







# 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**

A 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

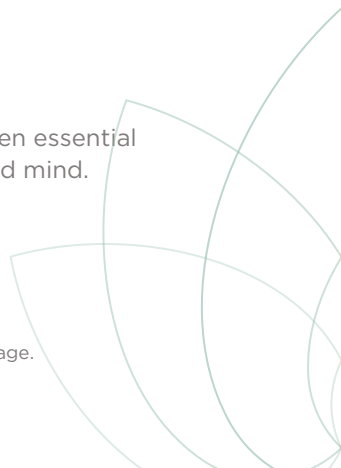
## **CZECH AROMA THERAPY**

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

### **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 focus and laminaria algae promote lipolytic action. It is ideal for removing accumulated toxins and restoring the skin's vitality.

90 min CZK 4100

### **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 the 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.

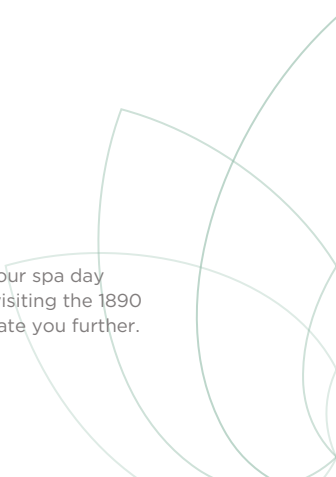
120 min CZK 5900

## **CARLO IV JOURNEY**

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

180 min CZK 8100

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.



