



# TREATMENTS



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# CONTENT

## NEWS / RECOMMENDED

1. DIAGNOSTICS
2. PHYSIOTHERAPY
3. ELECTROTHERAPY
4. RECONDITIONING EXERCISES
5. BATHS
6. EXOTIC EXPERIENCE BATHS
7. WRAPS
8. MASSAGES
9. WELLNESS MASSAGES

10. RITUALS
11. AYURVEDIC MASSAGES
12. COSMETIC TREATMENTS
13. BEAUTY WRAPS
14. PEELING
15. PEDICURE
16. SLIM LABORATORY
17. OXYGEN THERAPY
18. FITNESS LABORATORY
19. RHASSOUL
20. ORGANIC & GARDEN SPA

## NEWS / RECOMMENDED

### ICOONE LASER MED

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*The most innovative apparatus combines several patented methods that work on the fat layers in a single head. The intermittent vacuum creates microstimulation of the tissues. The laser unbinds the fat layers and speeds up fat cells' disintegration. LED light boosts membrane permeability, accelerates freed fat's transport into the lymphatic system, and stimulates collagen and elastin production.*

#### SKIN:

- Effectively resolves cellulite.
- Reduces stretch marks.
- Greatly stimulates collagen and elastin.

#### BODY:

- Affects resistant fat pads.
- Contours the abdomen, hips, buttocks and thighs.
- Forms and tones the skin around the knees.

#### FACE:

- Firms the skin of the face.
- Eliminates double chin.
- Visibly diminishes wrinkles on the neck.

#### TREATMENT:

- Burn scars.
- Scars following injuries and surgeries.
- Keloidal scars.
- Fibrosis, fibromyalgia, muscle pain.
- Lymphedema.

Symmetrical stimulation device | ROBOTWINS / LED, laser lipolysis  
Devices for fat deposits | ROBOSOLO / LED, laser lipolysis  
Neck, chest and breast devices | ROBOMINI  
Fine applicators for face | ROBOMICRO



## 1. DIAGNOSTICS

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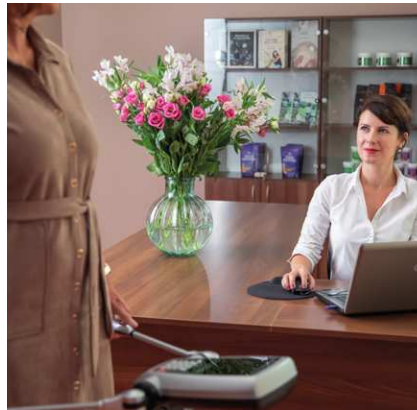
### INITIAL & ONGOING MEDICAL CONSULTATION

Consultation with a physician is a part of our recovery, and weight loss stays. All our programs have a pre-set set of treatments. The physician will evaluate your health condition and decide whether you can follow the set program. If necessary, the physician will suggest a modification of the program. A consultation with the doctor can be purchased.



### CONSULTATION WITH A NUTRITIONAL SPECIALIST

The nutritional therapist will discuss your eating habits in detail and explain how you can change your current diet for the better. They will adjust their eating regimen and discuss options for supplements, special underwear and other aids. The therapist will also prepare a home-cooking menu for you as a part the weight loss program.



### LABORATORY EXAMINATION

A basic spectrum of laboratory tests shall inform the physician about the function of your vital organs, such as the heart, kidney and liver. In addition, the cholesterol levels recorded are important for calculating the extent of body fat with our InBody device.

### INBODY DIAGNOSTICS

This test is especially relevant for those who wish to start losing weight. The InBody unit is a sophisticated device that helps determine the body's composition, such as the volume of fat, active body mass and the total amount of body water. Subsequently, the information obtained permits the therapist to determine the scheme of weight loss ideal for you and then monitor possible changes.



## 2. PHYSIOTHERAPY

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### INDIVIDUAL EXERCISES GUIDED BY A HYSIOTHERAPIST

A trained physiotherapist carries out these activities. They work individually with each of you to reduce muscle tension, relieve pain and increase the range of motion in the joints and spine.

