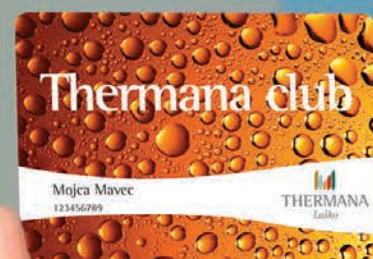


Tmy Thermana

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August 2010, no. 1
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Wellness Magazine of the company Thermana Laško



NEW
Convention Offers

WELL-BEING
Let us discover Laško,
let us take pleasure
in Thermana

SEEKING HEALTH
Laško Thermal wells

Health from nature. Honey


THERMANA
Laško

FIRST MINUTE AUTUMN TREATS

Holidays for all generations

27 September – 24 December 2010

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THERMANA
Laško



We complete our offers built on a tradition of health and well-being

This summer is extremely important for the company Thermiana Laško. After several years of construction, we are very proud that we have managed, in spite of the crisis, to conclude the whole development project called Wellness Park Laško. With the opening of the new Convention Centre and the completion of the hotel, we complete our Thermiana Laško offers that are based on the re-design and re-naming of the tradition of the Laško Thermal Spa Resort. We have focused on developing high quality accommodation, in a pleasant and relaxing environment based on a culture of healthy living. Our programmes have been designed following a vision to care for your health and well-being – as your fellow passenger through all periods of life.

You can choose between the Laško Thermal Spa Resort having a 155-year-old tradition of health and well-being, where we have combined the curative thermal water with top medical knowledge as well as preventive and rehabilitation programmes, and the Laško Wellness Park, where our philosophy, within modern architecture, is dedicated to thermal water delights and to relaxation and satisfaction. This August, we have supplemented our facilities with technological modernity and architectural perfection for the most exacting convention guests. The city located Hotel Hum with its lasting tradition of good cuisine and a fine boarding house further enriches our offers.

Under the holding company Thermiana Laško, we have united the diverse offers addressing different target groups. We are becoming a spa resort for all generations with offers adjusted to the needs, wishes and expectations of the individual. This was our main goal in designing the new facilities of the Wellness Park including the Thermal as well as the Convention Centre. The biggest challenges for us are represented in pursuing your reactions, engaging in your expectations, pursuing technological and programme novelties from around the world and implementing them into our offers – according to the mission of our company of well-being. The magazine My Thermiana certainly finds its place here too; within it you can become acquainted with our offers and read stories of our people in an inclusive way – us working in Thermiana and you being our guest.

As we complete our offers, it is quite interesting to look back to the beginnings of the Laško spa. The warm springs were long known by the people of Laško, probably since Roman times. There have been different times and people, ups and downs. During the construction of the railway line Vienna–Trieste, the springs were captured. After twenty months of construction conducted under Engineer Roedl, a spa was ceremoniously opened on May 1st 1854. It was given the name Kaiser Franz Josef Bad. In 1857, the spa was purchased by the Viennese Professor and cosmopolitan Dr Stein who extended the spa building, added a dance hall and planted a park. In the 1890's, a new owner Gunkel radically renewed it into a popular resort of the Viennese upper social classes. They also brewed dark beer. In the 1930's, it was known as Radio Therma Laško. In 1953, the spa was registered as the Institution for Medical Rehabilitation, and soon became known as a place where many regained their powers after a serious illness or injuries. During the 1990's there began a period of modern renovation and development.

Vision, courage and perfection link the history of Laško spa in yesterday, today and tomorrow – for you.

Moreover, do not forget what really counts. Let us arm ourselves with positive energy, good mood and healthy food. Let us slow down the pace, recover our breath and do something for ourselves. Let us care for and satisfy ourselves by taking care of our health. To make it easier – the world of Thermiana is here for you!

See you there!

Roman Matek MA
Director of Thermiana, d. d., Laško

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For well-being

Let us discover Laško, let us take

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THERMANA
Laško

Thermiana d.d., Zdraviliška cesta 6, 3270 Laško, Slovenia
Reservations: +386 3 421 21 00
Fax: +386 3 423 20 10
info@thermana.si, www.thermana.si



»It seems as if I have travelled half the world, but actually I've spent »only« a weekend in Thermana..«

Text: Miša Novak

In Slovenia, Mojca Mavec is known as the TV face who, in her travel show Čez planke (Mojca views places and cultures around the world) has discovered new countries in a fresh, witty and playful way and often presented unforgettable stories. With her, many viewers have discovered these countries for the first time or in a completely new way. Thus, many Slovenes link Mojca with discovering attractive destinations. This time, she spent a weekend in Thermana Laško. Why Laško? She says, it was high time to pay respect to the town, where at the peak of the season more mugs of beer are consumed than Ljubljana has inhabitants!

Let us have a look at what she did and experienced at Laško. You will certainly get one or two ideas how to spend the long hot summer or even autumn ...

»"I was tempted by the offers hiding under that huge glass dome along the Savinja River, which I passed so many times when I rushed by in the train from Ljubljana." «

Let's go to Laško!

It is Friday, and the day slowly moves into its second half. Business obligations are still in full swing, yet one can already feel the expectations of a pre-summer Friday afternoon and the escape from town ... Mojca too, is almost "packed", she only needs to take care of a few urgent things. What do these weekends mean to her and how does she choose a new destination?

"Weekends became something special in my life. Simply, because they are so rare. Since travelling around the globe became my life and work, all days share some similarity. On shoots in the African desert or among the Mapuche people in Chile, it makes no difference, whether it is Saturday or Sunday – you know, you've got a good story and you'll finish it despite the fact that it's rest time or time for rummaging in the garden. As a result, weekends spent in Slovenia are always longed-for days, when I order some sun from the TV weathermen and seek peace and shelter in nature.

The Savinja region has always attracted me with its green gold and mystic Carthusian monasteries; in recent years, I've come to know it quite well. Why Laško this time? Ha, it was high time to pay respect to the town, where at the peak of the season more mugs of beer are consumed than Ljubljana has inhabitants! It is the perfect starting point for researching the region and finally – I was tempted by the offers hiding under that huge glass dome along the Savinja River, which I passed so many times when I rushed by in the train from Ljubljana."



» “When I enter Thermana, I immediately notice – water, lots of water! Murmuring, rustling and gurgling, and modern architecture all around.” «

Lots of water ... that soothes and calls for action

Arrival at Laško, friendly reception ... First impressions?

“It’s funny, with years, I have divided all places around the world into those having water and those that don’t have this luxury in abundance. Water is life; it gives extra charm and beauty to the cities lying next to it. When I enter Thermana, I immediately notice – water, lots of water! Murmuring, rustling and gurgling, and modern architecture all around. Then, I notice through the coffee room window the beautiful view of the Savinja River. So much water soothes and calls for immediate action. A jump into the swimming pool or simply a short walk after work that I finally left behind in Ljubljana for this weekend.”

Now, quickly to the room to get rid of the luggage ... “I no longer count how many hotel rooms I have changed in over the recent years. Among them were modern ones and some with a long grey beard, rooms, chambers, halls, some with a view of the city, the sea, the forest, some that urge you to leave them and some that make you feel quite at home. My room in Thermana will be my second home for the next couple of days. As I pull back the curtain, a dear picture exposes itself: a wonderful view of the Savinja River. I like it!”

It is interesting to ask Mojca how she tackles the discovery of new destinations. In her TV shows, everything seems spontaneous, though she says that the shoots are precisely planned, while personally, she likes to yield herself to her feelings. If she likes a road, she simply follows it to the end and stops where she finds it worthy. Nevertheless, one needs to make a rough plan and seize the day! Mojca comfortably installs herself on the bed and dips into the catalogues that await her in the room.

“Thermana has over 2200 square metres of water surface that please even the most demanding water lovers. The massage pool in the form of a crystal at the confluence of the rivers Rečica and Savinja already enraptures me in the catalogue and lands on my weekend list right away. So does the Hawaiian massage Lomi-lomi that I am unfamiliar with. My thoughts have already wandered off to the wave pool, when I spot among the brochures an excellent cycling tour guide with maps. It is settled in a moment: I will start my weekend in Laško on wheels!”

Mojca first jumps on the bike ... and across Laško

We leave it to Mojca to discover Laško and rummage among stories hiding behind its images ... She is instantly drawn by the fact that the attractive cycle tour around the city starts the moment she sits on the bike – which you can rent free of charge at the reception desk of Thermana’s hotels Wellness Park Laško and Zdravilišče Laško. Through the Wellness Park, she sets out on a journey to the old town core.

“Laško is one of the oldest places in Slovenia, it was renowned for its spa even in Roman times. It is located along the only river that runs entirely through Slovene territory – my beloved Savinja River, along which leads a well-regulated cycle way. I spend this weekend in Laško after returning from a tiresome journey across Macedonia, where we have filmed a show about Wallachs. Quite interesting that Laško also got its name from these aboriginal inhabitants of the Balkans who have mainly abandoned their beautiful language and today live in smaller places reaching from Greece to Croatia.

Another interesting story brought me to Laško years ago – the brewer Simon Kukec who at the end of the 19th century brought the brewery to Laško. His quality beer was exported even as far as Egypt and India, and I searched for old documents to use them in a show about Egypt that we prepared then. Interestingly, smart Kukec though quite modern for those times had started to produce a specially healthy thermal beer from the excellent Laško thermal water. By performing many experiments he namely discovered that thermal water gives beer a better taste.

Yet, Laško was on my map for some time – especially because of Primož Trubar. Don’t know why, but special characters from the past were always my weak point. Firstly, at school during history and art lessons, then on my first trips. Right after secondary school, I travelled France and Spain following the tracks of Picasso. After that, I was enraptured with Napoleon, which I traced all the way to Egypt. And in recent years, it is Trubar. He spent three consecutive years in Laško, when he was still a catholic priest. They say that it was here that he began to buy and read the works of religious reformers, which significantly influenced his religious orientation and the critique of the Catholic Church.”

Some cycle trips had to remain unrealised, since there was not enough time for all. At the present, Laško offers eight organised cycle tracks. Really helpful is the handy cycling tour guide. Read more about it on page 23.

» “Interestingly, smart Kukec though quite modern for those times had started to produce a specially healthy thermal beer from the excellent Laško thermal water.” «



It is time for water relaxation and, of course, the sauna!

It was a pleasant cycling afternoon, not too wearying, and with more than enough interesting details from the surprising brewery and spa tradition of this town along the Savinja River to please the soul and tire the body ... Unfortunately, there was not enough time for a sightseeing tour through the Laško Brewery and beer tasting. Mojca skipped dinner that day as well, since she ate something during the cycling tour, and more importantly because she was in a hurry to get into the fresh water and her favourite sauna afterwards! But tomorrow, she is determined to treat herself with a superb dinner!

"I adore saunas, all types of them, and here I like to experiment. Sometimes, it seems that I visit the sauna like others go to church – for cleaning the soul and for meditation. The Finns taught me that. Here, we are still a bit bashful in the sauna, in Finland, you talk about personal problems when in the sauna, you go into yourself, even make important business deals ... I will never forget a distinguished business dinner, where you first shortly visit a sauna, then you go for the appetiser, then back again to the sauna to talk and so on until the desert! In Thermiana, I treat myself today with a classic Finnish sauna and think of Sonkajärvi and all my beautiful people there in the north."

» "I adore saunas, all types of it, and here I like to experiment. In Thermiana, I treat myself today with a classic Finnish sauna and think of Sonkajärvi and all my beautiful people there in the north." «

And now off on a Saturday trip! Seeking a bit of mysticism and romanticism ...

The Saturday journey started with a morning walk (Nordic walking is planned for Sunday morning) across the Wellness Park, where in passing Mojca viewed the honey plants garden. With this garden, Thermiana have started to weave a new honey story and experiences into its offers. Of, course, she cannot pass the information boards without learning, what is a nectar, pollen, how honey is gathered, where it comes from etc. She feels close to the story ...

