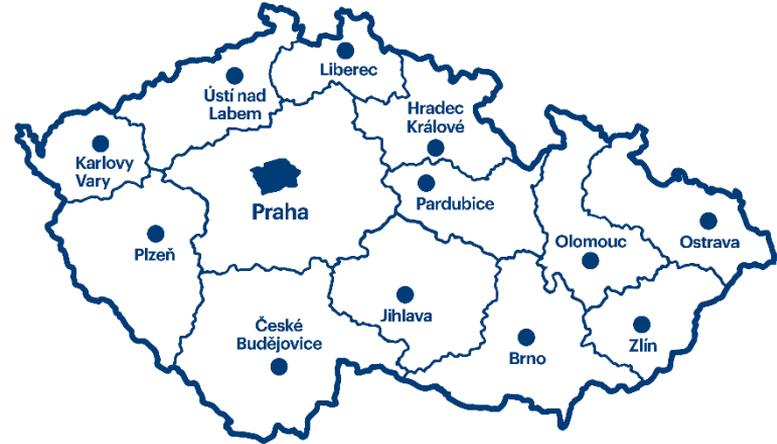


# Inspirational Czech Convention Bureau Monthly

Incentive wellness and relaxation activities



Incentive wellness and relaxation activities

# Prague

# Exotic Malá Strana

There is a quiet place in the very heart of Malá Strana in Prague that is a true wellness treasure. The Ecsotica Spa is reminiscent of an ancient temple, which overwhelms you with its unique ambiance. This is where you can spoil your senses in a luxurious Indonesian spa full of beauty and relaxation treatments.

The protected “Dům u Ježíška” (House of Baby Jesus), where the Baroque style merges with the Renaissance, on the route from Charles Bridge to Prague Castle, houses the Alchemist Grand Hotel and Spa. The historic and comfortable surroundings of the hotel served as inspiration to create a unique range of services, which are intended to rediscover your vitality, energy and your satisfaction with your own body and mind.

The Ecsotica Spa offers guests various types of massage to relax the body and mind, alleviate pain and discomfort or anxiety and fatigue. This is in addition to a selection of body and facial treatments, rituals and wellness treatments in the unique Gothic cellars with a swimming pool lit by a crystal chandelier, and a relaxation room with a beautiful Chinese bed and relaxation loungers. After a relaxing spa treatment, visitors will certainly appreciate the opportunity to refresh themselves with fresh fruit or a healthy beverage from the Spa Bar range.



all year



Alchemist Grand Hotel & Spa, Tržiště 19, Prague 1



1 to 3 hours



10 people



Czech, English



[www.alchymisthotel.com](http://www.alchymisthotel.com)

More info: [Prague Convention Bureau](#)

Alchymist shop



# An oasis of relaxation in the middle of the lively metropolis

Discover a harbour of relaxation in the historic cellars of the Neo-Renaissance palace. You can enjoy relaxing in the beautiful and quiet surroundings of the unique NH Collection Prague Carlo IV spa hotel in the liveliest centre of the city. Enjoy a little rest and relaxation and let yourself be pampered.

Carlo IV Wellness & Spa offers the perfect combination of services for spiritual and physical rest, regeneration and restoration. Restore the harmony of your body and mind with one of the spa rituals, rejuvenate your skin with a special facial treatment or shape your curves in the fitness gym.

You can relax in the twenty-metre heated swimming pool with massage jets, alleviate stress in the steam bath or sauna, or choose from a wide range of massage styles and techniques. Visit the Carlo IV Wellness & Spa to recharge.



all year



Carlo IV Wellness & Spa, Senovážné náměstí 13, Prague 1



2 hours



10 people



Czech, English



[www.carloivspa.com](http://www.carloivspa.com)

More info: [Prague Convention Bureau](#)

Carlo IV Wellness & Spa



# Rebirth inside the walls of a monastery

The Augustine Hotel is located within a monastery complex dating from the 13th century, situated below the majestic Prague Castle and next to the Baroque Wallenstein Gardens. The luxurious Augustine Spa can be found in its interior and this is where you can escape from the stress of your day and set out to purify your body and mind in a place that radiates peace and the magic of history.

There is a selection of many various treatments or carefully put together packages available at the Augustine Spa. The purifying ritual, which will awaken your senses from head to toe. Massages, which will help relax your body and calm your mind. You will find peace and a break from the world behind the monastery walls in a sauna or steam bath.

If you want to truly pamper your group, allow members to try an individual treatment that the therapist will tailor to their requirements. At the Augustine Spa you will relax completely and enjoy the feeling of being reborn.



all year



Augustine, a Luxury Collection Hotel, Letenská 33, Prague 1



1 to 2 hours



10 people



Czech, English

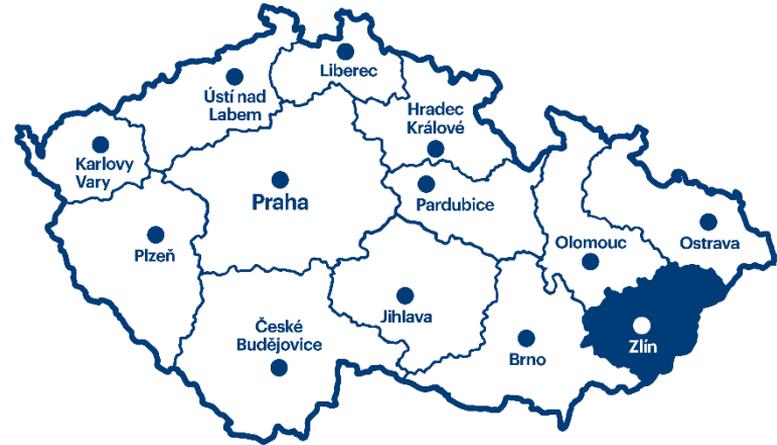


[www.augustinehotel.cz](http://www.augustinehotel.cz)

More info: [Prague Convention Bureau](#)

Augustine, a Luxury Collection Hotel





Incentive wellness and relaxation activities

# Zlín Region

# Roman baths in Luhačovice

Visit a first-class wellness centre in the form of Roman baths in the unique Alexandria Hotel, which has a beautiful history. This hotel originated as a wedding gift and is a wonderful memorial to the First Republic and its refined aesthetic style. Even though its name evokes the famous city in Egypt, the hotel is actually named for its architect, Alexander Lazovsky.

The hotel has a swimming pool like those in the Roman baths, and guests can also choose from many types of sauna, massages and other treatments. The facility naturally also has whirlpool baths, one of which is located in the wellness centre itself, and one on the roof from where there is a beautiful view of the romantic spa town, a pearl amongst Central European spas.



all year



Luhačovice



depending on the chosen treatment



max. 50 people, depending on the chosen treatment



Czech, English, German, Russian



[www.hotelalexandria.cz](http://www.hotelalexandria.cz)

More info: [East Moravia Convention Bureau](#)



# Kapka Resort

The Kapka Resort is a unique complex. A beautiful hall with an ice rink in the middle was built on a green field in the middle of the Wallachian region, not far from Vsetín.

As well as fun on the ice in the form of hockey and ice skating, the facility also offers wellness and fitness centre activities. There is probably no other resort that offers the opportunity to relax on the ice, as well as wellness facilities, a restaurant and accommodation, all under one roof. Everyone can enjoy a pleasant time at the Kapka Resort.



all year



Lhota u Vsetína



depending on the chosen activity



max. 70 people, depending on the chosen activity



Czech



[www.kapkaresort.cz](http://www.kapkaresort.cz)

More info: [East Moravia Convention Bureau](#)



# A wine-themed boat ride on the Baťa Canal

While not everyone enjoys wellness treatments, no one will refuse a relaxing programme on the Baťa Canal.

A wine-themed boat ride down the canal, with a tasting of wines from the excellent local winemakers. The combination of travelling by boat down the sparkling canal, surrounded by flourishing vegetation, while tasting this delicious beverage, is perfect.

Before getting on the boat, you can enjoy refreshments in the village of Spytihněv, which is famous for its grilled pork knee served with bread, mustard, horseradish and vegetables. Or you can try anything else that takes your fancy of course.



May to September



Spytihněv, Baťa Canal



2 hours, or by agreement



50 to 60 people



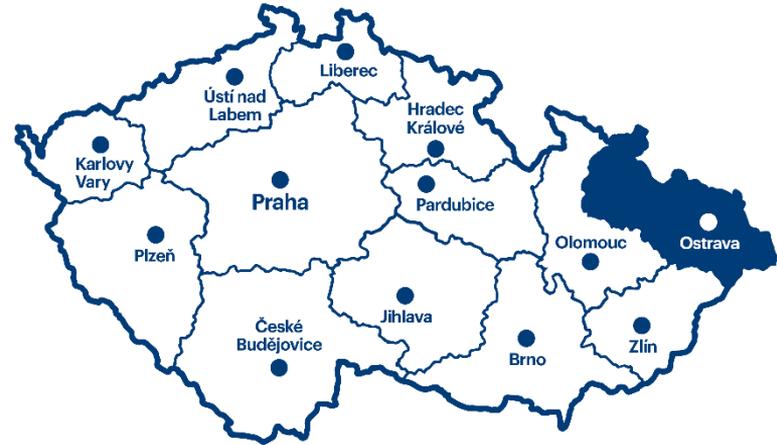
Czech, possibly with an interpreter



[www.hamboat.cz](http://www.hamboat.cz)

More info: [East Moravia Convention Bureau](#)





Incentive wellness and relaxation activities

# Moravian-Silesian Region

# The Beskyd Mountains smell of relaxation....

... come and see for yourself at the Ondrášův Dvůr Hotel. The hotel's location in the village of Mezivodí offers the real Beskyd Mountains within reach. The entire hotel complex is only open to adults and offers a wide range of wellness services and more. The very pleasant and professional staff will make sure you are comfortable.

As well as a sauna world, a covered relaxation pool and outdoor lakes, you will also find unique attractions here, such as the renowned Thermal Park or Tropico Beach, where you can walk barefoot in the sand in any weather or enjoy the evening sky or changing seas thanks to modern technology. You can also visit the indoor relaxation pool with massage jets, which is connected to the sandy Tropico Beach.

The Ondrášův Dvůr Hotel is located some distance from the main road, which guarantees peace and quiet in the middle of the forest from the moment you arrive. The entire hotel complex is surrounded by a beautiful garden, full of romantic corners, ponds and lakes. It offers several types of accommodation in stylishly furnished rooms or suites, a family ambiance and excellent cuisine.

It also offers congress facilities, where you can hold your seminar or instruction course and then enjoy some excellent relaxation in the indoor or outdoor wellness facilities.



 all year, outdoor spa only during the season

 Bílá – Mezivodí

 depending on the chosen activity

 depending on the chosen activity

 Czech, English, German

 [www.hotelondrasuvdvur.cz](http://www.hotelondrasuvdvur.cz)

More info: [Ostrava Convention Bureau](#)

# Olešná relaxation district

The Olešná district is located approximately 3 km from the centre of Frýdek-Místek and is named after the local reservoir. The dominant feature of this district is the summer aquapark with swimming and relaxation pool, which was built in 2005. An indoor section with wellness centre was added a year later. The Olešná Resort was the winner of DestinaCZe 2019 in the Česko jede category.

Visitors to the Aquapark can have fun in the swimming pool section and relax in the Sauna World, where sauna ceremonies are also held regularly. Evening swimming by candlelight is a pleasant activity and you can also reserve a massage. The total capacity of Sauna World is 26 people.

However, the Aquapark is not the only place to relax in the area around the reservoir. There is also plenty to do for runners, in-line skaters and cyclists, who will find a paved trail around the entire reservoir with a pleasant surface for all the aforementioned sports activities. You can choose to have some fun on a paddleboard, pedal-boat, on scooters or in-line skates, during adventure games, etc. There is also sports equipment for hire.

There are a number of hiking routes leading from the reservoir, to Palkovické hůrky for instance, where you can walk all the way to the Kabátice observation tower and view the world around you. Group adventure games can be prepared along these routes.

The Olešná Resort offers a wide range of refreshment options, from coffee shops, to hotel restaurants. You can choose to stay at a hotel or sleep in a tent at the local camp-site.



all year, depending on the chosen activity and whether it is seasonal



Frýdek-Místek



depending on the chosen activity



depending on the chosen activity



Czech, English



[www.aquapark-olesna.cz](http://www.aquapark-olesna.cz), [www.olesnafm.cz](http://www.olesnafm.cz)

More info: [Ostrava Convention Bureau](#)



# Space Spa “by the golf hole”

In the beginning, there was just a meadow surrounded by the picturesque mountains, and then a spaceship landed from the MIURA constellation... The Art&Design MIURA Hotel is located by the 7th hole of the Čeladná Golf Course. This unique hotel concept offers an unexpected combination of design and art, Miura Spa, gastronomy and nature in the heart of the Beskyd Mountains - in Čeladná.