### SOFT TECHNIQUES

These are specific tactile techniques that restore elasticity to the soft tissues, i.e. skin, subcutaneous tissue, fascia, muscles

and muscle tendons. Gentle techniques bring relief from musculoskeletal pain.

## 3. ELECTROTHERAPY

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### LASER-SCANNER

At Tree of Life, we use a bio-stimulating laser that increases blood circulation, promotes collagen restoration and accelerates recovery. This effect is also used in cosmetology. The laser has a strong anti-inflammatory and analgesic effect on the musculoskeletal system. It can also significantly improve bruising, tendonitis, arthritis and pain of nervous origin.



### REMOTE ELECTROTHERAPY USING THE VAS UNIT



This is non-contact electrotherapy. During the therapy, deep-seated tissues and organs are heated, local metabolism is increased, and the absorption of chronic inflammatory, post-traumatic and post-surgical changes is promoted. The treatment has significant analgesic effects.

## 4. RECONDITIONING EXERCISES

### EXERCISES IN THE POOL, INCL. THE WHIRLPOOL

Exercise takes place in small groups under the guidance of a therapist. Water, thanks to its buoyant properties, can make many activities easier while



helping to mobilise muscles and joints. Exercises take place in a heated pool that is only 130 cm deep and suitable for non-swimmers. The pool also has underwater massage jets and comfortable hydro-massage benches, which are ideal for relaxation at the end of each workout.

### MOTOMED

Motomed is a machine for passive and active exercise of the upper or lower limb muscles. The device is powered by an electric motor and the speed,



resistance and length of the exercise can be adjusted. This technique helps to release muscle spasms and increase mobility of the hip, knee and ankle joints.



### NORDIC WALKING LESSONS

Nordic Walking is a brisk walk with special poles that increases physical fitness. It consumes up to 50 % more calories than normal walking. Nordic Walking engages 90 % of body muscles, trains the circulatory system and strengthens not only lower but also upper limb muscles. The poles also help to relieve the strain on the hip and knee joints.





### CONDITIONING EXERCISES ON THE ROLLERS ACCORDING TO BERANOVA

Combining natural exercises with the aid of large soft rollers, designed by the Czech physiotherapist Mrs. Beranova, develops movement skills and gradually restores flexibility and stability to the body. Frequent repetition of the individual sets will strengthen the deep stabilization system. This reduces back pain and increases the range of motion of the large joints.

### MORNING REFRESH SESSION

Morning exercise starts blood circulation, activates brain activity, regulates sleep rhythms and balances hormone levels in the body. Morning Refresh Session is, therefore, a great opportunity to actively start the day with a smile, stretch and prepare the body for a day.

### PHYSICAL ACTIVITIES WITH A TRAINER / INDIVIDUAL

If you have special training requirements, it is possible to arrange an individual lesson and have a professional trainer just for you. This option can be used for a wide range of activities, such as conditioning exercises on rollers, exercises on Total Gym equipment, fitness activities, pool exercises and Nordic Walking.

### SHAPEMASTER POWERTONE

These are sophisticated electric beds that effectively support muscle work without putting strain on the spine. Shapemaster Powertone can restore muscle mass, shape the body, exercise muscles after injuries or reduce weight.



### HUBER MOTION LAB

This unique technology induces rapid fat burning and significantly strengthens the deep stabilisation system. It helps sculpt the body, positively changes posture, and improves flexibility, coordination and muscle strength. The

device is suitable for rehabilitation and sports training. The oscillating platform also accentuates the waist, shapes the thighs and buttocks, flattens the abdomen, strengthens the abdominal muscles and sculpts the legs.



## 5. BATHS

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### REGENERATIVE BATH WITH ADDITIVES

The herbal and mineral substances in the bath promote blood circulation and stimulate and relieve stress and fatigue. The warm bath relaxes the muscles and increases the flexibility of the joints. Warming the body and increasing blood circulation also improves muscle and joint nutrition.



