

Czech Medical Spa

not only medical
never just a spa

Sustainable tradition of Spa care



- Czech spa towns combine medicine, wellness, and prevention.
- A model where health care and lifestyle meet.
- Tradition backed by science and proven natural resources.

Wellness as a Lifestyle

- **Wellness is not punishment – it's everyday joy.**
- Often seen as gyms, diets, or “*No pain, no gain.*”
- In spa towns: gentle, sustainable, enjoyable.
- Walking, mineral water, culture = natural routine.
- Wellness is holistic: body, mind, community.



- **Main guidelines include:**
- Drinking cures with healing natural mineral waters (3 times a day)
- Sleep routine
- Walking + exercises with therapists /individual or in groups/
- Social interaction (concerts, galleries, ... or just having a chat at the lobby 😊)

Rehabilitation & Follow-up



Czech spas are part of the healthcare system.

- Continuation of care after hospital treatment.
- Therapies: mineral baths, inhalation, exercise.
- Medical staff always present, following national care standards.
- Goal: strength, independence, and quality of life.

Preventive Medicine



Spas are a natural setting for prevention.

- Addressing global challenges: obesity, metabolic syndrome, type 2 diabetes, stress, burnout.
- Spa programs support weight balance, blood pressure, and glucose control.
- Healthy routines are adopted naturally through lifestyle and environment.
- Prevention here is practical, pleasant, and sustainable.

Longevity & Future



Czech spas are natural longevity hubs.

- Healthy aging supported by lifestyle and natural resources.
- Tradition combined with modern medical science.
- Longevity programs are a growing global trend.
- Czech spa towns = living laboratories for a healthier, longer life.

Czech spas offer
what the world
is looking for.



Czech spas offer what the world is looking for.

- Medical + wellness + prevention = unique synergy.
- UNESCO heritage = credibility and recognition.
- A proven model of health, prevention, and lifestyle.
- *Medical Spa – not only medical, never just a spa.*

Sustainability

Spa towns are protected for future generations.

- Spa zones are safeguarded by law in the Czech Republic.
- No heavy industry, highways, or disruptive projects allowed.
- Mineral springs protected by special conservation zones.
- Guarantees long-term sustainability of spa towns and their environment.



Františkovy Lázně

Three natural healing resources.

- Peat mud (peloids), natural CO₂ gas, and mineral springs.
- Springs: cold (8–14 °C), high CO₂, moderate mineralization.
- Unique elements: sulphates (Glauber's salt), lithium, iron.
- **Treatments:**
Women's health, cardiovascular, metabolism, digestion.



Mariánské Lázně

- **A spa of many springs – and a climate spa.**
- Over 100 mineral springs with diverse chemistry.
- CO₂-rich, bicarbonates, sulphates, sodium, iron, fluoride, silicates.
- Climate therapy supports recovery of mind and body.
- **Treatments:** kidney & urinary tract, metabolism, digestion, musculoskeletal.
- Also indicated for post-oncological recovery and stress-related conditions (e.g. burnout).



Karlovy Vary

- **The hot spring city.**
- Mineral springs up to 73 °C.
- Bicarbonate–sulphate–chloride–sodium waters with CO₂, silicic acid, fluoride.
- Used mainly for internal diseases: digestive tract, liver, gallbladder, pancreas.
- **Drinking cures help reduce insulin resistance.**
- Important in prevention of metabolic syndrome and type 2 diabetes.





Hospitals by Law

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Hotels in Experience

- **Hospitals that People Experience like Hotels**
- Spa facilities are legally defined as hospitals.
- Guests often feel like staying in elegant hotels.
- Open spaces shared by patients, visitors, and residents.
- A unique harmony of healthcare, nature, architecture, and culture.

- The West Bohemian Spa Triangle consists of three spa towns:
Karlovy Vary, Mariánské Lázně, and Františkovy Lázně.
- The region has approximately **10,000 spa beds** available for patients.
- There are about **100** medical **doctors** specialized in rehabilitation care, covering rehabilitation including internal diseases.
- The area employs around **1,500 physiotherapists** and related healthcare professionals, ensuring complete spa treatment and rehabilitation services.
- More than **50,000 patients** were treated in spas at the expense of health insurance companies

