



SPA RESORT LIBVERDA

LÁZNĚ LIBVERDA | BAD LIEBWERDA | SPA LIBVERDA



WELLNESS AND COSMETIC PROCEDURES



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Recharge your body and soul with energy at our Jizera Wellness Center. Take a rest in a pleasant environment and put yourself in the care of our experienced therapists who, with the help of natural products, will help to regenerate your whole body and give you the feeling of complete relaxation.

You can enjoy a wide range of wellness treatments and relax in the sauna, whirlpool or small swimming pool (8×4 m, 26 °C). Visitors to our resort can also avail themselves of our Fitness Centre, with its stunning view of Smrk, the highest peak of the Jizera Mountains.

Opening hours of the Jizera Wellness Center: daily from 8 a.m. to 8 p.m.

The listed prices are per person and procedure and are valid for guests staying at the Spa Resort Libverda. Prices valid from 1st January 2020.

Spa Resort Libverda reserves the right to alter the listed prices.

Please reserve the date and time of your procedures before your arrival at the Resort by +420 482 368 657 or by e-mail at rozpis@lazne-libverda.cz, Monday – Friday from 7 a.m. to 3.30 p.m.

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MASSAGES

Massage is the oldest form of therapy that has been known since the ancient times of Egypt, ancient Rome, China, India and the entire Arab world. Depending on which corner of the world a therapy comes from, different massage techniques have emerged, and are nowadays very diverse. Massage has many positive effects on the whole body and mind.

Aroma massage

This is a relaxing massage associated with the healing effect of essential oils.

Pleasant, gentle, long strokes help the body to slowly relax. High-performance essential oils penetrate the body through the skin, while at the same time being inhaled. During massage, essential oils penetrate into the lymphatic system and bloodstream from the skin. Some oils stimulate the body, mind or emotions, while others soothe. Essential oils are carefully selected for the massage blend for each client to help eliminate their health problems and bring their body into balance.

Partial aroma massage

• Back	30 min.	390 CZK
• Back of the neck	30 min.	390 CZK
• Lower limbs	30 min.	390 CZK
• Upper limbs	30 min.	390 CZK



Full aroma massage + peat wrap

Peat is considered a true gift of nature. During the procedure, there is a significant deep body warming, resulting in muscle relaxation and regeneration or pain relief.

Duration 75 min. 880 CZK



Full aroma massage + paraffin wrap

The effects of paraffin are primarily thermal, which not only help to relieve and reduce the pain of the locomotive apparatus, but also have a beneficial effect on the whole body.

Duration 75 min. 880 CZK

Full aroma massage + honey wrap

Indulge yourself with the healing power of heat and recharge yourself with natural energy. We provide this comfort with original BIO wax wraps. Wax, honey and propolis are famous for their disinfecting and anaesthetic effects. Treat yourself to health – straight from nature.

Duration 75 min. 880 CZK



Cupping therapy

An ancient Chinese method, known for over 3.000 years and widely recognised and disseminated to this day. The basis of this procedure is the use of vacuum on the skin. By attaching the flasks we affect the bloodstream, activating the body's detoxification process. Strong blood circulation helps to oxygenate the skin. Massage aids the proper functioning of the lymphatic system and provides considerable relief from tension in the spinal area. It alleviates pain and swelling, and restores anti-inflammatory processes. During this procedure it is quite common for the skin to turn red or purple, an effect which disappears over time.

Duration 30 min. 460 CZK

Classic massage

The most commonly used type of massage. It is used primarily as a therapeutic massage, and also as a preventive tool against many diseases.

It is very well suited for chronic pain conditions, helping to relieve painful spasms and blockages that result from various injuries and place a burden on the body. Massage has overall beneficial effects on body performance and affects the condition of the central nervous system. It helps to maintain health and reduce emotional stress. It releases muscle tension, promotes blood and lymphatic circulation, removes waste substances from the body, nourishes the joints and prevents arthrosis.

