

# SPA – one week stay : 359 EUR per person in DBL room



- 6 nights in our luxury hotel\*\*\*\*\* incl. half board
- Unlimited entry into swimming pools and sauna part of wellness center (whirlpool, indoor swimming pool, outdoor swimming pool, salt bath pool, Kneipp bath, steam and dry sauna, fitness room incl. cardio zone)
- 5 spa and wellness procedures packages of your choice – some examples see on next pages
- Unlimited entry to the driving range and 9 hole public course
- Free of charge use of bike rental or nordic walking
- 25% discount on all other procedures of balneo center
- 50% discount on the green fee to both 18 holes master courses incl. golf buggies

Extra charge for single use of DBL room – 72 EUR,  
More information about our services you can find on  
[www.gcko.cz](http://www.gcko.cz) (section „spa&wellness“)

Orders and questions : Reception  
[gcko@gcko.cz](mailto:gcko@gcko.cz), tel.: +420 317 784 044



# Examples of SPA/Wellness packages



- **Golf package**
  - inhalation of mineral water for the cleaning of air passages – isothermal
  - peat bath
  - sport massage
- **Respiration package** – treatment package for clients with breathing problems, allergies, asthma and smokers
  - inhalation of mineral water for the cleaning of air passages – isothermal
  - bath with magnesium salt
  - massage of your choice
- **Dermatological package** – treatment package focused on problematic skin of clients suffering from atopic eczema or other types of dermatitis (except for solar dermatitis)
  - salt bath
  - peat bath
  - whole body pack with black clay
  - sunsky

# Examples of SPA/Wellness packages



- **Weight reduction package**
  - carbonic bath with salt from the Dead Sea
  - manual lymphatic massage
  - whole body pack with sea algae
- **Package for people suffering from back pains**
  - peat bath
  - massage of your choice
  - paraffin poultice of the back with a mixture of Ayurvedic herbs
- **Treatment package for blood circulation**
  - inhalation of eucalypt oil
  - Kneipp path
  - simple carbonic CO2 bath with addition of salt from the Dead Sea
  - massage of your choice