The Miura Spa represents a combination of modern design, first-class furnishings and contact with nature and provides you not only with the opportunity to relax, but, most importantly, absolute privacy and peaceful, uninterrupted moments. The entire wellness complex is located in the hotel cellars, completely separate from hotel operation. The moment you put on the comfortable slippers and close the door to the Spa behind you, you are overwhelmed by the perfection of the space and originality of the KLASF system Spa.

Saunas of various temperatures, steam, Kneipp footbath, a large whirlpool with lighting that changes colours, a cooling room with snow falling even in the summer, and a pleasant relaxation zone.... All this is complemented by the works of art located in the public areas of the Spa. The fully-glazed wall invites you to visit the outdoor heated pool. Massages are a matter of course.

You can also relax with some good food or while walking in the area surrounding the hotel, which offers beautiful views of the surrounding Beskyd Mountain foothills.



all year



Čeladná



by agreement, min. 2 hours



max. 20 people



Czech, English, possibly German



[www.miura.cz](http://www.miura.cz)

More info: [Ostrava Convention Bureau](#)



# Relaxation for you and your business

A relaxation centre that focuses on professionalism combined with flawless service, an individual approach, a friendly ambiance and comprehensive services, which are unique in this region.... That is RELAX CENTRE Třinec, which strives to maximise the effect of rest and relaxation.

Vital World, part of Relax Centre Třinec, offers one of the widest ranges of relaxation treatments in the Czech Republic. Its unique effects and benefits result from the harmonised combination of all the treatments, which is why Vital World is available as a whole. Your senses will appreciate: the Finnish sauna, Roman steam bath, solar meadow, Kneipp footbath and herbal inhalation treatment. You can also hire the entire Vital World for private groups for absolute privacy.

The centre is located in a peaceful, recreational area of the town and offers adequate parking spaces for holding corporate events. There are also two halls with modern technical equipment available, with the option of connecting them to provide sufficient capacity for up to 90 guests. After your gathering, business meeting or dinner, you can treat yourself to a visit to the wellness facility, exercise in the fitness gym with an instructor or enjoy a massage or some physiotherapy.

Accommodation can be arranged in the nearby VITALITY HOTEL\*\*\*\*, a unique design concept in the foothills of the Těšín Beskyd Mountains, which is one of the more peaceful areas of the mountains. You can continue relaxing at the hotel and enjoy a wellness experience under the starry sky at night. The roof-top whirlpool is located among the vegetation planted on the hotel roof and is a unique place for some private relaxation for up to 8 people. The colour therapy lighting effects can only be enjoyed fully at night.



 all year

 Třinec

 depending on the treatment and programme

 depending on the programme

 Czech, English, Polish

 [www.hotelvitality.com](http://www.hotelvitality.com), [www.relaxtrinec.cz](http://www.relaxtrinec.cz)

More info: [Ostrava Convention Bureau](#)

# A spa in the shadow of Praděd Mountain

The Karlova Studánka spa originated on the site of the former Hubertov metallurgical settlement. The first spring was named Maximilián after the founder of the spa, Archduke Maximilian Francis of Austria. More springs were gradually discovered and the last spring, named Vladimír, was bored in the 1960s.

The alpine spa is located in the picturesque surroundings of the Jeseník Mountains at the foot of Praděd Mountain. You can find a geological exhibition of rocks from the Jeseník area, an artificial waterfall, coffee shops and destination restaurants in the parks and on the forested mountain slopes. The unique alpine climate and picturesque surroundings also attract a number of visitors to Karlova Studánka.

But there is much more that makes Karlova Studánka unique: the area has the cleanest air in the Czech Republic, comparable to the environment of the Alps, it is the highest spa in the Czech Republic, it has a unique alpine architectural style, it offers spa and wellness treatments and is a suitable location for relaxing or an active holiday.

The spa also offers facilities and services for holding corporate events. The spa offers an individual approach, pleasant surroundings, excellent cuisine, leisure activities, as well as wellness and relaxation in the swimming pool complex with a whirlpool, sauna and tepidarium.

The New York Times listed Karlova Studánka and the Jeseník Mountains as one of the most interesting tourist destinations in the world for 2013.



all year



Karlova Studánka



depending on the chosen activity



depending on the chosen activity



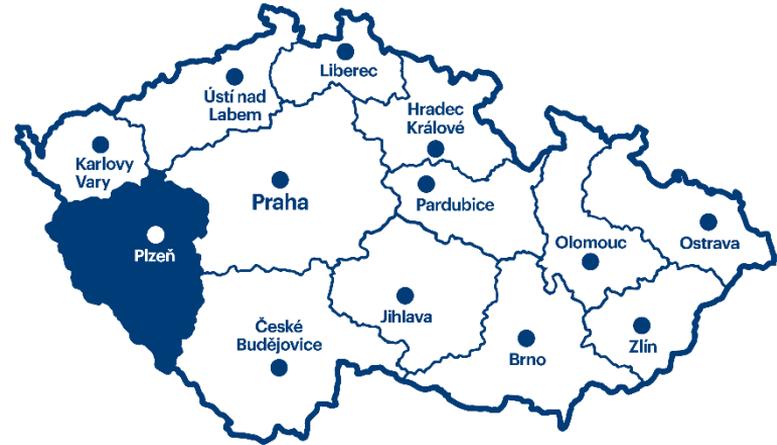
Czech, English



[www.horskelazne.cz](http://www.horskelazne.cz)

More info: [Ostrava Convention Bureau](#)





Incentive wellness and relaxation activities

# Pilsen Region

# Real beer spa

Czech beer is an essential daily treat for many of us. But why just drink the beer, when you can also bathe in it! A beer spa is a wonderful place where you can combine drinking beer and relaxing in a spa environment. Not only does the beer relax you, but you also do something beneficial for your body. The beer spa is intended for all fans of beer and real relaxation and always offers its guests first-class services.

The beneficial effects of the brewing cultures, vitamins, herbal extracts and mineral spring water are combined in the beer bath. When you immerse yourself in a bath at a temperature of 35 °C, the typical caramel-coloured beer foam will appear on the surface. The brewer's yeast turns the water a dark colour, like dark beer. The aroma of freshly brewed beer completes the ambiance. The Chodová Planá beer spa does not use classic beer that you can buy in the shop for its baths, which means that this beneficial solution is not intended for drinking. But a beer tap is usually located next to each bath, so you can draw some classic beer to drink. The entire bath process lasts approximately 20 - 25 minutes.

The Chodová Planá beer spa is also very beneficial to your health. It helps harmonise bodily functions and customers feel rested and energised after a bath. The treatment helps loosen muscles, improve blood circulation and the immune system, warms the joints and has a healing effect on your hair and skin, which it also cleans. And a massage is certainly an essential part of the beer spa treatment. Massages are an integral part of the treatment, because they help achieve the required results.



all year



Chodová Planá



20 minutes



5x single bath, 1x double bath, i.e. 7 people/hour



Czech, English, German, Russian



[www.chodovar.cz](http://www.chodovar.cz)

More info: [Pilsen Region](#)



# Konstantinovy Lázně

Konstantinovy Lázně lies hidden in the middle of the forests of West Bohemia in one of the ecologically least polluted areas of the Czech Republic. An undiscovered part of our country for everyone seeking peace and quiet. This spa town, set beautifully within a diverse forest park that transitions naturally into the surrounding landscape, is located 35 km west of Pízeň in the direction of Karlovy Vary, at an altitude of 530 m.

The modern wellness centre, which covers an area of 800 m<sup>2</sup> and affords panoramic views of the spa park, takes up two floors of the building with access from the Prusík Hotel. You will find a swimming pool with pleasantly heated water, whirlpools and Kneipp footbaths on the ground floor. The first floor contains a bio-sauna, Finnish sauna, steam bath, Star Trac fitness centre and various types of therapy treatments - from massages and facial treatments, to baths. There is a quiet zone and bar with refreshments prepared for guests to relax in.



all year



Konstantinovy Lázně



1 to 2 hours



approx. 25 to 30 people



Czech, English, German, Russian



[www.konstantinovy lazne.cz](http://www.konstantinovy lazne.cz)

More info: [Pilsen Region](#)



# Šumava herbal spa

The Šumava herbal spa is an absolutely unique project. This is the only project to combine spa services with nature, and the Earth's energy with history. Visiting this spa is evocative of the rule of King and Emperor Charles IV, you will enjoy a view of the majestic Kašperk Castle and free yourself of the cares of everyday life thanks to the unforgettable ambiance.

The English style spa hotel specialises mainly in herbal treatments. As well as having absolutely the cleanest air in the Czech Republic, another great advantage of the Kašperk Mountains is the tectonic rifts and the old tunnels where gold was mined. This means that the Earth's energy and biogenic elements, which have a beneficial effect on our health, radiate from the centre of the Earth. There is a rock cave in the hotel itself, which is used to treat the upper respiratory tract and to strengthen the body.

This technologically modern balneo-facility focuses fully on herbal treatments, including baths, herbal steam, packs and massages. All the products used at this spa are sourced from the unpolluted environment of Šumava. A certified company prepares special mixtures for spa treatments from fresh herbs collected from private mountain meadows. Guests can choose from five types of herbal bath and three mixtures made for the traditional Šumava herbal steam bath. The peat and clay also bears the Šumava logo. The sound of water dripping in the rock cave or running water from Saint Barbora's spring, which rises within the spa itself, are a unique experience for many spa guests. This live water is used for some of the treatments.



all year



Parkhotel - Šumava spa, Kašperk Mountains



approx. 45 minutes



depending on the chosen programme



Czech, English, German



[www.sumavskelazne.cz](http://www.sumavskelazne.cz)

More info: [Pilsen Region](#)



# Purkmistr Beer Spa

Enjoy a unique beer bath in Plzeň. A unique beer spa can be found within the complex of the Purkmistr brewery in Plzeň. Don't hesitate to try this wonderful beer experience. You will enjoy a beer bath in wooden barrels in the beautiful, newly renovated underground space of the Plzeň brewery. During your beer bath, you can consume as much beer from the local brewery as you wish. This is followed by a period of relaxation on a lounge, during which your body calms down after the bath. You can finish off your visit to the beer bath in Plzeň at the brewery restaurant, where you can enjoy your choice of good food and drink.

Choose a specific type of bath and let yourself be carried away by this sensory experience. The temperature of the bath is initially 35–37 °C. The period of the bath (25 min.) is set with regard to the best effects of the ingredients and the temperature of the water. After the bath, you will rest in the relaxation area under a dry pack.

The baths are filled with a special bathing solution, which consists of a brew of Plzeň type beer with additional ingredients. Next to each bath, there is a wooden barrel containing light Purkmistr 12 lager - honest beer from Plzeň, which you can draw yourself while you bathe. We recommend you submerge your head and wash your face while you bathe. The bath has a general healing effect.

You can also try a peat, chocolate or hemp bath or many others.



all year



Purkmistr Brewery, Plzeň



approx. 60 minutes



3x single bath, 2x double bath, i.e. 7 people/hour



Czech, English, German, Russian



[www.purkmistr.cz](http://www.purkmistr.cz)

More info: [Pilsen Region](#)



# Ancient baths

This is a unique space built in the ancient Roman style with beautiful mosaic interiors and light effects. Emphasis is placed on the impact of the ambiance of the entire Vital World area on all human senses, with a wide range of options for physical and mental relaxation and regeneration. There is pleasant peace and quiet in Vital World, which is enhanced by the play of light, sounds and aromas.

Covering more than 300 m<sup>2</sup>, this is a magical space decorated with mosaics, marble and nephrite tiles embellished with ancient reliefs. There are various types of relaxing treatments, baths and inhalation therapies available, all impressively enhanced by the magical play of light, colours and aromas. You can try the whirlpool with massage jets and water lit with glittering light, an herbal inhalation therapy with lavender or chamomile, the traditional Roman steam bath, circular Kneipp footbath or the impressive ice well with a pyramid of sparkling crushed ice.

