



Beskydy Therme

POHÁDKOVÉ WELLNESS
PRO DOSPĚLÉ

Drink menu

Aperitifs

0,1 l	Cinzano (Bianco, Rosso, Ex.Dry)	85 CZK
0,05 l	Campari Bitter	60 CZK

Beer

0,355 l	Corona	94 CZK
0,4 l	Pilsner Urquell	69 CZK
0,5 l	Pilsner Urquell	76 CZK
0,5 l	Birell light (bottel)	55 CZK

all beer beverages may contain an allergen /v/

Cognac & Brandy

0,04 l	Martell V.S.	150 CZK
0,04 l	Hennessy V.S.	145 CZK
0,04 l	Courvoisier VSOP	150 CZK
0,04 l	Metaxa *****	80 CZK

Gin

0,04 l	Gin Mare	140 CZK
0,04 l	Gin Hendrick's	115 CZK
0,04 l	Gin Beefeater	95 CZK
0,04 l	Bohemian Gin	150 CZK
0,04 l	Hedgehog Pink Gin	115 CZK
0,04 l	Toison Dry Gin 47%	130 CZK
0,04 l	Toison Ruby Red Gin 38%	130 CZK

Tequila

0,04 l	Silver Sierra	140 CZK
0,04 l	Gold Olmeca	135 CZK
0,04 l	Gold Sierra	90 CZK

Wine & sects

0,2 l	Poured wine	from 90 CZK
0,2 l	Prosecco frizzante (poured)	90 CZK

full offer in the wine card

Champagne

0,75 l	Moët and Chandon Imp. Brut	2500 CZK
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full offer in the wine card

Whiskey & Bourbon

0,04 l	Laphroaig 10y	185 CZK
0,04 l	Jack Daniel's / Honey	95 CZK
0,04 l	Tullamore Dew	85 CZK
0,04 l	Jameson	85 CZK
0,04 l	Chivas Regal 12y	150 CZK
0,04 l	Jim Beam	75 CZK

Seasonal drinks

0,3 l	Sex On The Beach	170 CZK
0,3 l	Campari Orange Cocktail	120 CZK
0,3 l	Tequila Sunrise	120 CZK
0,2 l	Mimosa	80 CZK
0,2 l	Hugo Spritz	105 CZK
0,2 l	June Gin Tonic	120 CZK

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Vodka

0,04 l	Finlandia Vodka	65 CZK
0,04 l	Vodka Pravda	110 CZK

Destillates & liquors

0,04 l	Absinthe Žufánek St. Antoine	145 CZK
0,04 l	Baileys	95 CZK
0,04 l	Becherovka Original	75 CZK
0,04 l	Fernet Stock/Citrus	75 CZK
0,04 l	Jägermeister	80 CZK
0,04 l	Slivovice Jelínek	75 CZK
0,04 l	Slivovice Žufánek	100 CZK
0,04 l	Slivovice Žufánek z dubového sudu	145 CZK
0,04 l	Hruškovice Jelínek Williams	75 CZK
0,04 l	Hruškovice Žufánek z dubového sudu	145 CZK
0,04 l	Pálenka z planých trnek Jelínek	80 CZK
0,04 l	Hanácká borovička	55 CZK
0,04 l	Wilder 1952	70 CZK

Rum

0,04 l	Ron Prohibido 15y 40%	140 CZK
0,04 l	Legendario 9y 40%	105 CZK
0,04 l	Brugal 1888	180 CZK
0,04 l	Kraken Black Spiced	115 CZK
0,04 l	La Hechicera	180 CZK
0,04 l	A.H. Riise 7y Elixir de Cuba	110 CZK
0,04 l	Sailor Jerry	105 CZK
0,04 l	Ron Zacapa Solera 23y	170 CZK
0,04 l	Diplomatico Res. Excl.	165 CZK
0,04 l	Diplomatico Mantuano	150 CZK
0,04 l	Captain Morgan	75 CZK
0,04 l	Kakadu	105 CZK
0,04 l	Espero rum & coco	110 CZK
0,04 l	Bacardi White	95 CZK
0,04 l	Pyrat XO Reserve	140 CZK
0,04 l	Austrian Empire Navy Rum	180 CZK
0,04 l	Malteco 10y	95 CZK
0,04 l	Plantation XO	210 CZK
0,04 l	Don Papa	165 CZK
0,04 l	El Clasico Spiced (61%)	140 CZK
0,04 l	Rum Republica Exclusive	75 CZK