"I really adore herbs. I have a large garden with herb plants at home, where I recently planted sage, tarragon, basil and peppermint."

After a full breakfast, she sets off in a search for new discoveries. What is expecting her is a mystic and romantic but still bashfully unrevealed Jurklošter, which finds a special place in Mojca's monastery stories.

"I love monasteries. Their seclusion and silence. Their secrets. And yes, sometimes also the sweetmeats and goodies once thought out behind the high monastery walls. I will never forget the garden of herbs (and the excellent herb liqueur) of the Carthusian monks in the Grand Chartreuse monastery in France. As early as in the 12th century, the Carthusians came to the territory of today's Slovenia and founded the first monastery in a non-Romanic country in Žiče.

In 1172, a monastery was also built in Jurklošter, which lies almost 20 km away from Laško. I really looked forward to this trip. Jurklošter has everything you need for a good story: a bit of mysticism (nearby, they found old megalithic temples built according to the stars' coordinates), secret corridors and a library (as described by Eco in his novel The Name of the Rose) and a bit of romanticism (supposedly, the Slovene Romeo and Juliet – Frederic II and Veronica of Desenice – were hiding here). I lean on the old walls and think about how the grievous lovers took refuge in these secluded places. Is it true that Veronica's grave is in the former chapter hall? The local guide entrusts me with the information that around 1430, the general superior to the Carthusians gave permission for the burial of an important person within the monastery. Was this really Veronica? The hall was redesigned in the way that one can also enter it from outside the enclosure ... this is only one of the unsolved secrets of this place."

» "I really looked forward to this trip. Jurklošter has everything you need for a good story." «

What's better than a massage after a long day ... also in the summer

"Massages belong to those luxuries in my life, for which I always run out of time. Or I simply don't take time for. On my business travels, we always run from one place to another. Therefore, I decided this time to return from my trip a bit earlier and check in at Thermiana for the Lomi-lomi massage. The Hawaiians traditionally believe that life is one big flow of energy. Lomi-lomi should help open the energy blockades and direct the energy flow correctly through your body. What's better after a long day?"

Beneficent effects on body and soul

Ayurvedic massages, the unique technique of performing a therapy with stones, clinical aromatherapy, Hawaiian massage Lomi-lomi, Shiatsu massage, Thai massages ... Maybe you look for the unique massage concept Fountain of Youth or the Touch of Five Elements, which Thermiana Laško developed from its knowledge? Read more about relaxation and therapeutic effects of massage on the pages 16 and 17. It is just a matter of what you want and choose – because it is hard to decide among so many different

techniques, we recommend to talk with a specialist who will help you find a care or massage according to your wishes and expectations that will meet the demands of your body. In the Wellness Spa Centre of Wellness Park Laško and the Health and Beauty Centre of Zdravilišče Laško, we will consult with you according to your needs. Thermiana also invites you to join numerous rituals, face and body care programmes, compresses and masks



by the renowned cosmetic lines Comfort Zone and PevoniaBotanica, wine therapy by Kozmetika Afrodita, the rich offers of Elemis spa body, face and hand therapies, and on pages 6 and 7 we present some novelties from Thermiana's wellness offers. You will find contacts to the Wellness Spa Centre of Wellness Park Laško and the Health and Beauty Centre of Zdravilišče Laško on page 16.

Thermal Centre of the hotel Wellness Park Laško

Open every day between 9:00 and 21:00. Over 2,200 m2 of water surfaces in indoor and outdoor pools are expecting you. The temperature of the thermal water is between 30 and 34 °C.

Thermal Pool of the hotel Zdravilišče Laško

The indoor pools are open from Monday to Saturday between 9:30 and 22:00 (outdoor pool until 21:00). On Sundays and holidays they open at 6:00 in the morning (outdoor pool at 8:00). The temperature of the thermal water is between 32 do 34 °C.

Information at +386 3 423 21 00 or www.thermana.si.

Evening culinary treat

Well, it is time for the promise that Mojca made herself yesterday! And she tackles it with joy. The table on the terrace of the à la carte restaurant in the Wellness Park Laško is reserved, and Mojca feels in her element. A view of the Savinja River, relaxing green environment, high heels (Mojca adores them by the way) and off she goes on a culinary trip. Mojca loves everything connected to food ...

"If I'm not outside on the air, I spend most of my time in the kitchen. I love to cook, because I love to eat, it is as simple as that! On my trips, I always like to wander off to the local markets – there are surely a million market places on my pictures. Spices, vegetables, local peculiarities ... When I'm on some visits abroad and I find the right ingredients, I always like to cook some local Slovene food, something people don't know. Therefore, I was curious about the dinner in the à la carte restaurant of the Wellness Park Laško. The hare soup was excellent, and I snatched the recipe for homemade pesto from the culinary master Romana. From now on, I will also prepare it with wild garlic ..."

» The hare soup was excellent, and I snatched the recipe for home-made pesto from the culinary mistress Romana. From now on, I will also prepare it with wild garlic ... «

A Sunday delicacy at the end ... fly-fishing

On Saturday after breakfast, when Mojca was prepared for Jurklošter, she became involved with a casual chat with a nice receptionist. She doesn't even know exactly when they got to fly-fishing. Probably through her beloved Savinja River, the "emerald fisher", as they call the kingfisher bird, who found his home along the Savinja banks, and all the way to the anglers who like to fish this river. Well, the receptionist quickly caught Mojca's attention for fly-fishing; she always wanted to discover the secrets of these patient men, as she called them. One phone call, and everything was ready for the Sunday "study" trip!

"Gračnica is an affluent of Savinja and one of the best preserved waters of our country flowing through real nature and formed from a high waterfall in the Grahotje gorge. Here, the water is so clear that you can find wild trout in it. Andrej and I are determined that we catch one today! Andrej is a fly-fisherman. This is a person who with a fishing rod in his hand tries to catch a fish by imitating an insect. This, at least, is how I pictured them. Today though, fishing turns out as pure activity. We waded in high boots across the river and search for the right spot for catching. Andrej introduces me to the mysterious world of flies and midges, which is a real science – how they approach flying, how they behave on water, how you can imitate them ... When tying artificial flies, a real fly-fisherman shows his skills and knowledge. I never thought that fly-fishing was such skill and pure activity. I swing the rod forwards and backwards for hours and try to defy the river rapids. In the end, we don't catch a trout after all, but I return to Thermana with completely new view of these men who patiently gaze into the river with a fishing rod in their hand ..."

Impressions at the end of the weekend? "I will return!"

It is Sunday, and the day just flew past somewhere in the distant world of Gračnica and fly-fishing ... Before leaving, Mojca wishes to spend some quite moments in the soothing white of the Wellness Park coffee room. She treats herself with green tea, of course, not without a tempting sweetmeat ... She decides to return. Maybe with friends or as a couple. She became a member of the Thermana Club, which provides her with regular news, discounts and special privileges. You can find more about the modernised loyalty card on page 24.

This is how Mojca gathered her impressions at the end of a weekend full of discoveries, action, but also relaxation and treats ...

» Mojca Mavec: As I said – weekends became something special in my life. In the last two days, I went swimming, fishing, walking the steps of a French order, experienced Hawaiian massage and Finish sauna! It seems as if I have travelled half the world, but actually I've spent 'only' a weekend in Thermana. «

Mojca Mavec found pleasure in Thermana Laško and discovered the surroundings in the shoes of the Transporter shop, where you can find trendy shoes of recognised brands. Check out the shop locations at www.transportshoes.com.com.

Revolutionary technology Futura Pro With Simona on a 4-week weight loss and body reshape programme

Janja Urankar, Head of the Wellness Spa Centre in the Wellness Park Laško

»After all the diets I tried out – there were quite a few – the kilograms kept going away and coming back. I almost abandoned all hope... The tonus is weak, at first sight the body shows cellulite all over, fat is growing around the waist, on the bottom and thighs. You know everything about healthy food and living, but for this you need energy, which you lack.» But Simona entered May completely reborn! She lost five kilograms and even seven centimetres from her waist, and the skin tone is visibly better. And the most important fact, as she says: "I feel great, full of energy and with a great deal of self-confidence! I want to continue with the new way of nutrition and regular exercise.«
So, let's have look how she did it.

In our Wellness Spa Centre, we have introduced within our body care offers the revolutionary technology Futura Pro by the British company Ultratone, which in one device combines several body-shape technologies and by following the principle of muscle contractions and optimal cell modulation reaches excellent results in evacuating fatty deposits, body reshaping and improving the skin tone. In order to perform a meaningful test and present the effects and benefits of this therapy, we have prepared a complete slimming and body reshaping programme for our masseuse Simona Judež.

Simona really was the ideal candidate. She had fought all possible troubles brought on by surplus weight and disproportions. She tried out several unsuccessful diets but was motivated and determined that this time she would change her life style more radically. In our interview with her, we set concrete goals and formed an individually shaped 28-day action plan.

With fatty deposits and cellulite, healthy nutrition and physical activity are not enough. Therefore, we have emphasised therapies for evacuating fatty deposits, improving skin tone and reducing cellulite, added regular swimming, jogging, fitness and sauna activities, all based on healthy food arranged in several regular rations.

Therapies for evacuating fatty deposits and reshaping the body

Every day for the first two weeks, Simona went for a detoxification and evacuation of fatty deposits. The following two weeks were dedicated to body reshaping, improving the skin tone and reducing cellulite.

In four weeks, Simona underwent 14 therapies of bio-stimulation, two Garshan treatments with crystal salt, two sea mud detox treatments, two reshaping anti-cellulite treatments and two tightening anti-aging treatments.

Each day marked with workout and healthy food

Simona was active each day – she went to the fitness, she was swimming, jogging and regularly visited the sauna. Certainly one of the biggest changes were healthy and regular meals.

The menu was based on Simona's normal diet and her wish to start a healthy life. We looked for "mistakes" in her habits and emphasised

what was good and healthy for her. Also part of the team was a nutritionist who composed the menu, which, it must be recognised, cannot be applied to everyone. An individual approach and personal counselling are significant for every individual who wants to change their way of life. What were the basic instructions for Simona?

- A precise dairy keeping (do not forget snacks, drinks, physical activity etc).
 - No leaving out of meals (an apple is a meal too ...).
 - Drink as much liquid as possible between meals (natural water and natural juice especially after recreation)
 - If time does not allow the preparation of a proper hot meal, it should be replaced with fresh fruit, nuts, dry fruits etc (do not reach for sweets or unhealthy foods).
 - Avoid consuming white flour and sugar.
- Goals of the new (healthy) nutrition were:
- Eliminate fried food from Simona's menu.
 - Reduce the amount of coffee.
 - Eliminate sweets.
 - Increase the number of meals from 2 or 3 a day to 4 or 5 a day.
 - Increase the percentage of vegetables and fruit in Simona's meals.

As Simona says, this new nutrition regulated her digestion, gave her more energy and she started to go to the fitness centre or into the countryside when the weather was nice.

Visible results after one week

»After one week the results were already visible, so it was easier to continue the therapy. During the following days the skin tone became evidently better and the inveterate cellulite was diminishing. The body started to reshape.«

What's next?

»I want to keep to the new nutrition – healthy, a little but more times a day combined with regular recreation. I have much more energy, and also I do not remember having any troubles with my stomach during the last month, since this was a constant before. I do not want to rest on my laurels; it is important to me to keep my body fit. The more we are happy with ourselves, the more we are self-confident and, last but not least, more successful.«

You are invited to free examination and consultation

If you are interested in this programme concept, completely adjusted to your life-style and body, you are invited to an introductory and non-binding consultation free of charge. We will discuss your way of living, eating and will together form clear goals depending on your weight, body shape, skin structure and according to your wishes and expectations. This will become the basis for setting up an individual programme shaped according to your needs.

