumulated waste products of the metabolism

B

LASER THERAPY

Relieves pain | reduces swelling | helps with degenerative joint and spinal diseases.

B

LOCAL CRYOTHERAPY

Type of cold therapy in which part of the body is briefly exposed to very low temperatures.

Anti-inflammatory - analgesic - change in muscle tone

B | I | K | S

MAGNETIC THERAPY

Stimulates the blood circulation | increases the oxygen supply to the tissue | accelerates healing processes | anti-rheumatic effects | can be used to improve cellulite

B | I | K | S

PULSATING THERAPY

Therapy based on the action of magnetic fields | Stimulation of the pelvic floor muscles and bladder | optimal for sports Injuries or delayed wound healing

B | S

ELECTRO THERAPY

Relief of pain | relaxation of the muscles | promotion of blood circulation | stimulation of muscle activity | stimulation of the metabolism

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HEALTH PROGRAMMES

When treating various problems, we recommend undergoing a comprehensive medical treatment stay in order to achieve the best possible results. Each treatment stay begins with an initial medical examination, comprehensive diagnosis and the compilation of an individual treatment plan with regard to all indications. The content of the treatment plan meets the needs of each guest. We attach great importance to the use of natural healing resources, if possible without the use of other drugs and side effects.

MARIENBAD SPA

TRADITION, WELL-AGING, GENERAL HEALTH

Exercise | Digestion | Metabolism | Heart and blood circulation | Respiration | Kidneys and urinary tract | Prevention

With increasing age, various diseases gradually come. Lack of exercise, unhealthy diet, stress and low sleep sign on health at a young age and lead to health problems that are unnecessarily addressed by the use of medication. After accidents or surgery, the body needs proper support and recovery. In all these cases, the Marianske Lazne treatment is a natural way to improve and maintain health. The healing power of nature and total therapy can be an effective and suitable substitute for medicines.

MARIENBAD SPA CLASSIC

PRIMARY DIAGNOSTICS AND MEDICAL CARE

- Initial medical consultation and analysis of an anamnesis
- IDocumentation for the health insurance company

RITUALS AND MEDICAL THERAPY OF OUR SPA RESORT

- 12 treatments per week
- Treatments will be selected from the following areas:
 - therapeutic massages, physiotherapy
 - therapeutic baths, water therapy
 - moor mud wraps
 - procedures using CO₂
 - inhalation
 - physical therapy“

INTENSIVE MARIENBAD SPA

PRIMARY DIAGNOSTICS AND MEDICAL CARE

- Initial medical consultation and history analysis
- Blood test
- ECG
- Medical examination with evaluation of findings
- Medical consultation during the stay
- Final medical consultation, evaluation and recommendations
- Documentation for the health insurance company

RITUALS AND MEDICAL THERAPY OF OUR SPA RESORT

- 22 treatments per week
- The treatment plan is based on the individual needs and health status of the guest. The treatment procedures will be selected from the following areas:
 - therapeutic massages, physiotherapy
 - therapeutic baths, water therapy
 - moor mud wraps
 - procedures using CO₂
 - inhalation
 - physical therapy“

DETOX & BALANCE

DETOX. DIET. WEIGHT MANAGEMENT.

LENGTH OF STAY: FROM 7 NIGHTS - 16 TREATMENTS + 10 FURTHER SERVICES

The Motivation

The program has been designed with your full involvement and active participation in mind. Our culinary offer includes 3 meals, plus served drinks such as flavored water, tea, herbal teas and coffee. Following the recommendations learned and the principles of sustainable nutrition with adequate exercise will allow you to continue controlled and sustainable weight loss after departure.

The Diagnostics

Laboratory diagnostics, ECG, bio-impedance analysis, uVida® Metabolism Analysis and subsequent evaluation enable us to create an individually tailored plan for you. We support you in weight regulation with the aim of increasing your physical fitness, learning a sustainable healthy lifestyle and enabling further controlled and sustainable weight loss even after departure.