Partial classic massage

- Back 25 min. 390 CZK
- Back of the neck 25 min. 390 CZK
- Lower limbs 25 min. 390 CZK
- Upper limbs 25 min. 390 CZK

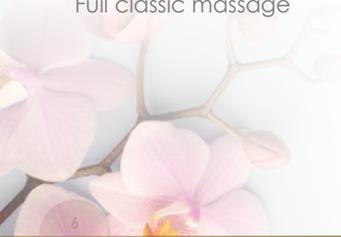
Full classic massage 50 min. 705 CZK



Chocolate massage

The healing effects of chocolate were known to the ancient Aztecs and Mayans. Chocolate contains a large amount of antioxidants and is excellent for hydrating the skin and improving skin tone. Massage is a true temptation for all lovers of its beautiful scent. It has a positive effect on the immune and cardiovascular systems, promotes immunity, reduces blood pressure and generates pleasant feelings by eliminating endorphins. This is a light massage that uses long strokes with relaxing and regenerative effects.

Duration 30 min. 390 CZK
Duration 60 min. 670 CZK





Honey massage

In this procedure, which has been known for centuries, warm honey is applied to the body and special touches are used to remove unwanted pollutants that have accumulated in the body from food, medicine and the environment in which we live. It positively counteracts fatigue and depression, and helps to treat nervous disorders. This massage also has cosmetic effects. It smoothes, regenerates and nourishes the skin, while at the same time acting against the ageing of the skin.

Duration	30 min.	390 CZK
Duration	60 min.	670 CZK



Herbal stamp massage

This is a wellness procedure full of warmth, aroma and comfort, which combines stretching, pressure and warmth to achieve maximum relaxation of body and soul. Pouches are heated in hot oil, releasing active substances from herbs and spices, which are transferred to the skin by the stamping method.

This ancient technique is particularly pleasant for stiff and strained muscles, arthritis or states of total exhaustion.

Duration	30 min.	495 CZK
Duration	60 min.	915 CZK



Mussel massage

This method comes from the Pacific and reminds you of the atmosphere of the sea and exotic. Burning warmth from the shells heats the skin and releases dense muscles and blocks of energy in the body. Thorough warming of the muscles helps eliminate back and neck pain.

It is a luxurious body treatment with a significant energetic effect on body and mind.

Duration	30 min.	495 CZK
Duration	60 min.	915 CZK

Lava stone massage

This is an ancient Chinese method. The goal is absolute relief with subsequent relaxation. In this procedure, stones accumulate heat, which they then transmit to your body. It eliminates blockages, releases energy, and eliminates stress.

If you love warmth, this massage is just the one for you.

Duration	30 min.	495 CZK
Duration	60 min.	915 CZK



Anti-stress massage

As the name suggests, this procedure is the ideal choice if you need to relax and foster psychological well-being. With this massage, you'll pamper not only your body, but your soul, too. Massage is performed on the décolleté, face, neck and head.

Duration	45 min.	635 CZK
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BODY TREATMENT AND RITUALS

Luxury body treatments and rituals satisfy even the most demanding clients. All treatments are anti-ageing. This means that the skin is protected and its ageing is significantly, and above all visibly, slowed. Stop, exhale, and let yourself be pampered, while at the same time rejuvenating yourself. Yes, it is possible!



LUXURIOUS RELAXATION BATH

Let yourself be pampered with relaxing baths that not only relax your mind, but also give your skin all that it needs.

Milk vital bath

A milk bath with rose petals to rejuvenate and refine the skin. A glass of sparkling wine and water from the Kristián spring is served at the bath.

Duration 30 min. 425 CZK

Detox bath

A strengthening and detoxifying bath with rose petals (contraindications: very high blood pressure and heart disease). A glass of sparkling wine and water from the Kristián spring is served at the bath.

Duration 30 min. 495 CZK

Sea salt relax bath

A salt bath for cleansing the skin and providing minerals with rose petals. A glass of sparkling wine and water from the Kristián spring is served at the bath.

Duration 30 min. 495 CZK

Peat bath

Peat bath + dry wrap for perfect relax.

Duration 30 min. 355 CZK

Aroma bath

Aroma bath chamomile, lavender, oat straw, horsetail, relaxing, sage or toning + dry wrap.

Duration 30 min. 355 CZK

ROYAL FULL-BODY RITUALS WITH RELAX BATH

Really spoil yourself!

In this procedure you can find everything that's good for your body and mind. After an intense peeling, a relaxing bath, enriched with rose petals, awaits. Once it's done you can enjoy a massage and wrap to top it off. After this treatment, your skin will be visibly rejuvenated.

