

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
- Once free tour of the Konopiště castle
- 35% 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,
Discount for payment 30 and more days before arrival
- 5%. More information about our services you can
find on www.gcko.cz (section „spa&wellness“)

Orders and questions : Veronika Kroupová
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Examples of SPA/Wellness packages



- **Treatment package for blood circulation disorders**
 - inhalation of eucalypt oil
 - Kneipp path
 - simple carbonic CO2 bath with addition of salt from the Dead Sea
 - aromatic 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
 - aroma therapy massage
- **Dermatological package** – treatment package focused on problematic skin of clients suffering from atopic eczema or other types of dermatitis (except for solar dermatitis)
 - eucalypt inhalation
 - peat bath
 - foot massage - Sapropel
 - whole body pack with black clay
 - sunsky

Examples of SPA/Wellnes packages



- **Weight reduction package**
 - carbonic bath with salt from the Dead Sea
 - slimming Thai massage
 - whole body pack with sea algae
- **Package for people suffering from back pains**
 - peat bath
 - Thai massage with a focus on the vertebrogenic area
 - paraffin poultice of the back with a mixture of Ayurvedic herbs
- **Fitness package** – for active sports people after intensive performance
 - inhalation of mineral water for the cleaning of air passages – isothermal
 - simple carbonic bath
 - classical Thai massage
 - paraffin poultice with honey – back + extremities