

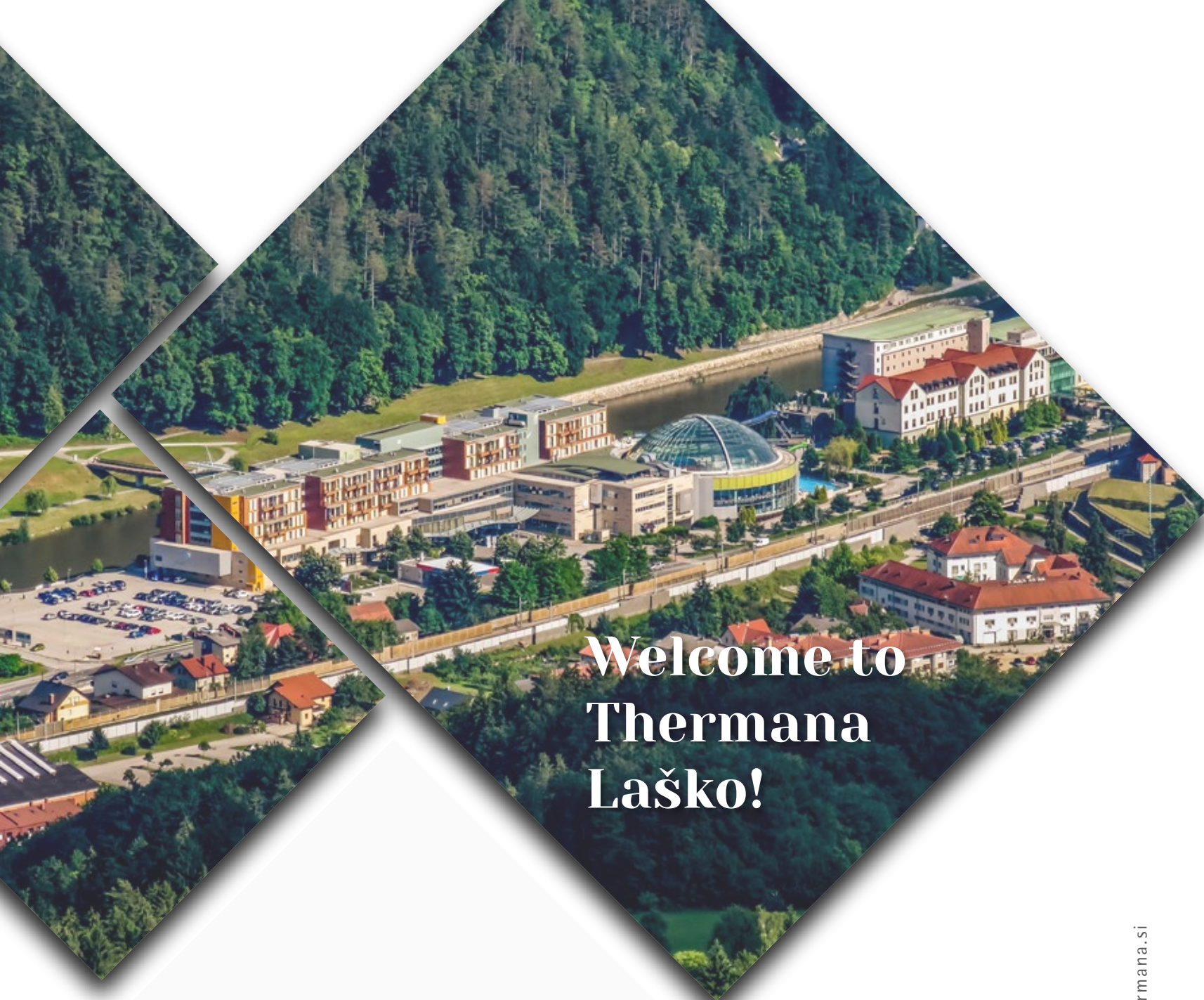
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THERMANA LAŠKO



THERMANA

HOTELS | SPA | RESORTS | CONFERENCES



Welcome to Thermana Laško!