1 month $\approx$ 4,000 USD

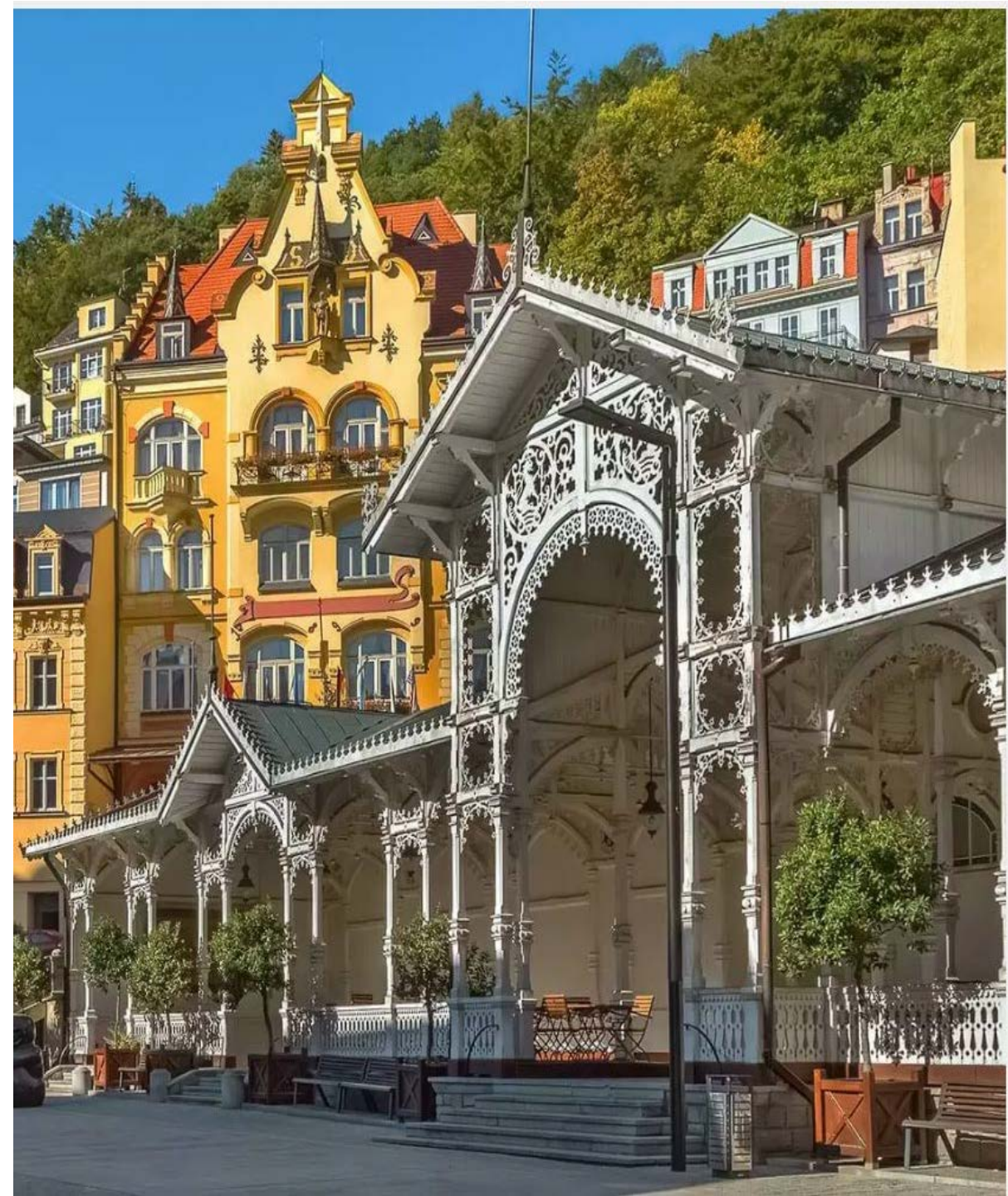
West Bohemian Spa Triangle in numbers

Karlovy Vary

Internal medicine & metabolism

- **Digestive tract, liver**, gallbladder, pancreas
– functional and chronic disorders, post-surgical recovery.
- Metabolic disorders:
insulin resistance, early type 2 diabetes,
dyslipidemia, obesity (drinking cures + lifestyle programs).
- Post-abdominal and post-surgical rehabilitation with
dietary and hydration guidance.
- **Gout and hyperuricemia.**

Bicarbonate–sulphate–chloride–sodium waters with CO₂
stimulate digestion, secretion, and metabolic balance.





Mariánské Lázně

Diversity of springs & climate therapy

- **Kidney and urinary tract diseases**
– prevention of stones, chronic inflammation, functional disorders.
- Metabolic and **digestive disorders** (CO₂-rich, bicarbonate and sulphate waters).
- **Mild musculoskeletal** and post-operative conditions.
- Internal diseases requiring a calm climate, including **post-oncological recovery** (primary).
- Stress-related and **burnout conditions** (secondary).

Františkovy Lázně

CO₂ therapy, peat mud
women's health

- **Women's** reproductive **health** and post-gynecological recovery.
- **Cardiovascular and peripheral vascular diseases** (dry CO₂ baths improve microcirculation).
- **Metabolic and digestive disorders** (unique CO₂-rich sulphate waters).
- **Musculoskeletal disorders and post-traumatic rehabilitation with peat therapy.**
- Combination of peat mud, natural CO₂ gas and natural healing mineral springs create a unique therapeutic combination for vascular, gynecological, and musculoskeletal care.



