

my Thermana

Free issue
2012

Wellness Magazine of the company Thermana Laško



The main story

A room with a view, holidays with a smile!

For your well-being

Want to try something different?
Perhaps unique beer pampering...
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Laško



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Mesec
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Month of design
2011 - First place at
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30 najboljših
slovenskih
gostiln

Top 30 Slovenian
Restaurant Guide

NEDELOVA
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2012

Top 15 - »Nedelov«
Magazine Restaurant
Guide



AYURVEDA – Your way to good health

We would all probably agree that health is the greatest asset. It is not only absence of illness, but also a positive psychophysical condition enabling you to enjoy the quality of life. But how do you achieve and keep it? There are many ways, however, they are more or less similar in their essence. You should be aware that everything depends on you – on each one of you seeking the right way. In India, during the course of history and based on experiences and nature, developed special knowledge – Ayurveda – knowledge of life which advocates a healthy lifestyle and directs you to it. If the Ayurvedic approach to health has been beneficial for a billion of people, it may be assumed that many of you will find the right way in its principles.

Thermana, as your companion on your way to good health, offers you a hand. The principles of health are the balance of elements and functions, of the body and spirit, of activities and thoughts. Nevertheless, balance tends to be unstable – and consequently your health – if you do not look after it by living in harmony with nature. Improper behaviour, bad habits and an unhealthy diet may all lead to illnesses. When illnesses develop, it is more difficult to regain your inner balance. As Ayurveda says: "Prevention is better than cure."

This ancient saying rings a bell, doesn't it. Of course, it perfectly matches with the principles of wellness, a philosophy of a healthy lifestyle, based on a good diet, physical exercises, a good state of mind and spirituality.

The only difference is that Ayurveda is based on five elements, doshas, yoga, meditation, the Ayurvedic diet and therapies.

Until now, we have known Ayurveda mainly for its massages and oils. Many guests of wellness centres like abhyanga, udvarthana or shirodara, and a lot of them like yoga.

However, at Thermiana, we want to offer you something more – we want to offer you living with Ayurveda. In cooperation with the company Veda from the southern Indian state of Kerala, we will open an ayurvedic centre in the Wellness Park Laško. There, we will offer you authentic Ayurveda with a doctor, therapists and a yoga trainer. You will get advice on principles of a healthy lifestyle, discuss your problems and appropriate therapies, join yoga and meditation sessions, and find the programmes and therapies that suit you most. All these will only upgrade the offer of our Wellness Spa Centre that has been declared many times »The Best Wellness« in Slovenia. This will be another quality in Thermiana's offer. And your satisfaction will be our satisfaction.

See you there!

Roman Matek MA
CEO of Thermiana d.d.

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THERMANA
Laško

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



»A room with a view, holidays with a smile«

Koen, Christine, Mauro and Matijs are a young family from Berlare in Belgian East Flanders, only an hour's drive to the northwest of Brussels. They decided to spend their two-week holidays in Slovenia on the recommendation of a local travel agent. As a starting point for their discovering of Slovenia – all the way from Podsreda to Piran – they chose Thermiana Laško. They stressed that the Wellness Park Laško immediately became their home. Christina added that it was surprising to see Matijs, 3 years old, and Mauro, 6 years old, to look forward even to breakfasts and dinners at the hotel's restaurant. Moreover, their glowing faces showed their great enthusiasm for the thermal pools, the Knights' Games at Celje Castle and the bobkart sledging at the Celjska koča Hut.

We decided to spend a day with them and hear about their experience of Slovenia and Thermiana. We often cannot appreciate what we have, and at the same time frequently distrust tourist brochures. That is exactly why we like to hear about real experience of our friends and acquaintances. In addition, we increasingly use Internet travel forums as sources of information.

A decision for a holiday destination is not easy at all!

