



**SPA RESORT LIBVERDA**

LÁZNĚ LIBVERDA | BAD LIEBWERDA | SPA LIBVERDA



## TREATMENT PROCEDURES



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Spa Resort Libverda primarily treats clients with problems of the musculoskeletal system, those requiring post-surgery care of the spine and due to joint replacement, and patients with cardiac and circulatory system diseases.



Each patient's therapy is specified and adjusted according to a medical check-up upon admission or based on recommendations from physicians and specialists. At Spa Resort Libverda, we take maximum advantage of the effects of local mineral springs, especially for carbonated baths. Mineral springs are of the bicarbonate-magnesium carbonate type with elevated silicic acid content. They are hypotonic and cold. Average carbon dioxide content is 2400 mg/l. For other procedures and treatment methods, modern equipment and the latest approaches are used.

Therapy also includes peat wraps, whirlpools with various additives, various types of massages (classical, reflexology, underwater), pool exercises, mobilization techniques, exercise with physiotherapists, exercise using machines, continuous passive motion (CPM) devices, electrotherapy, and more.

You can select from a broad range of therapies and treat yourself to the overall beneficial effects of mineral waters and treatments. You can relax in the sauna or in the pool (26 °C, 12×6 m). Our resort also has a Fitness Centre with a beautiful view of the highest peak in the Jizera Mountains, Mount Smrk.

Opening hours of the Treatment Centre and Carbonated Baths: Monday – Friday from 7.00 a.m. to 3.30 p.m.

Prices shown are per person and procedure, and apply to clients staying at Spa Resort Libverda. Prices apply as of 1 April 2018.

Spa Resort Libverda reserves the right to change prices.

**Please reserve a date and time for your procedure (if purchasing additional procedures without a medical checkup) prior to your arrival at the resort by calling +420 482 368 657 or sending an email to [rozpis@lazne-libverda.cz](mailto:rozpis@lazne-libverda.cz), Monday – Friday from 7.00 a.m. to 3.30 p.m.**

**Note: Procedures marked \* are by prescription only.**



## ELECTROTHERAPY

### Biostimulation – contactless therapy

Combines the benefits of classical electrotherapy with those of contactless application, to minimize skin irritation. It can be applied through clothing and bandages. Contactless electrotherapy promotes the proliferation of new capillaries following an injury, regeneration of peripheral nerves, promotes healing in difficult to heal wounds, restores muscle, tendon, and joint function, and helps in cases of neuropathy.

Duration 20 minutes CZK 210\*

### Four-chamber bath

Aqueous electro-therapy, where electrical current is applied through electrodes situated in small tubs of water to submerged limbs.

Increases blood circulation and metabolism, and has a regenerative effect on joint, spine, and nerve pain.

Duration 20 minutes CZK 210\*

### Diadynamic

Application of AC and DC current through an electrode applied on a wet cloth. Has analgesic and hyperaemic effects.

Duration 10 minutes CZK 210\*



### Interdyne

Punctuated currents of two mid-frequency currents with a resultant value of 0 – 100 Hz. Has effects similar to Diadynamic, but with greater depth penetration. Used in cases of chronic musculoskeletal disability.

Duration 10 minutes CZK 210\*

### Shortwave diathermia

A contactless method that propagates electrical current in the form of an electromagnetic field deep into the body, including poorly conducting tissues, without the need to apply electrodes. Produces heat in tissues. Used for joints and muscles.

Duration 20 minutes CZK 245\*

### Laser

Laser stands for Light Amplification by Stimulated Emission of Radiation.

It is effective to a depth of 4 – 6 cm. Thanks to its effects, it is used in dermatology as well as neurology, traumatology, orthopaedics, and dentistry.

Duration 20 minutes CZK 245\*

### Magnetotherapy

Uses a magnetic field to treat some musculoskeletal disorders.

Duration 30 minutes CZK 245\*

### Ultrasound

Acoustic waves whose frequency is beyond the range of human hearing. Creates heat, improves blood circulation and capillary permeability, reduces pain, and improves the regenerative capability of tissues and muscle structures.

Duration 5 minutes CZK 210\*



### Supervised group walking

Under the supervision of a therapist, clients improve their walking habits on courses of various difficulty in the spa park.

Duration 25 minutes CZK 280

### Taping

Taping is something akin to support bandages. It is used as a protective or rehabilitative aid that is easier on the body. It is used as a functional technique for prevention or treatment of the musculoskeletal system.

1<sup>st</sup> cm of tape CZK 455\*  
Every additional cm CZK 2

## REHABILITATION

### Group exercise in a pool

Exercising in water helps improve strength and movement ability.

Duration 30 minutes CZK 280

### Individual exercise

Rehabilitation has both a therapeutic and preventive effect. It improves the quality of the musculoskeletal system, reduces pain, and eliminates muscle fatigue.

Duration 25 minutes CZK 455\*

### Individual physical education therapy under supervision on machines

Physical activity using machines increases an individual's maximum functional proficiency.

Duration 25 minutes CZK 455\*

### Group exercise

Directed and supervised physical activity in the presence of others has a preventive effect and improves musculoskeletal system functionality.