The Therapy

Reviewing and, if necessary, correcting eating habits, combined with supportive treatments, enables improved weight control and gradual optimization of all nutrition-related medical indicators. Restful sleep and general well-being lead to increased vitality and performance. The increased physical and mental resilience has a lasting effect in all areas of life.

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSIS AND MEDICAL COORDINATION

- Initial medical consultation and analysis of the anamnesis
- Complex blood test
- Accompanying monitoring of general well-being
- uVida® Metabolism Analysis
- Bio-Impedance Analysis
- Consultation with evaluation of the examinations
- Coordination talk with the team of therapists, explanation and preparation of a nutrition plan
- Documentation for the health insurance company

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Supporting tissue detoxification with a full-body detoxification wrap
- Whole-body detox massages
- Stimulation of specific foot reflex zones
- Relaxation bath with our own Alexandra spring water
- Stimulation of the blood circulation with a dry CO₂ bath with oxygen inhalation
- Personaltraining
- Targeted activation of the lymph flow with lymph drainage

RECOMMENDATIONS AND SUITABLE COMBINATIONS WITH THE PROGRAM

- Energy boost Scottish alternating shower
- Effect of sole and salt in the sole pool
- Relaxation in the steam bath
- Phytomer® Vegetable peeling with natural enzymes
- Activation of the energy flow with bioenergetic exercises

BREATHE NEW POWER

WELL-BEING THROUGH MINDFUL BREATHING.
REHABILITATION & RESPIRATORY THERAPY.

LENGTH OF STAY:
FROM 7 NIGHTS
- 24 TREATMENTS

The Motivation

Although we refer to something particularly beautiful and amazing as „brehtaking“, the reality for people who actually suffer from breathing difficulties is quite different. Our overall well-being depends on our breathing - it is at the centre of our basic body functions and can also help in a mentally challenging situation if we know how to use it correctly. Our program focuses on relieving acute and chronic respiratory conditions and combines a variety of beneficial therapies.

The diagnostics

Spirometry determines the vital capacity of the lungs, a blood count shows further measured values and inflammation parameters. The ECG determines the functionality of the circulation. HRV measurement to determine the state of rest and relaxation.

The therapy

The focus of the program is on breathing. Specific breathing therapy strengthens the muscles and improves the absorption of oxygen. Active and passive relaxation therapy achieve a further deepening of the effect. In a relatively short time, the feeling of exhaustion is relieved, the immune system is strengthened, and the return to full performance is accelerated.

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSTICS AND MEDICAL COORDINATION

- Initial consultation, explanation of the program spirometry
- Determination of the blood oxygen content blood laboratory analysis
- Measurement of the autonomic nervous system (HRV)
- ECG
- Consultation, evaluation of examinations
- Documentation for the health insurance company

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Inhalation with the forest spring (as indicated by a doctor with additional medication)
- Diathermy - application of dry heat to the chest area
- Application of moor mud pack
- Oxygen therapy for neurological stimulation
- Relaxing back massage
- Individual physiotherapy breathing exercises in aqua aerobics

RECOMMENDATIONS AND SUITABLE COMBINATIONS WITH THE PROGRAM

- Relaxation bath of the in-house Alexandra spring with aromatic scent
- Stimulation of specific foot reflex zones
- Energy Boost - Scottish alternating shower
- Effect of salt in the sole pool
- Relaxation in the steam bath

RELEASE & RECHARGE YOUR BATTERIES

MINDFULNESS - STRESS - RELAXATION

**LENGTH OF STAY:
FROM 4 NIGHTS -
9 TREATMENTS**

The Motivation

The constantly accelerated pace of life initially leads unnoticed to permanently increased stress indicators and a feeling of constant stress. It is essential to pause and consciously perceive the here and now in order to enable real relaxation and to draw new inner strength for the daily stresses.

The diagnostics

The repeated measurement and analysis of the heart rate variability (HRV) enables the determination of the stress level of the autonomic nervous system (sympathetic and parasympathetic). The improved relaxation during the program is not only immediately noticeable but can also be measured objectively. Statistical comparison data make the results understandable.