For a perfect experience, a glass of sparkling wine and water from the Kristián spring is served at the bath.

Ocean royal ritual

Peeling + bath + massage + wrap

Salt and oil peeling, salt bath, massage and oil wrap with anti-ageing oil.

Duration 90 min. 1.090 CZK



Cleopatra milk bath ritual

Peeling + bath + massage + wrap

Rejuvenating milk ritual, massage and oil wrap with anti-ageing oil.

Duration 120 min. 1.475 CZK

LUXURIOUS BODY RITUALS

Nothing cleans the skin better than salty peeling. High-quality salt, together with oil or milk balm, rid the skin of dead cells and other impurities that don't improve its appearance. If you want a wrap for your skin's needs after peeling, you'll feel the benefit. How? It will be visibly firmer and velvety to the touch.

Anti-stress body treatment

Peeling + wrap

Salt peeling with milk balm and anti-ageing cream wrap. The body mask has a beneficial effect on rejuvenating the skin of the body. The skin is visibly firmer, while also being soft to touch.

Duration 60 min. 775 CZK

Detox body treatment

Peeling + wrap + final anti-ageing care

Salt and oil peeling with a detoxifying mud wrap. Stimulates metabolic activity (silicic acid, titanium, aluminum, iron, manganese, sodium, potassium, magnesium, calcium, trace elements). Perfectly cleanses the skin, which then looks younger and stronger.

Duration 60 min. 845 CZK



Ritual Silhouette

Peeling + wrap + final anti-ageing care

Salt and oil peeling and wrap. This peeling, made of high-quality mineral salt and anti-ageing firming oil, perfectly cleans the skin. With the wrap, the skin will be visibly firmer and finer, giving the impression of slimming.

Duration 70 min. 915 CZK

Libverda ritual

Peeling + bath + massage + wrap

Smear the salt and oil peeling with rose petals in a fragrant bath. Spend the next 30 minutes having a pleasant massage and at the end your body will lovely and creamy. The whole ritual is performed using substances with anti-ageing effects, and once it's done your body will be simply perfect.

The bath is made even more pleasant with a glass of sparkling wine and water from the Kristián spring.

Duration 90 min. 1.265 CZK





COSMETIC SKIN TREATMENTS

Basic cosmetic treatment

Duration 45 min. 600 CZK

Skin renewal - regeneration

Comprehensive treatment according to skin type. Includes cleansing, warming mask to open up the pores, peeling, beautifying ampoule (concentrate of active substances), facial massage, mask, final and eye cream.

Duration 60 min. 985 Kč

Lifting and anti-ageing

Luxury lifting treatment designed to achieve maximum individual effect. This treatment guarantees a lifting effect and leaves the skin smoother and firmer. Wrinkles are less visible and contours are noticeably reduced.

Duration 60 min. 1.335 Kč

PEDICURE

Treatments for the health and beauty of your feet.

Pedicure basic

Basic treatment of feet with wet pedicure (corneous skin, nail treatment, cream).

Duration 30 min. 295 CZK

Pedicure classic

Basic treatment of feet with wet pedicure (corneous skin, nail treatment, nail polish, cream).

Duration 45 min. 495 CZK

Pedicure de luxe

Pedicure classic + pack and feet massage.

Duration 90 min. 695 CZK



ADDITIONAL PROCEDURES

Machine lymph drainage

This treatment is much sought-after as a gentle treatment for the lymphatic system, as well as for its cosmetic and relaxing effects. It has a wide range of indications. Lymphatic drainage helps to prevent and eliminate cellulite, stimulates the body's detoxification processes, has positive effects against the swelling of the veins and limbs, and supports the lymphatic system. Lymphatic treatment should be repeated in order to achieve the best effect. Due to its therapeutic effects, this method is suitable not only for women, but also for men.

Duration 45 min. 390 CZK

Hand-administered paraffin bath

A very pleasant and effective procedure in the form of the application of warm cosmetic paraffin to the hands. The spa itself is preceded by a delicate hand massage. The effects of paraffin are noticeable immediately after the procedure in the form of delicate, and generally more beautiful hands.

Duration 20 min. 285 CZK

Private whirlpool with sauna (max. 2 persons)

Duration 60 min. 425 CZK
Other person 140 CZK

Swimming pool with sauna

Duration 60 min. 425 CZK
Other person 140 CZK



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