



MEDICAL CENTRE

Power Of The Earth



BY FALKENSTEINER
SPA RESORT MARIENBAD



FALKENSTEINER

SPA RESORT MARIENBAD

Premium Collection

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.

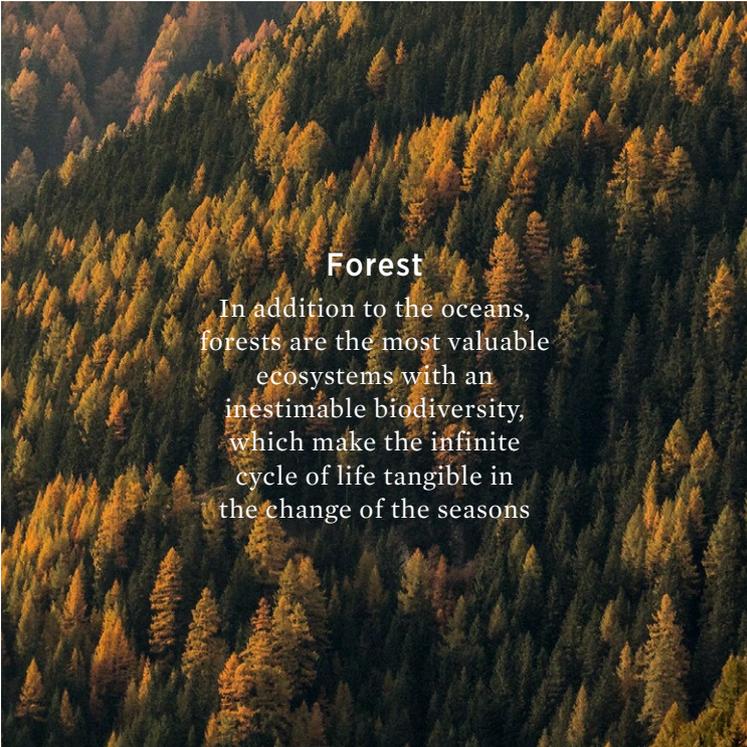
At the Falkensteiner Spa Resort Marienbad we understand our strengths in making the „power of the earth“ accessible to you. In our wellness hotel here in Marienbad, it is of several importance. On the one hand, nature offers products such as spring water and mud, which we incorporate into our treatments; 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

Marienbad is in the process of being certified as a climatic health resort. Without industry, through traffic and fine dust pollution, the city and the surrounding area offer many opportunities for unpolluted outdoor activities



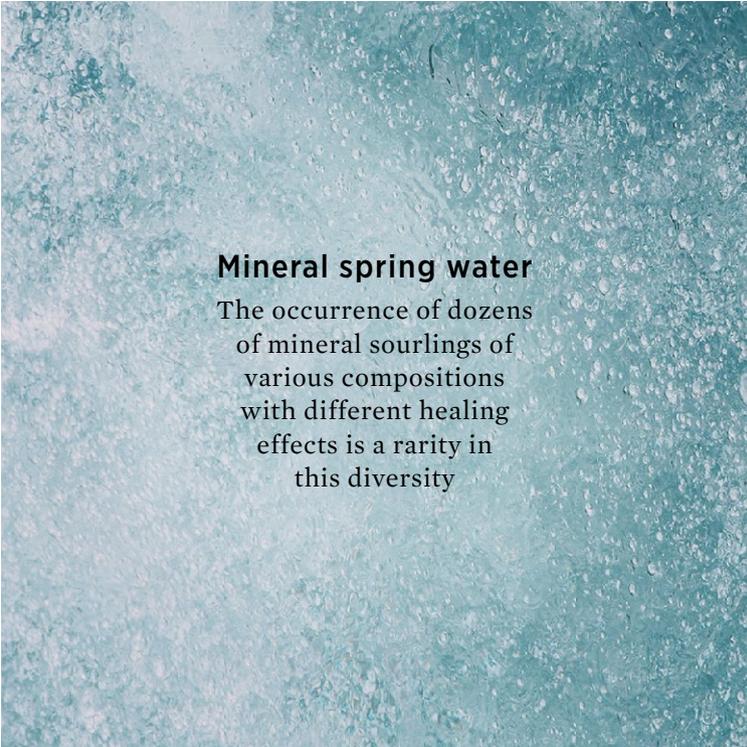
Forest

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

OUR 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.