### HYDRO-MASSAGE BATH

Activity is carried out in a special bath equipped with a professional Air Jet system, where air flows through the jets under high pressure and massages the whole body. These baths have a positive effect against muscle fatigue and back and neck pain and also help with chronic pain after injuries and muscle stiffness caused by poor movement stereotypes.

### ANNAMARIAN CARBONIC BATH

This treatment uses the properties of carbon dioxide bubbles. During the bath, the body is enveloped in fine beads of CO<sub>2</sub>, and after an initial cold sensation, the bead mantle induces a pleasant warmth. The carbon dioxide is absorbed through the skin and helps to dilate the peripheral blood vessels of the skin and extremities. This effect not only helps

lower blood pressure and facilitates cardiac flow while also improving the nutrition and elasticity of the skin.

## 6. EXOTIC EXPERIENCE BATHS

### BLUE LAGOON POLYNESIAN BATH, TROPICAL ISLAND

This spacious bath contains soothing and hydrating microalgae Dunaliella and Spirulina, white water lily and citrus essential oils to hydrate, tone, and relax. After the bath you can relax with a glass of prosecco, olives and cheese in a romantic space overlooking the lake.

### VOLCANIC POWDER MILK BATH, TROPICAL ISLAND

The milk bath was indulged by the mythical Queen Cleopatra. A favourite for centuries, the bath has provided

women with soft skin and increased their attractiveness. The tub contains microalgae Marine Chlorella to soften the skin, Qi-Marine for relaxation and regeneration, and Holy Lotus to soften and soothe the skin. After the bath you can relax with a glass of prosecco, olives and cheese in a romantic space overlooking the lake.



## 7. WRAPS

### NATURAL PEAT WRAP

For the wrap, we use a local natural source of peat from our spa territory. It is used to treat arthritis, spinal pain, and muscle pain. The extracted peat is crushed, mixed with water, and heated. You are placed on a thick layer of heated peat, or we cover selected areas with peat. The accumulated heat reaches deep into the tissues, relaxes the muscles, washes away inflammatory products and helps tissue regeneration. The wraps relieve muscle tension and reduce chronic pain.



## NATURAL PEAT COMPRESS

For the compress, we use a local natural source of peat. Usually, we use a thick layer of peat placed between two membranes and applied to the affected area. On top of the poultice, we apply a heat cushion to warm the affected part of your body pleasantly. The peat compress reduces tension and pain in the shoulder joints, cervical and lumbar spine and has a regenerative effect on the skin.



## PARAFFIN WRAP FOR HANDS

Paraffin treatment is one of the most effective ways to remove stiffness in the small joints of the hand and improves fine motor skills. Your hands will be dipped in pleasantly warm paraffin to create a paraffin film on the skin. We then wrap hands in a cloth and leave them in the wrap. The application of paraffin will significantly improve mobility and reduce pain in small joints. The wrap also has beneficial effects on the nutrition of the nails.

## 8. MASSAGES

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## UNDERWATER MASSAGE, PARTIAL

This massage is a combination of thermal and mechanical treatment. Underwater massage is performed by a specialist with a stream of water in a warm bath. A targeted stream of warm water massages selected areas. The massage relieves spasms, back pain and muscle fatigue. Underwater massage can also improve the condition of scars and cellulite.



## CLASSIC MASSAGE Partial or Comprehensive

This massage will induce a very pleasant relaxation of the whole body and mind. It supports circulation in the superficial veins, and lymphatic vessels, improves tissue nutrition and relieves pain. Whether you use the partial or comprehensive version, the classic massage perfectly relaxes the massaged muscles, encourage the absorption of swelling, and can even positively affect the headache.



## PREGNANCY MASSAGE (WEEK 12 TO 36 OF THE PREGNANCY PERIOD)

In the sensitive period of pregnancy, some parts of a woman's body become overloaded - particularly the backbone, the back muscles, and the region of the cervical and lumbar spine. The main effect of this treatment is relief from back pain. The massage will be performed by a trained masseur in a semi-sitting position. The masseur will focus on the back

and neck area, and, of course, avoid the abdominal area completely.

