

FREE ISSUE

My **Thermana**

**Wellness Magazine
of the company
Thermana Laško**

**WE ARE CELEBRATING
160 years**

WELLNESS
**Our unique
treatments**

FOR YOUR HEALTH
**Manual lymphatic
drainage**

VISITING THERMANA
**Betka Šuhel Mikolič
and her family**



THERMANA
Laško

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PARIS

AROMA LISSE

KEEP SMILING, LEAVE WRINKLES TO US!

PROVEN EFFECTIVENESS*
94% OF WOMEN
SEE **SMOOTHED SKIN**

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*Consumer test over 28 days of use of AROMESSENCE™ MANDARINE Smoothing serum and AROMA LISSE Energising smoothing cream.



OUR EXCITING 160

How to describe 160 years of Zdravilišče Laško, the last years of Thermiana Laško, with one word? Difficult. There were glorious years, when Laško imperial spa was overwhelmed by the splendid guests from Vienna. There were years of war, when the scent of blood and heavy physical and mental wounds was changed by the glamour of the spa, and years when we were compared to a hospital. There were people that saw an opportunity and a story in the springs of Laško. Of course there were also doubters that at first did not believe in the potential of the spa. We are happy that optimists have overruled once again.

If I have to describe 160 years of the spa with one word, I would use the adjective exciting. There has been 160 exciting years behind us. A path full of difficulties, turns and sometimes roundabouts. But I am proud of our team and on the fact we have succeeded. Proud on each and every employee, who is good at his work, thinks structurally, who understands that we were left with exceptional legacy of nature and heritage of our ancestors – the founders of our company. As you will see in the following of My Thermiana, which was enriched with a bit of our history, many of the initial owners of the spa believed with his body and soul in the magnificence of this story and invested in it truly all.

Dear employees, at the 160 anniversary I congratulate you and thank you sincerely for all your work. In unity there is strength, our goals will be achieved by joint constructive work and I firmly believe in our success.

Beloved guests, 160 year tradition is proof enough for our expertise and quality. With each day we prove that we are trust worthy. Make sure for yourself and take advantage of many attractive program packages and services that we have prepared for you in this anniversary year. Indulge all of your senses and feel at home with us.

Andrej Bošnjak, MA
President of the Management Board Thermiana d. d.

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Laško town market would stay out of the way and drowsy if a railroad Vienna- Trieste have not been mapped right in this narrow valley. A reason why railroad was led through Laško towards Zasavje instead over Trojane was simple - the mines in the coal, which was the source of economic development and the »fuel« for the railroad.

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*Summed after historical overview from Jure Krašovec from the book 145 years of Zdravilišče Laško.
Photographies are a property of Laško Museum and mr. Aleksander Beccari.*

At Laško borough people knew for a long time of springs of hot water. Snow melted firstly always amongst the bushes, reeds and marsh grass. The locals were seeking for the springs, deepen, consolidated, but moody and often flooded Savinja always swamped them.

IMPERIAL SPA BROUGHT LAŠKO ON THE MAP!

With great enthusiasm Laško hot springs, found due to construction errors, were undertook by an Austrian engineer Leopold Rödel, who led the construction of the railway line from Celje to Laško. Springs did not give him peace. Mayor of Laško Karel Valentinič felt the power of the realization in his plans and with the former municipalities, Laško market and St. Christopher, Rödel concluded purchase contract on 15 September 1852. He committed himself that in three years he was to build a swimming pool. He paid 600 florins for the land, while he promised to the locals' ease-

ment rights to swim at reduced fees, which they repeatedly fought for in the later years.

In 1853, they opened a brick-lined bathing pool, which was the largest amongst the pools in Styrian countryside, German and Slovenian part. They built a flood defense embankments, planted flower gardens and tree park and gain the right to boast the Spa with the emperor's name. On 1 May 1854, spa Kaiser Franz Josephs - Bad was officially open.

VIENNESE ELITE ON HOLIDAYS IN LAŠKO

Dr. Lorenz von Stein bought the spa in 1856/57. His goal was to attract highly promising social elite into the spa. He started in the spa's park in which he planted exotic and indigenous trees, following the example of Vienna's parks he regulated shady and sunny gardens, which he filled with numerous sculptures.

He rebuilt spa building in three floors and in the additional building created Bidermaier Salon. At Savinja river he built wooden pavilions - one for men and another for women. In the main building, among other, he arranged excellent innovations of the time - telephone and telegraph.

In 1879 Viennese entrepreneur and avid sportsman Teodor Gunkel bought the resort. Gunkel's skilful advertising recovered quickly fading reputation of Laško spa. In his time, they updated bathing facilities and in 1882, they built the first water powered station on Slovenian soil. He connected with the owner of the brewery, they started welding thermal beer. Guests of the spa humorously called it "sanitary beer" ("Sanitarbier"), which was supposedly the best in Austria. As an avid sportsman, he built multilane bowling alley, tennis courts, even fashionable cricket. He built horse stable for 12 horses, which also guests could ride. He built a special pool with thermal water for his horses, so they were not infected with something by bathing in Savinja. He also had circus-trained dogs, which entertained guests during the day, and guard-



Spa Park was, at the time of Stein, made from sunny and shady gardens and equipped with numerous sculptures.



Wounded soldiers and hospital staff before spa building, November 1914.

ed spa facilities during the nights. Gunkel had a strong desire that Emperor Franz Joseph would visit the resort, and therefore he built the imperial bath cabin that had a gold painted Austro-Hungarian crest on the ceiling. The distinguished guest unfortunately never came, but today you can see it under the glass cover in the spa cafe.

GLIMMER WAS REPLACED BY WAR

Black clouds did not come only over Laško, but over the entire Europe. The First World War made the resort a military hospital because of the nearby Balkan and Isonzo Front. Park became a military camp; precious trees were cut down for firewood.

Soldiers and the locals completely looted the spa. Wild looting continued until 1921, when the mortgage bank sold the spa to new shareholders - Karlovšek, Smrtnik and Roblek. They completed the renovation and on 1 July 1923, the spa was re-opened. Spa Radio Therma Laško, as they were called, was accepting insured patients, and

those who payed themselves. They got a new goal, bought medical devices for hydrotherapy, medical baths and irradiation.

In 1936 they completely captured and improved existing wells. They dug five feet deep and found out that the water comes from a depth of at least 700 meters, four thermal springs in average spit thousands of gallons of water in one minute.

In the spa patients have facilitated easier problems such as rheumatism, sciatica, pain in the muscles, diseases of the respiratory system and intrathoracic organs, nervous exhaustion, women's health ... The number of patients was rapidly increasing and had as much as three times more visitors than Gunkel in the best of times. But along came the Second World War.

After the war, wounded Partisan soldiers and exhausted returnees from the German concentration camps were treated in the spa. In 1953 Institute for Rehabilitation of Persons with Disabilities was founded. The building was renovated, equipment enriched; the surroundings arranged and everything was ready until 1954, when they celebrated the 100 year anniversary of the spa.

ON THE PATH OF MEDICAL REHABILITATION

In 1956 dr. Barle was appointed as the chief physician and director - a specialist in physical medicine and rehabilitation, under whose leadership the resort began to climb.

The voice of rehabilitation spa has greatly expanded and since 1955, when the institute adopted 155 people, this figure had risen to 3690 by 1975. 1976 was the opening of the new spa. Laško spa was becoming the most advanced health facility in Slovenia.

In addition to the rehabilitation, the spa became increasingly open to foreign guests who were coming on vacation in Laško.

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The company THERMANA, d. d., formerly known as Zdravilišče Laško, is today with its rich tradition one of the most important Slovenian spas and tourist centre, which offers quality of life and culture of a healthy lifestyle for all generations.

One of the famous Laško bathing cabins.



Health staff with dr. Barle in the middle (in white).



Rehabilitation in the soothing thermal water.



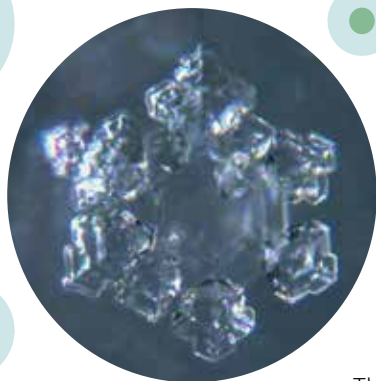
LAŠKO THERMAL WATER

ENLIVENS,
DETOXIFIES,
FILLS US WITH
ENERGY

Medicinal properties of Laško water have demonstrated through decades in the use of water for therapeutic purposes in balneotherapy. Recent research has shown, however, that the water Laško is suitable for drinking.