OUR TEAM

The Falkensteiner Medical Team consists of specialists who, under the direction of the chief physician Dr. Roman Vokatý 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.



THERAPEUTIC BATHS AND WATER THERAPIES

C | M I | I | B | M E | D E L U X E

ALEXANDRA SPRING WATER BATH

In-house source

Blood circulation | Relaxes mind and body |
Lowers blood pressure

M U | I | D E L U X E

MOOR MUD BATH

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

Optionally with colloidal silver: antibacterial
effect

C | M U

HYDROXEUR

Fine stream massage

Relaxing | Relieves the joints | Stimulates
the circulation

C | M U | D E L U X E

UNDERWATER MASSAGE

Manual pressure jet massage

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

C | I | M E

„ENERGY BOOST“ - SCOTTISH SHOWER

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

C Circulatory system - heart

B Breathing

K Kidneys & Urinary Tract

ME Metabolism

MU Musculoskeletal system

MI Mind & soul

D Digestion

I Immunity

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

BODY WRAPS

MU | ME | DE LUXE

PARTIAL OR FULL BODY PACK 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

MU | DE LUXE

FANGO PACK

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

MU | K

PARAFFIN PACK

Specific heat therapy
Relieves joint or abdominal complaints |
Depending on the application

C Circulatory system – heart

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INDIVIDUAL SIGNIFICANT MEDICAL SERVICES

CO₂ TREATMENTS

MU | ME

CO₂ INJECTION

Subcutaneous injection

Increases local blood circulation | Relieves pain | Improves metabolic processes

MU | K | ME | C | 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

C Circulatory system - heart **B** Breathing **D** Digestion

K Kidneys & Urinary Tract **ME** Metabolism **I** Immunity

MU Musculoskeletal system **MI** Mind & soul

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INDIVIDUAL SIGNIFICANT MEDICAL SERVICES

INHALATIONEN

B | 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.

B | M | I | I | C

OXYGEN THERAPY

Inhalation of oxygen-enriched air | Increase
in the oxygen concentration in the blood |
Increases energy | Strengthens the immune
system | Improves neural performance |
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

MU

PNEUMOPUNCTURE

Combination of subcutaneous injections and
a massage | Pain-relieving | Stimulating blood
circulation | Loosens the muscles

ME | C | I | I | MU | MI

TRADITIONAL ACUPUNCTURE AND EAR ACUPUNCTURE

Supports weight loss, allergies, blockages,
problems with the musculoskeletal system and
migraines

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INDIVIDUAL SIGNIFICANT MEDICAL SERVICES

D | I | I | M E

HYDRO-COLON THERAPY

Cleansing and Sanitation of intestinal flora |
Strengthening of the immune system | Help
with allergies

M U | D E L U X E

CHIROPRACTIC MOBILISATION

Manual therapy
Improves joint function | Promotes mobility |
Releases blockages in the musculoskeletal system

M I | I | I | C

ASLAN TREATMENT - ANTI AGING CLASSIC

Series of daily intramuscular injections
Positive effect in many age-related losses of
function | Increases concentration and memory |
Helps with circulatory disorders | Alleviates
age-related signs of degradation

M E | I | I | C

BIOSTIMULANT TREATMENT - DETOX

Series of daily intramuscular injections
Regulation of metabolic functions | Strengthens
immunity | Increases vitality | Improves sleep
quality

M 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.

B | I | C | I |

SPIROMETRY

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

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THERAPEUTIC MESSAGES

MU | MI | B | DE LUXE

CLASSIC HEALTH MASSAGE

Full or partial body massage
Loosens tension | Improves blood circulation
in the muscles

MU | D | C | I | K | DE LUXE

FOOT REFLEX MASSAGE

Individually tailored | Locally promotes blood
circulation | Stimulates organs and tissue
functions

MU | MI | DE LUXE

HEAD MASSAGE

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

ME | MU | DE LUXE

CUPPING MASSAGE

Activates lymph flow and metabolism | Blood
supply | Intensely loosens the muscles | Relaxes

MU | DE LUXE

DORN-BREUSS MASSAGE

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

MU | DE LUXE

MYOFASCIAL MASSAGE

Relieves tension in the connective tissue |
Loosens hardened fascia | Relieves pain |
Regenerates the intervertebral discs

