

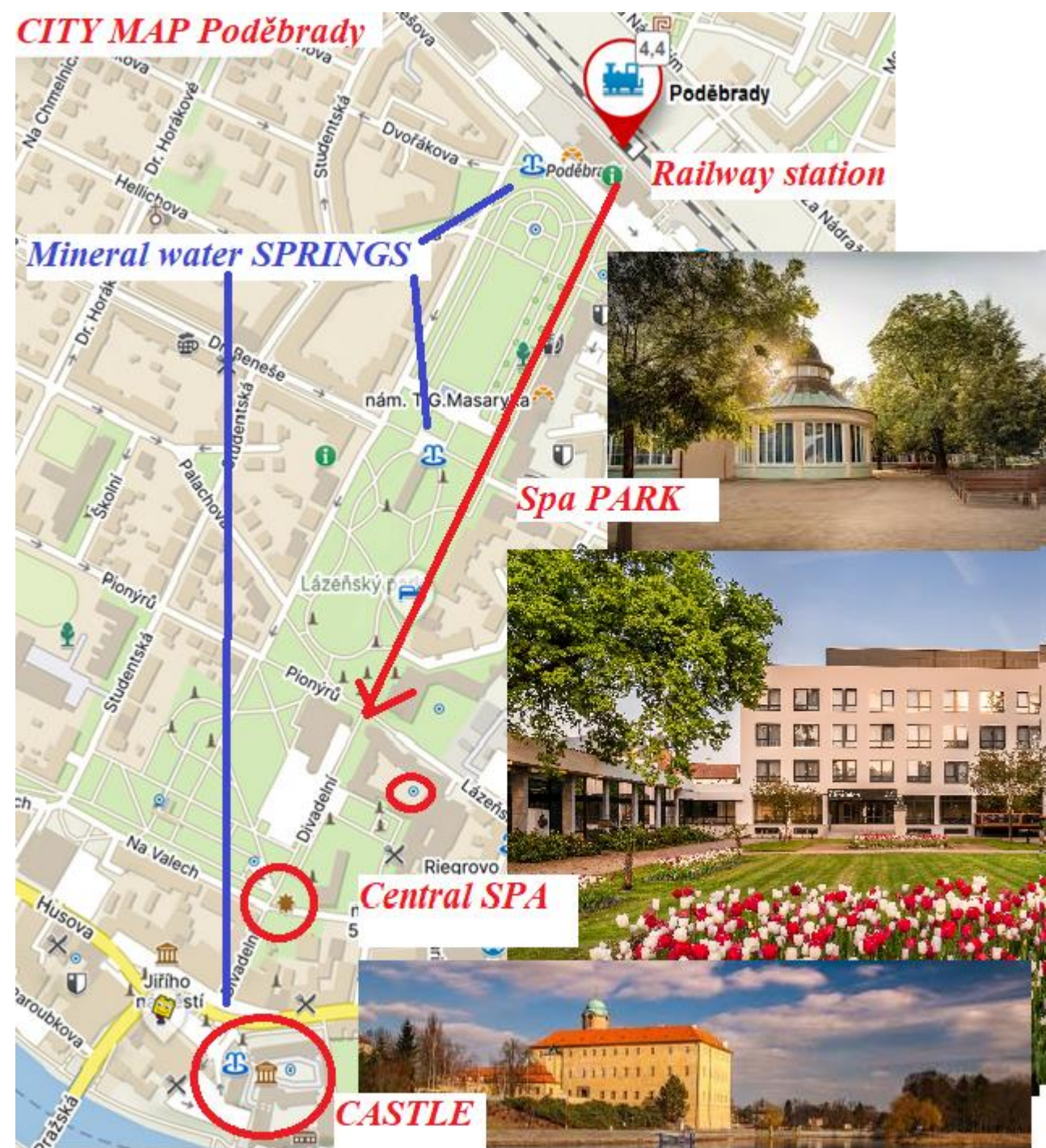


Spa Poděbrady

24.10.2024

Poděbrady is only 51 minutes by direct train from the main train station in Prague.

City map Poděbrady



Time Schedule

- Departure from Prague 8:09
- Arrival in Poděbrady 9:00
- Central Spa
 - Introductory lecture 9:30
 - Excursion Balneology
- Poděbrady Castle 11:30
 - Mineral water tasting
 - Heart of Europe
- Spa Colonnade Park
 - free time - lunch 12:00-14:00
- Departure from Poděbrady 14:54
- Arrival in Prague 15:42



Spa Poděbrady

- = are a traditional Czech spa founded in 1908. They are renowned for their treatment of cardiovascular diseases, where the healing effect of baths in the local mineral water Poděbradka is used.
- Thousands of clients are coming to Poděbrady every year for the beautiful spa park, modern spa procedures, walks along the Labe river and great gastronomy.





Balneology

- BALNEOLOGY = the study of bath and bathing procedures
 - a medical discipline that uses natural sources (water, peloids, gases), climate conditions and solar radiation
 - is used as a primary and secondary prevention, is used for acute and chronic illnesses
- **Indications of Poděbrady Spa**
 - cardiovascular diseases
 - diseases from metabolic and endocrine disorders
 - diseases of the musculoskeletal system

WATER

- HYDROTHERAPY – in spa, baths are used in kinesiotherapy - for easier movement in the water.
- Water with mineral content (carbonic acid water, iron water...)
- Use as underwater massages, Scottish shower, Whirlpool bath ...
- Use also as inhalation treatment, drinking regime



Carbonic bath in Poděbradka

- Try the unique bath in the natural mineral water “Podebradka”, which has beneficial and healing effects.
- Carbon dioxide is absorbed by the skin, increases its blood circulation and has a positive effect on the activity of the heart and kidneys.



PELOIDS

- PELOIDS = are substances formed in nature by geological processes
- Humolites contain organic substances
- Muds contain non-organic sediment from rivers, lakes
- Use of peloids – they maintain heat, are absorbed with skin, is applied as pads or bath



GASES

CLIMATE

- = contains CO₂
- Used as a dry carbonated baths, subdermal injections or inhalation
- Climatotherapy
- Climate is part of each spa stay
- Optimal temperature, air flow and cleanliness, sun
- Combination with movement!



SPA Treatment

Is recommended by a general physicians often based on the recommendation from a specialists.

- Usually after the surgery, illnesses – the recommendation is approved by a overseeing physicians from insurance company
- Is recommended for children, adolescents and adults



- The therapy is divided into 3 groups:
 - Comprehensive – the entire treatment is covered by insurance,
 - Contributory – patient pays for room, treatment is covered by insurance
 - Self-pay spa – patients pay for all



See you in Poděbrady ❤️



- Video <https://www.youtube.com/watch?v=KsydFgJ1bTM>
- Web: <https://www.lazne-podebrady.cz/en>