More information on e-mail: janja.urankar@thermana.si

Simona's achievements (before and after)

| | 23 March 2010 | 20 April 2010 |
|------------|---------------|---------------|
| Weight | 72,2 kg | 67 kg |
| Waist size | 82 cm | 75 cm |
| Belly size | 94 cm | 89 cm |
| Hip size | 112 cm | 106 cm |
| Thigh size | 65 cm | 63,5 cm |

Futura Pro technology combines several programmes

- Chromotherapy creates energetic harmony in the body using colour and light.
- Biostimulation stimulates the regeneration of skin.
- Microcurrent for a precipitated formation of collagen and elastin. Wrinkles smooth, the skin becomes more flexible and looks younger.
- Electroporation is used for the elimination of pigmentations, acne, scars, age spots, double chin, cellulite and fatty deposits.
- Lipolysis evacuates fat tissue and, in contrast to the invasive liposuction, is completely painless; it does not cause swelling, bruises or allergic reactions.
- Cavitation selectively evacuates fat in the subcutaneous tissue and changes the process of fat accumulation.
- Bio-frequency cleans the body of harmful substances and enhances general well-being.

The Futura Pro device is not only designed for losing weight, athletes are equally enraptured with it, since it offers an effective and targeted treatment of selected muscles and their optimal preparation for straining activities. Experts also recommend it for afterbirth workout.

Treatments, which Simona used along with bio-stimulation (performed with Futura Pro technology):

Garshan with crystal salt: The massage is relaxing, strengthening and has a slimming effect. Strongly recommended to those having problems with orange skin, since it visibly reduces cellulite.

Sea mud detox treatment: Revival and depth detoxification intensively help in removing toxins from the body, regulates the body acids and revitalises the metabolism, which is shown in the reshaped figure.

Reshaping anti-cellulite treatment: Due to its depth oxygenation and garcinia cambogia extract, breaks down signs of different cellulite levels. The skin becomes smooth having better blood circulation, firmness and flexibility.

Tightening anti-aging treatment: An Innovative care with kamani oil for deep skin revival, firmness and with anti-aging effect.

Activation of reflex points (30 min, metal element)

Next is the activation of reflex points on the feet – provides relaxation and detoxification. Hereby, the metal element is stimulated, which is connected with the lungs and the large intestine.

Candle massage (40 min, fire element)

The precious plant butter that nourishes, firms and moistens the skin melts at low temperature and can be applied just a few moments after lighting. The pleasantly warm and gentle massage releases tensions, firms and revives the body.

The massaging candles are enriched with fragrances having relaxing, energetic, refreshing and enlivening

Thermana's Five elements touch – for more real energy

Thermana's wellness mentor Dejan Jelen developed the ritual based on five elements, which are wood, fire, earth, metal and water. The individual elements are not independent units but always a part of the whole. None of the elements is better, stronger etc, only their harmony is important. Each element represents a certain type of energy; their help and the knowledge of Thermana's therapists enable an extenuation or neutralisation of negative energy impacts and a stimulation of favourable energies for the individual.

The ritual consists of:

Bath (15 min, water and wood element)

The ritual begins with a pleasant and relaxing bath with essential lavender, rosemary and rosewood oils. Lavender stimulates friendship and opens the heart, soothes cramps, acts as an antiseptic, strengthens the heart, regulates blood pressure, strengthens the immune system and stimulates the formation of white blood cells. It further regulates digestion, helps with migraine, nervous and psychic overload and over-irritability. Rosemary revives the senses, helps with morning fatigue and depression, strengthens the memory and banishes sadness. It further revives the heart and the stomach, regulates perspiration, stimulates the healing of lesions, appeases pain and cramps and acts as an antiseptic. Rosewood is a natural essential oil that repairs and revives skin, awakens sensuality, trust and releases stress.

Peeling with black soap (20 min, earth element)

Black soap is used for cleansing and removing dead skin particles before the massage. It is a natural plant soap deriving from North Africa. It contains olive oil, potassium hydroxide and the essential oil of eucalyptus. This treatment refreshes the skin through deep cleansing and restores cells.

effects. The fragrances are extracted from natural essential oils that are traditionally recognised as sensual, e.g. stimulating our senses. They are made of shea butter (also known as the "tree of youth"; it has anti-aging effects, stimulating and firming qualities and improves circulation), coconut oil (nourishes the skin and makes it vibrant) and almond oil (rich with vitamins E and B and minerals, efficiently appeases sensitive and dry skin and improves its moisture). Argan massage candles are a beauty secret, a wonderful elixir of youth that revives the skin thanks to the anti-oxidative and renewing qualities of argan oil.

Head massage (15 min)

A head massage is a natural treatment based upon the oldest healing methods. It is derived from the ayurvedic healing system that has been known in India for over one thousand years. It guarantees the Hindu everyday relaxation and plays an important part in rituals, such as birth and marriage. A head massage stimulates circulation and provides hair and head skin with oxygen and nutritive substances.

This technique also influences the state of health and the energetic state of the whole body.



Thermana's new Convention Centre sides with top convention providers

Pogovarjala se je: **Miša Novak**

In August, Thermana Laško will open the new Convention Centre Wellness Park Laško, which together with the Hotel Wellness Park Laško, the Thermal Centre and the Wellness Spa Centre forms a range of integrated facilities combining technological innovation and architectural perfection to satisfy the most demanding convention guest. "Both domestic and foreign users always look for novelties. Thermana with its convention centre – fulfilling top hotel standards along with convention facilities – provides a quality service that is thoughtfully installed and clearly addresses its target group," said Miha Kovačič, director of the Slovenian Convention Bureau.

We took a broader view and discussed locations and the challenges of the Slovenian convention facilities on offer as well as what Thermana is offering the market with its new convention centre with two excellent connoisseurs of convention tourism in Slovenia: the director of the marketing and management company in business tourism GO®MICE, Gorazd Čad, and the director of the Slovenian Convention Bureau, Miha Kovačič.

In recent years, Slovenian convention tourism has experienced great prosperity. Several convention halls and centres have been opened, many of them modernised and renovated. What does this mean for Slovenian convention activity with regard to competition?

Čad: Regarding the infrastructure, the Slovenian convention market has become a mature and developed market during recent years. All convention providers are well-developed, not lagging behind even in the field of supporting activities (technological support, event marketing, registration systems,

production services). The convention standards set by the Slovenian Convention Bureau, implemented order and surveyability in this field. Yet, on the international convention market a well-developed infrastructure is not enough. Foreign clients often reproach us with bad quality of hotel services in regard to other comparable destinations. We are facing great personnel problems. We are also lagging behind in the way offers are adjusted to the customers' personal needs, the so-called made to measure services. We stand at the beginning of the period of investing into the soft part of our offers and working on improving quality. We will obtain competition advantage only with a quality and unique service. The key to lasting competition advantage lies in innovative marketing assuring that our buyers will recognise us as the right convention provider. The secret of success also hides in a strong market brand. Today, we can namely measure the value of convention destinations with the value of their convention marketing brands. We estimate that we have still a large amount of hidden reserves

in this field.

What do we "look for" today?

Čad: Personally, I believe that emotions, unforgettable stories and experiences influence a decision to a great extent. This also demonstrates the development of principles in the field of convention tourism. Once, value for money was most important, whereas today, we move more in the direction of experience for money. Convention clients are extremely exacting, they expect authenticity and at the same time the fulfilment of highest international convention standards. Beside these expectations, we need to unconditionally fulfil all rational demands, which are the basis for a destination's development: accessibility, price acceptability, quality infrastructure.

What are the trends?

Čad: Among the most noticeable trends is an orientation towards green convention tourism. For many convention organisers, the destination's sustainable measures play a large part in selecting a destination. Simultaneously, convention providers realise that the economic aspect is significant next to the social one, since as a result, the costs of event organisation are decreased in the long run. Another trend is the move of event agencies towards the development of a portfolio of their services introducing new business models. By converting this into construction terminology, this means that successful agencies move from the engineering field to the field of architecture events. Actually, the cri-

sis in the field of convention tourism is appealing, showing a trend of gradual market growth.

Where does Slovenia stand in this, what are its trumps, how does it compare with asserted, competitive and attractive convention destinations?

Čad: In the field of green convention tourism, Slovenia owns comparable advantages to other destinations (many woodland, clean water, diversity of plant and animal varieties). The question remains, whether we are able to make good use of our advantages in the long run, since, currently, we are more green in the colour of grass than in the actual execution of sustainable measures. On today's Earth Day (editor's note – the day of the interview), the Copenhagen Sustainable Meetings Protocol was published and can be implemented as a guideline for using our numerous comparable advantages (www.csmp.dk).

Where stands Slovenia in regard to other convention destinations in East and South East Europe? Or compared to Austria?

Čad: Our position in South-Eastern Europe offers exceptional opportunities to Slovenian convention tourism. The event Conventa (the largest South East European exhibition of business offers and demands in convention tourism and events, organised by Slovenia) contributes a great deal to moving convention borders. Strategic meeting planners

have not yet discovered the whole region. With this project, we arouse interest for the region, and new marketing projects are opening up. It is my estimation that this is one of the important strategic opportunities of conventions in Slovenia. Thus, Slovenia can take over the role of a convention platform for South East Europe.

Compared to developed convention destinations, such as Austria, we still need to do most in the field of marketing, creation of a destination brand and consistent internationalisation of Slovene convention providers and agencies. In contrast to Austrian convention players, here only few providers organise events outside Slovenia, although it is a common convention market with 350 to 400 million inhabitants. •

» "A quality convention offer is the main condition for convention tourism activity. Yet, we need much more to be successful. First of all, we need to have good knowledge about the offers and the needs of buyers. A professional and friendly hotel personnel will greatly contribute to the impression of the buyer. At international events, it is necessary to provide excellent collaboration on a destination level, since the event participant does not only gather experience in the hotel but in the whole surroundings. Great emphasis lays in the promotion and marketing of the convention product. Worldwide offers strongly surpass the demand, therefore, the competition for events in regard to the high profit is inexorable. The provider needs to discover his competition advantage that he must guarantee and promote with high quality consistency and an integrally developed communication service with his clients."

Gorazd Čad, GO®MICE

On the basis of the existing international standards and recommendations in the field of business tourism, the Slovenian Convention Bureau has prepared standards for this field and the implementation of standards for its members as well as administering the initial standards in 2008. What does this standardisation offer to buyers of convention services, what to Slovenia as a convention destination and what to the providers themselves?



Miha Kovačič, Zavod – Kongresnoturistični urad

Kovačič: The standardisation of this field was a demanding process, since all the existing members, providers of convention services, needed to be ranked according to standard measures. Before that, the standards needed first to be prepared. Slovenia is the first country in the world that has implemented integral standards in the field of convention activities – no other country went that far, so far we only know recommendations, and even these only in some countries. With convention standardisation we have achieved more than it is apparent in this moment. A standardised offer brings advantages to both provider and buyer of events. It is easier to compare and select the offers, which are more professional as is the whole branch, and this raises the reputation of all Slovenia. Based on standards, the client clearly recognises the service provided by the provider.

What is the procedure of the acquisition of standards?

Kovačič: The procedure is clearly defined. Firstly, the candidate elaborates a self-evaluation,

which is further examined by two members of the standardisation commission. The commission verifies, demands a completion or turns down the proposed standard. Before the final decision, the commission performs a personal check or a meeting with the candidate. The imparted standard is valid for three years.

The candidate gains certain advantage, when he considers the existing valid standards in the preparation phase of his product or investment. I would like to emphasise that Thermana thoroughly examined the valid standards while planning its convention capacities and consulted several times in order to build convention facilities of the best quality.

As a new convention provider what does Thermana bring to the Slovene and international market?