Choosing a holiday destination and an appropriate hotel is not easy at all, especially for a family with small children. In a way it is even stressful. One of parents' prime wishes is that their children would have something to do. Furthermore, they also want a place to be comfortable, friendly, convenient, in other words, to be family friendly because nowadays parents are truly worn out by everyday pace of trying to find a balance between their job and family. Moreover, if they want to see and experience something new, relax and regain their strength or even find an opportunity to pamper themselves at the same time, the decision is even more difficult. Taking into account that an average but active European family affords a few short getaways and usually only one longer holiday a year, the choice of an appropriate destination becomes very important. Because family members want to return from their holidays relaxed, in a good mood, satisfied, more connected, and with a feeling that they spent a nice time together as a family, and at the same time that each of them found and did something for themselves

Avoiding mass tourism destinations

Even when they were single, Koen and Christine preferred distant and not too tourist destinations. They were mostly attracted by adventurous trips. When they have started a family, they have started living a different lifestyle and choosing a different type of holidays. However, they have refused giving up discovering and exploring new countries. After having visited Switzerland, Sweden and Barcelona, they planned to go to Croatia. However, they are not an average Belgian family that usually chooses all inclusive holidays somewhere in the warm south. They told us that Turkey and Spain were still the most popular Mediterranean destinations in Belgium but lying on the beach was not their type of holidays. They wanted to explore the hinterland. As they enquired about possible destinations, their local agent, after hearing their wishes, suggested Slovenia without the slightest hesitation.

And as a resort, he recommended Thermiana Laško because it is an outstanding retreat for enjoyment and pampering as well as a brilliant starting point for discovering some of Slovenia's main attractions.



Koen and Christine found the proposal and pictures in a catalogue extremely appealing. The latter are very important when you browse catalogues of mostly completely unknown destinations. However, the most decisive factor in the selection of holidays is a personal attitude of an agent who convinces you that he knows what he is offering and thus boosts your trust. Then, the Belgian couple looked it up on the Internet. Thermiana's website (www.thermiana.si) strengthened their belief that the offer is of good quality, diverse and complete. Besides, in the most popular online travel forums they found a lot of praise and no criticism of Thermiana.

When despite everything you still don't know what to expect

They booked a 12 - day stay in Laško, and only a few days later they came across a Slovenian stand at a local event. A pleasant chat with a Slovenian tourist representative was an additional encouragement that they might



expect something really good. Later, at a relaxed lunch at the Wellness Park Laško, we found out that this excellent promoter of Slovenian tourism was Rok V. Klančnik, head of representation of the Slovenian Tourist Board in Brussels. With a large pile of catalogues, Koen and Christine started planning their itinerary. Although Koen travels a lot as an information technologies consultant in a large multinational company, they decided to travel by car, which would give them desired mobility in Slovenia. In spite of travelling over 1,200 kilometers and a stopover in Austria, they enjoyed the journey.

Despite all recommendations and positive opinions in the forums, there is always some unpleasant uncertainty and fear whether everything will meet your expectations – especially for longer stays – before you actually walk into a hotel. Although the De Roeck family carried out thorough research, they did not quite know what to expect – at least that was what they said – since that was their first experience with Slovenia. Their friends too did not really know the country.

A stunning first impression... and everything went well

Immediately after their arrival at Thermiana and walking into their room – and especially after exploring the offer of the hotel with a distinctive glassy dome – they knew they had made the right decision. Christine, who is more than used to constant commotion of children as a kindergarten teacher, but

also tired of it, was relieved to realize right away that those holidays would be the right relaxation for the entire family as well as for each member. She summed up her impressions in the following way: "Thermana is definitely the right choice for a whole family. Children as well as parents can spend a wonderful time here. Thermana's entire offer is designed with a clear aim to make the guests relax, let themselves go and fill themselves with energy during well-earned holidays. Everything is so peaceful and without stress."

Matijs and Mauro had an amazing time. The outdoor and indoor pools with all the water pleasures and slides were more than enough for them to have great holidays. They would have eagerly exchanged the discovering of Laško and its surroundings as well as trips to Postojna, Piran, Bled, Bohinj, Ljubljana and Podsreda – which they visited during their almost two weeks' holidays – for more fun in water.

This was perfectly clear to Christine and Koen, who tried and found more than enough activities that pleased their boys on the trips that rounded off and enriched their experience of Slovenia.