There is also a classic Finnish sauna with cooling pool full of ice crystals, salt inhalation therapy, massages or a Turkish Hammam bath. The Tepidarium, with heated loungers, the Laconium social room, which soothes the soul with its quiet ambiance, the meditation room with a night sky and beach full of quartz pebbles, or the mysterious Cupid's Chamber for uninterrupted privacy, are all available for quiet rest and relaxation.



all year



Darovanský Dvůr Resort



depending on the chosen treatment



max. 30 people

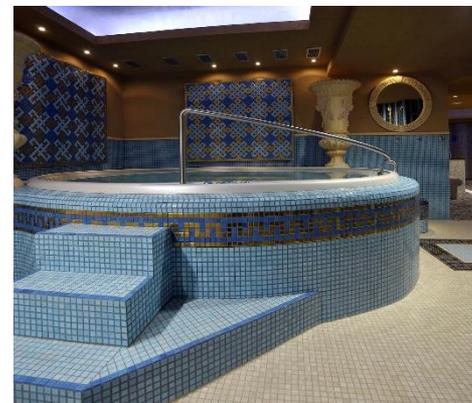


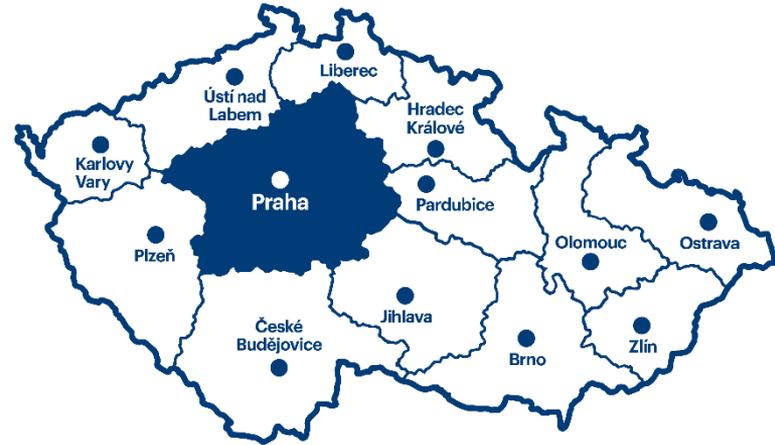
Czech, English, German



[www.darovanskyydvur.cz](http://www.darovanskyydvur.cz)

More info: [Pilsen Region](#)





Incentive wellness and relaxation activities

# Central Bohemian Region

# This is no dream - Infinit Sen wellness

Something special has been created behind the walls of the Sen Hotel, in the château gardens. An oasis of peace and relaxation - Infinit SEN wellness. Enter the sauna world and you can relax in the secret garden, which hides seven types of secret sauna chest and a cooling pool.

Herbal, honey, panoramic or orchard - these are the name of just some of the saunas that are available, including all possible services.

An interior relaxation zone, the so-called orangery, which is dominated by a skylight and the ubiquitous live hanging plants, is prepared for you to relax in after your sauna. Loungers and seating by the fresh bar are available. The outdoor relaxation zone invites guests to observe happenings in the garden from a lounger. You can find refreshments at the fresh bar, where fresh and healthy foods and beverages are prepared every day.



all year



Senohraby



min. 2 hours



max. 60 people for the ceremonial sauna, no restrictions otherwise



English, German



[www.hotelsen.cz](http://www.hotelsen.cz)

More info: [Central Bohemia Convention Bureau](#)

# Peace and quiet at the château

Spa & Wellness Konopiště offers a wide range of therapeutic and relaxation treatments, wellness activities and massages. You will feel like a lord here.

Spa & Wellness Konopiště at the château in Tvoršovice is the ideal place to spend a pleasant day, weekend or longer regenerating stay. You will find indoor and outdoor pools, a whirlpool, salt bath, Kneipp footbath, steam, sauna and a solar meadow here. Guests can choose from various beauty, therapeutic or relaxation treatments - e.g. massages, packs, inhalation therapies or baths. There is also a weight-lifting gym for individuals and a fitness hall for groups.

Spa & Wellness Konopiště offers a wide range of therapeutic treatments, which help during various illnesses.



all year



Bystřice, Tvoršovice Château



min. 60 minutes



max. 100 people



Czech, English, German



[www.golf-konopiste.cz](http://www.golf-konopiste.cz)

More info: [Central Bohemia Convention Bureau](#)



# Enjoy some pampering at this eco-chic hotel in the middle of the Saint George Forest

**Mcely Bouquet Spa is devoted to natural, inspired herbal aromatherapy with its own Mcely Bouquet purely natural organic quality cosmetic range, which is based on the local Nine Blooms tradition.**

You can stop time for a while here and let yourself be cared for in an oasis of peace and beauty. The elaborate massages, long rituals and rituals for couples bring about deep relaxation and alleviate stress, regenerate the body and uplift the spirit. The uniqueness of this natural spa is based on a combination of diverse indoor and outdoor spaces, with the entire chateau simultaneously becoming a spa area. Three spacious and unique private therapeutic suites: Honey, Pearls and Silk, offer a relaxing and inspiring environment for an exceptional spa experience. One in the chateau building itself, the second on the top floor of the chateau tower and the third in the five-hectare chateau park, in a romantic wooden building with an open hearth. There is also an outdoor whirlpool, sauna house, a natural bathing pond, a multi-purpose sports ground and a natural health trail in the English park.



all year by prior arrangement



Chateau Mcely



depending on the chosen treatment



individuals, couples



Czech, English



[www.chateaumcely.cz](http://www.chateaumcely.cz)

More info: [Central Bohemia Convention Bureau](#)



# How to immerse yourself in beer

The Olivův Brewery in Dolní Břežany offers a unique remedial spa therapy with rejuvenating effect, which benefits the body and mind. You can choose one of the relaxing or therapeutic massages to complement it.

The abundant carbon dioxide bubbles in the water, which cling to the skin, gently calm the heated surface of the body and allow effective relaxation in a gentle bubble bath. In order to increase the effects of the bath and enhance the relaxing experience, you can draw unfiltered, unpasteurised beer, which contains live yeast cultures that have a beneficial effect on the entire digestive system, throughout the 20-minute bath. The treatment works inside and outside your body.

After your bath, you can lay on a lounger, wrap yourself in a sheet or microfibre blanket and start the 40-minute phase of relaxation while listening to pleasant music with the lights dimmed. Your heated body finishes the phase of perspiration, your heart-rate slows down, your blood pressure gradually lowers, your muscles relax and your energy is restored. Your clean and rejuvenated skin accepts the active agents that remained on your skin after your bath and these are gradually absorbed by the pores into your skin. Physical rest is reflected in mental rest and a relaxed body allows the mind to disconnect and release a flow of positive thoughts and energy.



all year



Dolní Břežany



60 minutes (bath, relaxation and massage)



max. for 2 people at the same time (2 baths)



Czech, English



[www.olivuvpivovar.cz](http://www.olivuvpivovar.cz)

More info: [Central Bohemia Convention Bureau](#)



# Royal wellness at Liblice Château

Forget the everyday rush and stress and let yourself be carried away on a pleasant wave of music therapy, massages, pleasant fragrances and light effects at the Liblice Château Hotel.

You can choose from many regenerating treatments at the château wellness centre, which will awaken your body, eliminate fatigue and bring about positive thoughts. Guests are offered a whirlpool with a combination of five hydro-massage treatments, a Finnish sauna, a hot bench with light sky and aromatherapy. There are also massages focusing on the face and décolletage, back and neck, special treatments for your hands and feet, complex whole-body massages and herbal packs, as well as special honey massages for instance.

You can also continue relaxing outside. The château park, which is great for walking and where you can go on a picnic for instance, adjoins a game park with meadows and even areas of ancient forest. Enjoy exercises for sharp vision, sensitive hearing and touch, refined taste and a perfect sense of smell on the Forest mind trail. You can discover the magic of the game park and trail individually while walking, or choose a specific date focusing on relaxation, yoga and clearing the mind, during which you will also have a certified lecturer available.



all year



Liblice



depending on the chosen activity



park without restrictions, massages individually, wellness capacity 10 people



Czech, English



[www.zamek-liblice.cz](http://www.zamek-liblice.cz)

More info: [Central Bohemia Convention Bureau](#)





Incentive wellness and relaxation activities

# Pardubice Region

# Combine a corporate event with relaxation in the heart of the Železné Mountains

Treat your clients to some well-deserved rest after a demanding meeting. Plan an event at the Jezerka Wellness Hotel and enjoy one of the biggest Wellness & Spa facilities in the Czech Republic.

The Jezerka congress hotel is a modern hotel focusing on corporate events and recreational accommodation. It is located in the beautiful natural area of East Bohemia, in the heart of the Železné Mountains Protected Landscape Area. The area surrounding the hotel is beautiful and perfect for recreation and relaxation. The hotel is next to the Seč Reservoir and the ruins of Oheb Castle and Vildštejn Castle. The hotel is 110 km from Prague and 130 km from Brno and is easily accessible from every corner of the country thanks to its excellent location. The hotel also has restaurants, two wine bars, a congress hall, 7 halls and salons.

It offers one of the most modern Wellness & Spa facilities in the Czech Republic, which covers over 800 m<sup>2</sup>. The wellness facility offers a Finnish sauna, tropical sauna, bio-sauna, infra-cabin, salt bath and hammam steam bath. There are also whirlpools, relaxation pools and rest areas, including an outdoor rest area on the terrace. You can also enjoy various types of massage. The hotel also offers a private VIP zone on the roof of the wellness centre with a whirlpool and loungers.



all year



Jezerka Wellness Hotel, Seč



depending on the chosen activity



depending on the chosen activity



Czech, English



[www.jezerka.cz](http://www.jezerka.cz)

More info: [East Bohemia Convention Bureau](#)



# Do you enjoy relaxing while doing sports activities?

The Kunětická hora Golf & Spa Resort is located near Pardubice in beautiful surroundings below a castle. The congress centre has 2 congress halls and a VIP hall available. The complex also includes an 18-hole championship golf course. Its design is distinguished by the great number of complex sand bunkers, the undulating fairway and multi-level, large greens. The wind at “Kuňka” which is what golf-players call the course, will be your competitor and you will have to take it into account when playing golf in any season.

The resort also has a sauna paradise called Cedrus spa to allow guests to relax after a busy day. The saunas are made from cedar wood, which means they have a unique fragrance. The wellness facility has three types of sauna: an aroma sauna, classic Finnish sauna and bio-sauna. It also has a herbal warming room, outdoor cooling pool and rest area. The complex also includes a private wellness facility.



all year, golf in good weather



Dřiteč



depending on the chosen activity



depending on the chosen activity



Czech, English



[www.grkh.cz](http://www.grkh.cz)

More info: [East Bohemia Convention Bureau](#)



# Spa relax in Polabí

The Bohdaneč therapeutic spa is located in the beautiful region of the Polabí lowlands. The spa is known for its natural therapeutic sources: moor soil and mineral water. It is the only spa in the Czech Republic to utilise application of moor mud in a special pack bath.

The long-standing tradition of the Bohdaneč therapeutic spa began in 1897. The spa complex consists of several pavilions connected by a covered colonnade and a beautiful park with exceptional landscaping. The Gočár Pavilion is a gem of Cubist architecture and is named for its creator, the famous architect Josef Gočár. The pavilion includes a spacious terrace, which offers clients space to rest and relax.

The Bohdaneč Therapeutic Spa has been a sought-after facility for treating the locomuscular system for many years. It specialises in treating patients following orthopaedic surgery and joint replacement, but guests who are simply seeking a pleasant environment to recharge after a tiring time at work will also find a place to relax here. The natural surroundings of the spa invite guests to relax. The Bohdaneč region is interwoven with cycle paths around ponds and through forests. There is also a golf course near the spa.



all year



Lázně Bohdaneč



depending on the chosen activity



depending on the chosen activity

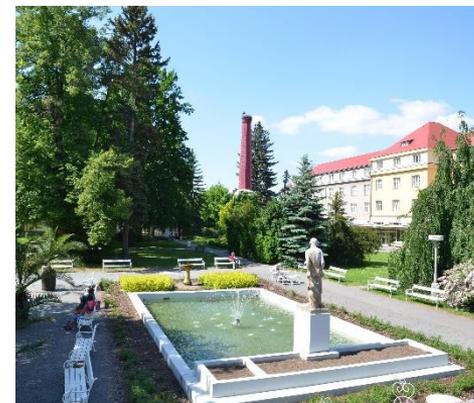


Czech



[www.llb.cz](http://www.llb.cz)

More info: [East Bohemia Convention Bureau](#)



# Above-standard health care

The Medical Spa is a new resort at Lázně Bohdaneč, which is completely separate from the original spa complex. It offers clients above-standard services, luxuriously appointed rooms and a range of therapeutic and relaxation treatments, from massages, through medical consultations, to rehabilitation programmes using modern technologies.

Clients can choose from a wide range of weekend wellness stays or therapeutic stays, including complete professional care focusing on screening, which is used to establish the overall state of health. The Medical Spa is intended for everyone who wants to enjoy the best from the medical aspect but is put off by the time-consuming arrangement of dates and sitting in waiting rooms. Traditional therapeutic treatments are combined with wellness elements, modern rehabilitation procedures, nutritional consultancy and non-invasive aesthetic care with anti-ageing elements.



all year



Lázně Bohdaneč



depending on the chosen activity



depending on the chosen activity



Czech, English



[www.medi-spa.cz](http://www.medi-spa.cz)

More info: [East Bohemia Convention Bureau](#)



# Wellness according to the four principles in the foothills of Králický Sněžník

The Vista Wellness Hotel offers excellent cuisine, accommodation in luxury suites or rooms, modern congress facilities with first-class equipment and experience programmes. The hotel also includes a wellness and sauna world.