## HYDRO-JET

A dry massage bath is a very pleasant procedure. A stream of water is used to massage the body through a flexible foil. It increases overall blood circulation and reduces muscle tension. This method facilitates better oxygen absorption in the vascular system, reduces the level of toxic substances in the muscles and contributes to faster tissue regeneration. The massage promotes the release of endorphins and improves psychological well-being.



## 9. WELLNESS MESSAGES

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### HOT LAVA STONE MASSAGE total/partial

The whole-body skin is massaged with heated lava stones. We stimulate the energy pathways of your body. The stimulation of these pathways calms the nervous system, completely relaxes the body, and normalises bodily functions. This massage can stimulate the body's energy centres (chakras), thus harmonising the energy flows in the body. It is a very pleasant treatment, and you will feel a surge of new energy.



### AROMA MASSAGE TREE OF LIFE

This unique, full-body regenerative massage uses essential and plants oils. We combine the effect of massage with the remarkable effects of various essential oils. During the massage, the oil penetrates the deepest layers of the skin and positively affects pain, organ function and the mind. This massage harmonises the body and psyche, relieves stress and strain and strengthens immunity. After treatment, you can enjoy a longer relaxation and let the beneficial effects of the massage wear off.

### REFLEX MASSAGE - FOOT MASSAGE

This unique method uses thousands of years of knowledge of Chinese medicine. The sole has up to 7 200 nerve endings and thus represents a map of our body's organs. By applying pressure to various points and areas on the foot, we

can positively influence blood circulation, immunity and regeneration of the body. The massage will relieve muscle and joint pain, headaches, allergies and insomnia. Mental and physical relaxation is also an important effect.

## 10. RITUALS

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### ALQUIMIA - THE RITUAL OF QUEEN CLEOPATRA

This ancient ritual for women results in the sense of perfection and femininity. The activity begins with a body peeling using a blend of salts sourced from the Dead Sea and rare oils, followed by a detoxifying body wrap and then a facial massage with exotic oils of incense and myrrh. The rare oils rejuvenate the skin, lending it a velvety appearance, and augmenting the feeling of female sensuality. The rite ends with a full-body

and aromatic massage with incense oils and myrrh - the symbol of everlasting youth.

### ALQUIMIA - THE RITUAL OF JOY

This joy ritual is about optimism and encouragement to have a zest for life. Containing revitalising citrus, it



moisturises and regenerates the skin, supplying deep nourishment. The fresh aroma stimulates confidence and brings peace of mind. The activity begins with a body peeling using a blend of salts sourced from the Dead Sea, rare oils and fresh fruit juice. The treatment continues with a detoxifying body wrap. The ritual ends with an aromatic citrus oils massage.

### THE FIVE ELEMENTS RITUAL

The harmonising ritual is based on the ancient Indian philosophy of the five elements-earth, water, air, fire and akasha (space). During the practice, you will tune into a deep state of relaxation and calmness, relieve stress, calm the mind, and harmonise gentle body energies. The powerful effect of this ritual also brings a positive mental attitude and a feeling of lightness.

## 11. AYURVEDIC MESSAGES

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### SHIROBHYANGA - INDIAN HEAD MASSAGE

One of the most effective ways to relieve stress is an Indian head massage. We will skillfully massage your face and hair part of the head. It will relieve fatigue, tension and possibly even headache and induce a feeling of intense relaxation. We use massage oil during this treatment to bring about an intense sense of peace.



## ABHYANGA - AYURVEDIC BODY MASSAGE

Ayurveda considers this deeply relaxing and regenerating massage as a primary way to afford longevity. The technique involves special grips and strokes to the tips of the toes and fingers. The massage removes nervousness and irritability, eliminates stress-inducing toxins, and improves sleep quality.