Duration 25 minutes CZK 280\*





## WATER THERAPY

### Carbonaceous bath + dry wrap

Carbon dioxide, absorbed through the skin into the blood, is the best natural method for dilating blood vessels. A series of baths leads to improved blood circulation to the heart and brain, to reduction and stabilization of elevated blood pressure, adjustments to substance exchange, and to elimination of by-products. An immediate effect is elimination of excess muscle tension and overall refreshment of the organism.

Duration 30 minutes CZK 350

### Underwater massage

Underwater whole-body massage in 35 – 38 °C water. Jets aim a stream of water on individual parts of the body. A combination of heat, bathing, massage, and movement in water has a comprehensive effect leading to muscular relaxation, improved blood circulation, stimulation of the lymphatic system, and improved joint mobility.

Duration 15 minutes CZK 385\*

### Whirlpool

Water therapy performed in 35 – 38 °C water; jets in the tub walls massage the extremities and torso. This combination of warm water and physical stimulation is used to treat post-injury conditions, musculoskeletal disorders, chronic circulatory problems, swellings, and lymphatic oedemas.

Duration 15 minutes CZK 315



### Hydromassage bath

The main purpose of this therapy is to elicit intensive blood circulation, accelerating regeneration and relaxing the body. It also has a positive effect on the psyche, where both the body and mind are "purified".

Duration 20 minutes CZK 350

### Whirlpools for the legs or arms

This water procedure is applied to either the legs or the arms at a water temperature of 37 – 38 °C. Used for muscle fatigue, post-traumatic arm or leg pain, scars, peripheral neuropathy.

Duration 15 minutes CZK 210

### Kneipp stepping bath

Water therapy involving two special small tubs, one containing hot water (40 °C), the other cold water (10 °C). The procedure involves repeatedly stepping in hot and cold water: one minute in hot and five minutes in cold. This treatment is excellent for exercising the circulatory system in the legs, improving metabolism, and boosting the immune system.

Duration 10 minutes CZK 175





## MASSAGE

### Hot poultice 15 min + classical massage 12 min

A warm poultice is applied to the problematic area (lumbar, thoracic, or cervical spine). The poultice relaxes and warms the tissue prior to the massage, performed with a massage emulsion.

Duration 27 minutes CZK 350

### Hot poultice 15 min + oil massage 12 min

A warm poultice is applied to the problematic area (lumbar, thoracic, or cervical spine). The poultice relaxes and warms the tissue prior to the massage, performed with massage oil.

Duration 27 minutes CZK 350

### Partial classical massage - 12 minutes

Involves a massage of the back and neck using massage emulsion. The massage lasts twelve minutes.

Duration 12 minutes CZK 280

### Partial oil massage - 12 minutes

Involves massaging the back and neck with massage oil for 12 minutes.

Duration 12 minutes CZK 280



### Segmented massage

A reflexive segmented massage differs from a classical massage in that through this massage we affect reflexive changes that occurred and persist after various problems of the musculoskeletal system and disharmony of the organism. The massage is performed without the use of massage emulsion or oil in order to eliminate these changes in the skin and tissues. Because it is performed dry, it can be more painful than a classical massage. Leads to quick relief and harmonization of the entire organism.

Duration 20 minutes CZK 350\*





## OTHER

### Biolamp

Light therapy. The beam of the biolamp penetrates tissue, eliciting a reaction. Cells react by increasing their metabolic rate, leading to quicker healing and overall regeneration.

Duration 15 minutes CZK 175\*

### Inhalation with Just additive

Inhalation of water vapour with essential oils from 31 medicinal herbs. Used for colds, bronchitis, the flu, laryngitis, asthma, sinus infections, or sore throat.

Duration 15 minutes CZK 210

### Inhalation

Inhalation is therapy consisting of inhaling "Vincentka" mineral water vapour, providing the body with beneficial substances. A special inhaler is used.

Inhalation of mineral water is suitable for allergy and asthma sufferers and those with diseases of the airways. It is also beneficial in case of colds and also serves as prevention of these diseases.

Duration 15 minutes CZK 175



### Oxygen therapy

Oxygen therapy involves the inhalation of humidified oxygen. Inhalation of concentrated oxygen slows the physical and mental ageing process, has a positive effect on the psyche and mental capacity, boosts the immune system during infections and weakened states, improves energy and physical capacity.

Duration 15 minutes CZK 175

### Gas injections

A therapy involving subcutaneous application of carbon dioxide using a fine needle. This causes increased release of oxygen from hemoglobin, improving oxygenation and metabolism of the tissue being treated. The result is faster healing and improved nourishment of the tissue.

Duration 5 minutes CZK 210\*

### Parafango

Parafango is prepared by mixing peloid, paraffin, and paraffin oil. The resulting mixture is applied locally at a temperature of 50-55 °C. The result of the therapy is dilation of subcutaneous blood vessels, improved circulation to tissues, and local increase in blood flow. The heat improves joint mobility and blood circulation. From a cosmetic perspective, parafango significantly firms weakened muscles, helps dissolve fat, reduces swelling, and has a visible beneficial effect on cellulite and stretch marks. The skin remains well supplied with blood and tight.

Duration 15 minutes CZK 350



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