Composition of Laško water is formed of crystals that show that our thermal water radiates a powerful life energy, has a positive incentive effect on human, works beneficially on the psyche and balances body and soul. With its stimulations it is acting on the balance and strength of the body. Water helps to detoxify the body, reducing its acidity, works as a mild laxative, improves the biological environment of cells and intercellular communication.

Thermal water drinking hall is at your disposal in café of Zdravilišče Laško, you can indulge in a sip or two also by the drinking fountain in the corridor between Thermal Centre and hotel Thermiana Park. Just a piece of advice ... Drink sips of water. Before you drink it, hold it in your mouth for a while.



◀ Laško
Thermal water
crystal.

OUR BEER STORY

Laško. First association - beer. Laško beer, whose tradition dates back to the year 1825. Enjoying beer, of course, in moderation, has a favorable effect on the body. Beer contains B group vitamins, magnesium, potassium, iron, and zinc. It has a diuretic effect on the body, prevents the formation of kidney stones, soothes and relaxes. Thus, a glass of slightly warm beer is also excellent as sleep-inducing agent.

In THERMANA Laško we have developed our own story about beer. That which nourishes and pampers the skin, fills it with vitamins and retains its vitality, which relaxes and soothes, prepares us for the challenges of everyday life. When visiting the city of beer you certainly must enjoy in a unique beer pampering that you can experience only in THERMANA Laško.

With beer treatments, we use beer products based on the material obtained in the brewery. This arises as

a result or a remaining of beer production. They were developed in collaboration with LEKOS, upgraded with the knowledge and experience of local therapists.

Cereals, which is the basis of every good beer, also Laško, is a rich source of vitamin E, which restores and protects the skin.

Iceland moss extract and wild mallow protect against irritation and inflammation.

The hop cones are important as well. They contain phytoestrogens and have antiseptic effect. They return skin vitality. High quality oils also have effect on the vitality and skin structure. They are a natural source of omega 3, 6 and 9 acids.

Thermana therapists adapt the beer treatments to different skin types. Some treatments intensively moisturize the skin, others nourish, they are suitable for both younger and mature skin, for men and women. Pamper yourself with beer treatments and feel good in your skin.





HONEY STORIES THAT PAMPER YOU

Already old Roman had a saying in the consciousness of Medicus curate, natura sanat or Physician heals, nature cures. Honey is one of those gifts of nature that are eternally fashionable, and its effect on the body is always beneficial. Extremely rich natural sweetener produced by bees, contains many vitamins, minerals, enzymes, antioxidants ... Hippocrates used it for wound healing, but today its use is advised in case of anaemia, pregnancy and physical load. It also reduces pain, soothes and relaxes.

No wonder then that we have, in accordance with bee-friendly philosophy, as the first in Slovenia developed a unique honey-indulgence. Honey does not work only active in the body, but also on it. It is a real treasure trove of health, so take care of your skin with vitamins and minerals and enjoy a pampering that has no equal.

With honey, we enriched programs of facial and body treatments, massages and developed honey wraps, added a honey bath and sauna program prepared with honey. Honey pampering was upgraded with consultation for apitherapy, which helps in health promotion, prevents and alleviates health problems with bee products or their products.

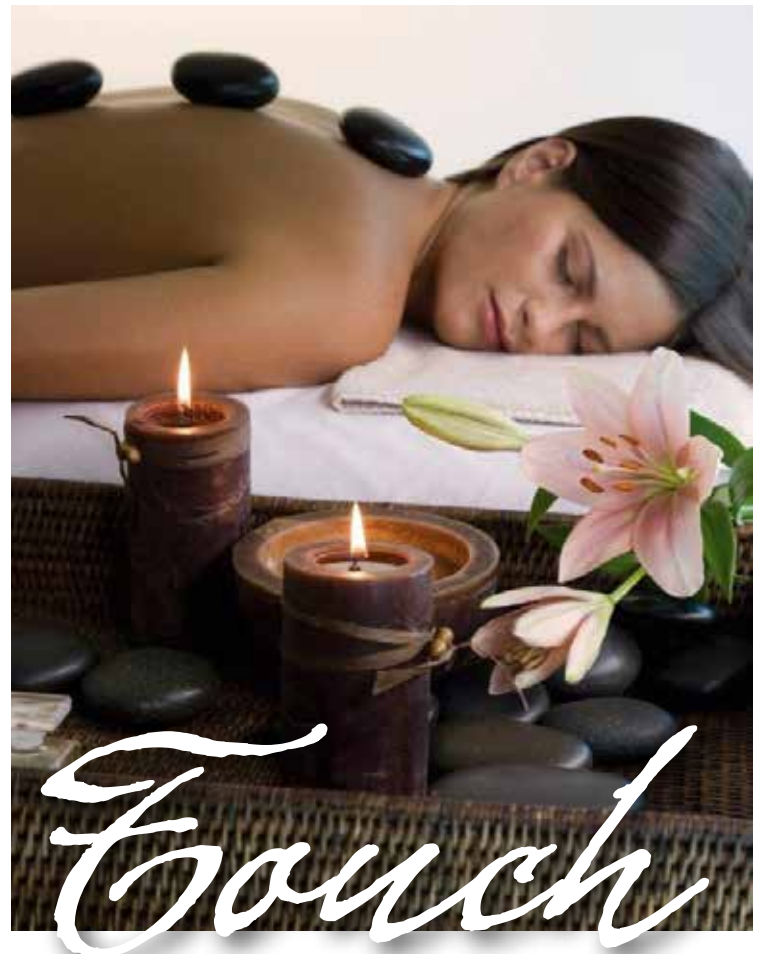
There are many of them – honey stories from Laško. Explore, discover and pamper yourself!



HAVE YOU TRIED OUR HOUSE SPECIALTY?

We use honey with not only spa treatments and pampering. We also entered it into a rich gastronomic offer. There is also a special honey menu.

Do not miss our house specialty – honey pie, which was created by our pastry team.



Touch

OF FIVE ELEMENTS

Wood, fire, earth, metal and water are five elements, which form a whole and form the world around us. No element predominates, no element is undervalued or oppressed, and all work in perfect synergy, developed to perfection. Elements of concerted action achieve their common goal. Each item carries a special energy that brings balance to the body.

We feel the element of water and wood in the soothing bath of lavender, rosemary and rosewood. Lavender encourages friendship and opens the heart. Rosemary enlivens the senses, drives away sorrow. Natural essential oil of rosewood has very similar properties as precious rose oil. It renews and invigorates the skin; smoothes wrinkles and relaxes.

A scrub with black soap represents Earth element. Soap, which originates from North Africa, is of quite natural origin. It contains olive oil and essential oil of eucalyptus and before the massage, effectively removes dead skin cells and refreshes the skin.

Our entire body mirrors in the hands and feet. Metal element activates through the lung reflex point on our hands. With corresponding reflexive approaches of experienced reflex-therapist, the body relaxes, while also stimulating the discharge of toxins from the body.

Fire is brought into the body by a nice, warm and gentle massage with candle, which eliminates fatigue. Massage candles are made from precious herbal butter ("sheabutter") and coconut and almond oil. They are nutritious, they enliven and awake all the senses. Here are also argan massage candles representing the elixir of youth. Argan oil has a great antioxidant and restorative power on the skin.

Ritual of five elements ends with a head massage, which adds icing on the cake with a two-hour relaxation.



BETKA ŠUHEL MIKOLIČ WITH HER FAMILY

»I performed my first summer job in Zdravilišče Laško«

She is relaxed, smiling and warm person, with whom you easily make a contact. She is a radio and television presenter, who after 36 years of working in the media, went towards new challenges. In her enterprise BPR, she deals with public relations, event organization, conducts seminars for public speaking and events. With Betka Šuhel Mikolič and her family - her husband Dean and son Alexander - we chatted on their short vacation in Thermana.