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Fresh non-alcoholic drinks

0,2 l	Apple juice	55 CZK
0,2 l	Apple juice with sea buckthorn	60 CZK
0,2 l	Fresh orange juice	75 CZK
0,2 l	Fresh grapefruit juice	75 CZK
0,2 l	Fresh orange-grapefruit juice	75 CZK

Non-alcoholic drinks

0,25 l	Pepsi	55 CZK
0,25 l	Mirinda	55 CZK
0,2 l	Thomas Henry Tonic	75 CZK
0,33 l	Mattoni sparkling / still	45 CZK
0,25 l	Toma Juice (according to offer)	55 CZK
1 l	Water with lemon and mint (ice)	55 CZK
1 l	Fresh water	40 CZK

Snacks

1 pack	Chips	45 CZK
1 pack	Peanuts	49 CZK
1 pack	Almonds / Cashews / Pistachios	60 CZK
1 pack	Sticks	40 CZK

Coffee and hot drinks

7g	Espresso/Americano	55 CZK
14g	Espresso Doppio	80 CZK
7g	Espresso Tonic	95 CZK
7g	Cappuccino	75 CZK
7g	Latte Macchiato	80 CZK
7g	Viennese coffee	85 CZK
7g	Decaffeinated coffee	66 CZK
7g	Flat White	95 CZK
7g	Iced coffee	75 CZK
1 pc	Tea (black, fruity, green,...)	55 CZK
0,2 l	Fresh mint tea	72 CZK
0,2 l	Hot chocolate with whipped cream	95 CZK
0,2 l	Mulled wine	90 CZK
0,2 l	Grog (Božkov original 4cl)	65 CZK
0,2 l	Hot Becherovka (4cl, honey, lemon)	95 CZK
0,15 l	Bombardino	95 CZK

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Opening hours

Thermal Park

Monday - Sunday

10:00 - 22:00

Sauna world

Sunday - Friday

14:00 - 21:30

Saturday

10:00 - 21:30

Indoor pool

Monday - Sunday

10:00 - 20:00

Massages

Monday - Sunday

10:00 - 21:00

Fresh Bar / Tropico Beach

Monday - Sunday

10:00 - 22:00

Music Bar

Monday - Sunday

21:00 - 00:00



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Price list - Sauna world

Unaccommodated guests

Adults (15+)

60 min.

490 CZK

Adults (15+)

120 min.

790 CZK

Adults (15+)

2 - 4 hours

990 CZK

Private company

only sauna area

Agreed price

Deposit for towel

200 CZK

Bathrobe / slippers

100 CZK/pc



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Price list - Thermal Park

Accommodated guests

Adults (15+)

50 min.

350 CZK

Adults (15+)

110 min.

550 CZK

Private company

110 min.

Agreed price

Thermal bath with bath salt

The selection varies based on the current offer

Rochlitz salt / Magnesium salt / with Aloe Vera extract

450 CZK



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Price list - Thermal Park

Unaccommodated guests

Adults (15+)

50 min.

490 CZK

Adults (15+)

110 min.

650 CZK

Private company

110 min.

Agreed price

Thermal bath with bath salt

The selection varies based on the current offer

Rochlitz salt / Magnesium salt / with Aloe Vera extract

590 CZK



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Price list - massages

Classic massage

Back and neck massage

Relieves muscle tension in the back and neck area.

25 min / 790 CZK

50 min / 1300 CZK

Foot massage

Massage for revitalizing energy and a feeling of lightness in the legs.

25 min / 690 CZK

Lava stones

Heating and harmonizing massage for stress and tension relief.

50 min / 1500 CZK

Beskydy Resort massage

Unique full-body massage for complete relaxation of body and mind.

50 min / 1400 CZK

80 min / 1650 CZK

Anti-stress head massage

Relieves stress and tension in the neck and shoulder muscles.

20 min / 490 CZK



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Price list - massages / body wraps

Thai massages

Thai traditional massage

This massage works on the energy pathways in the body using acupressure and gentle stretching. You will feel the effects of the massage immediately.

50 min / 1490 CZK

80 min / 1790 CZK

Thai aromatherapy massage

A gentler form of Thai massage. It relieves muscle tension and stiffness, improves blood circulation, and enhances the flow of the lymphatic system.