Christine told us with enthusiasm how much the children enjoyed themselves at the Knights' Games at Celje Castle and when sledging down a summer sledge track at the Celjska koča Hut. Besides, they met new friends already on their second day and did not mind at all that their new friends spoke a different language. "What more could I wish?" asked Christine, who likes indulging in relaxing treatments at a local spa. Therefore, she was absolutely exhilarated that she and her husband found time for pampering for two while their children were entertained at the Vodomček's Corner

Laško as a brilliant starting point for discovering Slovenia

One of the reasons for choosing holidays in Laško was the fact that Thermana is a mere fifteen minutes away from a motorway, meaning that you can reach any spot in Slovenia within an hour or two. Therefore, it is a perfect starting point for discovering Slovenia and the one that has practically everything under one roof. At the same time, it is away from tourist hustle and bustle the De Roeck family prefers avoiding. They made Hotel Wellness Park Laško their starting point for exploring Laško and Slovenia, and a place where they eagerly returned every day.

But on some days, they unwound completely, lied in the sun and idled the day away.

Well, they also spent one day with us, My Thermana team, and as they said, it was another interesting occasion of getting to know local people and Slovenia.

What were they discovering? Laško was at hand all the time, with strolls through Zdraviliški Park along the River Savinja into the town, visiting Tabor Castle, the brewery museum and experiencing a lively pulse of the Beer and Flower Festival. Perhaps it is a bit unusual that one of their first choices was a bit distant, yet peaceful and natural Kozjansko Park with Podsreda Castle, which was the venue of a flute learning seminar at the time of their visit. "An interesting and lovely trip," they said. Of course, they did not leave out Bled, where they took the traditional pletna boat to the lake island and walked to the castle, or Bohinj, where they climbed to the Savica Waterfall. Furthermore, in Ljubljana, they strolled along the streets, sat by the River Ljubljanica, experienced the pulse of the market, marvelled at the architecture and took the funicular railway up to the castle. Naturally, a trip the Slovenian coast was a must, and they were deeply impressed by Piran. On their way back, they visited the Postojna Cave. During their stay they also livened up some of the afternoons by visiting Celje Castle or went for adrenalin sledge rides at the Celjska koča Hut

How would you sum up your experience?

"Our experience of Slovenia is extremely positive. We must stress that especially Hotel Wellness Park Laško and our entire stay with all the additional programmes and the friendliness of the staff were much better than we expected. When planning our trips around Slovenia we were very open, without a strict itinerary. We wanted to be free and seize the day. And we did just that!" agreed Christine and Koen with sparkling eyes.

They were extremely surprised that even in the most popular tourist resorts they did not find themselves in the middle of a crowd feeling as if they were just a mere part of it. In addition, they believe that an important added value of their experience of Slovenia is how easily manageable the entire country is – even for someone who has never been here before. Apart from that, there are also well-maintained roads, clean environment, magnificent nature and wonderful cities and villages, and the diversity of experience that Slovenia as a small country offers. Last but not least, they singled out the high value for money and genuine friendliness as Slovenia's significant competitive advantages over other countries.

We'll come back!

Since they had bought their package at an agency, they had not known about the Thermana Club and the Vodomček Club cards before their arrival. Our staff presented them a concept of these cards on their arrival, and Koen and Christine chose one Golden and one Blue Thermana Club Cards while Mauro and Matijs became members of the Vodomček Club. They made good use of them during their stay, especially for wellness programmes and restaurant services, and they have also left possibilities open for the future. Since Christine is a ski enthusiast, she already enquired about the possibilities of spa pampering and skiing pleasures that we also offer.

"We will highly recommend Slovenia and Thermana to our friends and will definitely share our experience on the Internet, too. We are also seriously considering coming back!"

"We will highly recommend Slovenia and Thermana to our friends and we will definitely share our experience on the Internet as well. We are also seriously considering the idea of coming back!"



Thermana's tips for exploring our beautiful town and its surroundings

For all the families, who will be enjoying at the Thermana Laško hotels, we have listed some tips below to enrich your spa water pleasures and relaxing experience under the glassy dome.

The tips refer to places of interest in the immediate vicinity.