The therapy

A series of exercises without physical exertion will bring about inner peace and regeneration. The pressure drops and gives way to a feeling of liberation and serenity. By learning the exercises in connection with nature, these practices can easily be repeated and continued at home in everyday life.

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSTICS AND MEDICAL COORDINATION

- Accompanying monitoring of general well-being
- Measurement of the autonomic nervous system (HRV)
- Coordination meeting with the competence team

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Green clay pack with kaolin mask
- Shinrin Yoku - healing forest bathing
- Holistic full body massage with aromatic oil
- Mud bath with colloidal silver
- Relaxation bath with our own Alexandra spring and soothing aromas
- Circulation-promoting dry CO₂ bath with a fleece face mask
- Head and neck massage with aromatic oil
- Water relaxation Ai Chi
- Activation of the energy flow with bioenergetic exercises

RECOMMENDATIONS AND SUITABLE COMBINATIONS WITH THE PROGRAM

- Stimulation of the foot reflex zones
- Energy Boost - Scottish alternating shower
- Effect of the salt in the sole pool
- Tissue cleaning with Pharmos® Detox full body pack
- Relaxation in the steam bath

FALKENSTEINER SPA RESORT MARIENBAD

YOUR PARTNER FOR LONGEVITY IN CZECH REPUBLIC

Discover the key to for a life full of energy and balance with our Longevity programmes.

LONGEVITY DIAGNOSTIC PLUS

Time for a course correction?
With our Longevity Diagnostic Plus offer, you can achieve the perfect balance between holistic health and relaxation.

***BOOKABLE FROM 4 NIGHTS
FULL BOARD WITH BALANCE VITAL CUISINE**

MEASUREMENTS AND ANALYSES:

- uVida® Metabolism Analysis Premium Package
- Spirometry
- Blood Analysis (blood count, liver, kidneys, glucose, lipid spectrum)
- Sleep Assessment: self-test questionnaire
Sleep tracking and its phases, evaluation of sleep score
- ECG
- Bioimpedance Analysis

Consultation (40 minutes): detailed evaluation of the partial tests with practical recommendations

9 TREATMENTS – HOLISTIC THERAPIES USING LOCAL NATURAL HEALING RESOURCES:

- 2x Alexandra Spring Water Bath
- 2x Dry CO₂ Bath with Oxygen Therapy
- 2x Scottish Shower
- 1x Holistic Massage
- 1x Peter Hess® Singing Bowl Massage
- 1x Full-Body Mud Wrap with Colloidal Silver
- Personal training
- Nutritional recommendations

LONGEVITY DIAGNOSTIC

Top-notch analyses will reveal the key to long-term condition, better nutrition, improved sleep, and stress reduction.

***BOOKABLE FROM 3 NIGHTS**

MEASUREMENTS AND ANALYSES:

- uVida® Metabolism Analysis Premium Package
- Spirometry
- Blood Analysis (blood count, liver, kidneys, glucose, lipid spectrum)
- Sleep Assessment: self-test questionnaire
Sleep tracking and its phases, evaluation of sleep score
- ECG
- Bioimpedance Analysis
- Consultation (40 minutes): detailed evaluation of the partial tests with practical recommendations.

UVIDA - YOUR NUTRITION AND LIFESTYLE COUNSELLING SERVICE

Precise analysis of nutrition and lifestyle.
After a resting test and a 20-minute exercise test, you receive detailed data on calorie consumption, metabolism, stress levels, pulse, and VO2 max.

UVIDA FOOD® AND UVIDA STRESS®

- Basic calorie turnover
- Total calorific requirement
- Fat and carbohydrate metabolism in per cent
- Metabolic flexibility
- Stress level

UVIDA ACTIVITY®:

- Heart rate zones - for optimum training planning
- IAAS (individual anaerobic threshold) - for achieving your goals, e.g. weight loss or improved performance
- FAT Max – maximum fat metabolism and high oxygen saturation
- VO2 max – maximum oxygen uptake during physical exertion
- Capacity of Regeneration
- Maximum performance in watts
- VT1 and VT2 – training parameters for endurance sports

PREMIUM PACKAGE

uVida Food ® & uVida Stress® & uVida Activity® with all analyses, your personal nutrition including recipes and training plan, and activation of the app for 3 months.