50 min / 1490 CZK

80 min / 1790 CZK

Body wraps

Peat body wrap

The wrap's exceptional thermal properties relax the muscles and increase blood circulation throughout the body.

25 min / 520 CZK

Hemp body wrap - warming / cooling

It effectively reduces signs of aging and improves skin elasticity. It also provides quick relief to problematic skin.

25 min / 520 CZK



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Price list - Ayurveda

Abhyanga massage - for shy guests

A traditional full-body massage performed with warm oil. This massage strengthens the body, improves circulation, and offers deep relaxation using Indian herbal oils. **75 min / 1950 CZK**

Shiroabhyanga massage - for bold guests

Shiroabhyanga is an Ayurvedic massage that focuses on the head, neck, and shoulders. Using special oils, this technique calms the mind, strengthens hair roots, and reduces tension, bringing overall relaxation and well-being. **50 min / 1650 CZK**

Padabhyanga massage

This technique combines deep massage and acupressure points, using special oils to encourage relaxation, improve circulation, and strengthen the nervous system in the foot area. It rejuvenate tired feet, improves sleep, and supports the overall balance of the body. **50 min / 1650 CZK**

Face massage

Ayurvedic facial massage is a technique focused on rejuvenating and nourishing the skin using special oils. The massage also stimulates the energetic marma points on the face, promotes relaxation, and improves circulation, contributing to the overall balance of the body and mind. **25 min / 790 CZK**

Sauna ceremonies

What are sauna rituals or ceremonies?

Sauna has become a popular practice for many who aim to support their health, physical fitness, beauty, and overall longevity. Sauna rituals aim to enhance all these effects while also elevating the sauna visit into an extraordinary and unique experience.

A sauna master is a qualified professional who will guide you through the entire process, ensuring everything goes as it should.

Each ritual is unique, performed with various tools, making each visit exciting and a distinct experience. Every ritual begins with a welcome from the sauna master, who will introduce you to how the procedure will unfold. If you have any questions, don't hesitate to ask.

After the session, remember to take a refreshing shower and a glass of water, and let the effects of the sauna linger in a quiet relaxation area or outside in the fresh air. In the end, it's appropriate to thank the sauna master with applause for his hard work.

We inform our accommodated guests about the planned rituals via email.

Non-accommodated guests are informed through the Wellness Beskydy Therme Instagram.

Oxygen therapy

Oxygen therapy using inhalation from an oxygen generator

20 min / 200 CZK

It serves for active regeneration of the body, strengthening the body's defense against infections. It acts as an effective defense against migraines, stress, and overwork.

It delays the signs of aging. It also has a very beneficial effect on the body in cases of high blood pressure, diabetes, ulcers, and other diseases.



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Types of saunas

Finnish sauna

The Finnish sauna is valued for its relaxation and health benefits, including improved blood circulation, cleansing of pores, and relief from tension.

TEMPETURE 85 - 95 °C

HUMIDITY 5 - 20 %

TIME 5 - 15 MIN

Herbal sauna

An herbal sauna can offer deep relaxation and rejuvenation. In addition to the physiological benefits of sauna, an herbal sauna can also provide therapeutic advantages.

TEMPETURE 40 - 50 °C

HUMIDITY 10 - 20 %

TIME 10 - 30 MIN

Steam sauna

It provides skin hydration, cleanses pores, relaxes muscles, promotes circulation, clears the respiratory tract, and aids in body detoxification. In addition to physical benefits, it also offers mental relaxation and can reduce stress and anxiety.

TEMPETURE 40 - 45 °C

HUMIDITY 90 - 100 %

TIME 10 - 20 MIN

Forest sauna

The goal of a forest-themed sauna is to provide visitors a deep relaxation experience by "transporting" them to the pleasant and calming environment of the woods.

TEMPETURE 55 - 65 °C

HUMIDITY 30 - 50 %

TIME 10 - 20 MIN



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How to properly use a sauna?