Meet the legends written by the Counts of Celje and experience the Middle Ages at Celje's Old Castle

Counts and provincial princes of Celje were one of the most important and influential families in Central Europe in the first half of the 15th century. Due to their sharp rise and the same sudden bitter end, there are still many legends about them today – you can relive them at Celje's Old Castle that was once their castle and headquarters. Nowadays it is renovated and proudly situated on a triadic hill on the south-western edge of Celje. In its time it was the largest fortress in the Slovenian territory. You should not miss out on the story of Veronika and Frederick, the Slovenian Romeo and Juliet.

An adrenalin bobkart adventure and skiing at the Celjska koča Hut awaits you

We highly recommend you to go on an afternoon trip to the Celjska koča Hut, which boasts a summer bobkart sledge track winding along a ski slope. The length of the track is 800 m, and it offers daring as well as slower rides. You can either ride by yourself or with your child. It is the first sledge track of its kind in Slovenia, and is open from April to November. You can also try out a



somewhat calmer, yet more thrilling summer slide or go to explore nature along the educational forest track.

Furthermore, you should also visit the Celjska koča Hut for winter pleasures, testing your skiing skills on a ski slope that covers more than 4 ha. A modern ski lift will take you to the peak of the Tolst, a hill of 834 metres. The Celjska koča Hut's ski slope has a modern system of artificial snowing and is equipped with lighting that enables comfortable night skiing. Apart from the ski slope, the Celjska koča Hut also has children's slope with a 60-metre magic carpet.

Go to Herman's Den

Children's museum Herman's Den in Celje is the only children's museum in Slovenia and operates as a part of the Museum of Modern History in Celje. This museum for children gets its themes both from the past and the present, from festivities and from everyday life. All the equipment and the entire layout are didactically oriented and tailored to the age levels of primary school children. You will be greeted by the museum's mascot Herman the Fox, and have a fantastic time in the museum workshop and play room, Herman's gallery and Herman's theatre. Furthermore, you can also see the collection of children's pushchairs and bicycles. This museum is an outstanding choice for a rainy day.

Discover the secrets of fly fishing

If you are in a somewhat adventurous mood and are looking for peaceful, remote places for a special family experience, then you should consider trying something really special in the company of an experienced fisherman. Andrej Šoštarič from Fish & Fun will introduce you a mysterious world of fly fishing in the vicinity of Thermiana. You will be having fun in the world of rivers, fish, live insects and their imitations – artificial flies, watching and experiencing nature, paddling through a clear and cold river experiencing many tense, exciting and joyful moments. This is an interesting experience also for your children.

Hop on your bike at Thermiana

Cycling around Laško is a good choice also for families with children. There are eight lanes suitable for cycling, and the most appropriate for family cycling is the Rimske Toplice – Junior lane. You can continue cycling on a mostly flat lane from Rimske Toplice through the Gračnica Valley all the way to Jurklošter, where you can visit the Jurklošter Carthusian Monastery. In the picturesque Rečica Valley, which is part of the Šmohor lane, there is a road that gently rises along the Rečica Stream and is ideal for relaxing and easy pedalling. For easier and more detailed route planning we recommend you to buy the guide book Cycling in the Surroundings of Laško. Moreover, information is also available in reception of our hotels.

Wandering around Laško and its surroundings

There are plenty of routes for everyone – for lovers of Nordic walking, visitors who just want to go for a stroll, hikers, mountaineers, for the old and the young, and of course for families. Look for a hiking brochure at TIC Laško and choose a trip to your liking. More information is available at TIC or in reception of our hotels.

To Tabor Castle for magnificent views

We are back with the famous Counts of Celje that owned the castle for many years and occasionally organized hunting events and knights' tournaments. The castle was burnt down by the Turks in 1487, and converted into an anti-Turkish camp in

the 16th century. That is also how the castle got its current name ("tabor" means "camp" in Slovenian). Listen to the legend of castle treasure and a parochial maid, and climb Blaž's Rock where you can enjoy magnificent views of Laško.