Betty Šuhel Mikolič was born in Laško and very special memories bind her to Zdravilišče Laško: »In the old spa pool I swam a lot as a child. Otherwise, I was also performing my first summer job. My mother told me that if I want to buy something, I have to earn money by my-

»I was a waitress in Zdravilišče Laško which was at that time strictly rehabilitation centre.«



self. I was a waitress in Zdravilišče Laško, which was at that time, strictly rehabilitation centre. I remember that I helped patients without upper limbs cut their meat into smaller pieces, and then I saw that this work is not at all easy.«

Her media career began very early. At just sixteen, she began working as a program presenter on Radio Celje. »That year, 1986, I participated for the first time at the event Beer and flowers, where I remember that I wore the costume of yellow and green shades, brewery colours.

It is nice to work with people of Laško, with Thermana, for example, I participated at the opening of their new complex Thermana Park.

Otherwise, she rarely returns to Laško: »Rarely, very rarely we come



to my home town, unfortunately only on special occasions, such as the 90th anniversary of my aunt Štefka. Still, when I get back, I am impressed by how, despite the fact that the city continues to grow, somehow the essence remains the same. Especially people, I like that they have kept their elementalness.

Also during this visit, I met many acquaintances, friends from my youthful years and I like that we have talked as we have last seen each other yesterday, as many years had not gone by. I love it when in your café, I hear the Italian language and I think that foreigners already know what is good, and then I

ask myself, how is it that we do not visit Laško more often.

Repeatedly we are looking for interesting places where there is enough green, opportunities for various sports and recreation, where you can peacefully run five kilometres to relax, recharge your energy, and it is sad that mostly we are looking for this option outside the country. Now, when I have seen the offer



from Thermana, I promise, to come more often. For Ayurveda massages without advance planning. They are Divine and have them in diverse order ranked first. Such complete relaxation! I have never experienced it anywhere else!«

Family Šuhel Mikolič is also very active on vacation. »We love sports; so on short breaks we love to swim and cycle. Male part of our family is active in surfing and diving, so we regularly visit Egypt, where conditions are ideal. Of course, we love being at home where we simply live, as we call it.«

Thermana offer was perfect for them. They enjoyed the pools, where Aleksander in particular loved the slides, went on a run through the spa park and for dot on the i relaxed with yoga on the lawn, where they were accompanied by yoga master Pratheep. Yoga is another thing that connects Betka and Dean. »In Ljubljana we regularly visit hot yoga in a room heated to 37 degrees with

60 percent humidity, where in an hour and a half you perform a variety of positions.

We love yoga because we thoroughly detoxify, at the same time this exercise has other positive effects. For example, I note that I focus much easier and stay focused for a longer time, which is very important for today's long and arduous workdays, "says Dean, while Betka adds:" It's a workout, where in addition to all the good mental and physical effects of hot yoga we also spend our free time together.«

A healthy lifestyle, which also includes a healthy diet, means a lot.

»I love it when in your café I hear the Italian language and I think that foreigners already know what is good.«

»Ayurveda massages are Divine. Such complete relaxation I've never experienced anywhere else!«



Vegetable and fruit juices are made at home, their sweetness is you appeased with raw desserts, which Alexander helps make.

»Cooking and tasteful culinaries are my passion, which is also transferred to Aleksander, so you will not meet us in fast food restaurants,« says Betka, who recognizes that you have to have a healthy lifestyle, on which she primarily puts diet, exercise and satisfying life, good organizational skills and discipline. Excuse "start tomorrow" in not known in her family. Otherwise, you will meet her little family in Thermana again. Aleksander will ride the slides; Dean will be cycling to the Vrh above Laško, and Betka, after her descent from Hum, will be enjoying in classical Ayurveda massage.

THERMAL FUN UNDER A GLASS DOME



SWIMMING COURSES

Swimming is considered one of the healthiest sports; the movement in water is very easy, but our body is working very intensively. Laško thermal water has a positive impact and quality bio field, so a great feeling after swimming in pools is guaranteed.

Swimming courses are an indispensable part of our offer. We offer basic and advanced swimming courses for children and adults, and swimming courses for kindergartens and primary schools for which we have prepared special offer.



Keep your child's birthday truly memorable. Full of joyful splashing in thermal water and a rich animation program.

You can select from two packages.

PARTYPACKAGE

Includes: invitations, 2,5 hours of animation program, entrance to the Thermal Centre for up to 2,5 hours, CD with photos, gift for the birthday girl / boy.

PRICE: 14,00 € / per person

MEGA PARTY PACKAGE

Includes: invitations, 4 hours of animation program, entrance to the Thermal Centre for up to 4 hours, CD with photos, gift for the birthday girl / boy.

PRICE: 17,00 € / per person

Birthday parties are also prepared in the Gala hall of the Congress Centre. There are masked ball theme, pirate party, and many other themed birthday parties. For young ladies there is also available the Wellness birthday party, where pampering, make-up and of course chatter is of no shortage.

WHAT DOES THERMANA CLUB MEMBERSHIP BRING TO YOU?

We wish to upgrade your loyalty and trust, so we welcome you to join the Thermana Club family, which counts more than 40.000 members..

There are Gold and Blue Thermana Club cards at your disposal.

BENEFITS FOR GOLD CARD HOLDERS:

Anyone, who is older than 15 years, can become a member. To enroll, you have to fill out the form and pay a membership fee. You have to settle the membership fee before using our facilities and services. It is valid for one year from the payment of the membership fee.

15% discount on all programs and accommodation prices. Discount does not apply for special seasonal offers and special offers for cardholders. Discounts are not summed.

20% discount on prices for Thermal centre • 10% discount on all wellness and health treatments • 10% discount for purchase of gift vouchers • 5% discount on catering services (single purchase has to be at least 100,00€) • benefits of the recommendations • rewards for loyalty - collecting of bonus points • regular information about programs and services of Thermana Laško • participation in contests • annual meeting of the cardholders

BENEFITS FOR BLUE CARD HOLDERS:

A membership for Thermana Blue Card holders is free of charge. It is valid for two years from enrollment in the club and it is confirmed with every new purchase. Anyone, who is older than 15 years, can become a member. To enroll, you have to fill out the form.

Benefits of the recommendations • rewards for loyalty - collecting of bonus points • regular information about programs and services of Thermana Laško • participation in contests • annual meeting of the cardholders

Benefits for Vodomček Card holders: Anyone, who is younger than 15 years, can become a member. A membership is free of charge. It is prolonged every year until the age of 15, you can sign out with a written request.

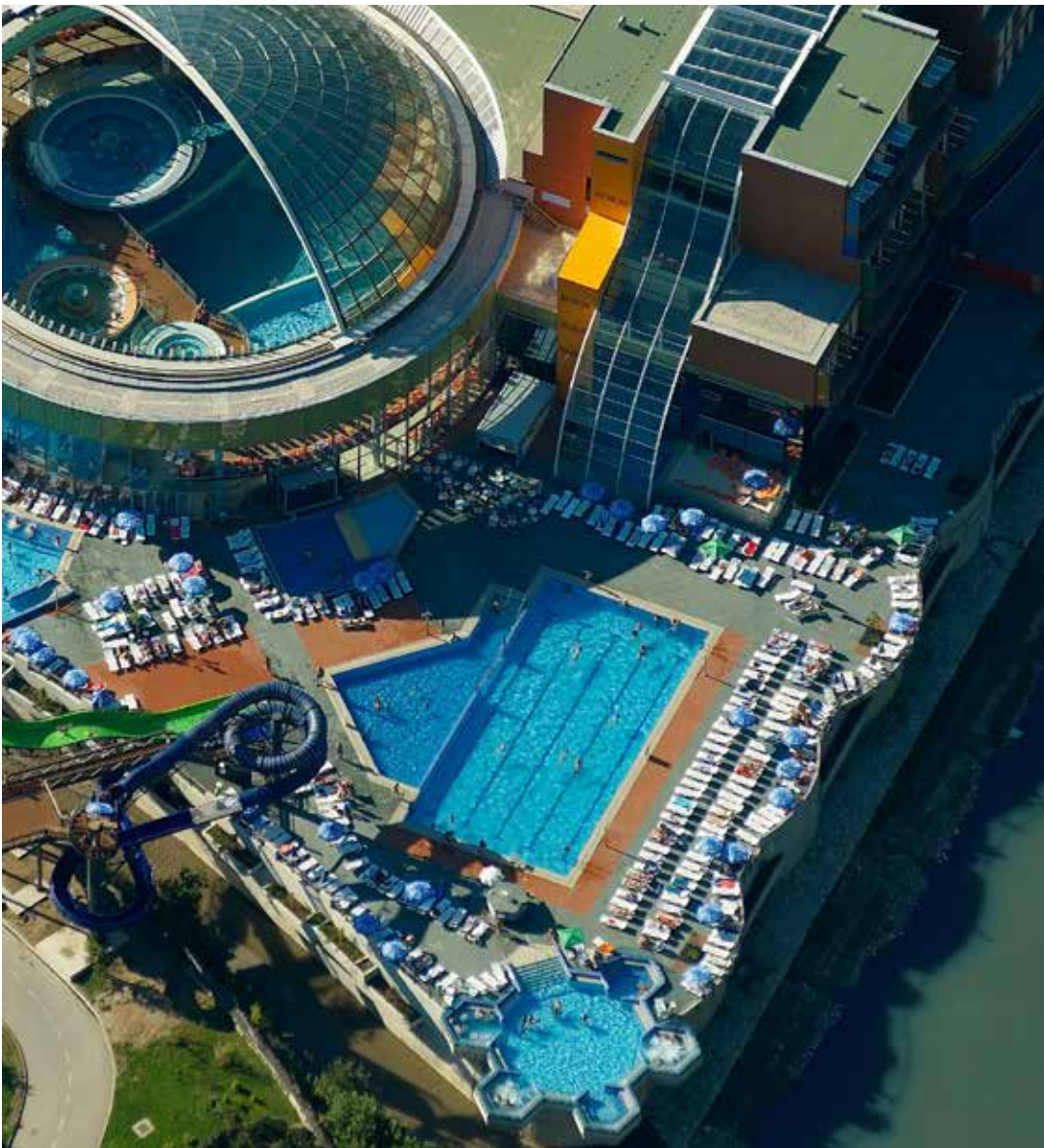
Birthday gift • possibility of using special benefits for members • regular information about programs and services of Thermana Laško • participation in contests • educational contents • annual meeting of the cardholders