## SHIRODHARA - AYURVEDIC “THIRD-EYE” MASSAGE

One of the most effective relaxation techniques over 5 000 years old. It relieves stress and nervous tension, treats migraines and headaches, and improves concentration and memory. It rejuvenates and slows mental ageing by stimulating the brain centres. We use special Ayurvedic oil in this massage.



## HASTA ABHYANGA - AYURVEDIC HAND MASSAGE

This traditional exotic massage activates so-called marma points - the energy centres of our body. The massage is widely used for arthritic and rheumatic pains, stimulates healing processes, and relieves and relaxes tension and pain. The treatment begins with a gentle washing of the hands with water and essential oil to induce the desired inner

calming and balance. A massage with sesame oil follows a scrub with pomegranate seed extracts to activate the marma points where toxic substances, tension and negative emotional energy are deposited. A soothing hand mask follows this with a warm wrap.

**Pregnancy variant:** does not use the activation of marma points. It is only a cosmetic hand treatment with a gentle skin massage.





## 12. COSMETIC TREATMENTS

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### LUXURY BEAUTY TREATMENT TREE OF LIFE BABOR

Tree of Life treatments are selected individually according to skin type and adapted to different seasons. After a deep cleansing, the aesthetician performs a skin diagnosis and sets the appropriate Babor products from several special lines to treat the skin. The



treatment includes a warming mask, exfoliation, serum application, special massage, original mask, finishing cream and eyebrow colouring.

### LUXURY COSMETIC TREATMENT TREE OF LIFE BABOR FOR MEN

Men should also take care of their facial skin, which is why BABOR has created a special cosmetic line for men. After cleansing, the aesthetician performs a skin diagnosis and selects the appropriate Babor products from the special range for men. The treatment includes a warming mask, peeling, serum application, special massage, original mask and final cream.

### BABOR SKINOVAGE FACIAL TREATMENT WITH MASSAGE

Original BABOR beauty treatment with SKINOVAGE products, according to



your skin type. The treatment includes a surface cleansing, a warming mask, exfoliation, the application of Babor ampoules, a thorough massage of the face, neck and cleavage, a creamy mask and a final cream.

### COSMETIC TREATMENT WITH BABOR SKINOVAGE COLLAGEN MASK

The goal of this treatment is to tighten the skin instantly. The treatment includes surface cleansing, a warming mask, exfoliation, Babor ampoule

application, face, neck and cleavage massage, the amazing BABOR Collagen Biomatrix Mask and a final cream.

### HSR BABOR COSMETIC LIFTING TREATMENT FOR MATURE SKIN

An excellent lifting treatment with the luxurious HSR® Lifting range, including five active ingredients focused on wrinkle reduction. A popular and original treatment that is simply a legend of the BABOR brand.



### DOCTOR BABOR CLEAN FORMANCE COSMETIC TREATMENT

Doctor Babor Clean Formance is based on 98 % organic ingredients. It does not contain gluten, lactose, silicones, parabens, mineral oils, microplastics, or other synthetic raw materials. This range, thanks to its antioxidant and highly regenerative properties, gives the skin greater elasticity. The treatment includes surface cleansing, exfoliation, serum application, comprehensive face, neck and cleavage massage, cream mask and final cream.

### DOCTOR BABOR COSMETIC TREATMENT FOR SKIN ELASTICITY, FIRMNESS AND TONING

This is a treatment with a „medical grade” line of cosmetics to firm the contours of the face, neck and chin area. It is used to



fill and tighten tired skin in the cheeks and forehead and to smooth wrinkles. The treatment includes surface cleansing, a warming mask, exfoliation, special serums, a lifting massage of the face, neck and cleavage, a serum-enriched cream mask and a final cream.

### EYEBROW COLOURING

During our cosmetic treatments - which last 80 minutes - it is possible to adjust and colour eyebrows according to your desire.

## 13. BEAUTY WRAPS

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### LIFTING BABOR WRAP

An effective treatment for anyone who needs to restore skin elasticity. Lifting substances are applied to the skin, and the wrap enhances their absorption. It is effective in eliminating stretch marks and cellulite. This treatment is performed on a recliner and is also suitable for pregnant women.