Welcome to Thermana Laško, an oasis of unexpected possibilities, where you will be amazed by nature, the warm rays of sunshine on the surface of the river Savinja and the contemporary architecture. We have created ideal facilities to preserve your vitality, strengthen both physical

and spiritual health and provide unforgettable relaxation and vacation opportunities, which all lead to satisfaction and happiness. Hotels Thermana Park Laško****^{superior} and Zdravilišče Laško**** are just 100 m apart.



Laško–Ljubljana:	85 km
Laško–Zagreb:	100 km
Laško–Graz:	131 km

Laško–Klagenfurt:	130 km
Laško–Vienna:	320 km
Laško–Munich:	470 km

Laško–Trieste:	166 km
Laško–Venice:	314 km
Laško–Milan:	570 km

Thermana Park Laško****superior

THE HOTEL OFFER INCLUDES:

- Thermal Centre with a glass dome
- Sauna Centre
- Wellness Spa Centre
- Fitness Centre
- Ayurveda Centre Thermana & Veda
- Modern Congress Centre with excellent technical equipment
- Cafés and restaurants
- Underground parking garage and free parking spaces beside the hotel
- Parking spaces for caravans, possibility of water and electricity supply

ROOM EQUIPMENT

The pleasant ambience of each room offers our guests contemporary equipment, shower or bath, toilet, hairdryer, internet connection, minibar, safe, LCD TV, telephone, air conditioning and a bathrobe.

You can choose a room without a balcony (standard), with a balcony (comfort), with a view of the Savinja river (plus) or with a view of the Savinja river and a balcony (comfort plus).

Hotel Thermana Park Laško**superior is modern, comfortable and sophisticated hotel that will completely fulfill your expectations. Built in 2012, it represents one of the recent additions of luxury to the new complex along the banks of the Savinja River. Hotel Thermana Park Laško****superior offers 181 modern hotel rooms and 7 hotel suites.**

TYPE OF ROOMS

Double/twin room without extra bed

Double/twin room with an extra bed
(80 x 190 cm or 140 x 190 cm)

Single room with bed size 160 x 200 cm

Suite with 1 or 2 bedrooms and living room,
with jacuzzi or bath

Room adapted for disabled persons
with an extra bed (80 x 190 cm)





Thermal Centre

Thermal Centre is connected to the hotel and offers 2.200 m² of water surface with indoor and outside pools.

UNDER THE MAGNIFICENT GLASS DOME YOU WILL FIND:

- pool with waves,
- three whirlpools that rise above the pools,
- Kneipp's path,
- children's water play pool,
- recreational massage pool,
- river flow,
- water slide,
- Café and restaurant.

OUTSIDE THERE ARE:

- recreational swimming pool,
- children's pool with water slide and play equipment,
- water slides,
- outdoor massage thermal pool connected with the inner pool,
- massage pool in the shape of a crystal.

Sauna Centre

Detoxify your body and relax your mind in themed saunas. Modern sauna center with a touch of the history of Laško extends to 675 m² and offers seven different saunas. There are three Finnish saunas – one with an element of fire, other in the form of "Kozjansko" house and third – the large Finnish sauna »Crystal« in the outdoor area. The steam sauna »Kettle« has a form of a brewing kettle for beer and an infrared sauna has the form of a railroad car. There are also Laconium sauna with lime tree aroma and the Sanarium.

Every day you can enjoy sauna programs in our sauna center. Between the sauna sessions you can relax in one of the three relaxation areas.

Ritual of body detoxification at the time of full moon:

A full moon is not only the time of sleepless nights but also the time when people are more sensitive and open-minded and the revitalization therapies have a better effect. That is why we invite you to the sauna center to improve your well-being.

BODY PURIFICATION RITUAL IN THE SAUNA CENTRE INCLUDES:

- mint or lemon balm program in the Finnish sauna »Crystal«,
- green tea,
- detoxifying body wrap in the steam sauna »Kettle«.



Wellness Spa Centre

Our Wellness Spa Centre is a temple of modern architecture and it is based on the philosophy of relaxation and pampering. We listen to each of you, to your requests and your pursuit of harmony. In our wellness centre you will experience wellness in its true sense.