Kovačič: Domestic as well as foreign buyers always look for novelties. Each organiser and participant seeks a new experience – when they are positive, they like to return. This holds for domestic and foreign buyers equally. We need to realise and take into account that each day numerous novelties on different markets emerge at international level. Slovenian convention offers are all complemented by the introduction of these new facilities, they make us a more attractive and recognisable destination. With its convention centre (fulfilling standards of a hotel with convention facilities), Thermana performs a quality service that is thoughtfully installed and addresses the corresponding target group. Thermana knows the difference between guests and adapts its offers accordingly.

In Slovenia, it is possible to choose between convention offers in cities, at the coast, in the alpine environment, in the countryside and in spas – in recent years, most natural spa resorts have developed attractive convention facilities. How does the destination character affect the product itself?

New Convention Centre numbers

- 8 halls accepting up to 1.100 participants
- Multi-purpose hall for up to 490 participants
- 6 seminar halls (for 30 to 100 participants)
- Festive hall for banquets for up to 120 guests
- 3.700 m² of available area
- A modern four-star hotel with 188 rooms and 347 beds

Kovačič: The client first buys the destination. Regarding an international buyer, he will first think of the region or the country, and only later of a concrete city. Despite its small geographic size, Slovenian convention facilities are quite ramified; therefore, we have divided the country in four fields in order to facilitate an easier review.

There are events that are more appropriate to a certain type of destination (e.g. capital city or resorts), though here the distinctions are no longer as clear as they were before. It is very important that the destination is attractive, interesting regarding tourism, that it has suitable supplementary offers, that it supports the convention activity and, together with the participants, builds the destination of the convention offers.

Spas and providers of wellness services have recognised the advantages of convention events in their hotels. Some have supplemented their offers with convention events to a greater extent, some to a lesser one. For spa resorts, it is significant in their success to separate convention participants from other hotel guests. Here, I mainly refer to guests in medical treatment. With these two target groups, differing strongly one from another, meeting or intersecting would have a negative impact mainly on the group of convention guests.

In Slovenia, we have several destinations that do not make use of their potential in convention tourism. Individual hotels and agencies can simply not be as successful as they would be if linked with the destination. Unconnected providers will on a destination level never prosper like a perfectly organised destination having clearly defined convention products, providers and their roles. ●

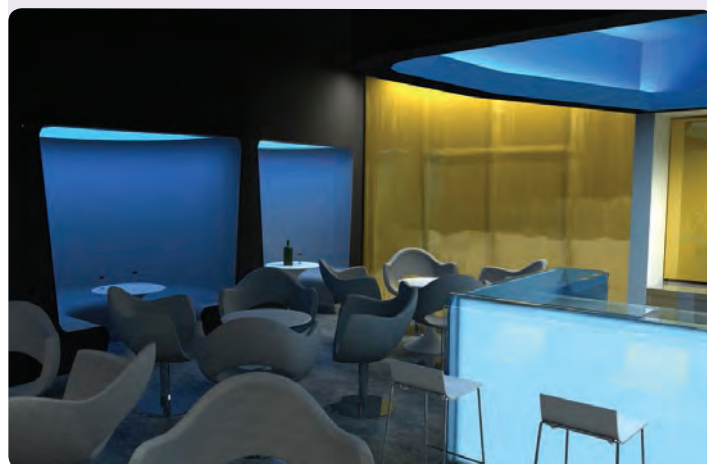


Thermana opens a new convention centre in August 2010

The new Convention Centre Wellness Park Laško can receive up to 900 participants in eight halls within an area of over 3,700 m². The largest hall offers space for 490 participants; the festive hall can host up to 90 banquet guests; also available, there are seminar halls (six for 20 to 76 participants), a council and a pressroom with appropriate infrastructure. Thermana has also prepared attractive additional offers and programmes to enrich business meetings.

The Convention Centre fulfils all

standards of a hotel with convention facilities, as set by the Slovenian Convention Bureau according to international criteria. Parallel to the opening of the convention centre, the last construction phase of the Hotel Wellness Park Laško will be concluded, in total this offers high quality, modern and pleasant accommodation to convention organisers and guests in 188 rooms (a total of 347 beds). The offer is made complete by the facilities of the Thermal Centre and Wellness Spa Centre.



● More information on the new Convention Centre, additional, incentive and team-building programmes and on the existing Thermana offers for business meetings at www.thermana.si/kongresi, kongres@thermana.si, +386 (0)3 734 89 70.

Thermana Laško invites you ... to choose a hotel and programme to your requirements

For accommodation in Thermana Laško, you can choose between the following hotels:



HOTEL WELLNESS PARK LAŠKO****

Treat myself ...

Picturesque surroundings, modern accommodation, unforgettable pleasure in the thermal pools of the Thermal Centre and in the wellness facilities of the Wellness Spa Centre, excellent food. In the summer 2010, the Hotel Wellness Park Laško presents 84 new rooms – 165 beds (the hotel has 188 rooms in total) and completes its offers with a new Convention Centre providing eight halls for up to 1,100 persons.



HOTEL ZDRAVILIŠČE LAŠKO****

Tradition of health and well-being

We meet the expectations of our guests who want to give their lives the splendour of healthiness, beauty and personal contentment. The entire hotel is without architectural obstacles and gained the golden "Disabled-Friendly" certificate in December 2009.



HOTEL HUM****

City hotel with elegance

This hotel has a lasting tradition of a good eating and lodging house. It offers all the comfort of a city hotel and in collaboration with the other Thermana hotels provides a rich programme of wellness and convention tourism activities.



Thermana d. d., Zdraviliška cesta 6, 3270 Laško, Slovenia
Reservations: +386 3 423 2100
info@thermana.si, www.thermana.si

New! Thermana Club

In July 2010, Thermana Laško presents a new club concept, with which it wishes to award regular guests with special privileges. You can choose between the Golden and the Blue Card. The latter replaces the previous Health Club Thermana.

Golden Card

Each person over 15 years of age who correctly fills in the membership form and pays the annual membership fee of 20 EUR (membership fee for the year 2010) can become a member. Membership is required before the use of membership privileges and valid for one year starting with the day of payment of the fee. The privileges become valid immediately upon payment of the annual membership fee.

Privileges for Golden Card holders:

- 15 % discount on current board and programme prices,
- 15 % discount on current prices for spa, wellness and medical services,
- 15 % discount on the purchase of gift coupons,
- 15 % discount on restaurant services (for one purchase of minimum 100 EUR),
- Recommendation privileges,
- Loyalty awards – collecting bonus points,
- Members of the club enjoy special privileges,
- Regular information on programmes and services of Thermana Laško,
- Participation in prize winning games,
- Annual meeting of membership card-holders.

Guests can enjoy privileges on presentation of a valid membership card.

You can acquire a club card at sales areas in Thermana hotels or on our website www.thermana.si.

All information at www.thermana.si, info@thermana.si or by phone +386 (0)3 423 2100.



Blue Card

Each person over 15 years of age who correctly fills in the membership form. Membership is free of charge and its validity is unlimited.

Privileges for Blue card holders:

- 5 % discount on current boarding and programme prices,
- 5 % discount on current prices for spa, wellness and medical services,
- 5 % discount on the purchase of gift coupons,
- 5 % discount on restaurant services (for one purchase of minimum 100 EUR),
- Recommendation privileges,
- Loyalty awards – collecting bonus points,
- Members of the club enjoy special privileges,
- Regular information on programmes and services of Thermana Laško,
- Participation in prize winning games,
- Annual meeting of membership card-holders.



Vodomček Club:

- 15 % discount on programmes and boarding services (the discount can be added to regular discounts for children),
- 15 % discount for each swimming visit,
- Birthdays bring a congratulatory letter and a gift,
- Members of the club enjoy special privileges,
- Regular information on programmes and services of the company Thermana d. d. (news, events and special family offers as well as interesting educational workshops free of charge),
- Participation in competition games with interesting prizes.
- Annual meeting of membership card-holders.



You can acquire the club cards at sales areas in Thermana hotels or on our website www.thermana.si.

Thermana Club:
Holders of the Golden Card are granted a 15 % discount and holders of the Blue Card a 5 % discount on board, wellness and medical services programmes.

Vodomček Club:
Members up to the end of their 10th year have free board, children up to the end of their 15th year are granted a 15 % discount on programmes and board services (the discount can be added to regular discounts for children).

One child gratis:
Board for the first child up to the end of the 12th year is free of charge.

Thermana's 50:
First minute 15 % discount until first 50 rooms are occupied.

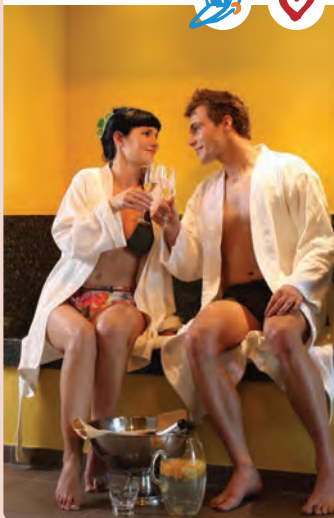
Seasonal programmes – summer, autumn, Christmas and New Year in Thermiana Laško

AUTUMN TREATS

Holidays for all generations

27 September – 24 December 2010

For only 123,93 € per person – 3 nights half-board for Thermiana Club Golden Card holders.



The programme includes:

- Accommodation in a standard double bed room (you can choose between the hotels Wellness Park Laško, Zdravilišče Laško or Hum)
- Half-board (breakfast and dinner)
- Unlimited swimming and use of saunas in the hotels Wellness Park Laško and Zdravilišče Laško (also on departure day)
- Fitness admittance once a day
- GRATIS for the 3-day programme: 1 wellness massage for guests of the hotels Wellness Park Laško and Hum, for guests of the hotel Zdravilišče Laško 1 classic Swedish massage and 1 solarium visit
- GRATIS for the 5-day programme: 1 wellness massage and 1 pedicure for guests of the hotels Wellness Park Laško and Hum, for guests of the hotel Zdravilišče Laško 1 classic Swedish massage and 1 small pedicure and 2 solarium visits
- Animation programme, relaxation and recreation programme

tels Wellness Park Laško and Hum, for guests of the hotel Zdravilišče Laško 1 classic Swedish massage, 1 small pedicure and 2 solarium visits



CHRISTMAS HOLIDAYS

Christmas in the embrace of warm thermal springs

24–28 December 2010

For only 96,90 € per person – 2 nights half-board for Thermiana Club Golden Card holders



The programme includes:

- Accommodation in a standard double bed room (you can choose between the hotels Wellness Park Laško, Zdravilišče Laško or Hum)

Laško or Hum)

- Half-board (breakfast and dinner)
- Unlimited swimming and use of saunas in the hotels Wellness Park Laško and Zdravilišče Laško (also on departure day)
- Fitness admittance once a day
- For the 2-day programme: 1 GRATIS GIFT COUPON in the value of 10 € for wellness or medical services
- GRATIS for the 3-day programme: 1 wellness massage for guests of the hotels Wellness Park Laško and Hum, for guests of the hotel Zdravilišče Laško 1 classic Swedish massage and 1 solarium visit
- GRATIS for the 5-day programme: 1 wellness massage and 1 pedicure for guests of the hotels Wellness Park Laško and Hum, for guests of the hotel Zdravilišče Laško 1 classic Swedish massage, 1 small pedicure and 2 solarium visits
- Animation programme, relaxation and recreation programme

Especially attractive additional animation programme offers for children and families: decorating the Christmas tree at the Vodomček Club, Vodomček games and creative hours in the pool, making a snow Vodomček, visiting Santa Claus ...

15 % discount on FIRST MINUTE for THERMANA's 50

Plus 1 one child up to 12 years GRATIS and discounts for other children up to 15 years



NEW YEAR HOLIDAYS IN LAŠKO

Spend the longest night in the company of well-being ...