The wellness facility utilises the therapeutic power of the surrounding nature: salt, honey, stones and herbs. The treatments are divided according to the four principles - Open arms of the Earth (female principle representing stability and peace), Power of the mind (male principle, representing strength and resilience), Breath of joy (the child principle, joy and playfulness, purity), Harmony of life (family principle, sharing, balance). You can also try the herbal or salt baths, massages with stones, and various purification and relaxation rituals here. The wellness facility includes a relaxation pool with massage jets, a whirlpool with a view of the Králický Sněžník massif, a Finnish sauna, sauna world and steam bath.



all year



Vista Wellness Hotel Dolní Morava



depending on the chosen activity



depending on the chosen activity



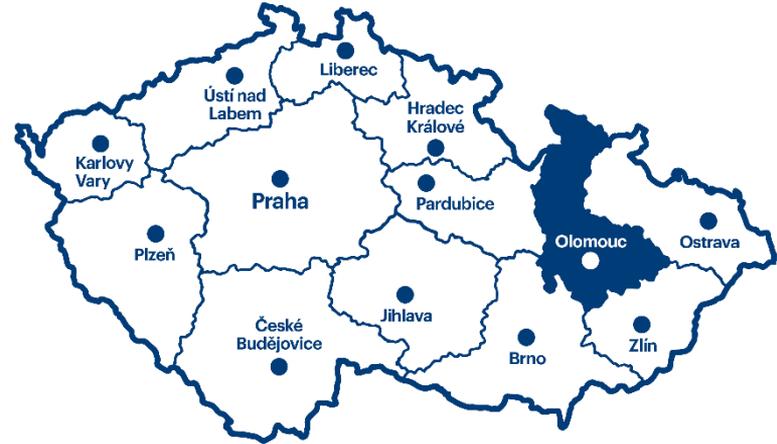
Czech, English



[www.hotel-dolnimorava.cz](http://www.hotel-dolnimorava.cz)

More info: [East Bohemia Convention Bureau](#)





Incentive wellness and relaxation activities

# Olomouc Region

# Nutrend World

A combination of luxury accommodation, sports, healthy life-style and well-being in all its forms. A modern boutique hotel, where every room is thought-out to the smallest detail. Flawless views of Svatý Kopeček or the panorama of Olomouc, hand-made furniture, generous spaces and a designer bathroom with massage shower. All this is Nutrend World.

This is the site of one of the biggest and best-equipped fitness centres in the Czech Republic. It covers 3 floors and is practically bursting with first-class weight-training machines and technologies. Guests will find a Cardio zone, a weight-training room with Hammer Strength machines specially manufactured for Nutrend World with unique e-training technology, a climbing wall, exercise rooms, where you can visit a range of group classes and a supervisory trainer is available for everyone on entry.

This is the ideal place to hold conferences, seminars, corporate team-building events or a social evening. A range of services with various capacities, which can be tailored to requirements, can be prepared. The biggest hall can be divided into 3 separate smaller salons for up to 50 people using sound-proof mobile partitions, in any combination. There is also a kitchen studio, where unusual catering options can be prepared for events, or a corporate team-building event can be held, during which you can cook a dinner, including a wine tasting, under the supervision of a head chef for example.

Come to the unique Nutrend World hotel complex in Olomouc, where you will experience an unforgettable holiday full of experiences. During your stay, you will relax in luxury private wellness rooms, receive a massage by masseuses from the Philippines and sports enthusiasts can enjoy the biggest hotel fitness centre in the Czech Republic. Your experience will be enhanced by a restaurant serving excellent cuisine and a coffee shop with home-made desserts.



all year



Olomouc – Chválkovice 604



depending on requirements



conference rooms for 150 people, 24 rooms, fitness max. 150 people, wellness smaller groups by arrangement



Czech, English



[www.nutrendworld.cz](http://www.nutrendworld.cz)

More info: [Central Moravia & Jeseníky Convention Bureau](#)



# Kolštejn Relax Centre

The Kolštejn Relax Centre in Branná is the perfect place for laid-back moments of rest and relaxation, sports activities and entertainment, all under one roof! Enjoy one of the most impressive wellness facilities in the Czech Republic! The hotel is perfectly adapted for holding seminars and destination conferences, thanks to its offer of complex services. Conferences, team-building or training during the day, relaxation in the wellness facility and entertainment while bowling in the evening.

Those of you who prefer “dry” relaxation treatments for health or other reasons, fans of the proven saunas, and everyone who enjoys new relaxation methods that are not yet well-known in the Czech Republic, which will get you back on your feet again, will all find something to try. The perfect experience in the wellness centre, traditional and unusual massages in family surroundings, expansion of the programme in the hotel salt-water swimming pool - this is what you can expect at the Kolštejn Relax Centre.

The hotel building has 24 comfortable twin rooms and a stylish restaurant serving excellent cuisine. There are two conference rooms with the option of a coffee-break during meetings. The complex also has leisure facilities, such as a wellness complex, private wellness, massages, two bowling alleys, two snooker tables, electric bikes and more.

The capacity of the wellness facility is adapted to groups of up to 30 people, during which time guests are expected to evenly utilise the wide range of relaxation treatments, which includes the complete range of wellness treatments.



all year



Branná



depending on requirements



conference room for 50 people, 24 rooms, capacity of the wellness facility 30 people



Czech, English, Polish, German



[www.kolstejn.cz](http://www.kolstejn.cz)

More info: [Central Moravia & Jeseniky Convention Bureau](#)



# Sport & Relax complex Božeňov

Unlimited relaxation in the middle of the forest. Are you looking for the perfect place to rest, and enjoy wellness treatments and active entertainment in the heart of nature? That is an exact description of the Sport & Relax Complex Božeňov. Come and rest, try some excellent food, enjoy some adrenalin activities outdoors and then treat yourself in the wellness centre.

Božeňov, in a beautiful valley not far from Zábřeh, in the foothills of the Jeseník Mountains, just under 30 minutes from Šumperk, is where you will find the perfect accommodation at the wellness hotel\*\*\* or in the camp, activities for young and old, sports opportunities and places for swimming. A place perfect for corporate events, because the hotel's total capacity is 80 beds. The willing and helpful staff, the stylish restaurant serving excellent cuisine and the outdoor terrace are the finishing touch to the comfort provided by the hotel.

You can choose from two-bed, three-bed and family rooms, including a suite with a hearth. There is no mobile signal at the complex, so you can forget about all your stress and cares and enjoy a digital detox in the middle of the beautiful landscape near the Jeseník Mountains. But you won't be completely cut off from civilization, there is free wi-fi in the hotel complex and the hotel rooms have their own land lines. There is an adrenalin park, scooter hire, clay courts, mini-golf, beach volley-ball and multi-purpose sports grounds available for outdoor sports fans.

Are you looking for some pleasant relaxation after a busy day? The hotel also includes a cosy and beautifully aromatic wellness area with Finnish sauna, steam baths with aromatherapy, heated water beds and outdoor whirlpool. You can also choose from several wellness treatments in the form of massages and body packs. Get rid of your everyday cares and enjoy being pampered.



all year



Dolní Bušínov, Zábřeh



depending on requirements



conference room for 80 people, capacity of the wellness facility 30 people



Czech, English



[www.bozenov.cz](http://www.bozenov.cz), Facebook: [Areál Božeňov](#), Instagram: [Božeňov](#)

More info: [Central Moravia & Jeseníky Convention Bureau](#)



# Sobotín Resort

The Sobotín Resort covers an area of 15.5 hectares and can boast several unique structures, most of which are connected by underground tunnels. These are the Sidonie Wellness & Spa Hotel with unique wellness and spa facilities, the Josef Family & Sport Hotel with a large covered multi-purpose hall, the stylish Albert Brewery and, last but not least, the adjoining Permoník roadside café, stylised in reference to mining traditions. The cherry on the cake is the fairy-tale Klein Château Hotel, where the spacious areas of the Klein family's renovated château will transport you to the middle of the 19th century and amaze you not only with their predominant historical style, but also the elaborate combination of period elements with modern technologies.

Are you frequent visitors to castles and châteaux? Then you may have wished to try waking up in a king's bed and being pampered like a member of the royal family for a whole day. You don't have to be a king or queen, a prince or princess for your wish to come true. You can experience a romantic fairy-tale holiday at the Klein Château Hotel.

Make your holiday even more enjoyable with a relaxing massage or sauna ritual and experience an unforgettable wellness stay full of unique treatments. Would you like to relax in the sauna or whirlpool with a magical view of the surrounding nature, without any interruptions? You can expect this and much more at the Sidonie wellness & spa. Simply choose from the wide range of services.

Do you enjoy swimming and love nature? Then you will certainly enjoy swimming in the big pool. The room housing the pool is glazed all the way round, so it offers an exceptional view of the neighbouring château, the pond and the hills of the Jeseník Mountains.

The Fit Bar and the beer baths, which use their own beer from the château's Albert Brewery, are there for your complete relaxation.



all year



Sobotín



depending on requirements



conference room for 200 people, accommodation for more than 100 guests



Czech



[www.resortsobotin.cz](http://www.resortsobotin.cz)

More info: [Central Moravia & Jeseníky Convention Bureau](#)



# Hodolany Resort

The Hodolany Theatre, the former centre of the Olomouc operetta, was given another breath of life and was transformed into the multi-purpose Hodolany Resort complex. In its purified, elementary form, it offers above-standard experiences to the metropolis of Olomouc. It will assure a revival of cultural life and a supply of modern trends in the fields of design, gastronomy and leisure activities. The building is situated in a modern, functional and visually unusual complex, which is prepared to pamper its visitors in both body and mind.

Visitors will find a Zen-like peace at the Hodolany Resort from the therapeutic wellness treatments and massages, and a good dose of adrenaline from the gambling games at the Go4games Casino. All uniquely interlinked under the protective shadow of the four-star Theatre Hotel, which satisfies even the most discerning clientèle, and the Entrée Restaurant, which offers modern gastronomy with the stamp of head chef Přemek Forejt.

The complex includes a Wellness Scene, which covers an area of 400 m<sup>2</sup> and is one of the most modern wellness centres in the Czech Republic. You will find everything you need for your perfect relaxation and regeneration here. A Finnish sauna, a herbal and steam bath, special showers, a whirlpool and bar, all furnished in an original style.



all year



Olomouc



depending on requirements



29 rooms, conference room for 80 people, wellness max. 18 people



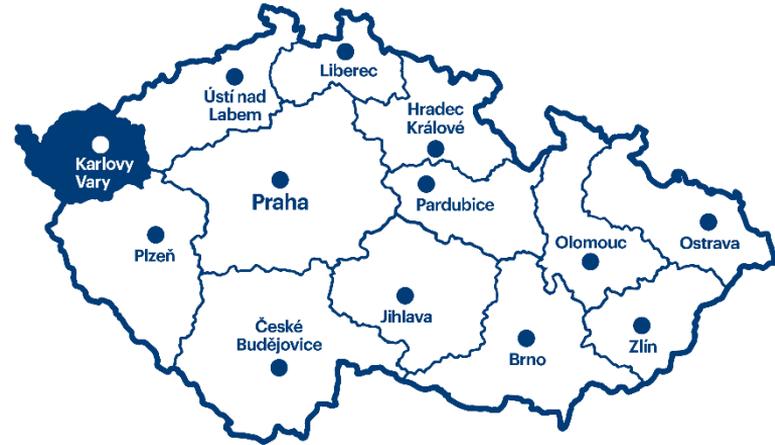
Czech, English



[www.resort-hodolany.cz](http://www.resort-hodolany.cz)

More info: [Central Moravia & Jeseníky Convention Bureau](#)





Incentive wellness and relaxation activities

# Karlovy Vary Region

# Thermal swimming pool & Saunia resort

Guests can enjoy visiting Saunia sauna world, the outdoor pool or both, on any day of the year. You can immerse yourself in the thermal baths and enjoy a unique view of the spa centre from the water.

The newly renovated swimming pool section of the Thermal Hotel offers something extra. During its complete modernisation, the original pool was divided into two separate pools. An outdoor pool with swimming lanes and a relaxation section at a temperature of 30-32 °C and a smaller pool filled with unique 100% thermal spring water from Karlovy Vary, at a temperature of approx. 38 °C. The Saunia sauna and wellness centre was established on the second and third floor of the Thermal Hotel and has a capacity for approximately 140 people. It offers 8 saunas, 4 ways to cool down and sauna ceremonies. There is also a Finnish sauna, a herbal sauna, steam bath, sauna with steam shock, salt sauna and tropical sauna. The cooling pool, ice well, cooling bucket and water mist showers provide an opportunity to cool down.