OUR WELLNESS SPA CENTRE OFFERS YOU:

- classic, Ayurveda and Thai massages
- natural beer treatments
- facial and body care
- romantic baths for two
- training in fitness studio with a view of Savinja river



A feeling of harmony that connects body, mind and soul. This is how you can describe our massages, which were developed by our experienced staff.

BEER WELLNESS:

Numerous grains, which are the basis of every good beer, are rich source of vitamin E, which is very beneficial for the protection and care of the skin. Hop cones are rich in phytoestrogen and at the same time have an antiseptic effect, which ensures the vitality of the skin. In Thermiana Laško we developed our own beer story. One that nourishes and pampers the skin with vitamins. One that ensures its vitality and prepares it for the challenges of everyday life. Let yourself be pampered with the unique beer wellness treatments.

THE TOUCH OF FIVE ELEMENTS

This ritual consists of 5 elements (wood, fire, earth, metal, water), which individually never function as independent units, but only as part of the whole. Through the elements and the expertise of our therapists, we can reduce or neutralize the harmful effects of energy. The treatment comprises a bath, body scrub with black soap, stimulation of reflex points, a body massage with a candle, a head massage.

FOUNTAIN OF YOUTH

This pampering begins with a foot bath and is followed by exfoliation with himalayan salt and selected essential oils, and a full body massage with a cream full of valuable essential oils. With this treatment you will achieve a mental and physical relaxation, your blood circulation will be improved, your health and vitality strengthened and the elimination of toxic substances from your body accelerated.

MASSAGE WITH HEMP BUNDLES

Massage with hemp bundles is a combination of the therapist's massage movements, where warm hemp oil is massaged into the skin, and a massage with hemp bundles. Thanks to the steam, the contents of the bundles are released and applied to the skin as a mixture of healing ethereal ingredients. The skin is soothed and silky smooth. The massage is recommended for the care of dry and stressed skin.



Ayurveda & Yoga

Eastern wisdom is becoming increasingly important in the western world. Ayurveda contains all aspects of health because it promotes physical, mental, emotional and spiritual well-being.

- Our team consists of professional, experienced, reliable and highly motivated employees: Ayurveda expert, Ayurveda therapists, a yoga master and an Ayurveda chef.
- Individual support and advice. All programs in the Ayurveda Centre are based on the individual approach and treatment of each guest. Appropriate therapies are prescribed after the initial consultation with the Ayurveda expert.
- Indications: tiredness, general weakness, headache, stress-related illnesses, sleep disorders, rheumatism and joint diseases, skin diseases, respiratory diseases, overweight and underweight ...
- Focus: detoxification, pain relief, yoga and meditation ...

Congress

Business is pleasure at Thermiana Laško. According to your wishes, we would be happy to complement your event with excellent culinary delights, exciting

excursions, discoveries of natural and cultural sights or other experiences to suit your taste.

- Easily accessible location in the heart of Slovenia, in a quiet environment with excellent transport links.
- Modern and technically professionally equipped congress center has an area of 3,700 m² and total of 1.100 participants. The whole congress centre has daylight and the possibility of complete light dimming.
- Each floor of the two-story congress center has a 335 m² lobby for registration of participants and banquets during breaks.
- Certified congress hotel.
- Free 'high-speed' Wi-Fi access.
- An overall organization of your event.
- Corporate events and international congresses, gala dinners and private events.



Hotel Zdravilišče Laško****

THE HOTEL OFFER INCLUDES:

- Health and Well-being Centre
- Medical Centre
- Thermal swimming pool and sauna, renovated in autumn 2020
- Fitness Centre
- Hotel restaurant and café
- Business and seminar rooms

TYPE OF ROOMS

195 rooms and 5 hotel suites. 47 rooms are adapted for persons with mobility problems. You can choose a room on river side (comfort) or room on courtyard side (standard). Rooms do not have balcony.

Double/twin room without extra bed

Double/twin room with an extra bed
(90 x 190 cm or 140 x 200 cm)

Single room with bed size
140 x 200 cm or 160 x 200 cm

Suite with 1 or bedroom and living room,
with bath or shower

ROOM EQUIPMENT

The pleasant ambience of each room offers our guests contemporary equipment, shower, toilet, hairdryer, internet connection, minibar, safe, LCD TV, telephone, air conditioning and a bathrobe.



www.thermana.si

MEDICAL CENTRE

Zdravilišče Laško is one of the most modern centers for health tourism. It is based on the specialist knowledge and rich experience of recognized medical experts, as well as on the beneficial effects of our thermal water.