### BABOR LIFTING WRAP IN A WATERBED SOFT PACK

This is the same treatment as above, but this one is done in a Soft Pack waterbed. The skin is treated, and you are „dipped“ in a 37 °C waterbed. An impermeable film will remain between the body and the water.

### BABYLONIA REJUVENATION WRAP

This unique skin elixir is prepared according to traditional alchemical procedures. Resins and precious woods such as sandalwood, myrrh and benzoin (lin-dera) are soaked; its extract is then combined with the unique, essential oils of lemon and frankincense. It is a cocktail of youth that restores firmness to the skin thanks to the rejuvenating effects



of myrrh and frankincense, known to ancient civilisations for their healing properties. This treatment is performed on a recliner and is also suitable for pregnant women.

### BABYLONIA REJUVENATION WRAP IN A SOFT PACK WATERBED

This is the same treatment as above, but this is done in a Soft Pack waterbed. The skin is treated, and you are „dipped“ into the 37 °C waterbeds. An impermeable film will remain between the body and the water.

## 14. PEELING

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### THALGO EXOTIC COCONUT PEELING

This exotic scrub contains white Bora Bora sand, rich in magnesium, sea salt

and coconut shells for intense and gentle exfoliation. Monoi algae from the Sargasso Sea hydrates, protects and softens skin, while Tahitian vanilla soothes, moisturises and nourishes. Jojoba and almond plant oils nourish and hydrate the skin.



## THALGO EXOTIC SUGAR AND SALT PEELING

The scrub is inspired by the Mediterranean region and the traditions of ancient Arabic cultures. Cane sugar, sea salt and plant essential oils are blended in this cleansing scrub. It is nourishing and will leave skin soft and silky. The scrub contains Qi-Marine to relax, regenerate and protect cells, and Holy Lotus to soften, soothe and increase microcirculation. Sea salt with brown sugar performs complete removal of dead cells.

## 15. PEDICURE

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### MEDICINAL PEDICURE

As a first step, we immerse the feet in a mineral solution. This gentle herbal bath will soften the skin and facilitate the removal of hardened skin on the

heels and under the toes. The nails and nail beds are trimmed dry with a fine grinder. Using a special applicator, we also treat the sole. After the mechanical treatment, we apply a nourishing cream to the feet, which softens the skin in the long term.

## 16. SLIM LABORATORY

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### CONSULTATION WITH A NUTRITIONIST

A nutritional therapist will discuss with you your eating habits in detail and explain how you can change your diet for the better. The therapist will adjust the eating regimen and discuss options for supplements, special underwear and other aids. The therapist will also prepare a home-cooking menu for you as part of your weight loss program.

## INBODY DIAGNOSTICS

The InBody examination is especially useful for those who want to lose weight. InBody is a sophisticated device that detects your body composition. It defines the fat volume, active body mass and total body water and, on this result, defines the so-called optimal dry weight. The therapist will use this information to design a weight loss program and monitor changes in your condition.



## VANQUISH ME

This device allows selective concentration of high-frequency energy in the subcutaneous fat cells. The energy creates a powerful thermal effect in the subcutaneous tissue, which leads to the breaking down of the fat cells. It is a non-contact, non-invasive procedure that removes up to 50% of subcutaneous

fat cells in just a few treatments. The flat adjustable arm allows large areas to be treated. The goal of the treatment is to reduce fat volume, mainly in the waist, but the device can also be used to treat thighs and buttocks. A questionnaire must be filled in before application or a physician must be consulted.



## EXILIS

Like the Vanquish Me, this device works by concentrating high-frequency energy in the subcutaneous fat cells. The powerful thermal effect leads to the disintegration of the fat cells.

It is a contact treatment where no anaesthesia is required. We use Exilis for the treatment of smaller areas and resistant fat pads.



## ICOONE LASER MED

Works on resistant fat pads, sculpting the abdomen, hips, buttocks and thighs, shaping and toning the skin around the knees. Effectively addresses cellulite and reduces stretch marks. It eliminates jowls and visibly reduces wrinkles on the neck. Significantly stimulates collagen and elastin, thus helping to smooth the skin.