Sauna ceremonies offer a unique experience. They liven up and enhance the intensity of the sauna experience for both beginners and experienced sauna goers. They amaze guests with their choreography, please the senses with fragrant essences or soothe the body with a salt peel. They are held every day.



all year



Karlovy Vary



depending on requirements



140 people or more



Czech, English, German, Russian



[www.saunia.cz](http://www.saunia.cz)

More info: [Carlsbad Convention Bureau](#)



# Ensana Mariánské Lázně – rest for your health

Ensana hotels Mariánské Lázně - an absolutely unique place for wellness in the Czech Republic, provides unforgettable moments. The unique historical buildings are located in or near the centre of the town and offer therapeutic and wellness treatments using their own mineral springs or unique conference and social areas, as well as luxurious accommodation.

Mariánské Lázně is set within a landscape full of natural springs containing various minerals, peat bogs and a rare source of natural gas, and offers a whole range of therapeutic treatments, which allow visitors to feel better and more satisfied.

The spa is supplied with mineral water from 40 springs, Maria's spring, which is a source of carbon dioxide, and peat from the ancient forests, which makes this the ideal place for treating a wide range of medical disorders, wellness and cosmetic treatments, which contribute to relaxation and overall regeneration of the body.



all year



Mariánské Lázně:



depending on the chosen treatment



100 or more persons, in smaller groups



Czech, English, German, Russian



[www.ensanahotels.com](http://www.ensanahotels.com)

More info: [Carlsbad Convention Bureau](#)

# Spa Hotel Imperial – specialising in medical wellness

Medical wellness is most frequently described as the next phase in development of wellness services and essentially emphasises the involvement of spa physicians, nutritional therapists and incorporation of therapeutic treatments. Medical wellness is especially popular with people who love their body, do not underestimate the power of prevention and wish to improve their quality of life and their feeling of well-being in the long-term.

Karlovy Vary has unique natural conditions for spa and wellness in the form of many therapeutic springs rising at the site of a geological rift from a depth of 2,500 m. The hot springs in Karlovy Vary have a temperature of between 30 and 72°C and 12 of these springs have been used for treatment for several centuries.

The Imperial Hotel offers all its clients a unique ambiance, combined with excellent services and spa services with a tradition dating back to 1912. The services of the professional medical staff and the wellness programmes tailored to individual requirements will be appreciated by every visitor.

The hotel also includes the evening Club Imperial, as well as conference areas for organising training courses, meetings, weddings, conferences, seminars, birthday celebrations and various social events.

Staying in the most imposing and most luxurious hotel in Karlovy Vary will ensure effective relaxation for the body and mind.



all year



Karlovy Vary



depending on the chosen treatment



60 people, visitors will be divided into smaller groups depending on the chosen treatments



Czech, English, German, Russian



[www.spa-hotel-imperial.cz](http://www.spa-hotel-imperial.cz)

More info: [Carlsbad Convention Bureau](#)

# Františkovy Lázně – spa-style pampering

Františkovy Lázně is the ideal place for regenerating, resting and recharging. Thanks to wellness stays in Františkovy Lázně, everyone can enjoy some rest and relaxation under the supervision of specialised experts, using natural therapeutic resources, springs, mud and minerals.

The hotels offer a complex programme of physiotherapy and therapeutic treatments. The wide range of treatments includes massages, packs, oxygen therapy, carbon dioxide therapy and bio-lamp treatment. Swimming pools and saunas are a matter of course.

For instance, the pleasant four-star Pyramid Hotel is located at the edge of the municipal park in a peaceful, natural location, not far from the centre of Františkovy Lázně. The popular Aquaforum is also located near the hotel. The hotel has a modern restaurant with a view of the hotel game park and a unique roof-top panoramic coffee shop in the glazed top of the hotel.



all year



Slatina - Františkovy Lázně



depending on the chosen treatment



individually, smaller groups



Czech, English, German, Russian



[www.hotel-pyramida.cz](http://www.hotel-pyramida.cz)

More info: [Carlsbad Convention Bureau](#)



# Jáchymov - unique wellness in the Krušné Mountains

The unique Jáchymov spa is famous for its treatments using radon water, which cannot be found anywhere else. It is the first radon spa in the world. One of the most unique spas in our country is located in a deep valley in the Krušné Mountains, in a place with a very varied and moving history. Unlike other therapeutic sources, the local therapeutic springs (or health givers), which contain a high percentage of radon gas, do not have a chemical effect but an energetic effect.

Jáchymov spa also recommends radon therapy during overall exhaustion as the result of a demanding profession or for regeneration of the body for top athletes. All care given here is first-class. Whether clients come to Jáchymov for therapy or utilise the wide range of relaxation and wellness stays, they will always appreciate the professional approach, varied accommodation options and also the extensive programme for all spa guests.

The radon spas in Jáchymov include the modern Agricola spa centre. Guests will find a swimming pool with two swimming lanes (25 m and 28°C) and a salt cave here. You will find a dry sauna, infra-sauna, steam bath, cooling areas with showers and a cooling bucket, and a relaxation zone with loungers in the sauna centre, which is part of the aquacentre. There is also an outdoor terrace and sun meadow available in summer.



all year



Jáchymov



depending on the chosen treatment



50 people

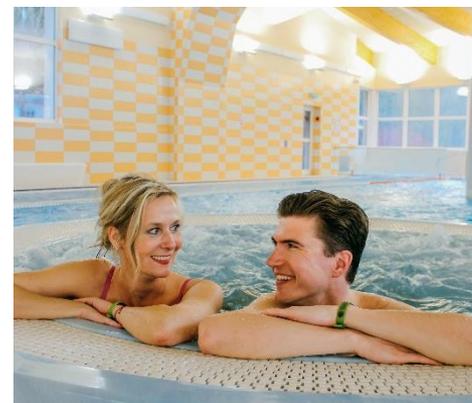


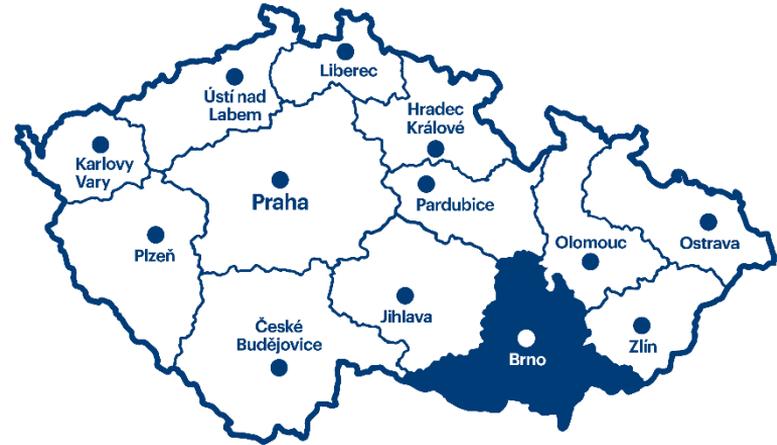
Czech, English, German, Russian



[www.laznejachymov.cz](http://www.laznejachymov.cz)

More info: [Carlsbad Convention Bureau](#)





Incentive wellness and relaxation activities

# South Moravia

# Alpine hotel Moravian style

Orea Resort Panorama is located at the edge of Blansko, not far from the heart of the Moravian Karst. Thanks to its surroundings, facilities and a wide range of services, it is a suitable place for holding a team-building or other corporate event. You can choose from several conference halls and smaller salons and there are several team-building activities available at the hotel itself.

Have you ever tried pit pat? This is a combination of mini-golf and snooker and there is a fully-equipped course waiting for you within the hotel complex. You can also use the volleyball court, large grassy areas suitable for various sports, and the indoor and outdoor salt-water swimming pools! The hotel staff can prepare entertaining company quizzes or a wine or rum tasting for you. They can also organise an adrenalin-fuelled journey into the Moravian Karst underground for adventure-lovers.

Did we mention wellness? At the end of the day, you can restore your tired bodies in the sauna world or during one of the massages or beauty treatments.

Orea Resort Panorama has everything it needs for an imaginative corporate event, all in a family environment.



all year



Blansko



depending on requirements



large hall up to 140 people, wellness capacity 40 guests, outdoor swimming pool up to 60 guests



Czech, English, German



[www.orea.cz](http://www.orea.cz)

More info: [Brno Convention Bureau](#)



# A lost paradise above the Brno reservoir

The Atlantis Hotel is only 15 minutes from the centre of Brno, in a lovely location above the Brno reservoir. The new congress centre offers a range of venues, from the large hall with plenty of daylight, which can seat up to two hundred people, to the covered outdoor Grill Park.

Imagine an informal meeting in the fresh air with all possible services, and delicacies served from an open fire. The hotel complex also offers an outdoor pool, tennis courts and a basketball court - the ideal conditions for active team-building!

The new wellness centre with a range of saunas, swimming pools and whirlpool and a picturesque outdoor pond with fireplace in the middle, invites guests to rest and relax at the end of the day. And best of all.... .....the entire wellness facility, which has a capacity of up to 150 guests, can be hired for corporate events!



all year



Brno



depending on requirements



large hall up to 200 people, wellness 150 guests



Czech, English, German



[www.hotel-atlantis.cz](http://www.hotel-atlantis.cz)

More info: [Brno Convention Bureau](#)



# Relax in the shade of the almond trees

The Hotel Amande in Hustopeče has 5 conference halls and salons, which are dominated by the invigorating Wine Club with a green wall and a capacity of up to 200 guests.

The facilities are naturally equipped with modern presentation technology and can easily manage a hybrid or on-line conference. The staff can prepare coffee breaks as requested during the event and the hotel restaurant and Panský dvůr pub will also be available. The chefs don't travel far for inspiration, they cook modern Czech cuisine using fresh local ingredients.

The wellness zone is also inspired by local resources and guests can let off some steam there after a busy day.

Enhance your programme by adding one of the following activities: a classic wine tasting or a combination of wine and almonds. Or a walk through the almond orchard with a picnic.

Discover the region where almonds grow, the staff at Hotel Amande have it all covered!



all year



Hustopeče



depending on requirements



large hall max. 180 people, wellness 50 guests



Czech, English, German



[www.amandehotel.cz](http://www.amandehotel.cz)

More info: [Brno Convention Bureau](#)



# A luxurious experience for all the senses

This complex surrounding a classicist château, which looks down on the Hlohovec pond, expands every year. Guests can expect a comfortable four-star hotel with an outdoor pool, bowling, and wellness centre with saunas and the option of a massage. There is a well-lit conference room for up to sixty people on the floor above the restaurant.

Visitors flock to the frontier château for the cuisine in particular.

The Essens speciality restaurant attracts guests with its tasting menu, excellent services and unusual flavour combinations. The Chateau Petit and Bistro Les Vélos restaurants, which are open in summer, complete the range of gastronomic experiences.

Invite your business partners to enjoy a tasting menu paired with wines and success will be certain.



The hotel is closed from the middle of December to the middle of February.



Hlohovec



depending on requirements



hall for up to 60 people, wellness 50 guests



Czech, English, German



[www.hranicizamecek.cz](http://www.hranicizamecek.cz)

More info: [Brno Convention Bureau](#)



# Maximus Wellness

Are you planning a team-building event or conference and want to give the participants an unforgettable experience? Then you can rely on the Maximus Resort. Choose from variable congress areas for up to 340 people. You can have a single large hall or use just a part of it for a more intimate meeting.

The garden restaurant is the biggest attraction in summer. The perfect place for an outdoor barbecue or barman show under the open sky.

Guests will enjoy team-building here to the max. The nearby reservoir invites guests to try plenty of sports and you can try bowling at the hotel itself for example.

And three words in conclusion: Maximus Infinite Wellness. A term that every sauna fan far and wide is familiar with. Twelve saunas, an unbelievable environment. Minimum stress, maximus motivation.

You will find everything a successful event needs above the Brno reservoir. Because if you want an event, then go Maximus.



all year



Brno



depending on requirements



congress hall max. 340 people, wellness 250 guests



Czech, English, German



[www.maximus-resort.cz](http://www.maximus-resort.cz)

More info: [Brno Convention Bureau](#)





Incentive wellness and relaxation activities

# Ústí nad Labem Region

# The beneficial effects of the Pravřídlo spring at the Thermalium in Teplice

The Teplice Thermalium is a complex of the biggest and warmest pools holding purely thermal spring water in Bohemia. The water contained in the pools is not diluted in any way and the pools are filled from water from the thermal Pravřídlo (Ancient Spring). Immerse yourselves in the therapeutic Teplice springs.

Not only can you rest and relax here, but you will also improve your physical fitness. The composition of the spring water prevents osteoporosis and helps prevent joint disorders. The composition of water from Pravřídlo provides the body with the substances it is lacking, helps prevent joint disorders and alleviate chronic difficulties and pain without pills.

