



Infocentrum Dačice

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Turistické informační centrum Stachy - RRAŠ, o.p.s.

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Infocentrum města Veselí nad Lužnicí

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South Bohemia

South Bohemia Full of Harmony
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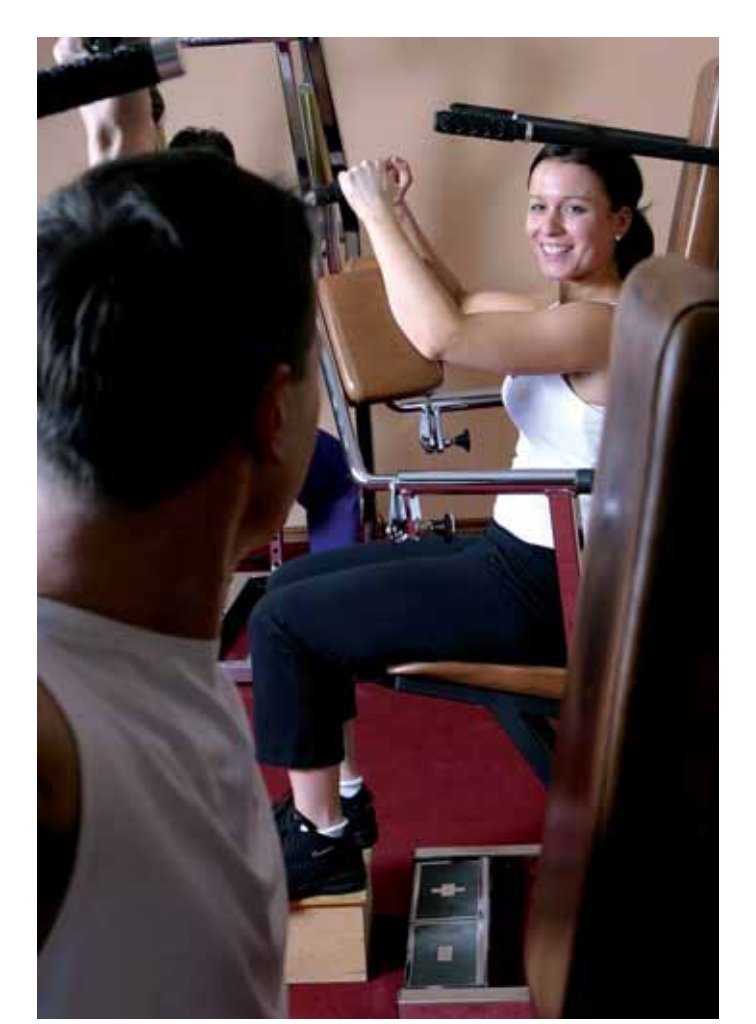


REGION OF ČESKÉ BUDĚJOVICE
Orient Spa – an oasis of the senses

There is no equal in South Bohemia to the unique regeneration and relaxation center Orient Spa. We have created a place where you can forget about the outside world and leave all your worries at the door. You will be greeted by the scents and music of the Orient and tastefully prepared historic interiors with the atmosphere of far eastern countries. The spa's offer includes traditional procedures of the Middle and Far East, the option of original Thai massage, a unique Hammam Turkish spa with peeling massage, a Hawaiian Lomi Lomi massage and a Hawaiian procedure with hot lava stones.



„The healing countryside“ - that's how grateful visitors of the local spas talk about South Bohemia. The spas are renowned mainly due to the rich supply of peat bogs which are a natural healing source, especially beneficial to joints. The most successful spas are found in Třeboň, Bechyně or Vráž near Písek. The spas are beneficial not only to patients after operations, but even for healthy people who wish to improve their condition. Also popular is the wide range of wellness programs designed to harmonize the body and spirit. Wellness can be discovered in other areas of the region, for example in the Šumava Mountains, where every deep breath and every trip to the well-spring is a healing event.

