



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 4300

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 4600

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 4300

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 4300

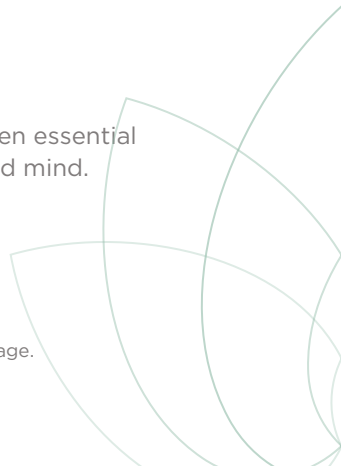
CZECH AROMA THERAPY

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 4400

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 4500

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

THERMAL MUD

An intensive treatment with thermal waters from Bormio, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action.

It is ideal for removing accumulated toxins and restoring the skin's vitality.

90 min CZK 4100

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.





BODY RITUALS

TRANQUILLITY™ BODY SCRUB RITUAL

An extraordinary deep cleansing aromatherapy scrub enhancing cellular oxygenation, microcirculation, and skin vibrancy. It eases mental and physical fatigue, promotes muscle relaxation, improves posture, and offers a pleasant feeling of lightness and elasticity.

60 min CZK 3500

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 to fully restore serenity.

60 min CZK 3500 | 90 min CZK 4300

Tranquillity™ treatments use a signature fragrance of [comfort zone] in an exclusive blend that includes essential oils of cedarwood and sweet orange, intentionally created to favour profound relaxation and harmony.



SPA ENHANCEMENTS

BODY SCRUB

Relaxing exfoliation of your body for 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 the 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 4400 | 90 min CZK 5000

HYDRA GLOW TREATMENT

Experience the epitome of deep nourishment and skin renewal. Inspired by cryotherapy, this facial offers a profound moisture restoration, satisfying the skin's desire for plumping and toning. The secret lies in the synergy of professional intensive formulas enriched with macro hyaluronic acid and regenerative organic prickly pear extract. Complemented by ice rollers and a signature hydra drain & lift massage, this treatment guarantees a radiant glow.

60 min CZK 3900

RECOVER TOUCH

Indulge your skin in a rejuvenating experience that counteracts the effects of environmental pollutants, and the natural ageing process. Our multifaceted vitamin-infused treatment, crafted to perfection, harnesses the power of organic Goji berry and Macadamia oil. These potent ingredients work in harmony to replenish your skin's vitality, effectively combating dryness, dullness, and fatigue.

Rediscover your skin's natural radiance through this restorative ritual.

60 min CZK 3500 | 90 min CZK 4300

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.



FACIAL TREATMENTS

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 3500 | 90 min CZK 4300

LUMINANT

Intensive triple-action treatment inspired by dermatological science with 3-BRIGHT TECHNOLOGY™, that focuses on correction, luminosity and prevention. Indicated for those seeking long-lasting efficacy against dark spots, hyperpigmentation, melasma and uneven skin tone regardless of age or type of spot.
60 min CZK 3500 | 90 min CZK 4300

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 3500 | 90 min CZK 4300

CARLO IV RECOMMENDED

Experience a tailor-made facial treatment created for your unique skin type, whether it's oily, dry, sensitive or mixed. Begin with a consultation with our experienced therapist who will expertly select the ideal [comfort zone] products, customised to your needs. This encompassing treatment includes thorough skin cleansing, gentle exfoliation, a soothing massage, a specialized mask, infusion of nourishing serum, and the application of a moisturizing cream - all perfectly attuned to deliver precisely what your skin requires.
60 min CZK 3500 | 90 min CZK 4300

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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 8200

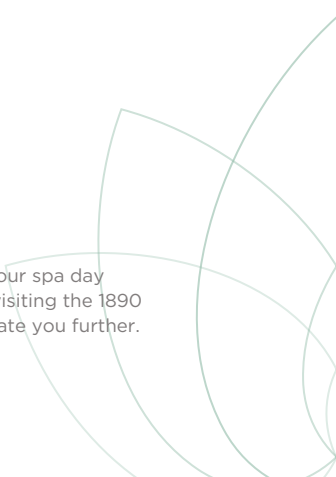
SPA ESSENTIAL

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 1500 / 1 person

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

