



AUGUSTINIÁNSKÝ DŮM

★★★★S

## THE OFFER OF SUMMER WELLNESS PROCEDURES

... outdoor wellness for you to refresh and relax ...

Summer is the time to rest, relax and enjoy your holiday. Long warm days bring lots of sunshine while our bodies automatically draw energy from the sunrays and the nature abloom all around us. Everything is more relaxed and happier.

As the cold winter is over, the summer is also the time when most of our activities are transferred from inside to outdoor spaces. Neither Augustinian is only limited to enclosed spaces of the wellness centre. That is why we offer summer wellness activities and procedures in the open air.



### RITUAL

Summer Hydrating Ritual	80 min	1 800 CZK
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### MASSAGE

Summer Relaxing Massage	50 min	1 400 CZK
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Summer Reflexology	50 min	1 400 CZK
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### MASSAGES IN THE FOREST PAVILION

Mental Detoxification – Biodynamic Head Treatment	50 min	1 400 CZK
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Therapeutic Massage Tuina	50 min/80 min	1 400 CZK/1 800 CZK
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## Summer Hydrating Ritual

...refreshing your body and soul, hydrating and revitalising your complexion...



The hydrating and firming treatment with the fragrance of summer combines everything your body needs in the summer – conscious skin care and a whole-body refreshing massage. Owing to its composition of shea butter, almond oil, Wakame seaweed extract, sea fennel, cherry and water lily extract, supported by vitamin E, the ritual has multiple effects. Relaxation treatment with elements of lymphatic massage will provide energization, focusing not only on the physical side, but also stirring up a feeling of mental ease. Final hydration energizes your skin for the summer, nourishes it and leaves your complexion smooth and fragrant.

*80 minutes / 1 800 CZK*

## Summer Relaxing Massage

... perfect immersion in physical and mental ease ...

Revitalizing whole-body massage releases body blockages and removes accumulated tension. Therefore, we recommend this procedure especially for general fatigue and overwork. Choose pure natural oil according to your current disposition and be carried away on the waves of relaxation. Aromatherapy with summer fragrances positively influences the mental state and supports the relaxing effect of the massage.



*50 minutes / 1 400 CZK*

## Summer Reflexology

...relaxation of the musculoskeletal system and pain relief...



Reflexology is a deep, very efficient method that has both therapeutic and preventive effects on your aching muscles, joints, spine or head. It focuses on the parts of the body most affected by stress and physical tension, i.e. mainly on the back, neck and nape, feet and head. Targeting pressure on reflex points and zones on the body brings overall relief, restoration of free energy flow and pain relief.

*50 minutes / 1 400 CZK*

If you have to cancel your booked wellness treatment, please do so at least 24 hours before the time you have booked otherwise we will charge the cancellation fee - 100% of the wellness treatment.



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## Mental Detoxification – Biodynamic Head Treatment

... psychical relief, clarification of the senses and the removal of accumulated stress...

The procedure uses the techniques of craniosacral therapy with biodynamics (especially venous drainage) to support the natural healing abilities and deep wisdom of the body. By gentle manipulation on the head we aid to take away all the toxic substances and waste from the brain area. The treatment will lead you into a state of deep relaxation, allowing the body to regenerate its energy resources. This results in harmonization of the nervous and immune system and increasing the vitality of the whole body. The treatment is recommended primarily as a relief of stress and tension, in states of exhaustion and fatigue, in migraines, but also in other difficulties, or as prevention and health support.



*50 minutes / 1 400 CZK*

## Therapeutic Massage Tuina

... treatment of acupuncture points and pathways most affected by stress and tension ...



Chinese massage therapy – stimulation of acupuncture points and energy pathways. It is a harmonizing massage by its nature. By pressing, kneading and stretching we release blocked pathways, promoting undisturbed flow of energy, which contributes to the overall improvement of health and mental condition. Favoured not only for the mental and physical relaxation it provides but also for its healing effects.

*50 minutes / 1 400 CZK*

*80 minutes / 1 800 CZK*

**\*This offer only applies to predetermined dates and depends on weather. For free dates please do not hesitate to contact our wellness reception. The whole therapy is done in comfortable clothes (sweatpants, leggings, t-shirt, ...). Please do not hesitate to contact the wellness reception for free appointments.**

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## GARDEN OF SIX SENSES

Be inspired by our Garden of Six Senses which not only provides space for undisturbed relaxation but also offers activities developing all your senses and intuition. You can visit the Garden of Six Senses any time in the course of your stay, or you can take advantage of the unique opportunity and give a try to the garden ritual. This experience activity allows you to practice different methods and techniques teaching you how to help yourself and set out for a journey towards good health.



*FREE OF CHARGE*

\*This offer only applies to predetermined dates and depends on weather. For free dates please do not hesitate to contact our wellness reception.

## YOGA EXERCISES



Come and stretch with us and use energy to practice Yoga in the hotel garden. Exercise is appropriate for all regardless of age, physical level and experience. The goal is to improve overall body condition, deepen and calm the breath, and achieve mental harmony.

*FREE OF CHARGE*

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