28 December 2010 – 3 January 2011

3 nights half-board including a gala New Year's Eve dinner for only 245,65 € per person (The price is valid for Thermiana Club Golden Card holders only)



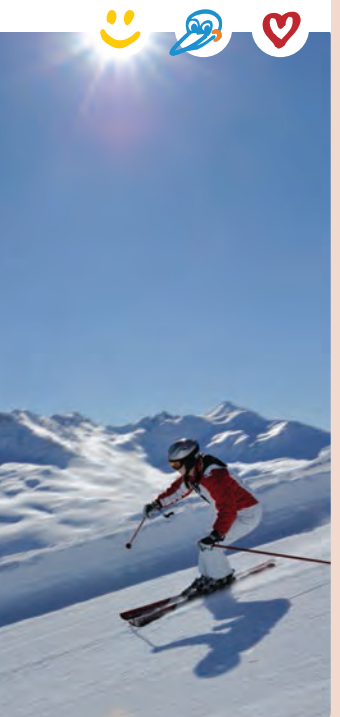
The programme includes:

- Accommodation in a standard double bed room (you can choose between the hotels Wellness Park Laško, Zdravilišče Laško or Hum)
- Half-board (breakfast and dinner)
- On 31 December gala New Year's Eve dinner with live music at the restaurant of a chosen hotel or in the Sauna Centre of the hotels Wellness Park Laško or Zdravilišče Laško
- GRATIS gift coupon in the value of 10 € for wellness services
- Unlimited swimming and saunas in the hotels Wellness Park Laško and Zdravilišče Laško
- Fitness admittance once a day
- Animation programme, relaxation and recreation programme

Additional animation programme offer 15 % discount on FIRST MINUTE for THERMANA's 50

WELLNESS SKI for the ski season 2010/2011

For only 127,50 € per person per night for a minimum 3 nights half-board (For Thermiana Club Golden Card holders)



The price includes:

- Accommodation in a standard double bed room
- Half-board (breakfast and dinner)
- Unlimited admittance to swimming pools and saunas and fitness in the hotel Wellness Park Laško
- Animation programme
- Relaxation and recreation programme
- All-day skiing ticket at the ski run Golte OR Celjska koča OR Mariborsko Pohorje

The prices are valid per person in a double bed room. The price does not include the tourist tax. Price concessions for children and Thermiana Club members.

ANNOUNCEMENTS

Extended New Year's holidays
3 January – 9 January 2011

Additional animation programme offers during AUTUMN HOLIDAYS between 23 October and 1 November 2010.

Plus 1 one child up to 12 years GRATIS and discounts for other children up to 15 years.

(During this time the discount of THERMANA's 50 – First minute is not valid).

Health programmes

HEALTH PROGRAMME

Thermal water springs, curative procedures, therapies and professional staff guarantee quality medical services. Therapies advised by the doctor.

Terapije po nasvetu zdravnika
480 € per person for 8 days
(7 nights half-board)



Health is our biggest wealth. Let us take care of it! Choose a programme, where you can recover the body's power in a pleasant spa environment, in harmony with the healing powers of thermal water springs and with the help of professional medical staff. For two examinations with a specialist of physical and rehabilitation medicine, the programme offers you a 20 % discount on all therapies advised by the doctor.

As well as your accommodation, the programme includes: 2 examinations by a specialist of physical and rehabilitation medicine with an expert medical opinion, 20 % discount on therapies advised by the doctor, unlimited swimming and use of saunas and 1 fitness admittance per day on doctor's advice, 20 % discount on care programmes.

Accommodation at the hotel Zdravilišče Laško.



SPA CARE

Help and medical care by our staff in a pleasant spa environment

24-hour medical care, extended accommodation for an attractive price

55 € per person per night for a minimum boarding of 29 days (28 night full board)



The spa care programme is designed for those who need longer spa treatment at the care department or in the hotel. We have prepared a programme with a minimum 29 boarding days, which brings special privileges in boarding as well as in all medical services advised by the doctor.

The programme includes: accommodation in a double bed room at the care department or in the hotel, swimming in the pool once a day or bathing in the Hubbard tub once a week (on doctor's advice), 1 examination by a specialised general practitioner (during reception), 1 examination by a specialist of physical and rehabilitation medicine, 10 % discount on care and help with everyday activities and on medical and wellness services.

Accommodation at the hotel Zdravilišče Laško.



Medical Centre

“We are the centre of activities and the heart of the Laško Thermal Spa Resort”



The Medical Centre does not only represent the centre of activities but above all the heart of the Laško Thermal Spa Resort. Here, all patients receive their initial advice. Our openly designed spaces make sure that visitors and patients feel comfortable. On their arrival, we provide a thorough and friendly reception. Afterwards, we direct them further to the physical therapy they are assigned to during their stay. As an additional offer, the Medical Centre provides sales of Fidimed nutritional supplements. We further offer to visitors and patients information regarding health services and outpatient clinics and consulting rooms available in the Laško Thermal Spa Resort:

Physical medicine clinic: Specialists of physical medicine and rehabilitation to help you. Examination is also possible with a referral letter.

Orthopaedic consulting room: You will be advised by orthopaedic specialists from Valdoltra Orthopaedic Hospital and a specialist

from Celje General Hospital.

Acupuncture outpatient clinic: You will be advised by specialists of physical medicine and rehabilitation.

Neurosurgery consulting room: You will be advised by Igor Tekavčič, MA, MD, specialist of neurosurgery from Ljubljana University Hospital.

Neurological consulting room: You will be advised by Marko Zupan, MD, specialist of neurology from Celje General Hospital.

Consulting room for venereological surgery: You will be advised by Brigita Švab, MD, specialist of surgery.

Rheumatology consulting room: You will be advised by Dean Sinožič, MD, specialist of internal medicine from Celje General Hospital.

Cardiology outpatient clinic: You will be advised by Čobo Nus-

ret, MD, specialist of internal medicine and cardiologist.

Chiropractic outpatient clinic: You will be advised by Andrej Veršinin, MD, orthopaedist, neurologist and specialist of manual medicine.

Allergology outpatient clinic: You will be advised by Amalia Met-tler, MD, specialist of paediatrics, allergologist.

Dermatology and venereology outpatient clinic: You will be advised by Slobodan Vujasinovič, MD, specialist of dermatology and venereology. ●

Information and reservation:
+386 (0)3 734 57 00
info@thermana.si,
www.thermana.si

More info on:
<http://www.thermana.si/en/medicine>

WEEKEND PACKAGE

Relaxation after a tiresome week

We present you with a **gratis gift coupon**
From 114 € per person for 3 days (2 nights half-board)



This weekend package is designed for all who need some relaxing change after a wearying working week. Spend a relaxing or more active weekend with your partner, family or friends. You can take time for yourself, a body and mind care or go discover the surrounding. Just enjoy yourself!

You can choose between accommodations in the hotels Wellness Park Laško, Zdravilišče Laško or Hum.

As well as your accommodation, the programme includes: 1 **gratis gift coupon** in the value of 10 € for wellness or medical services.

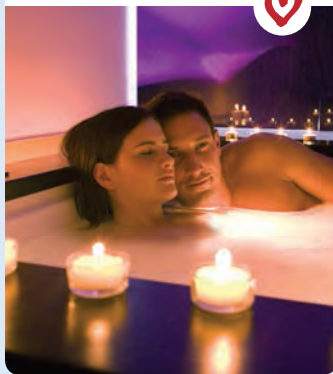


ROMANTIC RELAXATION FOR TWO

Treating oneself brings reborn love

Bath at candle light, freshness of sparkling wine, breakfast in bed

From 224 € for 2 persons for 2 days (1 night half-board)



Laško is long known for its romantic bath and treatments for two. This is certainly connected with the fact that many newlyweds choose Laško for their wedding ceremony ... We are expecting you with candle light, fresh sparkling wine, breakfast in bed etc.

You can choose between accommodation in the hotels Wellness Park Laško, Zdravilišče Laško or Hum.

A 2-day package (1 night half-board) includes next to boarding: 1 Romeo & Juliet bath (at Wellness Park Laško) or **1 Diana's or Apolo's bath** (at Zdravilišče Laško) on arrival day, **champagne in the room** and **festive dinner** at an à la carte restaurant. **Breakfast service to the room** on departure day (the room is available until 12:00 o'clock).

A 3-day package (2 nights half-board) additionally includes next to the 2-day package offer: in case of accommodation in the hotel Wellness Park Laško **1 hand care** (manicure, mask and massage, 60 min) for her and **1 sport back massage** (30 min) for him; in case of accommodation in the hotel Zdravilišče Laško **1 massage** and **1 oxygen facial mask** (75 min) for her and **1 complete Swedish massage** (45 min) for him.



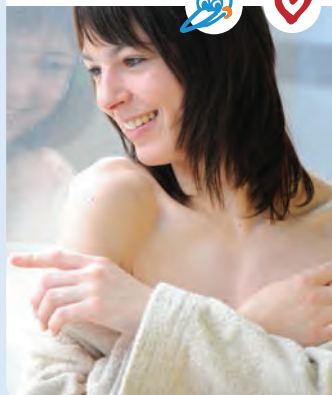
Programmes for well-being

HOLIDAY DURING THE WEEK

When a working day becomes relaxation

Massages, baths, saunas ...

4 days (3 nights half-board) (Monday–Thursday or Tuesday–Friday)
or 6 days (5 nights half-board) (Sunday–Friday)
From 162 € per person for 4 days (3 nights half-board)



An ideal programme for those who can afford to take some time off during the week. In this way, the week becomes nicer and even saves you some money. Massages, body care, thermal pool treatments and saunas, especially soothing in the autumn–winter days, are expecting you.

You can choose between accommodation in the hotels Wellness Park Laško, Zdravilišče Laško or Hum.

As well as your accommodation, the programme (4 days) includes: 1 wellness massage (50 min)*, 1 classic body massage (45 min)**, 1 solarium (10 min).

As well as your accommodation, the programme (6 days) includes: 1 wellness massage (50 min)*, 1 pedicure (45 min)*, 1 classic body massage (45 min)**, 1 small pedicure (30 min)**, 2 solariums (10 min).

*For guests of the hotels Wellness Park Laško and Hum, **For guests of the hotel Zdravilišče Laško.



THAI

Relaxation with a touch of Asian philosophy

Surrender yourself to the skilful hands of Thai women

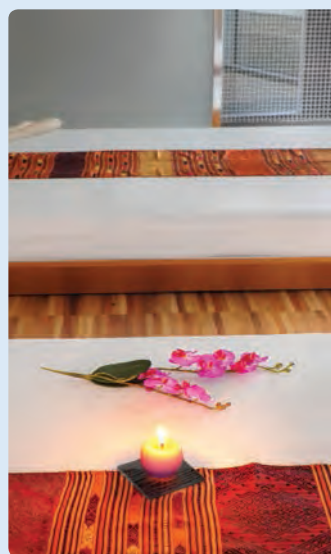
218 € per person for 3 days (2 nights half-board)



Maybe you are well acquainted with traditional Thai massage? Choose a relaxation with a touch of Asian philosophy and allow yourself a short relaxing holiday to your desires. Thai massage relaxes the muscles, improved the body's blood circulation, diminishes stress, eases back pains, strengthens inner organs and preserves vitality. An ideal weekend programme to follow the rapid tempo of the week.

Accommodation at the hotel Wellness Park Laško.

As well as your accommodation, the programme includes: room with a view over the Savinja River, 1 Thai massage with warm herbs and aromatic oils (80 min), 1 breakfast service to the room.

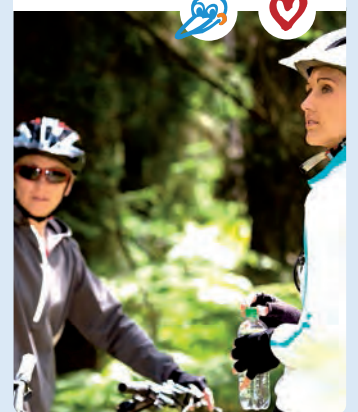


AROUND LAŠKO AND ITS SURROUNDINGS

Wind in the hair, natural and diversified landscape, high view-points ...