The main therapeutic bath has a temperature of 35° and the thermal swimming pool is at 29°C. The complex includes a Kneipp footbath, Finnish sauna, tropical sauna, bio-sauna and steam sauna.

As well as spa treatments, you can also relax in Teplice in the beautiful botanical gardens, in the château park, with some good coffee or during a walk to the Doubravka observation point.



all year



Teplice



90 minutes actual visit to the Thermalium, spa stay min. 3 - 5 days



90 people



Czech, English, German



[www.lazneteplice.cz](http://www.lazneteplice.cz)

More info: [Ústí Region Convention Bureau](#)



# Switch off! No one can disturb you if you stay in a hotel with no signal

You will find the Ostrov Hotel hidden among the sandstone cliffs of the village of Ostrov near Tisé, on the route between Ústí nad Labem and Děčín. You can rest here in luxurious rooms, surrounded by forests and ponds, enjoy some excellent Czech cuisine or relax in the wellness facility with a view of the cliffs.

As well as a covered heated pool with bubble massage, the wellness centre also has a whirlpool, steam sauna and Finnish sauna.

The unusual shape of the sauna assures the best possible distribution of heat and the Finnish thermo-pine wood assures the classic fragrance. You will be able to relax completely, free of any cares.

The local cuisine from the award-winning kitchen under the management of head chef René Tichý will awaken your taste-buds.

Guests will find a number of hiking trails, observation points and the entire Tisá cliff town, which is located in the Bohemian Switzerland region, in the nearby area.



all year



Ostrov u Tisé



depending on requirements



accommodation for up to 99 people, wellness 20-30 guests



Czech, English, German



[www.hotelostrov.com](http://www.hotelostrov.com)

More info: [Ústí Region Convention Bureau](#)



# An escape from the busy city to the volcanic peak of Oblík

You will find a unique place to relax in the heart of the Central Bohemian Highlands at the newly renovated farm named after the mountain rising above it - Oblík. You can expect imposing spa and wellness facilities and a gourmet experience in the first-class restaurant.

Oblík Farm is an oasis of peace and relaxation. It is located in the middle of the picturesque landscape of the Central Bohemian Highlands, in the heart of a national nature reservation. It is not far away, but far enough from the hustle and bustle of the surrounding towns. There are several saunas in the luxurious spa, a Kneipp footbath, a cooling pool and spacious yoga hall.

The genius loci here is underscored by the major energy point on the peak of the mountain, from which the foundation stone of the National Theatre was taken.

You can borrow a bike for a ride in the countryside, visit the weight-training room or rest by the pool in the summer. You can also enjoy feeding the animals, making cheese or Nordic walking.



all year



Raná u Loun



depending on requirements



wellness zone capacity 18-25 people, accommodation in rooms for 60 people, in glamping tents for 40 people



Czech, English, German



[www.statek-oblik.cz](http://www.statek-oblik.cz)

More info: [Ústí Region Convention Bureau](#)



# Lord and lady of the château in the middle of the forests in the Krušné Mountains

The Červený Hrádek Château has its place in the middle of an extensive English park in the foothills of the Krušné Mountains not far from Jirkov. Stylish château rooms, excellent food and comfortable wellness facilities are the ideal combination for your relaxation.

The château hotel can accommodate up to 55 guests in stylishly furnished rooms and luxury suites. The château restaurant will take care of your gastronomic experience and the wellness facility, which offers a whirlpool, sauna and a range of massages, will assure your relaxation in the evening.

You can also rest here during the day. The surrounding English park and game park are suitable for hiking. The Krušné Hory Highway passes nearby and provides excellent conditions for cycling and cross-country skiing. Guests can also borrow a bike at the château. There is a recreational complex with a swimming pool and volleyball and tennis courts in the village of Červený Hrádek.



all year



Červený Hrádek u Jirkova



depending on requirements



the wellness facility has a capacity of up to 10 people, massages for 2 people at once, accommodation for 55 guests



Czech, English, German



[www.zamek-cerveny-hradek.cz](http://www.zamek-cerveny-hradek.cz)

More info: [Ústí Region Convention Bureau](#)



# A wellness stay with all your wishes granted at Mšené Lázně

The facility at Mšené Lázně has focused on treating the musculoskeletal system, relaxation and wellness for many decades now. As well as therapeutic stays, there are also many packages for women, managers or couples available.

Staying at Mšené Lázně will recharge your energy for many months to come. Your body will reward you with the energy it has regained, and your inner comfort will also be reflected externally. Try it yourself and discover the beautiful spa complex not far from Roudnice nad Labem and Libochovice.

You can choose a package of treatments according to your wishes and with a fragrance such as chocolate, hemp, lavender, hops, the sea or herbs.

Meals are assured as half-board in the large spa restaurant. There are many tourist destinations nearby such as the water castle in Budyně nad Ohří, the Baroque chateau in Libochovice or the ruins of Házmburk Castle.



all year



Mšené – Lázně



depending on requirements



230 beds in six spa buildings, wellness 20 - 25 guests



Czech



[www.msene.cz](http://www.msene.cz)

More info: [Ústí Region Convention Bureau](#)



# This is the place to relax

Pytloun Wellness Hotel Hasištejn can be found in the village of Místo in the foothills of the Krušné Mountains not far from the picturesque ruins of Hasištejn Castle, at the very end of the world.

The location in the middle of the forests is ideal for both clients who are seeking peace and quiet for relaxing, and for active sports enthusiasts. The surrounding area offers a large number of cycling, hiking and cross-country skiing trails.

The hotel wellness centre is situated on the ground floor and offers a view of the surrounding landscape, with a direct entrance onto the summer terrace in the summer. You can relax here in the swimming pool, in the Finnish sauna, infra-sauna or whirlpool. Massages are a matter of course and are provided by professional and certified Thai masseuses from Siam Thai Massage at the hotel.

The traditional Thai massage, which relies on strength and is given while you are clothed, is the most popular.



all year



Místo



depending on requirements



capacity of the hotel 80 people, wellness 25 guests



Czech, English, German



[www.pytlounwellnesshotelhasistejn.cz](http://www.pytlounwellnesshotelhasistejn.cz)

More info: [Ústí Region Convention Bureau](#)



# Beer spa and sauna world in the style of the First Republic

Wellness Hotel Pivovar Monopol is a four-star hotel with its own brewery and luxury wellness facilities, beer spa, restaurants and coffee shop in the historic centre of Teplice.

The building looks inconspicuous from the street but hides an unbelievable space in its interior. The beer spa is the dominant feature and main attraction of the wellness zone. Relaxing in a bath with hops, brewer's yeast containing high levels of vitamin B and malt is a salve for renewing the skin and flushing toxins from the body. You can also replace the hops with aromatic herbs.

Your perfect relaxation can culminate in the sauna world. And there is much to choose from! Your body will truly relax in the Finnish, bio, herbal or steam sauna or salt rest area.

And you can treat yourself to a massage as the cherry on top of the cake. You can choose from an oil, aroma or lava stone massage.



all year



Teplice



2 to 8 hours



hotel capacity is 80 people, wellness capacity 25 guests, beer baths for 2 - 6 people.



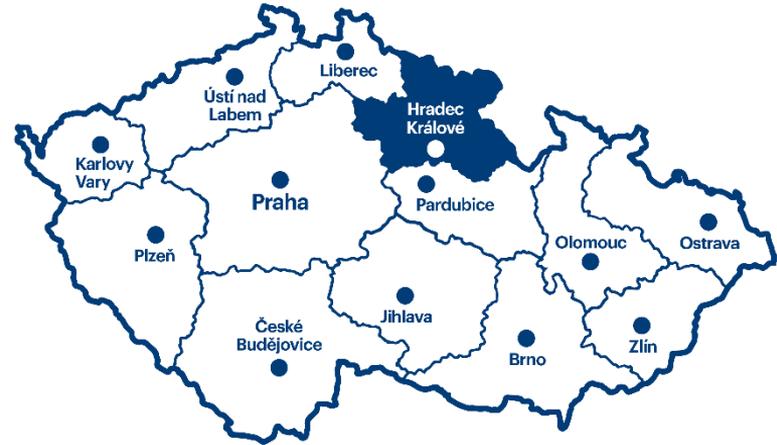
Czech, English, German



[www.pivovarmonopol.cz](http://www.pivovarmonopol.cz)

More info: [Ústí Region Convention Bureau](#)





Incentive wellness and relaxation activities

# Hradec Králové Region

# Pampering and soothing is what the wellness at Velichovsky Spa is about

Let your body and mind be pampered by professionals in the relaxation zone at the Winter Spa at Velichovsky Spa not far from Jaroměř. The local spa tradition dates back to 1897.

Your treatment will be truly delicious, because their wellness facility offers beer pampering, wine pampering and chocolate soothing treatments. During your treatment you will have a bath with a pack, a massage and a glass of wine or beer. During the chocolate treatment, you can expect a massage with an intensive chocolate aroma, at the end of which you will be rewarded with relaxed muscles and a small chocolate gift.



all year



Velichovsky Spa



30 to 45 minutes



max. 5 people at once



Czech



[www.velichovsky.cz](http://www.velichovsky.cz)

More info: [Hradec Králové Region Convention Bureau](#)

# The tree of life

The history of therapeutic mud and spa treatments at Lázně Bělohrad dates back to 1872. The history of the Spa Resort Tree of Life, which is native to Lázně Bělohrad, is much younger.

This resort originated as a place with natural warmth, a calming environment and excellent care in the field of medical tourism. Hotel guests and day visitors are offered a wellness facility with a cosy Nordic sauna, a sanarium, steam bath and cabin for quiet relaxation. All this with the fragrance of wood and enhanced by a pleasant view into the closed-off world of the Garden Spa.

After a medical examination, you can also undergo spa treatments such as packs, baths, physiotherapy or remedial exercises.



all year



Lázně Bělohrad:



Min. 30 min.



wellness ideally for up to 20 people, treatments on the basis of prior individual inquiries (medical examination)



Czech, English



[www.treeoflife.cz](http://www.treeoflife.cz)

More info: [Hradec Králové Region Convention Bureau](#)



# A healthy body and mind

Janské Lázně is not just a place to rest your body, but also your mind and soul. This is because of its location in the highest mountains of the Czech Republic and their climate.

Visitors have access to the complete wellness facility with an aquacentre, which is filled with water from the mineral springs at a temperature of 27°C, various types of massage and a fitness centre, where an experienced trainer will advise you.

The long walks you can take in Janské Lázně will also be beneficial to a tired mind. You can walk all the way to Pec pod Sněžkou for example.



all year



Janské Lázně



min. 30 min.



wellness ideally for up to 40 people, treatments on the basis of prior individual inquiries (medical examination)



Czech, English



[www.janskelazne.com](http://www.janskelazne.com)

More info: [Hradec Králové Region Convention Bureau](#)



# Beer not only in the tank, but also in the bath

The therapeutic effect yeast has on the skin became known centuries ago. In the unique beer spa you can immerse yourself in a hot bath with aromatic hops and yeast extracts and relax your body in a stylish wooden tub.

There is also a unique wooden shower and naturally a relaxation lounge for two available. All complemented by the intimate ambiance and the light aroma of beer. The experience includes drinking the local beer, which you can draw from your bath. We recommend you leave a layer of yeast on your skin after your treatment in the whirlpool and rest on the heated lounge.



all year



Pec pod Sněžkou



90 min.



2 people at once



Czech



[www.boudamama.cz](http://www.boudamama.cz)

More info: [Hradec Králové Region Convention Bureau](#)



# Panoramic wellness on the ridges of the Krkonoše Mountains

A high-quality wellness facility can be found on the ridges of the Krkonoše Mountains, just a few metres from the state border with Poland. At an altitude of 1,150 MASL, you can enjoy a refreshing swim in the pool, the sauna world, whirlpools or massages.