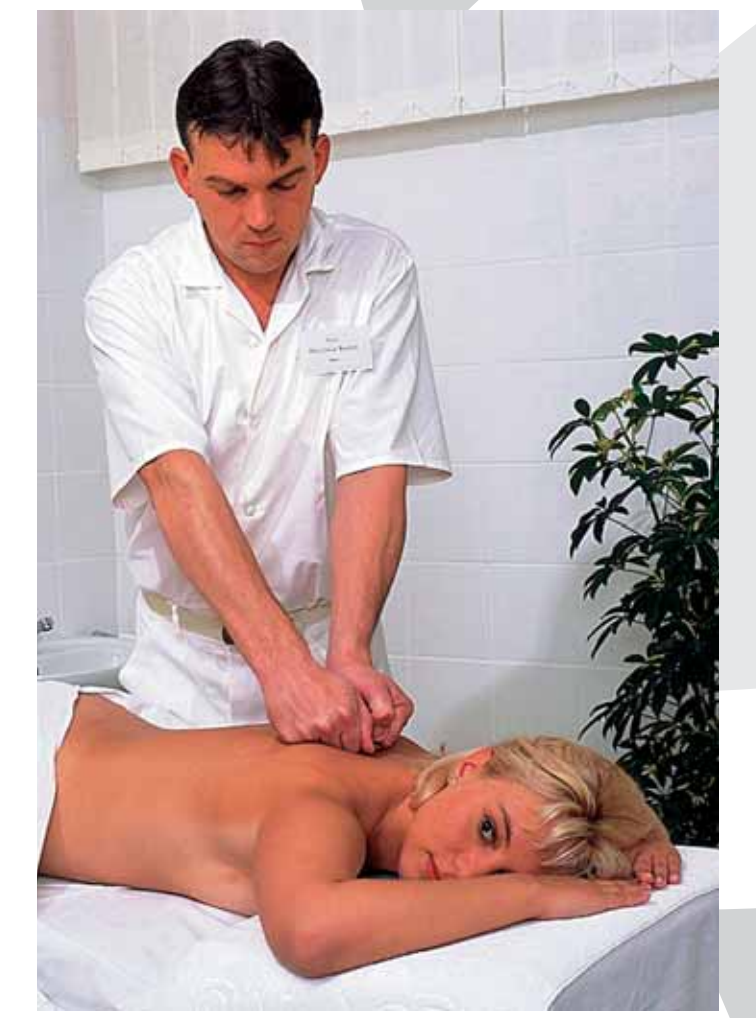


REGION OF LIPNO
Wellness and relaxation

If the weather isn't exactly what you imagined, then it's the ideal time to enjoy the comfort of Aqua World Lipno. This water park offers endless fun for children and adults alike: a round pool with attractions, a hot tub and various children's attractions. The Finnish sauna with its herbal essence will provide you with the strength for another day. You can also ease your tensions with a relaxation or sport massage. The picturesque village of Frymburk contains the largest wellness complex in the Czech Republic, the Wellness Hotel Frymburk. The hotel offers a wide selection of wellness and spa services including a sauna world, aquapark with toboggan and an entire array of massages.

REGION OF NOVÉ HRADY
Wellness Oasis Hotel Residence

Do you feel tired, exhausted and dreary? After a visit to our wellness oasis and massage and cosmetic salon you'll feel re-born. We'll pamper not only your body but your spirit as well, and for a while you'll be able to forget about your everyday troubles, gain new energy and enjoy the romantic fairytale atmosphere of our hotel and surroundings with your partner. Part of the hotel's wellness facilities is a spa zone, fitness center, a wide offer of massages, wraps and rehabilitation, detoxification and other wellness procedures.



