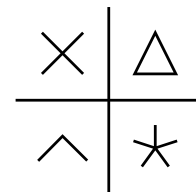


# SPA MENU

## SVATÝ VAVŘINEC



Welcome to Spa & Wellness Svatý Vavřinec, where we offer unique spa rituals that are an experience for all the senses. Thanks to the renowned Spanish brand Alqvimia, we provide luxurious care that harmonises both body and soul.

Our rituals combine traditional alchemical techniques with modern wellness practices, leading to a deep sense of relaxation and revitalisation.

Our team of professional therapists is here to guide you on a journey towards inner peace, health, and beauty. Before the ritual, we will help you choose the most suitable aromatic oils to support your specific condition and needs. After the treatment, we are also happy to recommend home care to ensure the best and most lasting results.



### RITUAL SVATÝ VAVŘINEC

An unforgettable experience that blends the ancient arts of alchemy and traditional aromatherapy for complete harmony of body and mind. Named after the patron saint of health, this massage is designed for deep relaxation. The technique combines smooth strokes, pressure on acupressure points, and thermal applications that effectively release muscle tension and improve overall wellbeing. We recommend the 75-minute ritual for a full-body massage with a focus on problem areas.

*55 min / 1 690 CZK*

*75 min / 1 890 CZK*

### AROMATHERAPY RITUAL

A relaxing massage using essential oils carefully selected for their beneficial effects. Choose an essence to promote joy and harmony, relieve stress, support sleep, or aid detoxification.

*55 min / 1 790 CZK*


*75 min / 1 990 CZK*

### FOREST DREAM RITUAL

This ritual combines a unique blend of aromatherapeutic essences, massage techniques, and the soothing effects of warm lava stones. The stones gently touch your body, releasing muscle tension and bringing deep relaxation.

The scent of precious essences creates a profound, almost spiritual experience, allowing your mind to wander freely and dream.

*75 min / 2 090 CZK*



## TAILOR-MADE RITUAL

Can't decide which ritual is right for you? Choose our Tailor-Made Ritual, where the therapist customises everything to your exact needs.

Prefer a stronger pressure or need to focus on a specific area? This experience allows you to enjoy a massage exactly the way you want. Relaxation and regeneration of your body are within reach.

*55 min / 1 890 CZK*

*75 min / 2 090 CZK*

## RELAXED BACK RITUAL

Specially designed to release tension in the back, neck, and shoulders. This unique experience combines various massage techniques and essential oils to effectively relax muscles, promote relaxation, and restore balance to body and mind. You may choose a head or foot massage instead of the back.

*25 min / 990 CZK*

## LIGHT LEGS RITUAL

A comprehensive foot treatment including a herbal essence foot bath and massage with reflexology elements, bringing relief and eliminating fatigue – the perfect choice after a day of hiking.

*55 min / 1 690 CZK*

## ANTI-STRESS RITUAL

Focused on the face, head, neck, and décolleté. A special rosemary tincture with immune-stimulating, revitalising, and energising effects is used to support the immune system, fight fatigue, enhance vitality, and improve circulation. This ritual also benefits mental wellbeing, helps with migraines, and supports hair growth.

*55 min / 1 690 CZK*

## CHILDREN'S COMFORT RITUAL

A massage designed for children, offering physical and mental relaxation. Performed in the presence of a parent and suitable for children aged 4–14. Regular massage helps children relax, improves their sleep patterns, and strengthens their resistance to illness and environmental stress. Treat your children to an unforgettable experience with a gentle chocolate massage or a combination of massage strokes and aromatherapy to promote calm, joy, and harmony.

*25 min / 890 CZK*

## SPECIAL BODY RITUALS

### ROYAL RITUAL OF SVATÝ VAVŘINEC

This ritual combines a rejuvenating facial treatment with an aromatherapy body treatment. It is a perfect sensory experience that not only boosts self-confidence but also enhances the feeling of attractiveness and beauty. To achieve silky smooth skin, the ritual begins with a full-body salt scrub and a regenerating seaweed wrap. During the ritual, you will also enjoy a relaxing face and head massage with rosemary tincture.

Perfect relaxation is achieved with a final full-body aromatherapy massage that rejuvenates, firms, regenerates, and detoxifies the skin. A lifting facial massage with special oils further nourishes and rejuvenates the complexion.

*120 min – Full-body scrub & wrap with lifting facial massage & full-body massage: 3 290 CZK*

*90 min – Full-body scrub & wrap with lifting facial massage & back & neck massage: 2 990 CZK*



## STRESS FIGHTER RITUAL

Ideal for those seeking an escape from everyday stress and indulgence in self-care. This unique experience revitalises the body, refreshes the mind, and leaves you deeply relaxed and renewed.

The experience begins with a full-body salt scrub to gently remove dead skin cells. You will also enjoy a relaxing head massage to calm the mind and release tension. To achieve complete harmony, the ritual continues with a full-body aromatherapy massage using premium Alqvimia essential oils, carefully chosen for their beneficial properties that penetrate deep into the skin to promote relaxation, regeneration, and a sense of overall wellbeing.

*90 min / 2 490 CZK*

## DETOX RITUAL – SILUET

Focused on intense body shaping, fat burning, and overall detoxification. The ritual begins with a full-body detoxifying scrub with sea salt and herbal essences to gently refresh the skin and remove impurities. This is followed by a firming, slimming, and detoxifying seaweed wrap that shapes the figure and smooths the skin. A final aromatherapy massage with fat-burning oils enhances the overall effect.

*90 min / 2 790 CZK*

## MASSAGES & TAPING



### MASSAGE THAT GETS YOU BACK ON YOUR FEET

Relief you'll love – lighter steps, better days.

Treat your legs to rest after a Krkonoše hike. A gentle massage of the feet, calves, and thighs releases tension, promotes circulation, and brings a pleasant feeling of lightness. Combined with a natural aromatic oil scented with cooling eucalyptus, you will enjoy moments of peace, care, and the relief you deserve.

Let your legs rest so they can carry you further.

*25 min massage + 20 min taping / 1 490 CZK*

### MOUNTAIN LOVERS' MASSAGE

For everyone who loves being active in nature and wants to be ready for the next climb.

This massage focuses on deeper muscle release in the legs, back, and shoulders – areas that work hardest during mountain activities.

Using sports techniques that combine kneading, stretching, and targeted pressure, regeneration is accelerated, tension is eased, and performance is enhanced for your next adventure.

*45 min massage + 30 min taping / 1 590 CZK*

## TAPING

Support you can rely on.

Planning a hike, a trail run, or just want to give your body extra support? We offer gentle and effective taping that helps relieve pain, eases tired muscles, and protects joints during movement.

Perfect for:

- Before or after activity
- Strained knees, ankles, back, and other areas
- When you want reassurance that your body will support you even in challenging terrain

The tapes don't restrict movement – on the contrary, they add confidence whether you're climbing up or descending down.

*25 min / 490 CZK*