For bikers and hikers

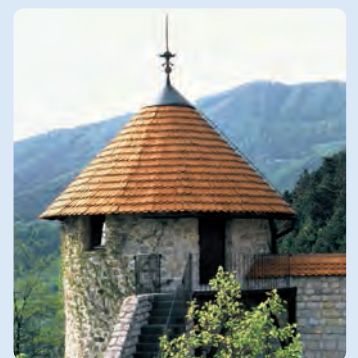
From 158 € per person for 4 days (3 nights half-board)



This programme perfectly suits those who look for a more active holiday in the embrace of thermal springs. Those who need something more than treatments, saunas and bathing: discover the surroundings, active walks, jump on a bike, get to know the location by Nordic walking. We will arm you with the necessary equipment and a stack of ideas. There will be no time for boredom.

You can choose between accommodation in the hotels Wellness Park Laško, Zdravilišče Laško or Hum.

As well as your accommodation, the programme includes: daily gratis bike rental or Nordic walking poles, 1 biking tour guide around Laško and its surroundings or 1 hiking tour guide Rečica mountain circular tour, 1 gratis gift coupon for 10 € for wellness or medical services.



Thermana Club!

Gold Card



Benefits:

- 15% discount on all programs and accommodation prices
- 15% discount on all wellness and health treatments
- 15% discount for purchase of gift vouchers
- 15% 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

Blue Card



Benefits:

- 5% discount on all programs and accommodation prices
- 5% discount on all wellness and health treatments
- 5% 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

Vodomček club



Benefits:

- 15% discount on all programs and accommodation prices (in addition to regular discounts for children)
- 15% discount on regular prices for the entrance to the Thermal Centre
- birthday gift
- regular information about programs and services of Thermana Laško
- participation in contests
- educational contents
- annual meeting of the cardholders

Order your card on: www.thermana.si/en



Our feet reflect our body

Foot reflexology

Polona Dornik, physiotherapist and lymphotherapist, Head of Therapy at Laško Spa Resort

In the last issue of My Thermana magazine, we came to know manual lymphatic drainage massage. This time we will introduce foot reflexology, which holds a special place among the plentiful massage types and techniques. The beginnings of this therapy or method of natural healing reaches back to the time of Hippocrates. The first person to scientifically approach this massage was the American physician Dr William H. Fitzgerald at the beginning of the 20th century. He has proven scientifically that the numerous areas on the feet have a reflexive relation with individual body segments and organs.

As many other methods, reflexotherapy also went through several development stages, from century-old intuitive knowledge to the present modern form of therapy, which increasingly meets the demands of today's human. Our feet, often squeezed into tight and unaired footwear and often neglected by medicine, have, as a point of new therapy, proven themselves to be surprisingly effective for relaxation or therapeutic purposes. Sometimes a foot massage is astonishingly positive – especially when applied to health problems that are not directly connected to the feet.

Treating both feet as a whole

In the massage of reflexion zones on the feet, it is not only the sole, most frequently depicted on drawings and schemes, that is significant, but the entire foot. It is also important to treat both feet as a whole and not as two separate limbs. Each foot is a perfect reduced reproduction of the whole body picture and each organ has its corresponding reflexive zone on the foot, where the body zone flows through this organ. According to this, we find organs of the right body half on the right foot and those on the left half on the left foot.

Disturbances in the functioning of organs can reveal themselves in a painful reaction during massage of the reflexive points. Each pressure of the therapist needs to be conducted correctly. The constant change of activity and relaxation phases is repeated on small areas; a waving rhythm enables a good distribution of energy to the painful tissues on the foot.

What are the effects of reflexology massage?

Foot reflexology influences the vital body functions; it stimulates and invigorates the immune system, toxins are extracted faster from the body; it accelerates blood circulation, helps with stress, accelerates the lymphatic circulation, eases insomnia, increases concentration abilities, improves the functioning of body organs and speeds up the metabolism. These are only a few most frequent indications for the use of this massage technique.

When should reflexology massage not be applied?

There are states, when reflexology should not be used: especially for acute vein and lymph inflammations, infections and heat conditions, diseases that demand operation, on open foot wounds, acute depression states, risky pregnancies and at some post-traumatic states.

How often should this massage be carried out?

The initial contact with the feet can already show an experienced reflexotherapist the basic data needed for further treatment. When in treatment, foot reflexology is usually applied two to three times a week at the beginning, later, when the problems are reduced, more seldom. The duration of treatment depends on a series of factors, yet it is important to persist until the state is stabilised. You can try foot reflexology for yourself with experienced reflexotherapists in Laško Thermal Spa Resort (Health and Beauty Centre, phone 03 734 57 71). ●

Chinese medicine says that sensors of all inner organs' nerves spread over the whole body are gathered in the feet. Thus, foot reflexology effectively stimulates the functions of the inner organs and brings numerous beneficent effects.

Healing effects of thermotherapy

Silvester Krelj, MD, specialist of physical medicine and rehabilitation

Healing by applying heat to the human organism and removing heat from it is called thermotherapy. The beginnings of such treatment reach back for millennia, when our predecessors tried to ease minor injuries and diseases with such procedures. The application of heat to the human body is called warming or thermotherapy, the removal of heat is called cooling or cryotherapy.

The methods of applying thermotherapy and cryotherapy differ in many factors. At Laško Thermal Spa Resort, we often use heat for easing long-lasting pains of the extremities, soothing muscles cramps, improving the mobility of joints and the blood circulation in the body and in some of its parts. Heat accelerates cell metabolism, blood circulation, detoxification; the density of body fluids decreases and the flexibility of the connective tissue and muscles increases. Heat calms, relaxes and gives a feeling of pleasure.

Healing effects of warm water

For general warming, we use natural thermal water at a temperature of 32 °C. Usually, the baths take place in a swimming pool or in the Hubbard tub. Also helpful are massages with underwater jets and bubble baths. Warm water is stimulation for the organism, which, used correctly, curatively affects the body and its organs. We recommend 20 to 30 minute baths to guests with health problems and those who want to experience a curative stimulation for their body. Baths that last for several hours – deriving from the conviction that "the longer I stay in a warm bath the healthier I am" – do not provide the expected effect. In order to apply heat for therapeutic purpose we also use warm bags or thermopacks, paraffin compresses, parafango compresses and hot stones. These therapies are used for heating separate body parts. We recommend consultation with the doctor before the therapy.

Cooling for easing pain

Cooling or removal of heat is used when we want to ease acute pain, inflammation or bleeding. Cooling applied locally, obstructs the blood stream, slows down the conductivity of nerves and reduces the feeling of

pain. In therapy, we use the removal of heat mainly on individual body parts. Thus, local cooling baths are intended for arms and legs.

Ice bags or cryopacks and cold compresses are applied on different body parts. For cooling down a certain body part with controlled temperature for a longer period, we use modern device called hylotherm. It is especially effective in therapies for sport injuries and post-operation states of the extremities.

Tested, safe and effective

These therapeutic treatments have been tested and shown to be safe for centuries. Heat energy stimulates the organism to reasonably react with resistivity and well-being. The easing of health problems by these procedures usually means the taking of medications is not required, which is very important for people having long-term problems. ●

» Warm water is stimulation for the organism, which, used correctly, curatively affects the body and its organs. «

Health from nature. Honey

One of the offers from the Laško Thermal Spa Resort – From honey massage to apitherapy

Besedilo: Cvetka Jurak, Zdravilišče Laško

In the Laško Thermal Spa Resort we remain faithful to the rich tradition and offers of medical programmes and wellness services. Medical rehabilitation depends on classical medicine, yet in our wellness services we seek Slovene tradition, which in this field is often forgotten and unjustifiably omitted.

Na Wellness is intended for people who care for their health and well-being and at the same time respect our natural and cultural heritage, seek personal growth and use natural products without additives and artificial substances in their beauty care. Our offers also include an increase of people's awareness and education about the meaning of healthy living and an optimism of life.

The healing power of honey is generally known. In Slovenia, apiculture has a rich history and tradition. Here, we have four beekeepers to every thousand Slovenes. Slovene honey is gaining increasing popularity. Slovenia is the only member of the European Union, which has protected its autochthonous bee.

We in the Laško Thermal Spa Resort have joined the increasingly broader use of honey products and have decided, due to their effect on good health and well-being, to include the whole honey story into our offers: we have equipped a garden of honey plants with thematic descriptions of a bee's life; the neighbouring beekeepers present their products and we include honey in our food. We also offer apitherapy and the use of honey in wellness therapies and programmes in the form of honey massages, honey wrapping, honey baths and sauna with honey compresses.

Garden of honey plants

With the garden of honey plants in the Resort Park, arranged in collaboration with the Beekeepers Society and Stik Laško, we have started to weave a new story and new experience into our offers. Some honey plants are put into the bed in pots, so they are also accessible to people in wheelchairs. In modern times, in a period lacking beauty surrounding us. Only a few see a blossoming meadow, colourful flowers, butterflies, the buzz of bees etc.

We have transferred a part of this beauty into our Resort Park by planting a bed of gaily-coloured flowers and by telling the story of the diligent and hard-working Carniolan bee – the Slovene autochthonous bee. Here, you can find basic information about flowers, about what is nectar, what is pollen, how is it gathered, where does it come from etc. You can hear the whole story narrated by a guide or written down on information boards. It is also presented in Braille.

Honey massage

Honey massage is an ancient Russian method performed on the neck, chest and lumbar regions. It differs from other massage practices in the method of executing the massaging movements. With oil and massages, the palms glide across the massaged body part, while honey becomes sticky during the massage. Such massage is executed with kneading and gentle flapping.

First, honey peels the dead cells from the skin and prepares it for the absorption of the honey's healing substances and the secretion of toxic substances from the body. The massaging motions accelerate the circulation and warms the body; the honey saturation detoxifies the body. During the massage, the honey absorbs various toxins from the body. Therefore, the honey massage can also be used as an aid in eliminating cellulite. Honey massage cleans the skin, makes it smooth and soft, it warms and relaxes the muscles, it strengthens the immune system and detoxifies the body.



cream sticky during the

Honey wrapping

Honey wrapping – also known as liquid gold wrapping – is a continuation of the honey massage, but can also be used independently. The body is coated with liquid honey, wrapped in foil and covered with a heating blanket, followed by 20 minutes rest.

This wrapping is intended for people with sensitive and dry skin poorly supplied with blood, since honey actively stimulates the restoration of cells. The rest period during honey wrapping nourishes, softens and moistens the skin, which thus becomes soft and silky. Honey wrapping combined with honey massage has a soothing and relaxing function, it improves the state of health and stimulates life energy.

Honey baths

The whole body is massaged with slightly crystallised honey, enriched with natural olive oil and a spoon of salt. The massage is followed by a relaxation bath in thermal water to which is added honey, a cup of milk and some drops of jasmine oil. The skin becomes soft and glowing and the body refreshed and filled with new energy.

Sauna with honey

We are also introducing a sauna with honey compresses. The pleasant warmth and delicate moisture support the beneficial effect of honey compresses on the skin. Our guests apply honey onto the face and body, rub it into the skin and rest in the sauna. After the sauna, the honey is washed off and the skin becomes soft and glowing. To compensate for lost liquid, we serve the guests a drink of thermal water and honey. ●

Apitherapy

We have upgraded our complete offers based on honey with the introduction of apitherapy consultancy. Apitherapy is an activity that teaches us how we can strengthen, gain and maintain health by using honey and other beehive products. It is based on the use of honey, propolis, royal jelly, pollen, wax and bee venom. The founder of modern apitherapy is the Slovene Dr Filip Terč.