Regardless of the card colour that you will decide upon, do not forget to have it with you on every visit in Thermana. Every purchase collects bonus points.

NEW CALCULATION OF BONUS POINTS BRINGS MORE PAMPERING

Credit period is limited to six months (from 1. December to 31. May and 1. June to 30. November). Every purchase over 1 € brings 1 point. At the end of each calculation period, we sum up all purchases and we issue you a voucher that you can use for any other service in Thermana Laško.

Bonus points	Credit (in €)
Up to 99	Points are transferred into the next calculation period.
From 99 točk	3 % from value of points



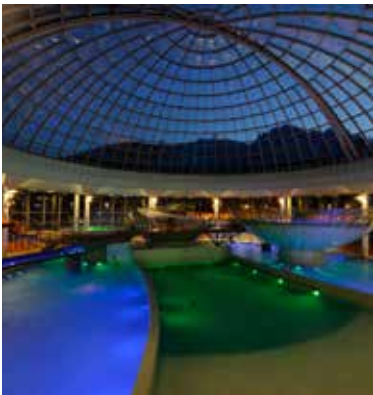
RECREATION »I REALLY START THIS YEAR!«

Are you also one of those, who make a promise to him/herself, that you will bring more exercise, movement in your life, that you will do more for your health and well-being?

We help change your mind into action. We accept no excuses, we promise well-being, increased self- confidence and a smile on your face.

Follow us on www.thermana.si and check out the workouts, that we have prepared for you.

All workouts take place in the Wellness Spa Centre gym in Thermana Park Laško.



EVENING SWIMMING IN THERMANA

Why would you not spend your evenings in the pools of the Thermal Centre? We offer relaxation for only 3,99 €.

The price is valid only for Thermana Club members. Additional discounts do not apply. Not valid for the purchase of gift vouchers. Not valid in time of special events. Supplement for sauna does not apply on this ticket in the time of special events taking place in the Sauna Centre.



Fountain OF YOUTH

Fountain of youth is a timeless source of well-being. Some time has gone by from time when this massage was founded by the hands of Thermana therapists. It is still one of the massages that is a bestseller, and which many of our guests indulge in.

The two hour ritual relaxes the body and mind, fatigue disappears, it improves blood circulation, which works invigorating. The skin nourishes, the body detoxifies, and balance of energy is re-established, which is essential for well-being.

The ritual is performed in three stages. Each has its own purpose and impact on the body. Firstly we prepare herbal foot bath and a cup of herbal tea that calms down the body. It is followed by body peeling with Himalayan salt and selected essential oils that refresh the skin.

A relaxing massage is next. Bags from Himalayan salt are placed on the arms and abdomen area. The role of these bags is to remove coolness and moisture from the body. After pressing the acupressure points a massage of the face, scalp and neck is followed. On the third eye, according to the zodiac sign, we place an appropriate crystal. Reflexology foot massage follows; complete relaxation is rounded with a back massage.

All massage oils, creams and waxes used in the ritual are of natural origin and without artificial additives. Massage cream is made according to the ideas of our therapists and is rich with precious essential oils that are beneficial to the skin.

Fountain of youth is the right ritual for all who want something unique and who care about their health and vitality and wish to afford a complete mental and physical relaxation.



AYURVEDA FOR MIND AND BODY HARMONY

Pain in the lower back or spine. Headaches, malaise. Problems with digestive system, respiratory system. Problems with concentration. Ailments, which are in most people, unfortunately, of chronic nature. If you have recognized yourself in the mentioned, keep on reading. We help get your body and mind in harmony in Thermana & Veda Ayurveda Centre.

Yoga originates in India, where it is an important part of the lives of Hindus. Due to the extremely versatile beneficial effects on the body we increasingly swear on it in the western part of the world. With breathing exercises, with postures or asanas and with mental focus, we achieve both physically and mentally balanced nature. By performing yoga we can relieve pain of wide variety of sources. Different positions in which we hold your body, help to massage the internal organs, which are beneficial for our welfare. In addition, all the body thoroughly breathes, fills up with oxygen.

In Thermana we reached further. We are proud of our Thermana

Different positions in which we hold your body, help to massage the internal organs, which are beneficial for our welfare.

na & Veda Ayurveda Centre. A rich variety of our Ayurvedic treatments and programmes are performed by a specialist in Ayurvedic medicine, experienced Indian therapists, a yoga trainer, and a chef from the south Indian state of Kerala, the cradle and centre of the worldwide Ayurveda.



Ayurveda does not deal only with certain diseases, it studies individuals attitude towards body and soul. It explains how our mind, nutrition and lifestyle effect on our physical condition. So in addition to yoga, which represents one of the Ayurveda pillars, detoxification, also well nutrition, herbal therapies and massages with meditation, belong to complete Ayurveda approach.

Ayurveda teaches you how to live in harmony with nature and helps you live a healthy life. It covers all aspects of health, as it promotes physical, mental, emotional and spiritual well-being.

AYURVEDIC PROGRAMMES OF ACCOMMODATION

IN HOTEL THERMANA PARK LAŠKO

Experience a bit of India, indulge in the knowledge and experience of Indian therapists, taste the cuisine according to Ayurveda principles in listen to advice of Indian Ayurveda consultant.



*You can choose among following
Ayurveda accommodation
packages in hotel Thermana
Park Laško****superior:*

- **DETOX,**
- **SLIMMING,**
- **REJUVENATING,**
- **ANTI - AGE,**
- **BURN - OUT,**
- **YOGA & MEDITATION,**
- **AYURVEDA BEAUTY.**

AYURVEDA TREATMENTS

All treatments in Thermana & Veda, Ayurveda Centre Laško base on traditional methods of Ayurveda, on individual approach and comprehensive treatment of individuals. Individual therapy is set on a basis of type of doshas (Vata, Pita, Kapha).

There are at your disposal: Abhyangham, Ayurveda body massage, relaxing massage, rejuvenating body massage...



Thermana & Veda
Ayurveda Center Laško

INFORMATION AND RESERVATION:

T.: +386 3 423 21 00 | info@thermana.si

E-mail: info@thermana.si



THERMANA PARK LAŠKO

HOTEL THERMANA PARK LAŠKO****SUPERIOR

I am pampering myself...

- 181 rooms and 7 suits in four different colour variations,
- Hotel restaurants and Café,
- Contemporary Wellness Spa Centre,
- Thermal Centre with mobile glass dome,
- Congress Centre connected to the hotel,
- Parking garage,
- Camper parking spaces.



