

SPA  SANTON

RELAX YOUR
BODY AND MIND



ADMISSION

Access to SPA (swimming pool and sauna)

Monday–Thursday	7:00–15:00 (departure)	15:00–22:00
Unlimited entry	370 CZK	700 CZK
90 min		390 CZK
120 min		430 CZK
Friday–Sunday, holiday		7:00–22:00
Unlimited entry		700 CZK
90 min		420 CZK
120 min		490 CZK
Every extra 15 minutes exceeded		40 CZK

Fitness + SPA access (pool, sauna and gym)

Monday–Thursday	7:00–15:00 (departure)	15:00–22:00
Unlimited entry	420 CZK	700 CZK
90 min		450 CZK
120 min		490 CZK
Friday–Sunday, holiday		7:00–22:00
Unlimited entry		700 CZK
90 min		480 CZK
120 min		550 CZK

POOL

Monday–Sunday	7:00–15:00 (departure)	15:00–22:00
60 min	170 CZK	190 CZK
Every extra 15 minutes exceeded		40 CZK

GYM

Monday–Sunday (7:00–22:00)	90 min	150 CZK
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OUTDOOR SPORTS ACTIVITIES

Tennis	60 min	200 CZK
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WHIRLPOOL

Private whirlpool for 2 persons	25 min	690 CZK
Private whirlpool for 2 persons	50 min	990 CZK
Every other person in the whirlpool		200 CZK

The massage/whirlpool can be cancelled at least two hours before the start time by calling +420 702 152 841 or e-mail spa.santon@orea.cz. Please arrive at the SPA reception at least 10 minutes before the start of the ordered service. In case of no-show for the booked massage/whirlpool, we charge a cancellation fee of 50% of the massage price.



THAI MASSAGES

THAI AROMA OIL MASSAGE

Full body massage is performed using essential oils that help to relieve tension, mental and physical fatigue.

55 min	1 590 CZK
85 min	2 090 CZK

THAI ANTI-STRESS MASSAGE

The massage focuses on the head, neck and back. It helps to relieve pain in the cervical spine and head, is beneficial in the treatment of migraines and generally soothes the body.

25 min	990 CZK
55 min	1 590 CZK
85 min	2 090 CZK

FOR AN EVEN GREATER EXPERIENCE

Lava stones	price of massage	+250 CZK
Herbal pouches	price of massage	+400 CZK

REFLEX FOOT MASSAGE

Massage is great not only for blood circulation of tired legs, but also has a beneficial effect on the whole body.

25 min	990 CZK
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CHILDREN'S MASSAGE

Gentle massage for your children from 6 years of age. Children under 12 years of age only in the presence of a parent.

20 min	790 CZK
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SPECIAL MASSAGES

SIAM THAI COMBINED MASSAGE

Siam thai is a combination of three classic types of Thai massage, namely traditional Thai, oil and herbal. Traditional Thai massage releases blockages through acupressure techniques, oil massage relaxes the body and mind and herbs warm up the muscular body.

85 min	2 390 CZK
120 min	2 690 CZK

SPA RITUALS

The spa ritual includes a full body peeling, relaxing massage and finally we apply a beautifying body mask.

120 min	2 990 CZK
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THAI SKIN TREATMENT WITH COCONUT HUSKS

The treatment includes a massage of the face and décolleté with heated sticks, which moisturise the skin beautifully.

Finally, a facial mask is applied and during its action, a massage of the hands and head takes place.

55 min	1 690 CZK
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FINISH SAUNA
• temp 85–95 °C

FOR YOUR ACTIVE
RELAXATION POOL,
(AROMA SAUNA,
STEAM SAUNA,
A WIDE RANGE OF
EXERCISE ROOM.
THE COMFORTABLE
THE RELAXATION
WITH A PLEASANT
OUTDOOR
AFTER THE SAUNA
IN THE COOLING

OUR FRIENDLY AND
ALWAYS AT YOUR



SPORTS ACTIVITIES
• Tennis



STEAM SAUNA
• temp 40–45 °C
• humidity 95–100 %



PRIVATE WHIRLPOOL
with water and air
hydromassage jets
• zone for 2 persons
• temperature 36–38 °C

RELAXATION THERE IS SAUNA WORLD (FINNISH SAUNA, HONEY SAUNA), MASSAGES AND AN YOU CAN ALSO USE SUN LOUNGERS IN ROOM BY THE POOL VIEW OF THE SURROUNDINGS. YOU CAN COOL OFF POOL IN THE ATRIUM.

HELPFUL STAFF IS DISPOSAL.

MASSAGES

- Thai aroma oil massage
- Thai anti-stress massage
- Siam Thai combined massage
- Massage for pregnant women
- Massage for couples
- Children's massage
- Thai skin treatment



COOLING POOL



COUNTER-CURRENT POOL

- size 12 x 4 m
- temp 28 °C



AROMA SAUNA

- temp 65–75 °C
- humidity 25–30 %



HONEY SAUNA

- temp 75–85 °C

PERMANENTS

Prepaid season ticket
as a gift.



The Spa Centre is not accessible from 19:00 to 22:00
children under 12 years of age.

The operator reserves the right to change prices.
All prices include VAT.

WE ACCEPT PAYMENTS AT THE SPA:

Multisport, Benefit PLUS, Sodexo, Edenred.



HEALTHY SAUNA BATHING

It is ideal to sauna at least once a week throughout the year. The process of sauna bathing makes the human body resistant to diseases, stabilizes our thermoregulatory system and strengthens immunity. It calms the heart, relieves joint and muscle pain, improves the skin, regenerates the digestive organs and blood vessel walls. Sauna bathing has an excellent effect on the psyche, relieving agitation, anxiety, nervousness and insomnia.

However, there are also situations when it is good to skip the sauna. Especially in case of illness, epilepsy, diabetes, high or low blood pressure, skin problems or during pregnancy. It is always a good idea to consult your doctor about sauna options.

HOW TO TAKE A SAUNA?

1. Before entering the sauna, wash with soap and dry yourself thoroughly to avoid humidifying the air in the sauna.
2. You must not wear a swimsuit in the sauna, solely for hygiene reasons. You will receive a towel and a sheet at the reception, which is used to wrap yourself in the sauna and as a mat to lay or sit on.
3. Beginning sailors should start on the lower benches where the temperature is lower. If someone finds it difficult to breathe, they can breathe through a damp cloth.
4. Stay in the sauna for as long as you are comfortable, but you should keep going until you start to sweat.
5. When sweating, you can lightly rub the surface of the body with your hands or special washcloths, which helps to open the skin pores and flush out impurities from the skin.
6. After leaving the sauna, cool your body thoroughly under the shower or Finnish bucket. It is not a good idea to use soap while showering.
7. After the sweating process and subsequent cooling down should come relaxation.
8. Repeat the heat - cold - relaxation procedure at least 3 times. It is important to replenish fluids to avoid
9. Another important rule is to respect the privacy and intimacy of other visitors and to be quiet in the spa area.



Spa Santon

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