Learn the secrets of brewing Laško beer

Take a walk through Zdraviliški Park and head for the brewery where you can learn about the history of brewing, its 185-year tradition in Laško, and about the beer brewing process itself. While you are in Laško, why don't you walk on to the old town centre. Just a stone's throw away from St. Martin's Church and the library, at 5 Aškerčev trg square, you will see a restored market-town granary, which houses the Laško Museum. Visit it and see the bones of a whale, the teeth of a shark, and learn about the history of the town, Zdravilišče Laško spa and the Laško brewery.

A trip to the forgotten lead and silver mine

Join us for a trip to the village of Padež, where you can visit a lead, silver and quartz mine that was active more than one hundred years ago, and is now open to visitors. You will have a feast in a mine shaft (home-made salami, bread and wine), so you will have enough strength on your way back to walk through the forest along an educational forest path. We should add that this trip is one of the most visited and popular among our guests.

And last but not least – choose your own Thermiana Club Card

To make your family pampering at Thermiana more affordable, we offer you a possibility to join the Thermiana Clubs. We have the Golden or Blue Thermiana Club Card for parents, and the Vodomček Club Card for children under the age of 15. Choose your own! Do not forget to check our entertainment programme – organized family trips and workshops, educational courses and events in the company of Vodomček!



Thermal springs in Laško

The mysterious power of thermal springs in Laško was already known in the Roman times. In the Middle Ages, the springs were used by locals and also by medieval missionaries. In 1854, the first thermal swimming pool, which was named after the Habsburg Emperor Franz Joseph I., was built in Laško.

Since then, Zdravilišče Laško spa has evolved into one of the most advanced centres of health and wellness tourism, and the thermal water from Laško has helped many people regain their health and maintain their well-being. Even beer was brewed from it, and today you can also drink this amazing water.

Laško thermal water as a natural medicinal factor

The natural medicinal factor of the Zdravilišče Laško is acratothermal, alkaline, calcium, magnesium, sodium hydrogen carbonate water with temperatures from 32 to 34 °C. Its balneological stimuli have a beneficial effect on the balance and strengthening of the body. This water is used for preventive and curative purposes. For spa medicinal purposes, we use the water's mechanical and thermal properties. Due to hydrostatic pressure, which acts on an immersed body part, circulation in visceral organs improves, and peripheral veins and lymph vessels are cleared. Thermal action in the form of heat has a beneficial effect on the entire body.

Years of experience have proved medicinal effects of the Laško thermal water particularly in the treatment of slightly increased blood pressure, chronic inflammation of joints and spine as well as serious defects and impairment of muscles and bones. At the Zdravilišče Laško, we have been using the thermal water in hydrotherapy for preventive and curative purposes. An integral part of medicinal treatments with the thermal water are thermal baths, therapeutic exercises in the thermal water, learning of walking in water, stretching in a butterfly bath, massages with underwater jets, pearl baths with medicinal herbs, Kneipp water ways. The water and its heat have a relaxing effect on man's body, relieving muscle spasms, easing pain, improving mobility of joints as well as strengthening the body's defence with the water's medicinal energy.

You can swim in the thermal water in our Spa Centre of Hotel Wellness Park Laško or in our outdoor and indoor thermal swimming pools of Hotel Zdravilišče Laško. In addition, you can also relax in thermal baths.

The highly qualitative biofield of the Laško thermal water

The water's memory has not been scientifically accepted even though it has been analysed and confirmed by a number of scientists, among others those at the Bion Institute. Information imprinted in water can be reproduced in different ways. In cooperation with the Bion Institute, research on the biofield was carried out at the Zdravilišče Laško. Using the method of Dr Masaru Emoto, water crystals of the thermal water were photographed. The research's main purpose was to establish biological effects of the Laško thermal water, particularly a subtle field or the biofield imprinted in the water. Parallel to this research, a thorough chemical analysis was carried out at Activation Laboratories (www.actlabs.com) which have headquarters in Canada. The research has revealed that the biofield of the Laško water is biologically perfectly functioning. Furthermore, the biofield is stable, orderly, connective and invigorating.