THERMANA *Laško*

+ 386 3 423 2000

info@thermana.si | www.thermana.si



HOTEL ZDRAVILIŠČE LAŠKO****

Tradition of welfare and health perseverance

- 208 rooms, 49 rooms adapted for mobility impaired people,
- Thermal pool (with pool elevator for people with limited capability of movement)
- Sauna Centre,
- FitnessCentre,
- Hotel restaurant and Café,
- Thermal water drinking hall,
- Centre of Medicine.



ZDRAVILIŠČE LAŠKO



Welcome ... to a different world, a world of relaxation,
a world of perfection ...



WELLNESS SPA CENTRE IN THERMANA LAŠKO

*Unwind in the hands
of our top-class
therapists.
Come into our world
and enjoy your
wellness.*

We listen to each of you, to your requests
and your pursuit of harmony. Each of you
will get a holistic approach here; you will
experience wellness in its true sense.

Our Wellness Spa Centre Offers you:

- **CLASSIC MESSAGES**
- **AYURVEDIC MESSAGES**
- **THAI MESSAGES**
- **FACIAL AND BODY CARE**
- **NATURAL BEER TREATMENTS**
- **AESTHETIC MEDICINE**
- **BATH (FOR INDIVIDUALS AND COUPLES)**
- **COMBINED WELLNESS AND GASTRONOMY SERVICES**
- **SOLARIUM TANNING**
- **FITNESS SESSIONS WITH YOUR PERSONAL TRAINER**
- **GUIDED GYM EXERCISES**
- **SPECIAL WELLNESS EVENTS**
- **COUNSELLING**



THERMANA *Laško*

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DEVELOPMENT OF INSTITUTIONAL CARE OF THE ELDERLY

Before the renovation in 2000, at the site of the present Home for the Elderly, stood 3 villas, which were used as annexes of Zdravilišče Laško. They were called Villa Debro, Villa Rečica and Villa Hum. Next to the villas were an outbuilding and gardens, where the flowers had grown especially for the needs of the spa.

In year 2000 they began renovations on existing buildings. All four buildings represent a coherent whole today, where since year 2001, we carry out institutional care for the elderly in the Home of the elderly Laško and in sheltered apartments.

The rooms in the home as well as in sheltered apartments are above standard and are adjusted for people with mobility problems. They provide the inhabitants services in single, double and triple rooms with private bathroom. Sheltered apartments are equipped as hotel rooms, bigger also have kitchens.

In thirteen years of activity, we have grown into provider of care for the elderly with rich experiences, whose mission is to provide quality comprehensive care for the elderly.

During our activity, we have devoted considerable attention to professional upgrading of programs that we offer. In a part of the home, we introduced the principle of work, which is typical of the homes of the fourth generation, which are widespread in western European countries.

This is a accommodation in the household groups, based on work-coexistence concept of normalization of life in the institution. Model of the household creates the image of family life.

Living in small groups allows residents to adopt new environment and allows them a greater connectivity, giving them a sense of belonging, acceptance and security.



We want to work with this method to provide more familiarity to residents and allow them to decide for themselves about their upcoming day and of living in the home in general.

Living in small groups allows residents to more easily adopt new environment and allows them a greater connectivity, giving them a sense of belonging, acceptance and security. Domestic group 'Spominčica' is intended for residents who have dementia and therefore require special management and routing. The premises of the household groups are on the ground floor, which gives the opportunity, for people with dementia, independent exists on the orderly and safe fenced green area.

As for our services more and more difficultly ill residents enquire, we have established palliative group in which are participating - general practitioner, social worker, nurse, occupational therapist and physiotherapist, relatives, Hospice Society volunteers and of course the users. The fact that we are employing a general practitioner, in the Home of the elderly Laško, who comes to us every working day, is invaluable, because he is very familiar with the residents and their problems.

In addition to providing services in the field of health care and care of the residents, we also offer a wide range of interest activities. Residents have the opportunity to be included in the self-help groups, they may join the chorus, a group for handicraft, be included in the carpentry workshop, participating in the eco club, they can join a prayer or bakery group, beginning to learn English and much more.

One of the activities for the residents, which is very interesting, is yoga. An experienced master of yoga, who comes from India, leads exercise. Yoga is carried out with adjustment for the elderly and also physically disabled residents can attend.

With activities of yoga approximately ten participants, who enthusiastically tell you that their lives have more inner peace and serenity of living, is involved weekly. They tell also that yoga relieves problems with insomnia, helps to facilitate easy thinking and better memory.

Residents have the option to use a computer and the so-called e-corner, where they have unlimited access to the Internet. Various societies,

choirs, volunteers and children from schools and kindergartens, provide a varied social life.

Because research has shown the positive effects of animals on human well-being, we have decided to offer warm shelter to a guinea pig and two turtles. We note that the animals connect the residents, soothe them and activate a feeling of worry, responsibility and usefulness in them.

We provide our inhabitants with lots of landscaped park areas, leading through the Spa Park to the town of Laško.

Close to home, we have a herbal garden, which serves as therapeutic purpose, and has practical value.

Residents like to join for care of the landscaped surroundings. The municipality Laško awarded the Home of the elderly, in competition My Country - beautiful and hospitable, with second place in the category of the most decorated public buildings in year 2013.

Head of elderly care
Janja Podkoritnik Kamenšek



»To Laško for a dance, cake and vermouth in stemware glasses«

Marica Lesjak certainly does not show eight decades. She has in fact extremely vital energy and optimism, and despite many respectful years, eagerness to work. She is certified "kranceljpinterica" that has, for her creation of 59 types of paper flowers, received a sign of a living cultural heritage. Marica has spent all her working life in Zdravilišče Laško. With her, we talked about how it was at the spa once ...

Marica arrived to Zdravilišče Laško in May 1951. At just 17 years she started with her first job. And from Marija quickly became Marica. "There were quite a few Marija's then. When we were called by our superior, many of us answered. To avoid confusion, which made our superior moody, each got a nickname. I became and remained Marica. "When asked, in what condition once spa facilities were, she replied: »At first we just cleaned all day long.«

»It was very poor, all bombed, all depleted. We got so-called vouchers for food and clothing, but stores did not have anything to buy. We did not have tablecloths, there was little cutlery, in a certain period we only had six cups for Turkish coffee.« Upon arrival at the resort she was 33rd employee. Heavy work, to restore the health resort in the former situation, has been undertaken with great pleasure. »We

worked all day, a lot of it was hard work, such as the organization of the Spa Park,« added Marica.

»We did not have hot water, no refrigerators, but we had an old piano and we always found someone among patients who played something nice.«

»We did not have hot water, no refrigerators, but we had an old piano and we always found someone among patients who played something nice. It was hard, but at the same time beautiful.« Marica was happy to carry out her work, even if it was physically very demanding. Her enthusiasm was noticed by a wealthy patient Klavdija, to who young Marica completely crawled under the skin. "She saw how poor clothes I had, and gave me her suitcase. She said she will "trick" her mother to buy her new things. Two T-shirt, socks and much more she gave me - it was a real fortune then! "

Marica remembers the year 1954, when they celebrated the 100th anniversary of the company: »At that time, servants already had beautiful dresses with aprons. Preparations

for the celebration lasted days and nights. We folded flower wreaths with which we decorated every window in the building. Band was playing, eminent doctors came ... Around the year 1975, the resort has already taken place on the green branch. Eventually we had enough equipment, such as tablecloths, glasses, we organized banquets. »At that time there was nowhere to dance and socialize, and people were very eager to do so. Thus began the famous Laško dances, where easy to dance music was played by folk musicians. »They were praising everything, including the service. We served them a delicious cake, sherry and vermouth in stemware glasses, macerated in sugar. That was really 'at the level' back in the day. Eminent guests, elite, such as doctors and theater people came to us,« added Marica.