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PHYSIOTHERAPY AND PHYSICAL TREATMENTS

K | ME | I | DE LUXE

LYMPHDRAINAGE

Whole or partial body treatment
Stimulates the lymphatic system | Improves the metabolism | Detoxifying effect | Helpful in reducing swelling

PHYSIOTHERAPY

PHYSIOTHERAPIE

Individual physiotherapy
Helps keep joints, ligaments, muscles, bones and nerves healthy | Treats and alleviates chronic and acute complaints

MU | DE LUXE

CONNECTIVE TISSUE MASSAGE

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

MU

TAPING

Muscle and fascia support | Relaxation | Pain relief

MU | ME

ULTRASOUND

Anti-inflammatory | Analgesic | Helps with muscular tension, arthrosis, neuralgia, “tennis elbow” and hematomas | Scars become smoother | Stimulates lymphatic activity

MU

SHOCK WAVE THERAPY - ESWT

Dissolves calcifications | Helps with tendinitis | Improves bone fracture healing | Accelerates healing processes in the tissue

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PHYSIOTHERAPY AND PHYSICAL TREATMENTS

ME | C | I | I | DE LUXE

LYMPHOVEN

Mechanical overpressure massage
Activates the lymph flow | Promotes removal of the accumulated waste products of the metabolism

MU

LASER THERAPY

Relieves pain | Reduces swelling | Helps with degenerative joint and spinal diseases

MU

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

MU | I | C | ME

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

MU | I | C | ME

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

MU | ME

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
PROGRAMS

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.

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.

Choose between classic and intensive variants

MARIENBAD SPA CLASSIC

PRIMARY DIAGNOSTICS AND MEDICAL CARE

- Initial medical consultation and analysis of an anamnesis
- 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

- 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

METABOLIC BALANCE®

Detox. Diet. Weight Management.

FROM 9 NIGHTS - 14 TREATMENTS

The Motivation

A balanced metabolism is the key to long-lasting health. The program contains an individually determined plan after detailed diagnostics, with the aim of a sustainable adjustment of eating habits. Specially prepared dishes in connection with specific supportive applications improve general well-being and noticeably and measurably improve vital energy. It is a holistic program for the energy balance that can also be continued at home.

The Diagnostics

A detailed blood analysis (35 measured values) is the basis for creating an individual nutrition plan. In addition, we measure the heart rate variability (HRV) to identify the physical stress level.

The Therapy

The review and, if necessary, correction of the eating habits through a detailed meal plan, combined with supportive treatments, enable improved weight control and a step-by-step optimization of all diet-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.

METABOLIC BALANCE®

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
- Measurement of the autonomic nervous system (HRV)
- Consultation with evaluation of the examinations
- Coordination talk with the team of therapists, explanation and preparation of a nutrition plan
- Final medical consultation, evaluation and recommendations
- Documentation for the health insurance company

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Probiotic revitalization of the digestive tract
- Hydrocolon – colon cleansing and sanitation
- Tissue cleaning with Pharmos® Detox full body pack
- Whole-body detox massages with cupping glasses
- 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
- 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

TAKE A DEEP BREATH AND RECHARGE

Mindfulness. Stress. Relaxation.

FROM 3 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.

TAKE A DEEP BREATH AND RECHARGE

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSIS AND MEDICAL COORDINATION

- Initial consultation, explanation of the program
- Accompanying monitoring of general well-being
- Measurement of the autonomic nervous system (HRV)
- Coordination meeting with the competence team
- Final consultation, evaluation and recommendations
- Documentation for the health insurance company

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

POST COVID-19

Respiratory tract. Reconvalescence. Prevention.

FROM 7 NIGHTS - 24 TREATMENTS

The Motivation

The possible effects of a Covid-19 infection are gradually becoming known. Both physical and neurological functions can be persistently impaired, as can the state of mind. Not only directly affected people suffer from the consequences of this aggressive disease. Long-term isolation, extreme stress on families at home and fears about the future will preoccupy our society for a long time.

The Diagnostics

A 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 circulatory system. HRV measurement to determine the state of rest or 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.

POST COVID-19

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSIS 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
- Final medical consultation for check-out, evaluation and recommendations
- 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
- Special breathing techniques in the breathing school
- Mindfulness exercises during a walk in the forest
- Aromatherapy – Scent Training

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

RESILIENZ

Immunity. Lifestyle. Bio-Hacking.

