

## Hotel Esplanade Spa & Golf Resort

### Choice of Spa & Wellness NET treatments:

#### Rehabilitation bath treatments

- Natural mineral bath with CO2 20 min.
- Hydroxer bath - underwater relaxation and massage bath 20 min.
- Underwater automatic full body bath 20 min.
- Relaxation bath with oil 20 min.
- Relaxation milk bath 20 min.
- Relaxation salt bath 20 min.
- Relaxation herb bath 20 min.
- Mineral peat bath 20 min.
- Sparkling bath with salt YAMONA 20 min.
- Vibrating and pearl foot bath massage 20 min.

#### Rehabilitation massage

- Pearl flesh and fell massage in the swimming pool 15 min.
- Underwater pressure manual massage 20 min.
- Classic partial massage 25 min.
- Honey massage 25 min.
- Reflexology foot massage 25 min.
- Ear plugs 20 - 25 min.

#### Rehabilitation treatments

- Roman spa - sanarium - sauna - steam bath 1 hour  
(Cooling pool with fresh flow natural water - no chlorides)
- Partial mineral slime peat wrap (back) 20 min.
- Partial paraffin wrap (back) coconut / lavender / chocolate / whisky 20 min.
- Dry gas wrap 30 min.
- Gas injection 5 min.
- Oxygen therapy 25 min.
- Individual inhalation 15 min.
- Solarium 10 min.
- Solux

#### Specialized rehabilitation treatments

- Thermojet - Anti-cellulite therapy with heat 25 min.
- Presojet - lymphatic device drainage 25 min.
- Presojet - support of circulatory system 25 min.
- Presojet - support of weight loss and muscle strengthening 25 min.
- Presojet - anti-cellulite program 25 min.

### TECAR THERAPI - treatment based on radiofrequency waves

#### **Anti-cellulite programs:**

- Front part of the thighs - 25 min.
- Back part of the thighs - 25 min.
- Buttocks - 25 minutes
- Calves - 25 minutes
- Stomach - 15 minutes

The procedure can be applied to the affected area  
**only 1x week!**

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