Our interviewee spent all her working life in Zdravilišče Laško. She worked in serving for 27 years, including 22 years as the head of the department. For this post she conducted a 3 months course in Dobrna, where they had Catering School. »I had more than enough of practice, but theory was lacking,« jokes Marica about the need for education. Towards the end of her service, due to health problems, she also tried the work at the swimming pool reception. Marica was regularly sent to catering assemblies in Slovenia and in Austria, where she first saw the trend of floral arrangements. She began creating in her work, while gathering flowers from the Spa Park, which was lush with blooming flowers. And with flowers - those from paper - her life is still connected. Although she enjoys a well deserved retirement for years now, she over and over again likes to respond to the invitation of the spa that her art of making paper flowers is shown to tourists, patients, bystanders and strollers.

glasses, macerated in sugar. That was really 'at the level' back in the day. Eminent guests, elite, such as doctors and theater people came to us,« added Marica.

Marica (on the left) during her work in Zdravilišče Laško



Photo: Matjaž Jambriško and Marica Lesjak's personal archive



Janez Češnovar on one of the tennis tournaments for the paraplegics.

SPORTS JOURNALIST JANEZ ČEŠNOVAR

Guest of Zdravilišče Laško for over thirty years

Janez Češnovar comes to Laško for more than three decades. At birth, he was diagnosed with Spina bifida - cleft backbone. »Due to illness and long-term walking with crutches set of parallel problems began emerging. There were tingling in the hands and then is when I was prescribed therapies at the spa. When I first arrived in Laško, in 1980, there was a great flood. We came to the spa on rails! This is my first memory of this resort, which was then still all very modest.« With every visit to Laško acquaintances have expanded, friendships became more solid and eventually Janez felt quite at home in Laško: »They wanted to find an apartment for me, give me a job, marry me almost. I knew the half of Laško!«

Janez Češnovar is closely associated with sports all his life. »I take interest in sports, since I know of myself. Due to illness I could not walk until the age of seven and then I played football, basketball, badminton, volleyball, I played handball. I have played all this sports; of course, within my capabilities, and all these sports have contributed to the fact I kept my muscles active.« During his study he started venturing on RTV Slovenia, where he remained for 49 years.

He worked as a sports journalist and commentator. He is now 23 years in the disability retirement, but until recently, he was still extremely active in sports: »I played table tennis in Laško. We have for many years played tennis in doubles, where we put together a team of one disabled and one healthy competitor. I also remember many tournaments between staff of Zdravilišče Laško and the Association of Paraplegics of Slovenia, where we had good times,« says Češnovar, who hung his sports activities on a hook when he injured himself seven years ago.

Janez Češnovar, in his free afternoons, when there were no therapies, quickly found a hobby. A few decades ago, we organized a

variety of dances: »We organized a carnival and ski dance and have invited prominent names of Slovenian music scene. Thus, in Laško came Lojze Slak, then came Marjana Deržaj, not to talk about Agropop. They all wanted to see Šerbi up close. We also had a raffle for the grand prize, a pair of Elan skis.«

About staying in Laško our interlocutor, who is most dear to room 2236 with a balcony

»I highly commend the employee's attitude towards guests and patients who are very friendly, but at the same time genuine.«

overlooking the pool and with the morning sun, talks only about surpluses: »I really have to praise everything from A to Z. I like that employees know me, that I am spoken to by name. I highly commend the employees' attitude towards guests and patients who are very friendly, but at the same time genuine. The food is excellent, treatments are of first-class. These are the reasons why the bond with Laško, even after thirty years, is still so strong.

Sometimes my friends and colleagues ask me why I am going only to Laško, because there are many other resorts in Slovenia. I know, but the quality of Laško, such as super therapies, friendly staff, good food, adapted living conditions for people with disabilities ... are those factors that draw me here. I, myself, was thinking if I should replace the spa. However, every year, an inner force drags me to Laško. Moreover, since I have a bit of a sporting soul, sometimes I stick to an unwritten rule that applies in sport: do not change the team if it's winning.«

THE HOSTS OF CHAMPIONSHIP IN TABLE TENNIS FOR THE DISABLED FOR ITS TENTH YEAR

In April 2014 Thermana Open - championship of table tennis for disabled was held in Laško. Laško attracted as many as 282 contestants from 36 countries. Laško transformed from a small town into a multicultural city for a few days, the centre of which was sports. We talked to **Špela Rozman** from the Sports Federation for Persons with Disabilities Slovenia.

You work with us for quite some time. What are the main reasons you are returning?

Thermana Laško celebrates anniversary this year, it was a host to table tennis championship for the disabled. Cup grow in number of participants each year and with it also hotel capacities. With the construction of a new hotel, we could remain in Laško. Moreover, Laško is probably one of the few places that could accommodate such a large number of people with disabilities. Over 300 participants, at least half on wheelchairs, participates in this cup.

We excellently cooperate with other organizations that are critical for the organization of competitions. Therefore, on behalf of the organization team we nicely want to thank all who contribute their bit in mosaic of this great competition.

How do contestants feel in Laško?

Competitors are always happy to return to Laško. This is also evident from the increase in participation, which of course varies depending on the year, but the competition in Laško defends the title of most visited tournament at this level for several years. Organizers like to take the praise, because with the whole bunch of competitions is not easy to provide a large attendance each year. Both hotels Thermana Laško participants highly praise, especially they are enthusiastic about excellent and varied food.

How were disabled athletes accepted in the local environment?

In recent years, it seems to me that Laško breathes with us, during the championship. We feel well received in such an environment; it is also easy for us, organizers, to organize the contest. Paralympic Committee of Sports Federation for Persons with Disabilities Slovenia will be a candidate for the implementation of the European and World Championships and we will see whether we will be entrusted with the organization. We want to continue and even upgrade the story in Laško.



Photo: Drago Perko



INTERVIEW WITH CVETKA JURAK

»We have grown from an institute for medical rehabilitation of the disabled into a modern centre of health tourism«

She first entered in Zdravilišče Laško in July 1976, and remained faithful until her retirement. It was her first and only job in which she performed various posts. She started as a young physiotherapist and soon became a head of therapy; she was head of hotels, profit centre, program manager of the hotel and the program of medicine.

»I love working with people who are hardworking, reliable and creative. With people who are able of honest communication, and whom I can trust, because without trust you cannot create good working relationships, operating results and successes,« says our interlocutor Cvetka Jurak at the beginning of a conversation about her career in Zdravilišče Laško.

Upon entering the service Thermana Laško was called Institute for Medical Rehabilitation of Persons with Disabilities. The entire operation was entirely health-oriented, both in services as the equipment. The newly built Hotel Vrelec was installed with metal beds and modest equipment. We were actually a hospital specializing in medical

rehabilitation. Guests were insured by institution for health insurance, we had non private. We were not thinking about tourism. We had state of the art physiotherapy with large bright rooms and appliances, medical knowledge and quality therapeutic procedures. We were training and educating a number of health care professionals.

But soon they began to realize that it is necessary to add, in addition to quality medical offer, a quality accommodation, catering and animation. »We did not want to be a medical spa, a place where rehabilitation is carried out. It was a great challenge and we have successfully confronted it. We renovated and modernized all spa facilities, standard of accommodation and catering services, and raised the level to four-star hotel, upgraded outdoor pool, sauna complex and added a wide range of services for relaxation and entertainment.

»Our bath with champagne and candlelight was known almost everywhere.«

»Here I spent two thirds of my life. The company simply becomes a part of you.«

Wellness is nowadays taken for granted, but twenty years ago, we were pioneers in this field. Only then we called those services health and well-being. We have introduced programs of sauna, performed a variety of massages, wraps, baths ... Our bath with champagne and candlelight was known almost everywhere. The spa Park allowed wedding ceremonies. We walked around the world a lot, looked at successful foreign practices. We asked the staff, guests for advice and suggestions; we were all contributing to good stories, which were realized,« adds Cvetka Jurak.

»We have changed the thinking of people that are aware that guests are those who are most important, and that we should all strive for their welfare. With them we had a personal relationship and known them by name. Changes were experiencing a good response and to spa more and more visitors were coming. So we decided to expand our offer in a new hotel Thermana Park Laško,« she concludes.

Cvetka Jurak participated in the renovation of the entire Zdravilišče Laško and layout of Thermana Park from briefs of programming to architectural and other solutions. She initiated the rehabilitation programme in Zdravilišče Laško for members of the Association of Paraplegics of Slovenia, Societies for Multiple Sclerosis, Diabetes, Fibromyalgia, for obtaining a certificate for disabled-friendly hotel ... For dedicated work and achievements in the field of health care and tourism activities, she has been awarded a silver coat of arms of the Municipality of Laško.