Our thermal water radiates strong life energy, and has a positive and invigorating effect on man. Moreover, it has a beneficial effect on the psyche, creates balance between the soul and body, helps to detoxify the body, reduces the body's acidity levels, acts as mild laxative, and improves cells' biological environment as well as inter-cell communication.



The Laško water's spring lies at a depth of 160 metres. The minerals and temperature define it as acratothermal, alkaline, calcium, magnesium, sodium hydrogen carbonate water with temperatures from 32° to 34° C. The presence of minerals reveals that the Laško thermal water is the water that stayed in the underground for a longer period and dissolved dolomite, calcium, magnesium and flint in its path. The total mineralisation of the water ranges from 278 to 295 mg/l, thus ranking it among medium mineralised waters.



Pictures of the Laško water's crystals have revealed especially beautiful, symmetrical and well-arranged crystals. The water's positive functioning speaks in favour of these finds. In the centre, there is an indicated hexagram (six-pointed star) which makes our water absolutely unique. Imprinted crystals signify new blooming, life's force, harmonised acting of the Laško water that acts beneficially both on the body and spirit.

"Zdravilišče Laško was the first in Slovenia to have its water analysed with the latest methods of the subtle field research. They have the most comprehensive knowledge of their water. In addition, they offer their guests something more in accordance with the trend - "living a fuller and healthier life". They can support this philosophy with pride," says Ms Branka Lovrečič, Director of the Bion Institute.



Beer from the thermal water – water as a natural flavour enhancer

Simon Kukec took over the brewery in Laško in 1889, and introduced a new variety of beer and the first beer brand – thermal beer which was brewed from the famous Laško thermal water. After several tests he found out that the thermal water enhanced the beer's flavour.

The Laško thermal water is suitable for drinking

The latest research has revealed that the Laško water is suitable for drinking. Energywise, we recommend drinking up to 2 litres of water a day. This quantity should be divided into smaller doses of 2 decilitres which are to be drunk throughout a day. Drink the water in gulps. Before swallowing it, keep it in your mouth a little while. A drinking room is located in the coffee house of Hotel Zdravilišče Laško.

Typical balneological parameters

| Cations | mg/l | mmol/l | mmol % |
|--------------------------------|-------|--------|--------|
| Ammonium NH ₄ - N | | | |
| Aluminium Al ³⁺ | | | |
| Calcium Ca ²⁺ | 53 | 2,65 | 49,72 |
| Potassium K ⁺ | 1,3 | 0,03 | 0,56 |
| Lithium Li ⁺ | | | |
| Magnesium Mg ²⁺ | 29 | 2,39 | 44,84 |
| Manganese Mn ²⁺ | 0,006 | 0 | 0 |
| Sodium Na ⁺ | 6 | 0,26 | 4,88 |
| Strontium Sr ²⁺ | | | |
| Amount | 89,31 | 5,33 | 100,00 |
| Anions | mg/l | mmol/l | mmol % |
| Bromide Br ⁻ | | | |
| Fluoride F ⁻ | | | |
| Iodide J ⁻ | | | |
| Chloride Cl ⁻ | 4,2 | 0,12 | 2,22 |
| Nitrate NO ₃ - N | 4,4 | 0,07 | 1,29 |
| Nitride NO ₃ - N | | | |
| Sulphate SO ₄ 2- | 40 | 0,83 | 15,34 |
| Hyd. Carb. HCO ₃ 2- | 268 | 4,39 | 81,15 |
| Amount | 316,6 | 5,41 | 100,00 |

Treatment with natural elements at the Zdravilišče Laško – premium therapies with the thermal water and heat

Dr Silvester Krelj, specialist in physical medicine and rehabilitation

Balneotherapy is treatment which stimulates the body's defences by means of thermal water, mud packs and peloids. This method of natural treatment enables the body to deal with causes of diseases with its own resistance. It is a method of achieving dynamic internal and external balance – which was lost due to a disease or a defect – and stimulating the body's own healing power.

At the Zdravilišče Laško, we have been using these premium natural therapies designed to ease pain and problems of people with affected muscles and bones for 155 years.