REGION OF PÍSEK
Vráž Spa

The spa complex of the Spa Hotel Vráž is located 10km far from Písek in the midst of a wooded landscape offering our visitors peace, quiet and privacy. The spa specializes in the healing of kinetic and neurological ailments, as well as traumatogenic and rehabilitation methods. The main method uses natural healing sources (peloids) in combination with healing and rehabilitation methods. We also offer classic massage, water massage, herbal baths and chocolate, honey and peat wraps. Our most popular procedures include lava stone massage and Indonesian massage which bring a feeling of relaxation and are effective against stress and depression. The spa facility includes procedures covered by certain Czech health insurance, but it also offers special deals for spa packages for the individual budget.

REGION OF PRACHATICE
Hotel Albatros and sports relaxation center

Our hotel complex is suitable for anyone who needs to gain new strength, or who wants to relax actively. We offer a salt-water lagoon with an indoor pool, massage jacuzzi and a Finnish sauna (dry sauna which can be humidified by pouring water on hot rocks), as well as Thai massage. The complex has superb facilities for families with children.



REGION OF TÁBOR
Tábor indulgence days

Let the Studio of Beneficial Massages, located in the center of town, sweeten your stay in Tábor with a wellness procedure. This is no large spa with an unlimited offer of procedures, however – we run a small cosy facility where we take care of our clients personally, where you can forget about your daily worries. Your masseur here is not staff, but rather someone who becomes a friend, who attends to your specific needs.

Bechyně Spa

The Bechyně Spa is one of the oldest spas in Bohemia. The traditional emphasis there has been on healing and reconditioning as well as relaxing the kinetic apparatus. The spa also specializes in weight-loss programs. Romantic, quiet, and well-marked hiking trails in the surrounding forests and Lužnice Valley present endless opportunities for romantic strolls and trips to the surroundings of the town. Bechyně, as a central location in the South Bohemian region, can be used as a starting point to visit other well-known visitor destinations in the area. Our spa is a good choice for a place to spend an extended St. Valentine's or Easter weekend in combination with spa procedures and a rich cultural program.

REGION OF TŘEBOŇ
Berta's Spa

The Berta's spa is located in the historic center of Třeboň, close to the municipal historical preserve and the „Gold Canal“. The spa offers quality accommodations in all categories of rooms, and you can also order accommodations with others. The spa's speciality is healing kinetic apparatus. Berta's spa also offers reconditioning and relaxation sojourns for those with exhaustion and lowered stamina, as well as convalescence, condition improving, and more. Part of Berta's spa is a newly-built water healing complex with a multi-purpose rehabilitation pool with various massage effects, Restaurant Adéla, a terrace bar, Spa café and the Sports Park where you'll find tennis courts, bowling, squash and a fitness center. An interesting and fun supplement to your stay here are events organized for our guests on the summer terrace Pergole near the Chapel of St. Vitus, built into the beautiful Třeboň nature nearby Berta's Spa. Here you'll find a dance floor, refreshments and a chance to prepare specialities on the open fire, a spit and a meat smoker.



REGION OF TŘEBOŇ
Aurora Spa

The Aurora spa complex is located in a quiet part of the spa town of Třeboň and is surrounded by a vast spa park on one side. Part of the Aurora spa facilities are a community hall with café, restaurant Harmonie, a bar, a bowling bar, a shop, internet connection, hairdresser's and a cosmetic and pedicure salon, all accessible to the public. Every room is equipped with a bath, private WC, satellite TV, radio and telephone, plus optional internet connection. Guests are accommodated in double or single rooms.

REGION OF TŘEBOŇ
Wellness Center Aqua Viva

The Aurora Spa in Třeboň warmly invites you to the Wellness Center Aqua Viva. Here you will find a pool complex with salt water (water temperature 30°), a 25 m swimming pool, water attractions (toboggan, wild river, whirlpools, hydro massage benches, spouts and a water mushroom) and a steam cabin. Also available is a sauna, vibrosauna, Japanese massage beds, fitness center, exercise gym, tanning salon, floating, squash and bowling (2 lanes, darts, billiards). More information at www.aurora.cz.