Cvetka Jurak is now in retirement, but she likes returning in Thermana: »I still monitor what is happening in the company, still like to chat with former colleagues and I am glad to see that I am greeted with a genuine and sincere smile. Here I spent two thirds of my life. The company simply becomes a part of you.«

She repeatedly returns in Laško in a role of commissioner for marriages, she enjoys extremely at her new work of representing patients' rights in the Celje region. She is gardening, cycling, traveling, the greatest joy are her six grandchildren. She predicts good times for Thermana. She believes in the kindness and professionalism of the staff, who comply with the wishes of guests regarding their health, welfare and good looks. »These needs will never run out, so there is no fear for future of Thermana.«

Cvetka Jurak deserves credit for maintaining imperial bathing cabins of Franz Joseph. It was already covered with construction material, when it was at the initiative of Jurak, exhumed and placed under glass. You can see it in a café Zdravilišče Laško.



MANUAL LYMPHATIC DRAINAGE

In life we are often faced with the swelling - edema. It can be caused by trauma, surgery, insect bites, viral and bacterial infections, heart failure, renal and other disease conditions. It is most frequently seen on the arms and legs, but also on the face, genitals, and body. The lymph system may be defective from birth. Swelling occurs in both sexes, women are effected more frequently. In most cases, the swelling disappear in a few days. We can help ourselves with cooling, rest, with a slightly elevated limb and mild therapeutic exercises. In the case of large-scale, congenital and prolonged swelling, manual (hand) lymphatic drainage is required.

The lymph circulation is half-opened vascular system, which pours at clavicle into the bloodstream. In our body, it has the role of "cleaner", which every day allocates to four litres of lymph fluid from tissues. It contains protein, fat molecules, dead cells and foreign bodies. The lymphatic system collects (lymphatic capillaries), transports (lymphatic vessels) and filtrates (lymph nodes) interstitial fluid. Lymph nodes play a very important role in our body. They care for our immune system. When it comes to injury or damage of the lymphatic system, lymph fluid begins to stagnate in the tissue. This is called lymphedema.

Manual lymph drainage is a gentle manual technique with which we accelerate the outflow of lymph fluid from the areas in the body where it stagnates. The aim is to reduce lymphedema and prevent potential complications. Manual lymphatic drainage is a common form of mas-

sage. Technique is implemented by lymph-therapists with relevant knowledge, certified from school of dr.Voddra from Austria. With the help of specific, gentle techniques of drainage (circles in place, pushing techniques, displacement, scooping techniques ...) we remove lymph fluid

Manual lymphatic drainage is a common form of massage. Technique is implemented by lymph-therapists with relevant knowledge.

from tissues. With repeated movements, we stimulate the lymphatic fluid to drain, from the body parts where it stagnates.

Today, the most common cause of lymphedema is surgical treatment of malignant tumours with removal of the local lymph nodes. Most often they remove lymph nodes in breast cancer (armpit lymph nodes) and in abdominal surgery (gynecological surgery), where they remove inguinal lymph nodes.

Lymphedema (swelling) does not develop overnight, it may occur several years after surgery. If not timely and adequately addressed, due to accumulation of fluid, rich in proteins, cells that produce new connective tissue activate. "Hard edema" is formed, which is called fibrosis. Lymphedema weakens the immune

system of the skin.

When dealing with lymphedema we must pay attention to many factors, therefore the therapy is adapted to each reading. The sooner the therapy starts, the greater the chance to prevent the progression of the disease state. The best approach is to combine physical therapy, including manual lymphatic drainage, skin care, therapeutic exercises and compression bandaging or wearing compression garments.

MANUAL LYPHATIC DRAINAGE AFTER BREAST SURGERY

After breast surgery, due to damaged lymphatic vessels and / or lymph nodes, the flow of lymphatic fluid is impeded. First, slight tension and a feeling of pulling in the armpit appears, and on the inner side of the upper arm, (oedema is not yet visible). Thus, already at this stage is very important to practice manual lymph drainage. Physiotherapy after breast surgery must be immediate, of high quality and complex. There is no cure for lymphedema; it can only improve with physiotherapy procedures.

TREATMENT OF SCARS

Also important is the treatment of scars. Because surgical treatment (removal of part or the entire breast) arises scars, which means a lot of aesthetic disturbance and effect on psychological state of women.

Scars hinder sliding of the skin and thus also the flow of lymphatic fluid. The application of manual lymphatic drainage in the area of scar tissue of oedema reduces the scar and reduces the chance of sticking scars.

The scar can be treated with other manual technique: Bowen Therapy and bonding with ribbons - limfo-tapping. Bowen therapy is a gentle therapy that is used to treat already occurring disorders, in relieving pain and as relaxation therapy. It is very well complemented with the treatments offered by modern medicine.

ACTIVE EXERCISES

In conjunction with breathing exercises daily workout stimulates lymph flow, increases and maintains range of motion in extremities, strengthens and maintains muscle strength. Swimming, water exercises, walking and moderate aerobic exercise is recommended. It should be noted that this part of the body could no longer perform all physiological processes such as prior to surgery. The body is capable, of only a specific time, to compensate for the lack of functioning of the lymphatic system and therefore requires a proper and timely treatment. Patients must have preventative and complex care. This can be achieved through cooperation of lymph therapist and patient, who must adapt to this way of life. Each lymphedema treatment must be tailored to the individual and the patient. The final success brings satisfaction of patients and a confident return to the social environment.

In Slovenia, a number of patients with lymphedema is growing. In our neighbourhood, there are many patients after surgery of breast cancer. Because we want to help as much as possible, we - physiotherapists in Thermana Laško, have decided that we approach to the treatment of lymphedema much broader.

We have done a course manual lymphatic drainage by dr. Voddr. We perform the manual lymphatic drainage on a referral or self-pay.

Brigita Grašič, v. fiziot, limfterapevtka
Romana Gomilšek, v. fiziot.,
limfterapevtka
Marjetka Kugler Frece, dipl. fiziot.,
limfterapevtka

CULINARY PAMPERING

FRESH, SEASONAL AND LOCAL = FIRST CLASS

With us, you not only relax physically and mentally. In addition to the mind, you can also pamper your taste buds. Our motto is fresh, seasonal and local. A lot of effort is invested in offering exquisite flavours to our guests, which come from nearby farms or from local growers.

On a recommendation by our excellent chefs, you find lighter summer dishes, which are refreshing. In the autumn stronger flavours take the kitchen. Mushrooms and potatoes, for a real sun on the plate pumpkin dishes take care of. Winter is also bold in culinary. Winter dishes warm and strengthen us. In the spring asparagus come to flower and strawberries. Likewise, spring vortex captures Thermana cuisine.

You are invited to colorize every season with our dishes.



DELICIOUS CAKES AND SWEETS

Confectionary chefs prepare for you delicious cakes and pastries every day. Excellent Thermana desserts were already award winning, therefore, try their excellence yourself. Further information and orders in our cafés and pastry shops or on the free phone number +386 80 81 19



FANCY A CUP OF COFFEE?

Reprieve. Half an hour of the time and peace to drink a cup of coffee. Priceless, is it not? Allow yourself to stop and take a few minutes to yourself. Welcome to our cafés where we offer seasonally coloured drinks that are prepared before you. It does not get fresher than that.

BUCKWHEAT SMOOTHIE

If spelt is considered the queen among cereal, followed immediately, as an important alternative food, buckwheat follows with several beneficial effects. Buckwheat seed contains many high-quality proteins that have the effect on certain chronic diseases, such as diabetes, hypertension and cardiovascular disease. This cereal is also suitable for people with celiac disease.

Buckwheat grains have an effect in reducing blood cholesterol; they maintain strong and flexible blood vessels, lowering blood pressure and are easily digestible. Buckwheat is a rich source of carbohydrates and mineral substances, due to its characteristics it works calming and healing on the liver, bile and stomach.

Buckwheat smoothie from buckwheat grains, bananas, apple juice, dates, grated ginger and a pinch of cardamom and cinnamon has a beneficial effect on your body and fills you with energy.





For small rascals and their companions there is restaurant available with a wide selection of drinks, desserts and snacks. During the holidays and school vacations there is mini club organized, where we dance, create, play ... We are also visited by Vodomček.

In the vicinity of the hotel complex you can go horseback riding, you can visit and get to know industrious beekeeper and busy bees ... For more information, ask at the hotel reception of Thermana Laško.