- 1) Before saunering, drink a glass of water.
Don't forget to replenish fluids throughout your visit.
- 2) Before the first entry, it's advisable to take a shower.
If you want to experience more intense sweating, don't forget to dry your skin.
- 3) Do not enter the sauna in swimwear.
Wrap yourself in a sheet, which will be provided to you at the reception.
- 4) After leaving the sauna, it's ideal to shower with warm water followed by cold water.
An alternative is our outdoor cooling pond. Don't forget to take a proper rest.
- 5) Repeat the heating and cooling cycle according to your preferences, ideally 3 to 4 times.



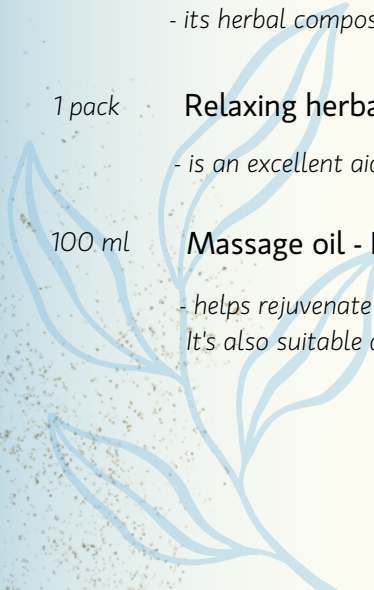
Sauna etiquette

- 1) Do not talk during sauna sessions. The sauna is a place of peace and relaxation.
- 2) Don't forget to properly close the door behind you to prevent the heat from escaping the sauna.
- 3) During sauna sessions, respect the privacy, intimacy, and relaxation of others.
- 4) Before entering the sauna, remove all your jewelry.
- 5) For hygiene reasons, always lay a sheet beneath your body; do not sit directly on the benches.



Wellness products for purchase

Květomluva

- 
- 
- 1 pack **Relaxing herbal bath - Take a deep breath** 250 CZK
- suitable for colds, rhinitis, and upper respiratory tract infections.
- 1 pack **Relaxing herbal bath - Rejuvenate** 250 CZK
- its herbal composition is excellent for revitalizing, treating, and caring for your skin and entire body.
- 1 pack **Relaxing herbal bath - Relieve the joints** 250 CZK
- is an excellent aid for muscle fatigue and joint pain.
- 100 ml **Massage oil - Lavender and rose** 250 CZK
*- helps rejuvenate mature, dry or sensitive skin.
It's also suitable as a softening additive for herbal baths. It promotes a pleasant mood and restful sleep.*



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Termální koupele s koupelovou solí

Ubytování: 50 min / 450 Kč / os.

Veřejnost: 50 min 590 Kč / os.

Koupel v termální kádi s MAGNÉZIOVOU SOLÍ (od půl do půl, např. 12:30-13:30)

Dominantním prvkem této koupele je hořčík, který má nezastupitelnou roli v živém organismu. Podporuje nervovou soustavu, zvyšuje odolnost organismu, blahodárně působí při: kožních problémech, revmatismu a artritidě, srdečně cévních problémech, svalových křečích a bolestech kloubů aj.

> Doporučujeme těm, kteří se pravidelně potýkají se stresem nebo trpí svalovými obtížemi.

Koupel v termální kádi s ROCHOVOU SOLÍ

Tato sůl je obohacena koncentrátem extraktu z jehličí smrku s obsahem biologicky aktivních látek. Změkčuje vodu, obsahuje minerální látky, dokonale uvolní a osvěží organismus. Tato koupel je vhodná zejména proti únavě a pro uvolnění napětí.

> Doporučujeme po náročném turistickém dni anebo školení.

Koupel v termální kádi s ALOE VERA SOLÍ (od půl do půl, např. 12:30-13:30)

Koupelová lázeň obohacena extraktem z Aloe Vera blahodárně stimuluje organismus, uvolňuje vnitřní napětí a úspěšně zabraňuje vzniku kožních problémů jako je například akné a ekzém.

> Doporučujeme těm, kteří chtějí šetrně pečovat o svou pokožku.

Koupel v termální kádi s LEVANDULOVOU SOLÍ

Koupelová sůl s levandulí přináší tělu i mysli dokonalé uvolnění. Levandule je známá svými relaxačními účinky, pomáhá zmírňovat stres, podporuje klidný spánek a přirozenou regeneraci organismu. Současně působí antibakteriálně, zklidňuje podrážděnou pokožku a napomáhá jejímu hojení.

> Doporučujeme všem, kteří hledají harmonii, odpočinek a jemnou péči o pokožku.