Relax in any weather in the panoramic wellness facility with wonderful views into the surrounding landscape. You will find refreshment in the indoor pool with counter-current, you can choose from five types of warming pleasure in the sauna world and there are several types of massage available. And you can end your day in the whirlpool and rest in the glazed rest area.



all year



Špindlerův Mlýn



min. 30 min.



wellness ideally for up to 20 people, massages on the basis of prior individual inquiries



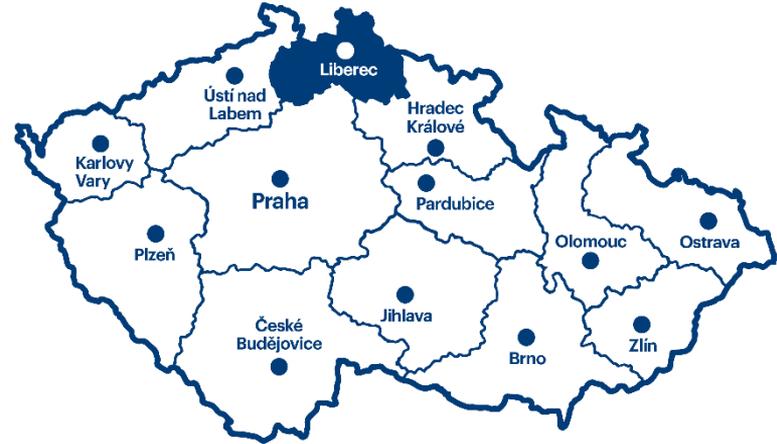
Czech



[www.erlebachovabouda.cz](http://www.erlebachovabouda.cz)

More info: [Hradec Králové Region Convention Bureau](#)





Incentive wellness and relaxation activities

# Liberec Region

# When history becomes luxury

Not far from the ruins of Frýdštejn Castle, in a place where the cart trail intersects the Saxony trail, there is a historic forge dating from the 19th century, which has been restored in a completely new light. In 2012 brothers Jan and Dalibor Cidlín decided to breathe new life into the decaying building and started extensive renovation work with the goal of combining the historic spirit of the building with the most luxurious furnishings of today. As a result, Resort Kovárna Frýdštejn boasts a speciality restaurant divided into the most modern and traditional spaces, luxury suites with a trace of old times and, most importantly, a first-class and unusual underground wellness facility, offering a range of relaxation treatment in world design surroundings.

This means that visitors can enjoy moments of peace and relaxation in a unique combination of sanarium with aromatherapy and Finnish sauna, in a royal bath in a hand-beaten copper tub hidden in the interior of the underground tunnel or in the local wellness bar with the most advanced drinking water system in the world. Guests can take their tea or filtered still water and relax on a relaxation lounge made from 200-year-old oak or in the harmonic rest zone with designer bio-fireplace. Guests can enjoy an experience that will soothe the body and mind using the magic of colour therapy in the adrenalin shower, where they will find out about the power of colours or in the Kneipp footbath, which promotes health and sleep.

The historic interior of the forge offers various types of space with a total capacity of 145 people. The interior of the modern restaurant has its own catering facilities, which means that potential clients have the opportunity to organise a party or banquet and can enjoy business matters without any trouble in a pleasant environment surrounded by nature in the heart of the Bohemian Paradise.



all year, day and night wellness



Frýdštejn, Hodkovice nad Mohelkou



min. 2 hours



conference space for 145 people, capacity of the wellness facility max. 4 people



Czech, English



[www.resortkovarna.cz](http://www.resortkovarna.cz)

More info: [Liberec Region](#)



# Like a king in a spa full of gold

Svijany hotel and château A place of many gems, which is surrounded by the unique natural wealth of the Bohemian Paradise. However, this magnificent seat, wreathed in traditions, does not just hide gold jewels and precious stones - this is where the wealth and secret of a liquid gold that has been created here for over four centuries, is hidden.

The château and the brewing of beer in Svijany were first mentioned in 1567, which makes this place one of the oldest breweries in Bohemia. The beer brewing tradition, which has been preserved to this day despite some stormy times, was recently elevated to an even higher level, when consumption of this refreshing beverage also focuses on its beneficial effects in the form of rest and relaxation.

This means that 2022 was in the spirit of the ceremonial launch of the beer spa and a range of unusual and pampering services, at the château. Fans of the golden brew can enjoy this relaxing experience as a beer bath in high-quality water from Svijany enriched with brewery yeast, malt and hops, complemented by consumption of the traditional pretzels and relaxation on a straw lounger. Due to the high temperature of the bath, during which you must consume sufficient fluids (beer), there is a beer tap dispensing Zámek ringed lager near the oak tub, which will transform an ordinary period of rest into an unforgettable experience. A hot bath in a whirlpool tub has beneficial effects, which makes it a beneficial treatment with a positive impact on the entire body. Clients can enhance their relaxing experience with a regenerating massage, which loosens the muscles and calms the mind, and purchase beer cosmetics to hydrate the skin and help soothe skin disorders.



all year



Svijany



min. 60 min.



10 people



Czech, English



[www.pivnilaznesvijany.cz](http://www.pivnilaznesvijany.cz)

More info: [Liberec Region](#)



# A magical island in the middle of the beech forests in the Jizera Mountains

Walks along a colonnade full of roses, tasting the therapeutic acidic mineral water and a legend about an exploring cockerel, who was a local celebrity. This combination describes only one place in the world - Lázně Libverda, a town that is not called the true pearl of the Jizera Mountains for nothing.

This spa gem is located just 25 km from Liberec and gained fame at the end of the 14th century, when it became renowned for its therapeutic mineral springs, peaceful surroundings and the nearness of nature, which is the most important element for rest and relaxation. The main recipe for health and peace of mind has not changed much in the last six centuries and present-day visitors to the resort can choose from a number of traditional and unusual relaxation treatments. As well as the therapeutic and rehabilitation centre, which uses natural therapeutic resources, there is also the Jizera Wellness Centre available to guests, which is the sweetest reward after a demanding conference or workshop. Whether clients choose a rejuvenating milk bath with rose petals and a glass of bubbly, a classic chocolate or honey massage, or a paraffin hand bath, they will discover the real magic that is only generated on this magical island in the middle of dense forest.

The completely new heated pool, intended for physiotherapy exercises, swimming or relaxing, the steam and Finnish saunas or the carbon dioxide therapy area, are new at the resort. Lázně Libverda is also the ideal starting point for a number of outings into the unique nature of the Jizera Mountains, which offer breath-taking views of the surrounding landscape and provide visitors with exceptionally valuable fresh air therapy.



all year



Lázně Libverda



min. 2 hours



conference space for up to 300 people, swimming pool, saunas and spa treatments ideally for groups of 20 people



Czech, English, German, Polish



[www.lazne-libverda.cz](http://www.lazne-libverda.cz)

More info: [Liberec Region](#)



# In seventh heaven

Let yourself be pampered while enjoying a high standard of services. This is the goal that the unique five-star V Nebi Wellness Hotel strives to achieve for its guests. This exceptional building, which was awarded Hotel of the Year in 2020, did not receive its name (which means “In Heaven” in English) by chance. Thanks to its location on the boundary between the Jizera and Krkonoše Mountains and the Bohemian Paradise, guests are afforded a view of the landscape of the Bohemian Paradise, the Černá studna ridge and the dominant Ještěd Mountain from its windows.

The hotel's main motto is “rest and relaxation”, the meaning of which is underscored by the location on the boundary with nature and the fact that these areas are only intended for adults. The Nebeská (Heavenly) spa allows guests to keep their head in the clouds with any interruption and gives them a taste of heaven with a range of unique activities and experiences. One of the main specialities is the local relaxation area under the open sky, with an outdoor Finnish sauna with a salt lake or outdoor heated pool, which affords irresistible panoramic views of the landscape. Regardless of the vagaries of the weather, guests have an indoor panoramic swimming pool available, which affords views into the landscape and the garden, a Finnish or herbal sauna and cooling and relaxation areas.

The hotel also offers a range of relaxation and spa treatments for relaxing the mind and body, which will provide corporate guests with a moment of relief from their business obligations. Clients can enjoy a range of body rituals, massages or cosmetic treatments, which will rejuvenate not just their skin.



all year



Příchovice



min. 2 hours



26 people



Czech, English



[www.vnebi.cz](http://www.vnebi.cz)

More info: [Liberec Region](#)



# Switch off and just be

An unusual, but peaceful and pleasant team-building option, during which colleagues learn to calm their minds, meditate, eliminate stress and improve interpersonal relations. This is the path along which Resort UKO, a family guest-house with its own wellness centre, which loves nature and the body, guides clients along.

Resort UKO is a unique place, which combines the breath-taking landscape of the Jizera Mountains and the love of being, where clients can learn the basics and secrets of yoga, which is the home for harmony between the body, mind and spirit. Experienced lecturers regularly prepare a range of yoga classes and long-term stays, which are intended for both beginners and advanced yoga practitioners, during which guests learn to create a strong bond with themselves or the entire team. The yoga studio offers clients a varied range of classes, from relaxing restorative yoga, through morning yoga, to dynamic power yoga, and is capable of creating a tailored programme with a wide range of relaxing and rest activities for companies and organisations.

For demanding and creative guests, the resort offers courses in cooking, during which guests will try working in a team, or calming wellness services, during which they will rest from the everyday stress of work.

The guest-house areas are laid out and furnished in such a way that they are suitable for holding corporate events, conferences and parties and provide a suitable area for various training courses and meetings. The operators assure coffee breaks along with catering throughout the event to keep the listeners' attention.



all year



Bedřichov u Jablonce nad Nisou



min. 2 hours



conference space for up to 200 people, swimming pool and saunas ideally for groups of 10 people



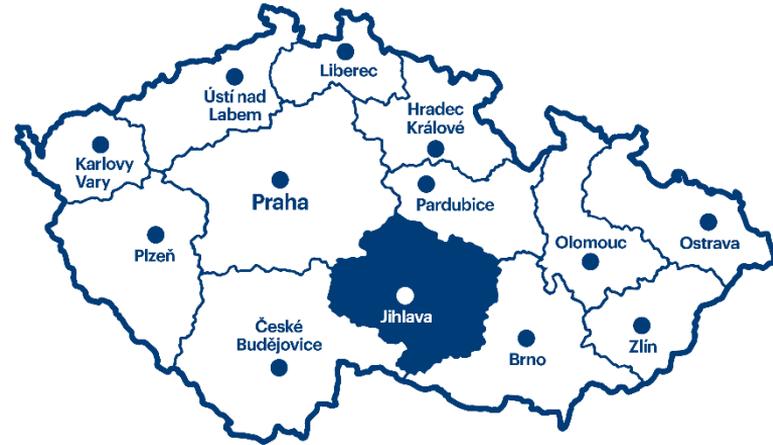
Czech, German



[www.uko.cz](http://www.uko.cz)

More info: [Liberec Region](#)





Incentive wellness and relaxation activities

# Vysočina Region

# Stop for a while and relax your body and mind at Château Třešť

The château provides an oasis of peace and rest, original, made-to-measure baths, a wide range of massages and skin care. All this and much more awaits you at “Kafka’s Château”. Set out in the footsteps of Franz Kafka, in a place where he spent several summer holidays.

You can choose from many regenerating treatments at the château’s wellness facility, which will awaken your body, alleviate fatigue and bring about positive thoughts. Forget the everyday rush and stress and let yourself be carried away on a pleasant wave of music therapy, massages, pleasant fragrances and light effects. You can look forward to the pleasant surroundings of the château and professional services. Special massages, rituals and baths are prepared in cooperation with the French Thalgo Spa Cosmetics range and selected luxury oils. Try bath rituals on site - a Forest bath, Aromatherapy bath or Rejuvenating bath with luxury oils. And there are also special honey massages or lava stone massages available.

If you wish to spend your stay at the château a little more actively, you can attend the regular yoga classes or walk along the Forest mind trail. The Forest mind trail will lead you to five stations, just like the five senses. Enjoy exercising, recharge your body with positive energy and simply rest below the 300-year-old oak tree!



all year



Třešť Château



depending on the chosen treatment (30 - 90 minutes as standard)



depending on the chosen treatment, conference areas for 110 people



Czech, English



[www.zamek-trest.cz](http://www.zamek-trest.cz)

More info: [Vysočina Convention Bureau](#)



# L'Occitane Spa at Château Herálec

Château Herálec is the first in the Czech Republic to boast a licence to operate a L'Occitane Spa. Enjoy the unusual ambiance of the château in combination with the magical Vysočina landscape. Let your body and mind be pampered in the luxurious surroundings of the château with natural L'Occitane cosmetics of the highest quality.

You can enjoy your wellness stay in the entire south wing of the château. There is a private swimming pool with intimate rest area under the original mediaeval vaulted ceilings. Benches with comfortable pillows in the window alcoves invite guests to rest. You can also find a spacious traditional Finnish sauna, a smaller herbal sauna, an infra-sauna or cleansing steam bath here.

You can enjoy some absolute relaxation in the silencarium - a long arcade below the château orangery, where the interior and the park are uniquely interconnected. The whirlpool in the privacy of the château tower will provide you with an opportunity for discreet relaxation. Those who would rather relax more actively can use the château fitness facility with the most modern equipment. The château Wellness & Spa is equipped with Biosynchron technology for even better regeneration of your body and mind. Château Herálec is the ideal destination for all types of luxury event, private and corporate events.



all year



Chateau Herálec



depending on the chosen treatment/activity



depending on the chosen treatment/activity, capacity of the conference areas 75 persons



Czech, English



[www.chateauheralec.cz](http://www.chateauheralec.cz)

More info: [Vysočina Convention Bureau](#)

# A well-deserved rest in the heart of Žďárské Vrchy

Actor Jan Werich fell in love with the Líšenský Dvůr Hotel. This picturesque resort offers its guests a comfortably furnished wellness centre for their relaxation and regeneration. What applies to the hotel and its restaurant can also be said of the wellness centre: refined architectural design, first-class furnishings and a connection to the surrounding nature and the landscape.