CONGRESS CENTRE THERMANA PARK LAŠKO

In 2014 we have prepared a novelty in the Congress Centre Thermiana Park Laško -package **BUSINESS ALL INCLUSIVE**. Because we want to add our pinch in the creation of successful business stories at the organization of your conferences, meetings and seminars.

BUSINESS ALL INCLUSIVE FROM 17 €:

Monday and/or Tuesday	Up to 20 participants	From 20 to 90 participants	From 90 to 200 participants	Above 200 participants
Price per person / day	21,00 €	20,00 €	18,00 €	17,00 €

Includes 1x coffeebreak, 1x buffet lunch, hall rental with basic technical equipment.

BUSINESS ALL INCLUSIVE WITH ACCOMMODATION FROM 82 €:

Monday and/or Tuesday, Wednesday	Up to 20 participants	From 20 to 90 participants	From 90 to 200 participants	Above 200 participants
Price per person / day	88 €	86 €	84 €	82 €

Includes accommodation in a double standard room, 1x Full board (buffet lunch and dinner), 2x coffee break, hall rental with basic technical equipment.

Supplements : tourist tax 1,01 €/person/day; single room, comfort room, balcony, suite ... are paid according to the pricelist.

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For additional information call us on +386 3 423 24 84
or email us at kongresi@thermana.si.
Visit www.thermana.si/en/congress

9. INTERNATIONAL RISK CONFERENCE

International Risk Conference 2014 was held in the Congress Centre Thermiana Laško from 5. to 6. March 2014.

The traditional event in the field of electronic security, new technologies and business continuity was in the Congress Centre of the hotel Thermiana Park Laško for the first time. It attracted a record number of participants, more than six hundred in two days.

»RiSK 2014 was our largest event ever, with the greatest number of visitors, in all nine years of its existence. Both visitors and presenters fancied the new conference location and the overall concept. We are very satisfied with how it all took place, the number of visitors, variety and quality of presenters, and actually everything else regarding this event. It was fantastic! I must give our special thanks to congress center of Hotel Thermiana here in Laško, it was a great pleasure working with them, the location is unique and perfect and we will be back next year.« said David Ivačič, Head of Sales at Real Security.

LAŠKO HAS ALWAYS HOSTED TOURISTS



Former "Sokolski dom" where numerous cultural events and plays today are hosted.



Former Tourist Information Centre in Laško, 1964

With the construction of the Southern Railway and the re-discovery of thermal springs in Laško and Rimske Toplice, an era of tourism had begun. Visitors, eager to learn of new lands and places, were invited by a healing water, even then, world-famous beer, and local attractions.

People of Laško quickly discovered that foreign and domestic tourists appreciate the beauty in addition to all these peculiarities. Therefore, some enthusiastic inhabitants gathered their knowledge and desire, and formed the inaugural committee of embellishment society. Their task was mainly taking care of a beautiful town. After the First World War, the club was renamed to Ameliorative and Tourist Society. It opened up its information office, which was considered as the beginning of the operation of a tourist information centre.

They informed visitors about events, provided information on accommodation, and took them on tours of Laško surroundings, by bus. Today, the Tourist information centre, which has become an integral part of the Centre for Sport, Tourism, Information and Culture - Stik Laško, has modern furnished rooms, where it once already was, in the building Savinja. Its task and mission remained the same; information for tourists and locals about what is happening in the town and municipality.

At the initiative of Laško humanist and naturalist Karl Valentinič, Laško Museum was established, under the auspices of the Embellishment Society, which was at that time looking after of cultural and tourist events in the city.

The original collection, which had at the time a few fragments of Roman funerary monuments, pieces of pottery from the Roman and pre-Roman period, and the elaborately made hours, pottery and antique furniture, under the watchful eye of the overall versed Valentinič, outgrew initial frames. Today it forms a rich collection of

cultural and natural heritage site. Today Laško Museum houses in the old borough building on the main square and invites visitors on a tour of the permanent and temporary thematic exhibitions.

During the interwar period, in accordance with the time and the events of that time, Sokol Society Laško decided to build its home. On the banks of the Savinja has grown Sokolski dom, to which many conscious Slovenes emotional wished good luck and many different events, at the solemn opening.

Their prospect has come true. It held urban, municipal and state celebrations, organized theatrical performances and numerous musical performances. About twenty years ago, the building underwent a substantial renovation. The result is a modern cultural centre that meets all the require-

ments of contemporary artists and expectations of the culture hungry visitors.

Sport has always been a constant in Laško. Various sports clubs, after the initial Sokol start, grew like mushrooms after rain. Not only professional, but also amateur. For the sports activities of their guests they also cared in Laško spa. They arranged tennis courts, bowling alley and put the external bouling area and a boathouse on the bank of the Savinja.

Needs and requirements of Laško athletes eventually escalated amateurism and under the auspices of Pivovarna Laško, a modern gym Three Lilies, has grown. Today it provides shelter to local basketball club; there are a variety of regular sports events at national, European and global level.



TIC Laško on Valvasor's square 1

WELCOME TO LAŠKO EVENTS THROUGHOUT THE YEAR

ST. MARTIN'S DAY

NOVEMBER

At the parish church festival of Laško parish, dedicated to St. Martin, numerous events show the customs and traditions on St. Martin's Day. Several days of festivities, ending with Martin's Sunday - with a festive Holy Mass and St. Martin's Fair before parish church.

MINING CUSTOMS AT ST. BARBARA

DECEMBER

The annual revival of the mining custom is held in Sedraž, on the St. Barbara name day, the patron saint of miners. At the name day of the saint, miners had free workday, on which they visited the Holy Mass and the intercession of the patron of luck in carrying out the demanding and dangerous work.



HAPPY DECEMBER

DECEMBER

December in Laško is especially festively coloured. Festive Christmas and New Year fairs and the arrival of three good men - St. Nicholas, Father Christmas and Santa Claus - with a rich children and accompanying entertainment program to provide special charm on December days.



BLESSING OF HORSES

DECEMBER 26

At St. Stephen's name day, patron of animals, the front of the church of Sv. Martin's "blessing" of horses takes place. Owners of horses and equestrians rode for the blessing of their horses, their health and good companionship throughout the year.

THE EXHIBITION OF THE NATIVITY IN JURKLOŠTER

DECEMBER, JANUARY AND FEBRUARY

Exhibition of nativity scenes showing people's creativity and tradition of making nativity scenes, in December, January and February on tour in Jurklošter Charterhouse. Many authors of the Nativity exhibit at the initiative of the Institute Odon Jurklošter and Nativity Lovers Association Slovenia.

CARNIVAL

FEBRUARY

In carnival time, Laško is donning an amusing image, with impetuous and silly masks, which chase away the winter. You can join the masks in the carnival itself.



JURJEVANJE

APRIL

In April, at Jurij name day, green Jurij greets spring with a squeal of joy and sounds of the flute. Hike of Jurij and his escort, clothed in flowers and greenery, prepared by the primary school, ends with a celebration at the municipal yard.



BEER AND FLOWERS FESTIVAL

JULY

The biggest tourist event in Slovenia invites you to a party with the sounds of the rock, pop, entertainment and folk music in hot summer days. Do not miss the numerous ethnographic events, exhibitions and promenade rushes and Saturday nights with magnificent fireworks and colorful water symphony. Indispensable is of course a pint of beer.

WEDDING ACCORDING TO OLD CUSTOMS

AUGUST

The festival Beer and Flowers marries a couple on Sunday, according to old traditions, which are typical for the area of Laško. Domestic clubs take care of implementation and ensurement of the authenticity of the ceremony; they are committed to preserving old traditions and customs.



DISPLAY OF OLD CUSTOMS AND WORK TASKS

AUGUST

At the end of the summer get to know the customs and habits of our ancestors, their lifestyle, characterized by work tasks and rituals in rural areas. Cultural and other associations, connected by Ethno Board of Jure Krašovec Možnar ensure the implementation.

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INFORMIRANJE IN KULTURO LAŠKO

INFORMATION

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Good things are meant to be shared. For this reason we are also proud to support various sporting and cultural events, as well as other social projects. We promote comradeship, social interaction and devotion. We strive to engender confidence, determination and sincerity.

In this way, we hope to help shape a society that is responsible. We would like to make more people aware of the local community, individuals and the natural environment.



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