## LYMPHAPRESS

An instrumental compression therapy facilitates the flow of lymph. The treatment accelerates the movement of loose fat from the interstitial spaces into the venous system, promoting venous return and helping to reduce swelling in lower extremities.



## 17. OXYGEN THERAPY

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### OXYGENOTHERAPY

The oxygen therapy, according to prof. Ardenne is a scientifically proven method that brings up to 40% improvement in memory and sleep. It will help with insufficient blood circulation in the lower extremities and improve the nutrition of tissues and skin. During oxygen therapy, you inhale 95 % of the oxygen produced by the medical concentrator. We do not recommend sleeping during the treatment, but active relaxation: for example, by reading, crossword puzzles and exercising your limbs.



## 18. FITNESS LABORATORY

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The fitness laboratory is an open space equipped with an original sporty surface. All Tree of Life guests has free access to the fitness facility during their stay.

### TOTAL GYM

The total gym is a unique fitness machine that allows for full-body exercise. It uses the features of a free pulley and inclined plane and is suitable for reconditioning and bodybuilding. The total gym is used for training and rehabilitation.



### FUNCTION ZONE

The functional zone is equipped with a muscle stretching and twisting structure, with a hanging system for TRX and other elements. There is a rope, soft steps, kettlebells, medicine balls, an unstable platform and other functional training aids.

## CARDIO ZONE

The Cardio Zone helps improve cardio-vascular performance and is an integral part of the Fitness Lab. In the cardio zone, you can use the elliptical trainer, exercise bike, stepper and treadmill.

## THE FITNESS ZONE

For those who focus on bodybuilding, there is a weight training zone. This area offers a multi-functional training tower, a strength-training bench and stand, discs, a weight rack, a multi-function cross-bar and a versatile strength-build machine.



## 19. RHASSOUL

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### RASUL

An exceptional Oriental steam bath which combines a moist heat with the action of special mud. The magical ambience of the original spa evokes an intimate, relaxing atmosphere. Before entering, you will receive bowls with three

types of healing mud for different body parts. You rub the warmed body with the mud and gently massages the skin. At the end of the massage, a gentle rain will remove the mud. Rasul regenerates, treats and heals. Due to the temperature of up to 50 °C, you can visit it even with cardiac problems. It is very good for psoriasis and allergic skin diseases.





## 20. ORGANIC & GARDEN SPA

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The Organic & Garden Spa is free for all Tree of Life guests during their stay.

### NORDIC SAUNA

The sauna is used to boost immunity, speed up metabolism, induce relaxation

and rest after exertion. It also helps with muscular rheumatism and joint and spinal pains. After the sauna, there are several relaxation zones nearby. The treatment is unsuitable for acute febrile illness, cardiac patients, and patients with epilepsy and hemorrhagic manifestations. The Nordic sauna is warming up to a temperature of 80-100 °C, this sauna is dry, and the humidity is only a few tens of per cent.

### STEAM BATH

This is a moist and warm bath. The high humidity (up to 80-100%) combined with the temperature (40-55 °C) provides a unique climate that enhances the metabolism and stimulates all vital functions. In addition to the pleasant feeling of recovery, the steam bath is a supportive treatment for asthma, bronchitis, rheumatism or impaired blood circulation.





### SANARIUM

One of the many advantages of the Sanarium is the beneficial effect of the sauna's heat. The difference is that the temperature here reaches 40–60 °C. This type of sauna is also recommended for cardiac patients.