SHORT CURE

SPA TREATMENTS WITH MEDICAL FOCUS

These programs offer the opportunity to get to know the essential contents of the Marienbad spa treatments with a medical focus on metabolic diseases, the musculoskeletal system, circulation or respiratory tracts during a shorter stay.

SHORT CURE METABOLISM

Programme for diabetes mellitus, gout and metabolic disorders

**FROM 4 NIGHTS -
10 TREATMENTS**

DIAGNOSTICS AND
MEDICAL COORDINATION

- Medical consultation during the stay
- measurement of HRV (heart rate variability)
- laboratory blood tests

SHORT CURE CIRCULATION SYSTÉM

Programme for high blood pressure, arteriosclerosis and subsequent treatment of heart attacks

**FROM 4 NIGHTS -
10 TREATMENTS**

DIAGNOSTICS AND
MEDICAL COORDINATION

- Medical consultation during the stay
- ECG measurements
- laboratory blood tests

SHORT CURE RESPIRATORY SYSTÉM

Asthma, COPD, Covid and chronic respiratory disease programme

**FROM 4 NIGHTS -
10 TREATMENTS**

DIAGNOSTICS AND
MEDICAL COORDINATION

- Medical consultations during the stay
- Spirometry
- laboratory blood tests

SHORT CURE LOCOMOTOR SYSTEM

Programme for rheumatoid arthritis and arthrosis of the knee and hip joints

**FROM 4 NIGHTS -
10 TREATMENTS**

PRIMARY DIAGNOSIS
AND MEDICAL COORDINATION

- Medical consultations during the stay
- UKK test - gait test to determine fitness level

ACTIVE AND HEALTHY

YOUR WELL-BEING IS OUR PRIORITY.

At the Falkensteiner SPA Resort Marienbad we help you to recharge your batteries, improve your performance or relax your mind, body and soul.

Every week we prepare a new sports programme for you. In the pool, gym or outdoors - keep fit under the guidance of professional trainers and take part in:

Special exercises for abdominals, legs and buttocks, aquafit, theraband, fascia training, back exercises, stretching, exercise ball training, yoga, progressive muscle relaxation, bioenergetic exercises, circuit training or Qi Guong

Do you feel more comfortable exercising alone or does the course date not suit you? We will be happy to dedicate ourselves to you individually and adapt the date to your wishes. Please contact the spa reception for this.

PERSONAL TRAINING

Individual | Tailor-made exercises |
Personal training plan

UKK TEST

Simple test to measure the fitness index and to determine the efficiency of the cardiovascular system.



BOOK MEDICAL PACKAGES

Prices of the medical packages on request

Booking of the programmes as a package with accommodation -
Info and booking via reservations department or directly on our
website www.falkensteiner.com

Booking of programmes on site - spa reception

+420 352 2003 50
reservations.marienbad@falkensteiner.com

www.falkensteiner.com/marienbad

SPA ETIQUETTE



Book your desired treatment before arrival.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Give yourself some time and arrive 10 minutes before your treatment



Be considerate of guests looking for peace and calm respect the mobile phone ban.



Please come to your treatment dressed in a bathrobe.



Treatment time is the total time from your pickup from the spa desk to the time the therapist says goodbye. Before your treatment, we will ask you about your wishes and will be happy to advise you.



Do not reserve loungers.



Please tell us about any health concerns, illnesses or allergies in advance. If pregnant, please consult your doctor.



Give the gift of time to your loved ones with vouchers for our spa.



It is best to store jewellery and valuables in your room safe.



To avoid fees, please cancel treatments by 4 p.m. the day before