



BODY MASSAGES

Swedish

All-time favourite classic massage with light, medium or strong pressure with stretching techniques to relax your muscles, reduce stress and release tension.

60 min CZK 3300 | 90 min CZK 4100

Deep tissue

Therapeutic massage using firm, deep movements focusing on specific tension areas. Using elbows and forearms to achieve a truly effective result.

60 min CZK 3500 | 90 min CZK 4400

Lava stone

Detoxifying relaxing massage with hot lava stones. Helps to release muscle tension, improves blood circulation, reduces stress and promotes overall body relaxation.

60 min CZK 3300 | 90 min CZK 4100

Aroma herbs

Holistic treatment combining the power of unique aroma oils and the best of eastern and western techniques. Focuses on energy at the base of the spine to help balance the body and soul.

60 min CZK 3300 | 90 min CZK 4100

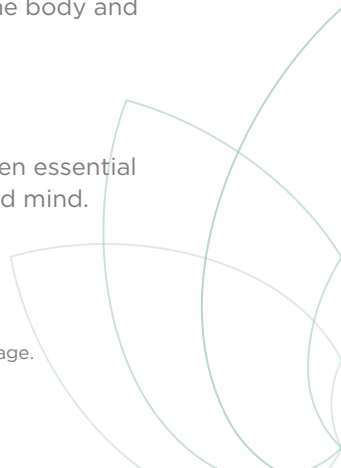
Czech aroma therapy

This gentle relaxing anti-stress massage uses linden essential oil for the feeling of perfect relaxation of body and mind.

60min CZK 3400 | 90 min CZK 4200

Visit our sauna before your massage.

The heat softens the muscle tissues allowing for a deeper massage.





BODY RITUALS

Body strategist

Slimming and body firming treatment with full body peeling and deep press bandages with a targeted circulating anti-cellulite massage.

90 min CZK 4 500

Tranquillity pro-sleep

This calming full body treatment uses the relaxation power of heated aromatic essential oils applied to the body by special massage brushes for complete restoration of serenity.

60 min CZK 3500 | 90 min CZK 4300

Himalayan salt ritual

Unique detoxification treatment with salt scrub and wrap stimulates metabolism, relieves muscular tension and improves blood circulation. Recommended also during weight reduction programmes.

90 min CZK 4400

Consume plenty of water or tea with lemon as it flushes out the toxins that may have been released in your body during your treatment. In addition, hydration can reduce muscle soreness.





SPA ENHANCEMENTS

Body scrub

Relaxing exfoliation of your body for a silky smooth skin. Our tip: to achieve the best results, incorporate a body scrub before any of our massages.

30 min CZK 1800 | 60 min CZK 2700

Head massage

Perfect anti-stress treatment to calm your mind. It helps to release tension and stress, stimulates hair growth, and improves blood circulation in the head and neck area.

30 min CZK 1600

Foot massage

Express recovery treatment for tired and sore feet. It helps improve blood circulation, alleviates lower limb pain, and enhances overall mobility of the feet.

30 min CZK 1600

We offer exclusive memberships with interesting benefits. Please ask at our spa reception desk for more information.





FACIAL TREATMENTS

Sublime skin deluxe lift

A unique treatment to reduce the signs of ageing and restore the firmness and elasticity of the skin. It combines the restorative effects of a double peel followed by an innovative two-step mask treatment. Recommended for mature skin with wrinkles and visible loss of tone and volume.

75 min CZK 4 400 | 90 min CZK 5 000

Aroma ritual

Antioxidant nourishing treatment for radiant and healthy skin.

This vitamin treatment deeply nourishes and restores brightness to dry, lacklustre, and tired skin.

60 min CZK 3 500 | 90 min CZK 4 300

Deep cleanse

Manual pore cleaning followed by a purifying mask. Deeply stimulates and cleanses the skin, restoring its brightness and healthy appearance.

60 min CZK 3 500 | 90 min CZK 4 300

Revitalisation - gentlemen only

An energizing facial for vital and healthy male skin with our unique facial massage, exfoliation and mask, customized to individual skin type.

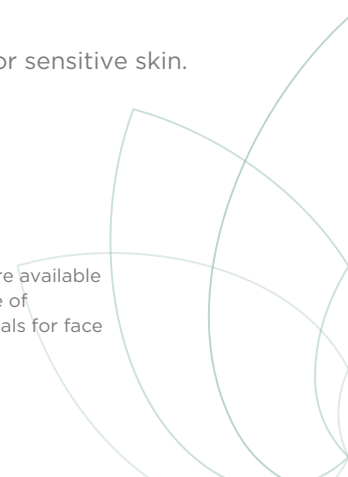
60 min CZK 3 500 | 90 min CZK 4 300

Carlo IV recommended

A customized facial treatment designed for oily, dry or sensitive skin.

60 min CZK 3 500 | 90 min CZK 4 300

For massages and facials we use [comfort zone] products, which are available for purchase at the spa reception. [comfort zone] is a complete line of regenerative, effective and sustainable products, treatments and rituals for face and body respecting nature, made in Italy.





SPA PACKAGES

Couples massage

Massage for two in couples treatment room. Choose from three massage treatments - Swedish, Aroma, or Lava.

60 min CZK 6300 | 90 min CZK 7800

Spa essential

Our favourite package of classic Swedish massage and sixty-minute facial treatment.

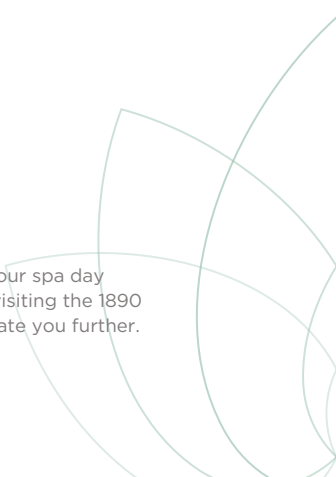
120 min CZK 5600

Carlo IV journey

Body scrub followed by ninety-minute Swedish massage and sixty-minute facial treatment for your ultimate relaxation and well-being.

180 min CZK 7800

Spa packages are a highly sought-after option for maximizing your spa day experience. Once you've indulged in some relaxation, consider visiting the 1890 Restaurant & Bar for a refreshing drink or a light meal to invigorate you further.





ACTIVITY

Yoga

Relax your mind and stretch your body.

Please book in advance, latest by 6:00 pm the day before.

60 min individual class CZK 900 per person (1 - 4 people only)

Personal trainer

Individual workout session to get you in shape.

60 min CZK 1 500 / 1 person

Membership benefits include advantageous prices for our massage treatments as well as to our 1890 Restaurant & Bar and hotel accommodation.