The Líšenský Dvůr Hotel is located in the central, highest area of the Žďárské Vrchy Protected Landscape Area, in a recreational area that has experienced minimal human intervention. The hotel is suitable for corporate events thanks to the enclosed congress barn with fireplace, with a capacity of up to 100 people, or one of the three smaller salons.

Guests have three saunas available - Finnish, infra and steam. The whirlpool, relaxation room with loungers and a water bed offers an excellent place to rest and relax. There are also outdoor wooden loungers available on the terrace in summer. The wellness facility also includes massage rooms with a hotel masseur. Whether you have enjoyed some adrenalin-fuelled cycling in the surrounding hills, a strenuous ascent by foot, a cross-country skiing trail or have simply arrived at the hotel tired after a heavy week at work - the sauna will flush everything negative out of your body.



all year



Líšenský Dvůr Hotel



depending on the chosen treatment



depending on the chosen treatment, conference areas for 100 people



Czech, English



[www.lisensky-dvur.cz](http://www.lisensky-dvur.cz)

More info: [Vysočina Convention Bureau](#)



# Treat your body, mind and senses to pleasure at the Svatá Kateřina Resort

Get rid of stress and restore your energy! Unique relaxation, comfortable wellness in Vysočina - essentially a synonym for the Svatá Kateřina Resort.

The Wellness & Spa offers a wide range of options for relaxing, from steam or salt baths, hydro-massage baths, saunas and aromatherapy therapies, to a wide range of massages and packs in one of the massage cabins. Entrust yourselves into the gentle hands of the masseuses. Relieve muscle tension and stress, enjoy relief from pain and gain a feeling of inner balance. You can choose from traditional massages or special Thai and Bali massages. The harmony of this location is enhanced by the cleanest air in the Czech Republic and the Katherine Spring with its beneficial effects on human health.

Bring your body, spirit and mind into balance and let yourself be carried away by the beauty and benefits of yoga asana movements with the help of Czech and Indian lecturers. At the Svatá Kateřina Resort, the staff will take care of your event with all that this entails - mindfulness stays, team-building, incentive or corporate wellness. The representative Pavilion hall and six salons and the Wellness & Spa in the Ayurveda pavilion are all available.



all year



Svatá Kateřina Resort



depending on the chosen treatment (60 - 90 minutes as standard)



depending on the chosen treatment, groups max. 60 people



Czech, English



[www.katerinaresort.cz](http://www.katerinaresort.cz)

More info: [Vysočina Convention Bureau](#)



# Wellness paradise at Valeč Château

At the Valeč Château Hotel you will experience a magical combination of the historic buildings of the château estate and a modern wellness centre, the quality of which equals that of renowned European resorts.

A quiet square, stars overhead and five wooden houses, which radiate a pleasant warmth. That is the sauna village! Choose which type of sauna you will begin cleansing your body and mind in. Or keep going until you reach the impressive Benátský dóm (Venetian dome), from which paths lead to other corners of the sauna world and the relaxation zones. That is the essence of the sauna world. The various types of sauna will ensure that everyone will enjoy a sauna.

Two year-round heated outdoor pools will ensure that you are comfortable whatever the season. If the standing pool water is not enough, you can get your blood flowing in the outdoor panorama whirlpool. It's great! The massage jets indulge your body and the view of the area surrounding the château soothes your mind. Your natural beauty will be enhanced by the skilled hands of the beauty magicians. They will pamper you during a manicure, pedicure or cosmetic treatment. All you need to do is make an appointment. You will also enjoy beautiful moments during various massages at the Beauty Centre.



all year (inc. outdoor swimming pools)



Valeč Château



depending on the chosen treatment



conference space for 200 people, the wellness centre is big enough for bigger groups (9 saunas, several relaxation rooms)



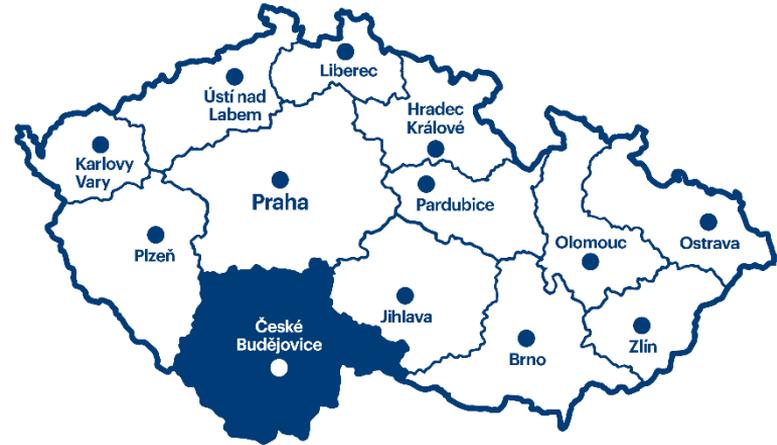
Czech, English



[www.hotel-valec.cz](http://www.hotel-valec.cz)

More info: [Vysočina Convention Bureau](#)





Incentive wellness and relaxation activities

# South Bohemia

# Relax in the biggest hemp spa in Central Europe with the picturesque landscape of šumava around you

The hemp spa is suitable for absolutely everyone. You don't know where your head's at and need to get rid of fatigue or stress? Do you do sports recreationally or professionally and want first-class physiotherapy? Or do you simply want to enjoy the feeling that someone is taking care of you, and you can rest and relax?

The Bobík town hotel in Volary is the best for corporate clientèle. The hotel has conference rooms, a unique hemp spa, which is the biggest of its type in Central Europe, its own micro-brewery and the food is also excellent. You can rest outside the hotel in the surrounding nature of Šumava, which is only a stone's throw away. Walk to the Jewish monuments, be amazed at the alpine architecture or visit the observation point. Longer outings are no problem - you can borrow an electric bike and set out to discover the beauties of parts of Šumava where you won't meet another soul.



all year



Volary



depending on the chosen treatment/activity



30 people



Czech, German



[www.hotelbobik.eu](http://www.hotelbobik.eu)

More info: [South Bohemia Convention Bureau](#)



# The biggest aquaworld by Lipno for your whole group

The luxurious accommodation on the banks of Lipno Lake in Frymburk is ideal for smaller and larger groups of guests. The spacious aquaworld, with plenty of attractions, an indoor and outdoor sauna world, an underwater world with abundant sea fish and, most importantly, high-quality sports equipment hire facilities in the area around Lipno, will ensure a programme full of entertainment lasting several days.

The Frymburk Wellness Hotel offers accommodation on the banks of the South Bohemian Sea. Thanks to its unique location, you can use all the services that the Lipno complex offers, which includes the wellness centre, aquaparks or hotel restaurants, to the fullest extent. Aquaworld, sauna world and underwater world are available to guests. The hotel is suitable for small groups or larger numbers of guests.



all year



Frymburk



by arrangement



300 people



Czech, English, German



[www.hotelfrymburk.cz](http://www.hotelfrymburk.cz)

More info: [South Bohemia Convention Bureau](#)



# Relax at the resort by Lipno

Experience the harmonic combination of Lipno Lake and real relaxation at Dolní Vltavice. The unique, peaceful location in the foothills of Šumava offers the facilities of the four-star Relax Hotel with a wide range of summer and winter activities.

The resort in Dolní Vltavice offers bicycle, electric bike, motor boat and paddleboard hire and a wellness & spa centre with indoor swimming pool, outdoor whirlpool and sauna world with cooling pool. Guests have the rare opportunity for team-building with the water rescue workers at Lipno, who are based in Dolní Vltavice. The local staff will take care of arranging a tailored team-building event for you.



all year



Dolní Vltavice, Černá v Pošumaví



by arrangement



150 people (apartments and the Maják auxiliary building can also be used)



Czech, English, German



[www.hotelresortrelax.cz](http://www.hotelresortrelax.cz)

More info: [South Bohemia Convention Bureau](#)



# Svachovka - a place that is good for the body and mind

Peace, comfort and privacy in one place. Svachův Dvůr offers a sauna world, Paleo Spa wellness, spa treatments in a private spa, an original beer spa and massages, as well as conference areas and plenty of accompanying activities in pleasant surroundings not far from Český Krumlov.

The peaceful environment of the hotel, which also has a hall and several attractive separate salons, is the right place for a corporate event. Svachovka offers activities such as wellness, a golf academy under the guidance of instructors, organisation of boating outings, sports fishing in its own pond or a tasting of high-quality Moravian wines or of its own pride and joy, Glok beer, as well as spirits or Svach whiskey. You can also tour the brewery with a professional commentary by the brewmaster, as well as the Svach distillery or the Duetino chocolate factory and taste deluxe fresh pralines and chocolate. And if this still not enough, a sight-seeing flight by helicopter can also be arranged.



all year



Svachova Lhotka



depending on the chosen programme



space for events for max. 200 people, wellness zone max. 45 people



Czech, English, German



[www.svachovka.cz](http://www.svachovka.cz)

More info: [South Bohemia Convention Bureau](#)



# Relax below the fairy-tale château of Hluboká nad Vltavou

Did you know that Hluboká nad Vltavou is not just a château? The town offers high-quality higher and lower class conference wellness hotel facilities, a château golf resort, a brewery and a sports-relaxation park bursting with activities on land and in the water along the Vltava River.

The town of Hluboká nad Vltavou, which is just 2 hours from Prague, is known for its magnificent Neo-Gothic château and offers a wide range of activities for corporate team-building or accompanying programmes to conferences. The newly renovated château golf resort holds golfing courses for beginners and golf tournaments for professionals. The sports-relaxation complex with modern Bedouin tent for outdoor conferences and a stylish Aloha bar, evokes the ambiance of a seaside holiday. You can try the cocktails and excellent beer here. Enjoy some real relaxation below the live scenery of Hluboká Château.



all year



Hluboká nad Vltavou



depending on the chosen programme



depending on the chosen activity, space for events for 5 to 200 people



Czech, English, German

More info: [South Bohemia Convention Bureau](#)



# Peat spa Třeboň - indulge yourself

Enjoy a relaxing and therapeutic stay with the beneficial peat from local sources not far from the historic centre of Třeboň. The Třeboň Spa has been a leader in treatment of the musculoskeletal system for 140 years now. But it offers much more. Let yourself be pampered, relax in the wellness centre and try the fish specialities.

The Třeboň peat spa with Aurora and Berta spa buildings is the ideal choice for corporate tourism. It offers conference spaces, above-standard accommodation with a restaurant, which also offers fish specialities, and an extensive wellness centre.

Visit the new sauna world to rest and relax, swim in the pool with mildly salty water and learn about the therapeutic power of the peat from Třeboň while taking warming baths or packs. Sports enthusiasts can discover the beauties of the Třeboň region by bike. Visit the historic centre of Třeboň to see the heritage sites and culture.



all year, ideally in the winter months



Třeboň



depending on the chosen programme



conference areas for 30 to 200 people, treatments depending on the schedule and current capacity



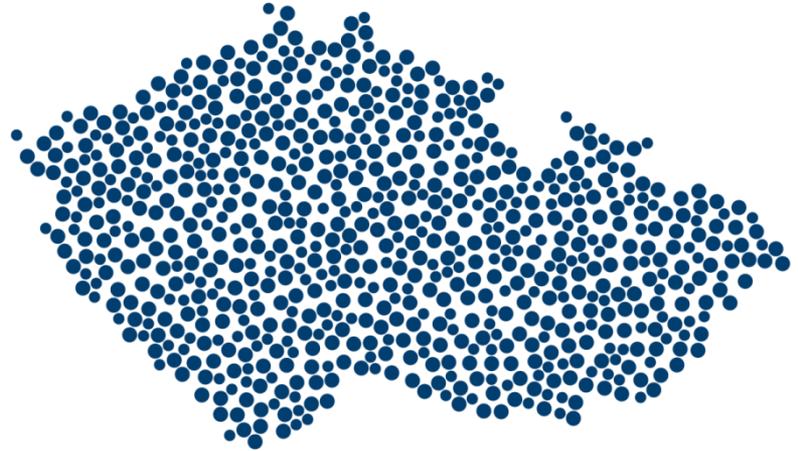
Czech, English, German



[www.laznetrebon.cz](http://www.laznetrebon.cz)

More info: [South Bohemia Convention Bureau](#)





**Next month you can look forward to historic venues suitable for MICE!**

**Czech Convention Bureau**

[www.czechconvention.com](http://www.czechconvention.com)

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**CzechTourism**