### WHIRLPOOL

Enjoy a gentle full-body massage with underwater jets, where the water temperature oscillates between

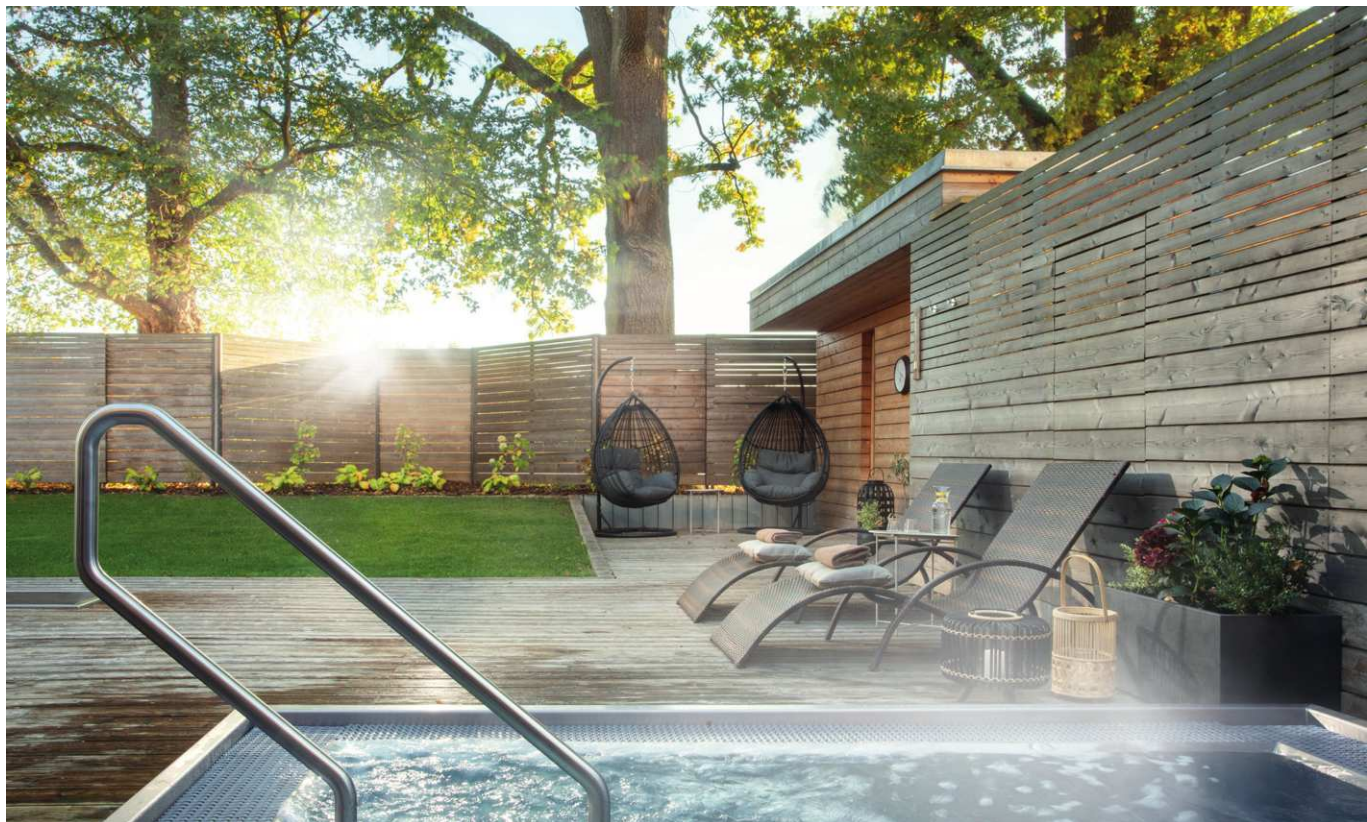
a pleasant 37 and 40 °C. Whirlpool relieves tension, reduces stress and stimulates circulation.

### KNEIPP BATH

The Kneipp bath comprises two pools with pebbles, where warm (approx. 40 °C) and cold (approx. 12 °C) water is alternated. First, you pass through the pool of warm water to allow your blood

vessels to dilate thoroughly. Then, you will enter a pool of cold water where their blood vessels will be constricted. This cycle is repeated many times. Kneipp's walkway is part of natural medicine and is especially helpful for circulatory disorders. It also helps with headaches.





# TREE *of* LIFE

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