Healing takes time – health cannot be rushed.

- Czech spas are not based on the idea of, “*no pain, no gain.*”
- **Drinking cures** takes time to get the effect
- They are social and cultural centers offering care through mild, repetitive natural stimuli.
- Just as one **bricklayer builds a house in 365 days;**
365 bricklayers cannot build it in one day.
- Wellness to 14 days
 - healing begins after 21 days
 - best 28 and more

Science in Spas

Evidence from Mariánské Lázně & related studies

- **Ensana Mariánské Lázně (evaluation report):** multi-week spa rehab ↑ physical fitness, ↓ dyspnoea; improvements in oximetry/spirometry. [Global Wellness Institute](#)
- **ESPA report (EU overview):** comprehensive spa rehab in **Ensana Mariánské Lázně** shown as effective post-Covid method. [europeanspas.eu+1](#)
- **Summary (GWI Hot Springs Initiative):** references the *2021 Evaluation of Post-Covid Programme Effects* at Ensana Mariánské Lázně. [Global Wellness Institute](#)
- **CZ context—acute & rehab guidance:** overview from the Czech setting (rehabilitation during COVID-19). [MDPI](#)
- **Comparative pulmonary rehab (post-Covid) — international evidence:** RCTs/observational studies show gains in capacity, dyspnoea, QoL (context for spa rehab). [PMC+2BioMed Central+2](#)
- **Regional project mention:** Annual report note on *Post-COVID spa treatment in Mariánské Lázně* (Špišák, Marková—collaboration). [Karlovarský kraj](#)
- **Optional related Czech research (mechanisms)**
- **Endocrine & neurosteroid shifts after 4-week spa therapy** (Bičíková et al.) — objective systemic effects supportive for long-COVID rehab rationale. [PubMed](#)

Science in Spas

Post-COVID and Rehabilitation Studies

- Ensana Health Spa Hotels Mariánské Lázně. (2021). *Evaluation of Post-COVID Programme Effects*. Global Wellness Institute – Hot Springs Initiative. Retrieved from <https://globalwellnessinstitute.org>
- European Spas Association (ESPA). (2022). *Spa Therapy & COVID-19 on the European Market*. Brussels: ESPA Research Department. <https://europeanspas.eu>
- Marková, J., & Špišák, M. (2023). *Post-COVID Spa Treatment in Mariánské Lázně – Regional Project Overview*. Annual report summary, Karlovarský kraj.
- Palacios-Ceña, D. et al. (2022). *Rehabilitation and functional recovery after COVID-19*. *Journal of Clinical Medicine*, 11(8), 2288. <https://doi.org/10.3390/jcm11082288>

Czech Spa Medicine Context

- Bičíková, M., Mačová, L., Kolátorová, L., Hill, M., & Stárka, L. (2018). *Physiological changes after spa treatment – a focus on endocrinology*. *Physiological Research*, 67(Suppl 3), S525–S530. <https://espalibrary.eu/documents/383>
- Bičíková, M., Kolátorová, L., Mačová, L., et al. (2018). *Steroidal metabolomic biomarkers as an indicator of the effect of spa therapy and balneotherapy*. *Rehabilitace a fyzikální lékařství*, 25(3), 99–108. <https://doi.org/10.32725/reh.2018.013>

Supporting Literature

- Czech Ministry of Health. (2022). *Koncepce lázeňství v České republice – Updated national spa concept*.
- European Spas Association (2023). *Long-COVID Rehabilitation through Natural Resources*.



Key Takeaway

Czech spa towns – a unique synergy.

- Natural capital protected by law: mineral waters, gases, peat mud.
- Evidence-based treatments for prevention and chronic diseases, regulated by medical standards.
- Attractive destinations combining health, wellness, and social life in harmony with nature.
- High added value for healthcare, tourism, and sustainable development.

36 Czech Spa Towns

Dubí Libverda Jeseník
Teplice Kundratice Karlova Studánka
Jáchymov Jánské Lázně Karviná
Mšené Bělohrad Lipová Lázně
Karlovy Vary Velichovky Klimkovice
Klášterec nad Ohří Lázně Bohdaneč Bludov
Františkovy Lázně Lázně Toušeň Velké Losiny Teplice nad Bečvou
Lázně Kynžvart Poděbrady Slatinice Kostelec u Zlína
Mariánské Lázně Bechyně Ostrožská Nová Ves Luhačovice
Konstantinovy Lázně Vráž Buchlovice
Třeboň Hodonín
Lednice

Any questions?

Contact Information:

Mgr. Zdenek TRISKALA

Head of the Czech Spa and Spring Inspectorate

Ministry of Health

Prague, Czech Republic

Email: zdenek.triskala@mzd.gov.cz

Phone: +420 778 494 636