At the Laško Thermal Spa Resort, apitherapy is performed by Franc Grošelj, MD, apitherapist and acupuncturist who has been involved in apitherapy for many years. He consults on the preventative value of beehive products and relief of illnesses, such as anaemia, digestive system ailments, as well as inflammation of skin, mucous membrane, mouth, throat, gullet, respiratory organs, and allergies. He treats muscular problems, joints and the spine with various methods of pain-relief: acupuncture, moxibustion, bee venom etc. He is also very successful in the use of beehive products against neuroses, depressions, multiple sclerosis and stress situations.

Let us return to the roots of our tradition, listen to our bodies and soul and live in harmony with nature. For more information about apitherapy and the offers of honey treatments at the Laško Thermal Spa Resort, please call: +386 (0)3 734 51 30.

Laško thermal wells

Cure, relax and slake the thirst

Text: Cvetka Jurak, Zdravilišče Laško

The early Romans knew the secret powers of Laško's thermal wells. In the middle-ages the wells were used by both locals and missionaries, in 1954 the first thermal bath was built in Laško, it was named after the Hapsberg Caesar France Josef 1st.

From those days to the present Zdravilišče Laško has developed into one of the most contemporary centres of medical and wellness tourism, the thermal water of Laško has helped numerous people to recover their health and maintain their well-being. From this water they made beer, today we can also drink it.

Laško thermal water as a factor in natural health

The natural factors of Zdravilišča Laško is the aktrato-thermal alkaline calcium-magnesium-natri hydrocarbonated water at a temperature of 32 to 34 °C, that with its balneological properties works balancing and strengthening the body. It is used as a preventative and curative.

At the Wellness medical centre we use both its mechanical and thermal influence through hydrostatic pressure that works on those parts of body that are immersed in the water, it improves circulation in the visceral organs, helps to reduce furring of the veins and clearing of the lymph canals. The thermal water has positive influences over the whole body.

Experience of the health properties of thermal water has proven helpful over a long period, especially for mild hypertension, chronic inflammation of the joints and spine, hardening problems and dysfunction of the limbs. Up to the present at Zdravilišču Laško the thermal water has been used for hydrotherapy as much for preventative as for curative purposes. Among the curing procedures with thermal water are thermal baths, therapeutic exercises in thermal water, learning how to walk in water, exercise in the butterfly bath, massages by a strong water currents, pearl baths with added healing herbs and Kneipp water paths. Warm water works by relaxing the human body, it eases muscular cramps, reduces pain, improves joint mobility and with its healing energy strengthens the body's defence mechanisms.

At Laško guests can swim in thermal water at the Wellness Thermal Centre as well as in the exterior and indoor pools of Zdravilišča

» Zdravilišče Laško was first in Slovenia to have analysed its water with the newest methods of examining this subtle field. It knows its water best. It enables its users something more - a trend to live a fuller and healthier life. This is something to be proud of,« says Branka Lovrečič, director of the Bion Institute



Laško, guests can also relax in thermal baths.

At Zdravilišča Laško from the end of 2009 we started a broader use of thermal water. We will use it with fango mud where we will mix the dry powder with thermal water and apply this rich thermal paste, as well installing a bar to serve the thermal water as a health giving drink.

The quality bio-field of Laško thermal water

The memory property of water is still not scientifically acknowledged although it has been studied and confirmed by many scientists as well at the Bion Institute. Information is impressed into the water that can be reproduced in different ways. At Zdravilišča Laško, in co-operation with the Bion Institute we have carried our research of the bio-field and following the method of Dr Masara Emot we photographed the water crystals in the thermal water. The basic aim of this research was to discover the biological influence of Laško thermal water in which is impressed a subtle bio-field. At the same time a thorough chemical analysis of the water has been carried out by Activation Laboratories (www.actlabs.com) based in Canada.

Research has shown that biologically Laško water has an excellent working bio-field that is stable, synchronised, connected and vitalised. It expresses a strong life energy that has positive influence on man. It works well on the human psychi providing balance to both body and soul, it helps with detoxification, it reduces sourness it works as a mild diarrhetic, and improves the biological cell environment and inter-cell communication.

The water at Laško comes from a depth of 160 metres its mineral and temperature properties are aktrato-thermal alkaline calcium-magnesium-natri hydrocarbonated water at a temperature of 32 to 34 °C. This mineral content shows that it has been underground for a considerable time and on its path has collected from the dolomite, calcium, magnesium and flint. In total the mineralisation of the water is from 278 to 295 mg/l, which puts the water from Laško among the middle group of mineralised waters.



Crystal photography of Laško water has shown extremely beautiful symmetrically organised crystals, which additionally illustrates its positive properties. In the middle of the crystal a hexagram (six point star) can be seen which is a special feature without comparison. Convex areas produce new seeds and this life force harmonises the work of the water of Laško which works its well-being on the human psychi.



Beer from thermal water – water also improves the flavour

Simon Kukec, took control of Pivovarno Laško in 1889, he marketed new varieties of beer including a new beer type – a thermal beer that was produced from the renowned thermal water of Laško. After several attempts he realised that this thermal water improves the beers flavour.



The thermal water of Laško is suitable to drink

The latest research has shown that Laško thermal water is also suitable to drink. With regard to energy we recommend to drink up to 2 litres of water per day that should be split into small amounts of 2 dl throughout the day. The water should be consumed by small mouthfuls holding the water in the mouth for a while before swallowing. Water bar will be provided in the coffee bar K&T at Zdravilišča Laško.





“I am a kingfisher.
Let me introduce myself.”

My name is kingfisher, in Latin Alcedo atthis. In Slovenia, they also call me “emerald fisher”. Supposedly, I am one of the most colourful birds around here. Those who have already seen me, would confirm this, others who haven’t ... well, they should be sorry. Get to know me!

Lively nature and colourful look

I am of small size, only a little bigger than a sparrow. My upper coat is glimmering blue, my belly is usually brick-red and orange, hiding shades of warm autumn colours within. My neck is white and so are my feather tufts. The bill, compared to my body, is quite long, strong and pointed and serves perfectly to my image of an excellent fisher. Males differ from females by the bill; mine is completely black and the female's bill is reddish on its lower part.

If something turquoise-coloured shoots past you or over a water stream making a sound, then it is quite likely that it was me. Shooting would be the right word to use, since I can fly at over 50 km an hour, with unbelievable acceleration.

I like to have water nearby, since I feed myself with small fish, tadpoles and insects. I am very skilful at catching them by diving. Well, diving is an understatement, I am a real dive-bomber! Usually, I sit about leisurely on some branch over the water and vigilantly observe the activity. When I spot the prey, I instantly fling myself into the water and then quickly fly away with my prey in a straight line over the water surface.

My nesting places are steep and sandy, river and stream banks. Here, together with my female, I dig out an almost meter long nesting tunnel – for which I need up to a week; at its end it has a spacious room, where my female friend lays the eggs. In a good year, we nest twice or even three times a year. The female usually lays about six completely white eggs, which we incubate for three weeks.

We are getting less and less

Due to river regulations and changing banks, our nesting places are increasingly disappearing; therefore, we are becoming increasingly smaller in numbers. They say that about 500 pairs live in Slovenia, most of them by streams and rivers, such as the Sava, Drava, Mura, Savinja and their numerous smaller tributaries. You can also spot me by the sea though; and if you have a pond with small fish in your garden, it can happen that some morning I might surprise you right in your own home.

Where else can you meet me

Because of my colourful look and vivid nature, people like to depict me in different ways. You can find and buy me in a ceramic realisation by Vera Vardjan in the Slovene Ethnographic Museum. Further, they named a tamboura group (“Vodomec”) from Bela krajina after me; Pošta Slovenije (Slovene Postal Services) issued a stamp with my image; the Ljubljana International Film Festival Liffe was concluded with “vodomec” awards, and gladly I lent my name to the “Vodomček Club” in Thermiana Laško.



Children's Vodomček Club Membership brings benefits

Vodomček Club (The Kingfisher Club) is a novelty in the offers of Thermiana Laško. It is intended for children up to 15 years and offers its members several privileges and discounts. It is the club's mission to entertain and educate the associated “kingfishers”. The membership is free!

The club was named after the bird kingfisher (“vodomec” in Slovene), which was presented to you in detail. We chose the kingfisher because of its vivid nature and colourful look and due to our intention to get to know this bird better, to respect it and thus contribute to its protection and preservation.

What are the privileges?

With the membership card provided with their affiliation, the members of the Vodomček Club can make use of the following privileges:

- 15 % discount on programmes and boarding services (the discount can be added to regular discounts for children),
- 15 % discount for each swimming visit,
- Birthdays bring a congratulatory letter and a gift,
- Members of the club enjoy special privileges,
- Regular information on programmes and services of the company Thermiana d. d. (news, events and special family offers as well as interesting educational workshops free of charge),
- Participation in competition games with interesting prizes,
- Annual meeting of membership card-holders.

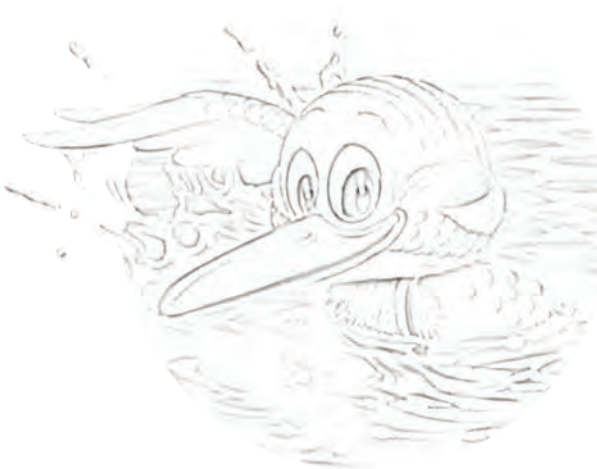
Membership in the Vodomček Club

Anyone up to the end of their 15th year can become a member. For affiliation, a completed membership form signed by the parents or the child's legal representative is required.

Annual membership is not renewed automatically. Membership of the club ends with a written cancellation or when the member reaches 15 years. Members receive a membership card after the signing of the membership form by the parents or a legal representative. Members can enjoy privileges on presentation of the membership card.

More information at <http://www.thermana.si/en/health-club/vodomcek-club>.

Vodomcek club – paint me



Paint me!



Let's go ride a bike!

Get to know Laško's eight cycle tracks with the help of a handy cycling tour guide

STIK Laško (Laško Sport, Tourism, Information and Culture Centre)

The unspoilt and diverse landscape surrounding Laško invites you to discover a number of cosy nooks. It is the perfect starting point for trips and activities in nature. Roaming around on a bike is certainly not boring, since all roads pass rich natural, cultural, historical and ethnological legacies.

You will stop at many viewing points and resting places and visit pleasant surrounding farms with nature friendly produced and traditionally prepared goodies. You will also be welcomed by excellent innkeepers who have preserved the culinary traditions of the area and supplement it with elements of international cuisine.

You can choose from eight cycle tracks

You can take eight different cycle tracks that usually run on roads with less traffic and partly on non-asphalt roads, hills and valleys. The tracks are named after interesting places representing the most distant spot from the starting point: Rimske Toplice – Junior, Vrh nad Laškim, Trobni Dol, Šmohor, Lisca, Govce, Celjska koča and Šentrupert. The tracks range from medium to very difficult, since you start the

ride at a height of 223 m above sea level and reach 930 m at the highest point (Lisca). You can, of course, adjust the sections and thus define the level of difficulty to your demands. All tracks are suitable for mountain and trekking bikes. In order to ensure a safe trip, you need to follow traffic regula-

Tourist and Information Centre Laško or at the reception desk of the Thermiana Laško hotels.

Excellent idea for families too

Cycling around Laško surroundings is also a good choice for families with children.

Among the eight tracks, for family cycling, we specially recommend the track Rimske Toplice – Junior.