WE TREAT THE FOLLOWING DISEASES:

- conditions after injuries and operations on the motoric system with functional loss,
- degenerative joint and non-joint rheumatism,
- neurological diseases, injuries and diseases of the central and peripheral nervous system (including cerebral vascular intervention and neuromuscular disorders) and conditions after a stroke
- conditions after surgeries in the pelvic, testicles and chest,
- skin diseases (psoriasis).

Health and Well-being Centre:

- Classical and health massages, body care and facial care
- Honey wellness
- Baths for individual or romantic baths for two
- Salt room for salt therapy
- Swimming pool with countercurrent system

THERMAL SWIMMING POOL

Feel the healing and mysterious power of our thermal water and recharge your batteries in the thermal pool on a water surface of 619,50 m².

INSIDE THERE ARE:

- thermal pool
- massage pool
- children's pool

THE OUTDOOR AREA OFFERS:

- thermal pool
- café on the sun terrace (open seasonally).

PHYSIOTHERAPY

Physiotherapy in Thermana Laško covers all classical procedures of balneotherapy, kinesiotherapy, electrotherapy, magnetic therapy, laser therapy, thermotherapy, phototherapy, hypobaric therapy, lymph drainage, massages, inhalations and special methods and techniques, carried out by therapists with special skills. Individual concept, holistic treatment, competent and qualified physiotherapists and the latest technology – all in one place!



(www.slovenia.info, foto: Ciril Jazbec)

Our tips for short trips to the town and the beautiful surroundings

Laško is place of personal stories. Find yours between rivers and hills, spas and mansions, towns and villages. Write it with an abundance of healing waters, brewing traditions and paths to health and wellbeing. All experienced alongside people, that give hospitality its true name and meaning.

- Various activities and animation in and around the hotel.
- Hiking and cycling along marked trails (also accessible directly from the hotel).
- Visit of the brewery and tasting of Laško beer.
- Interactive games Escape Room & Unlock Laško.
- Adrenaline park on Celjska koča.
- Celje town, the old castle and a visit to the Šmartinsko lake.
- Tandem skydiving.
- Rafting on the Sava River in Radeče.
- Eco-Museum of hop production and the beer fountain in Žalec.
- Visit to the farms and wine cellars with various tastings.
- Assistance in organizing tours and animation for groups across Slovenia.



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Thermal water Laško

STIMULATING AND DETOXIFYING

The mineral content shows that the Laško thermal water runs in the underground for longer periods of time, and on its way dissolves dolomite, calcium, magnesium and silica. The total mineralization of the water content (substances dissolved in water) is 278 to 295 mg / l, which ranks the Laško thermal water as a medium-mineralized water. Research carried out at the Institute Bion has shown that the Laško thermal water has a high quality bio field and this undoubtedly has a positive effect on the bio field of organisms, which is important for the regeneration and healing processes.

The healing effect of the thermal water has been proven by many years of experience and works especially with slightly increased blood pressure, rheumatic diseases, chronic inflammation of the joints and spine and even with severe walking difficulties. The thermal water healing process consists of components such as learning to walk in the water, Kneipp paths, massages with water jets, pearl or Hubbard baths. The natural healing factor is the thermal water itself with temperatures between 32 and 34 °C, which with its soothing warmth relieves pain and enables easier movement.

The composition of the Laško thermal water and the shape of its crystals suggests that our thermal water radiates strong life energy and has a positive effect on the body, works beneficially on the psyche and balances body and soul. Due to all its positive and stimulating properties, the Laško thermal water is highly recommend for drinking. Anyone can drink the thermal water at its own judgement. In terms of energy, it is recommended to drink up to 2 liters of water a day. The amount of water should be divided into smaller doses of 2 dcl throughout the day. We recommend to drink small sips of water. Before swallowing, hold the water in your mouth for a while.



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