FROM 7 NIGHTS - 20 APPLICATIONS

The Motivation

The immune system has a large rating for the perfect integrity. A complex network of various organs, cell types and molluscs protects potentially harmful effects and health regimes of the affected environment and the right to deteriorate damaged carcasses.

The Diagnostics

The determination of heart rate variability (HRV) is based on the analysis of the exertion of the body. Increased stress leads to increased cholesterol values and recovery of deficiencies. Further specific laboratory results show the condition of the organism. A simple sleeping sign shows possible disturbances on. A UKK exertion test is based on the Fitness Index, and the creation of an additional training plan is possible.

The Therapy

The goal is the continuous construction and management of the relatively fragile regulation systems of the body. With the help of three S, Sport (daily professional activities), sleep and stress management as well as a similar support will be given to a wide range of abilities.

RESILIENZ

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSIS AND MEDICAL COORDINATION

- Initial medical consultation, analysis of anamnesis
- Blood examination
- Accompanying monitoring of general well-being
- Measurement of the autonomic nervous system
- Consultation, evaluation of examinations
- Final medical consultation, evaluation and recommendations
- Documentation for the health insurance company

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Hydrocolon – cleansing and sanitation of intestinal flora
- Probiotic revitalization of intestinal flora
- Biostimulant course with 7 intramuscular injections
- Mineral spring water bath Alexandra with herbal extract and packing
- Activated subcutaneous CO₂ injection
- Dry CO₂ bath with oxygen inhalation
- Traditional Chinese ear acupuncture
- Stimulation specific foot reflex zones
- Energy Boost - Scottish exchange shower
- Activation of energy flow with bioenergy exercises
- Traditional Chinese Chi Gong
- Special techniques in the breathing school
- Active movement at Nordic Walking
- Circle training

RECOMMENDATIONS AND SUITABLE COMBINATIONS WITH THE PROGRAM

- Infrared cabin
- Effect of the salt in the solepool
- Ceremony in the Finnish sauna
- Controlled activation of lymphatic fluid with a lymphatic drainage
- Holistic whole body massage with aroma oil

50 PLUS - HEALTH FOR YOU

New power. Self-confidence. Well-aging.

FROM 7 NIGHTS - 22 APPLICATIONS

The Motivation

Density, blood pressure, sleep disturbances, occasional stays in the night, as well as damaging problems caused by men only. We offer an exclusive package for men who live without restrictions.

The Diagnostics

The laboratory examination of the blood count, urine and a prostate-specific antigen shows unsatisfactory changes and with the above-mentioned anamnesis and a specific urological examination can be determined on an individual basis.

The Therapy

Stimulating treatments for pelvic floor should be better enhanced and the flexibility of the tissues, and the conditions of the men should be improved. To this end, it is possible to enjoy a unique life and comfort in self-catering.

50 PLUS - HEALTH FOR YOU

SERVICES INCLUDED IN DETAIL

PRIMARY DIAGNOSIS AND MEDICAL COORDINATION

- Initial interview, explanation of the program
- Laboratory blood test, PSA
- Urine examination
- Consultation, evaluation of examinations
- Final medical consultation, evaluation and recommendations
- Documentation for the health insurance company

SPA RESORT RITUALS AND MEDICAL THERAPIES

- Anti-inflammatory dry CO₂ bath to improve kidney activity
- Pulsating magnet therapy
- Paraffin pack
- Individual, targeted pelvic exercises
- Diathermy - application of dry heat

RECOMMENDATIONS AND SUITABLE COMBINATIONS WITH THE PROGRAM

- Relaxation spring water bath of the in-house Alexandra with aromatic scents
- Stimulation of specific foot reflex zones
- Bioenergetic exercises
- Infrared cabin

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 sport program for you. In the pool, gym or outdoors – keep fit under the guidance of trained trainers and take part!

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.

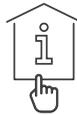
Do you feel more comfortable when you train alone or the course date does not suit you? We will be happy to attend to you individually and adapt the appointment to your wishes. Please inform yourself at the spa reception.

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 the programs as a package with accommodation -
information and booking via the reservation department
or directly on our website www.falkensteiner.com

Booking of programs on site - Spa reception

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

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