Along the predominantly flat track towards Rimske Toplice, you can continue the route through the Gračnica Valley all the way to Jurklošter with its Carthusian monastery. The picturesque Rečica Valley, which is a part of the Šmohor route and where the roads slightly rise along the Rečica stream, offers relaxing and unde-

manding pedalling.

A detailed cycling tour guide

For an easier and more detailed route plan, we recommend you the purchase of the guide Cycling around Laško (for the attractive price of 4 EUR). This comprehensive guide includes a detailed description of the routes with clear maps for each track, the altitude of the fi-

along the routes. If you run short of energy, you will certainly find a goodie to "recharge your battery" at the local inns marked on the maps. Some items of the neighbouring farms: honey, herb teas, homemade cookies, apple juice, are also offered at the Tourist and Information Centre Laško.

How about starting together?

Although cycling is known as an individual sport, it is nice to tackle a cycle route in the company of friends or acquaintances. Therefore, we invite you to join us at STIK's cycle gathering that we organise in collaboration with the Laško Biking Club. The event will take place on Saturday, 15 May, starting at 10:00 o'clock from Jagoče through Lahomno, Tevče, Mala Breza towards Trobni Dol and further over Blatni Vrh, Marof, Jurklošter, Rimske Toplice and Strensko back to Jagoče. The route is 47 km long having a stop for light refreshment. More information: Tourist and Information Centre Laško ●

stik
STIK - CENTER ZA ŠPORT, TURIZEM,
INFORMIRANJE IN KULTURO LAŠKO

Laško event calendar

- Presentation of old customs and working procedures (29 August 2010): Laško municipality takes care of preserving old customs and working procedures. This time (the 24th presentation), the main theme focuses on the beekeeping heritage. Organisers: Jure Krašovec Ethno Committee "Možnar", Laško Tourism Association.
- 6 August, 2 September, 7 October, 4 November, 3 December, from 8:00 to 16:00, Trubarjevo nabrežje Laško
- LAŠKO FAIR, From Friday to Sunday, 11–13 November, Laško
- 14th ST MARTIN'S DAY IN LAŠKO, Saturday, 13 November, at 8:00, in front of Tourist and Information Centre Laško
- HAPPY DECEMBER IN LAŠKO
- Horse Consecration on St Stephen's Day, Sunday, 26 December, at 11:00, Aškerčev trg Laško
- New Year's Eve celebration, Friday, 31 December, at 23:00, Laško

● TIC Laško, Trg svobode 8,
Laško, Tel.: 03 733 89 50
Faks: 03 733 89 56
E-pošta:
tic@stik-lasko.si
www.stik-lasko.si

Opening hours:
Monday–Friday:
from 8.00 to 17.00
Saturday:
from 9.00 to 12.00



Regular weekly animation in Thermana Laško

MONDAY

07.00: Yoga (physiotherapy area ZL)
14.30: Meditation (physiotherapy area ZL)
15.00: Laško sightseeing
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
Musical evening

TUESDAY

07.00: Morning exercise (physiotherapy area ZL)
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
19.00: Workout for everyone (gym at WSC, for additional payment)
20.00: Pilates (gym at WSC, for additional payment)
Evening medical or travel lecture

WEDNESDAY

07.00: Yoga (physiotherapy area ZL)
14.30: Chromotherapy (physiotherapy area ZL)
15.00: Laško Brewery sightseeing and beer tasting
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
Musical evening, presentation or lecture on cosmetics

THURSDAY

07.00: Morning exercise (physiotherapy area ZL)
14.30: Meditation (physiotherapy area ZL)
15.00: Excursion to the lead and silver mine
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
19.00: Boday shape workout (gym at WSC, for additional payment)
Evening presentation or medical lecture

FRIDAY

07.00: Yoga (physiotherapy area ZL)
15.00: Visit at a beekeeper and mead producer
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
Evening dance music

SATURDAY

07.00: Morning exercise (physiotherapy area ZL)
17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)
Evening dance music

SUNDAY

17.00: Afternoon recreation (indoor pool ZL)
18.00: Water aerobics (indoor pool ZL)

DAILY ANIMATION

• Every day from 10:30–11:50 and from 18:00–18:20, guided water exercise takes place in the Thermal Centre of Wellness Park Laško.

• Each Saturday, Sunday and holiday from 11:00 to 18:00, the Thermal Centre offers a varied and attractive animation programme involving water games, basketball, water aerobics, water polo, games for children, prize winning games, musical wishes etc.

• In summer, the animation is especially rich! During summer holidays, it takes place every day from 10:00 to 18:00.

• On the hour every hour (from 12:00 to 21:00), there are whirlpool programmes with selected essential oils, compresses, peeling etc available.



ZL = Zdravilišče Laško
WSC = Wellness Spa Center

We recommend Fighting cellulite with green coffee

Pre-summer is often a time when we actively tackle reshaping our bodies. Here is some advice on how to be satisfied with your body.

Next to a healthy and active way of living (healthy nutrition, a lot of liquid, fresh air activities), we recommend a series of body care programmes at the Wellness Spa Centre in Laško. Ask for the PevoniaBotanica treatment with green coffee. Green coffee is known for activating lipolysis, smoothing the skin and acting as a diuretic. Before the green coffee treatment, we recommend body peeling and detoxification. In this way your body will be prepared to accept the active substances of anti-cellulite treatments.

We recommend at least four consecutive treatments. The number of treatments also depends on the cellulite level and on the change you seek. Before the treatment series, you need to consult the therapist who will perform the treatment package according to your wishes. For the best results, you need to continue with the treatment with carefully chosen products at home.



We recommend products of the cosmetic house Pevonia Botanica containing green coffee: Smooth & Tone Body-Svelt Gel (reducing toxins and making the skin smooth and firm), and Smooth & Tone Body-Svelt Cream (improving blood circulation and stimulating the body to perform natural lipolysis).

Massages in Thermana

Ayurveda massage

The Ayurveda Massage is more than 5000 years old Indian healing technique. It revolves around the principle that subtle energies are innate in every single thing. There are three types of vital energy or "docha" – Kapha, Pitta and Vata, which regulate all the physiological and psychological processes in both body and mind. It is also of vital importance that these energies are well balanced, because such shall bring health to the body, clarity to the mind and joy to the heart. Ayurveda keeps us healthy, prevents illnesses and heals when already ill.

Thainan traditional Thai massage

Is recommended for people with muscle and tendon pains or for muscle relaxation after exhausting physical work. If a body part is in pain, we recommend 50 minutes of massage, if you however want relaxation, we recommend 80 minutes for the whole body.

The Spring of Youth massage

The Spring of Youth Massage – a fruit of the traditional knowledge and experience of experts from the Health and Beauty Centre of the Laško Health Spa.

The massage is executed in three steps, each of them having a special purpose and a special beneficial effect on our body.

The relaxation starts with a foot and leg bath, prepared from a mixture of different types of salt, which stimulate circulation. A special herbal tea is served during the bath, which is followed by a body exfoliation using the Himalayan salt and selected essential oils. The heated pillows, filled with the Himalayan salt, enable comfortable lying on the massage desk. The treatment ends with a massage using a cream containing precious essential oils, which takes you into the world of deep relaxation and relieves tension as well as eliminates stress and tiredness.

Lomi Lomi massage (Hawaiian for: loving hands)

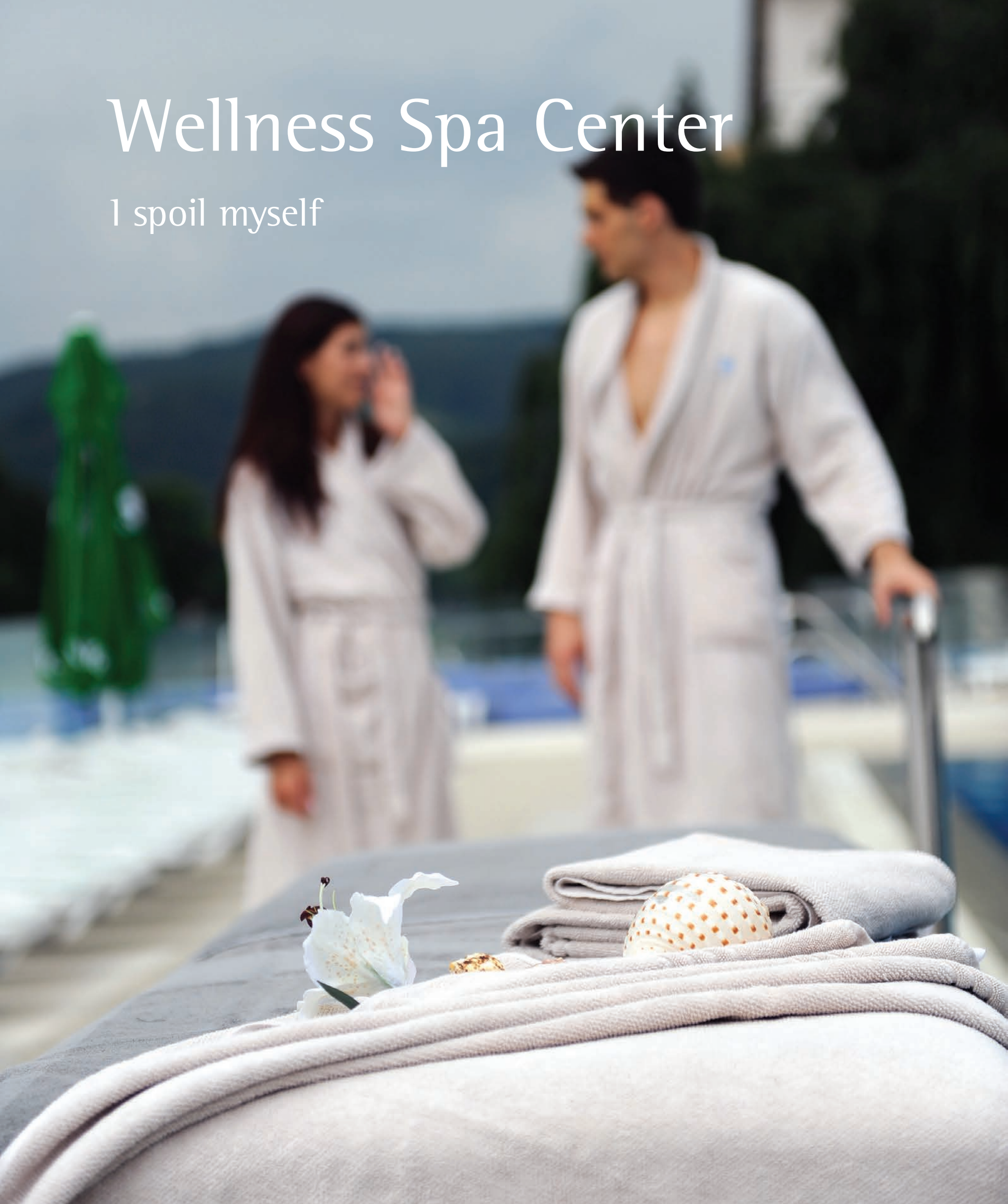
Is exceptionally specific and unique massage. It includes dance – rhythmical massage of the whole body. The massage awakens our joy of life, internal harmony and peace within us. This is a relaxing massage that quickly removes tension, and it is particularly effective for soothing of the spine pain. This massage is performed with forearms, elbows, palms and exotic oils. Accompanied by Hawaiian music, the masseur performs the massage with various rhythms, that are controlled with the inclination of his body.

Aromasoul massage (Aromasoul ritual scrub)

Rejuvenating nurturing treatment with etheric oils – peeling is a unique rejuvenating body ritual with intensive connection to the four aromasoul massages. The massages have a touch of exotic lands, customs and cultures which they represent. Get ready to be taken by Arabian, Hindu, oriental and mediterranean massage with their cosmopolitan spirits to the chosen land.

Wellness Spa Center

I spoil myself



Thermana d.d., Laško, Slovenia
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