The external use of thermal water, treatments with a touch and heat stimuli are important medicinal techniques also due to the fact that patients are not required to take medicines or decrease their dose. Natural treatments cause mild stimuli, therefore the body responds more slowly and less aggressively. They are suitable for relieving chronic diseases and problems.

Healing touch or treating with hands

Healing touch is natural treatment which can be performed either on yourself by yourself or by a therapist healer. It began as a primeval reflex response, when an injured person put their hand on an injured part of the body and felt relief. Because of positive experience with a physical touch, numerous techniques of relieving and treating pain have developed over millennia, such as all kinds of manual massages, physiotherapeutic techniques of stretching, lymph drainage, Bowen therapy, chiropractic, osteopathy, acupressure, care, shiatsu techniques and similar therapies. In this issue, we present you manual lymph drainage in detail. In the following issues of My Thermana we will describe other techniques that are based on healing touch and were developed at the Zdravilišče Laško on the basis of medicinal efficacy of the thermal water and were combined with top-class knowledge of our therapists.

Natural treatment or physiotherapy

The word "fizis" means nature, and "therapy" means treatment. Natural treatment means the treatment of man's physical and spiritual parts as an inseparable whole. This philosophy is emphasised by the slogan "Medicus curat, natura sanat." ("Medicine cures, nature heals.") above the main entrance to the Zdravilišče Laško. Physiotherapy is just one of numerous manual therapeutic techniques which probably developed from the primary personal touch, a primeval method of self-help, putting hands on ill or injured parts of the body. Its aim is to make an individual healthy, and then to maintain and improve their health. Physiotherapy achieves this aim by means of various methods and techniques, such as mobility therapies, various forms of physical energy (thermotherapy, electrotherapy, kinesiotherapy, magnetic field, etc.) as well as manual techniques. Physiotherapy is primarily focused on the elimination of locomotor system problems, however, a physiotherapist may also be of great help in preventing such problems. With educational work and counselling a physiotherapist guides patients into a healthier and more active lifestyle. This aspect is particularly highlighted in physiotherapy performed at health spas due a holistic approach and medicinal properties of thermal water.

Balneotherapy between the two world wars

Patients had to sit completely still in thermal water under supervision of a strict bathing master. When bubbles appeared on submerged parts of their skin, patients had to leave a swimming pool instantly for a prescribed rest.

More information on the offer and bookings:

Operator: +386 (0)3 734 51 50

info@thermana.si, www.thermana.si

"Medicus curat,
natura sanat."
("Medicine cures,
nature heals.")

The Thermal Centre of the Wellness Park Laško

Endless water pleasures under the glassy dome. Every day, in any weather!

Main advantages of the Thermal Centre are diverse and exhilarating water pleasures under the magnificent glassy dome that multiplies sun rays for magical evening moments.

The following facilities are at your disposal under the glassy dome:

- Pool with waves (31°C);
- Recreational and massage pool with waterfalls and bottom springs (32°C);
- Rapid river (32°C);
- Children's water fun park (32° C);
- 3 Whirlpools above the pool (34°C);
- Kneipp's Corner;
- Water slide.

Outdoor facilities at your disposal:

- Recreational and massage pool – linked with the indoor one (32°C);
- Swimming pool (26-27°C);
- Children's pool (32°C);
- Crystal pool (32-34°C);
- Speed slide;
- Water slide.



The world of fun, water pleasures and discoveries. This is the children's world!

Janja Urankar, Wellness Programme Manager, and Metka Krivec, Hotel Wellness Park Laško Manager

To make your decisions for holiday and trip experiences easier, we have compiled our entire summer offer for children and families at Thermana Laško on the following pages. Whether you stay here for one day or several days, we are sure you will find something for yourself.

Children's entertainment programme ... fun rules!

The Wellness Park Laško prepares a truly diverse entertainment programme for any kind of holidays! In and around the pools of the Thermal Centre of the Wellness Park Laško you will always have a great time – there is a variety of entertaining activities for kids and adults alike every Saturday, Sunday and on bank holidays, as well as every day during holidays. Our entertainers will be entertaining you from dawn till dusk. Furthermore, we are preparing a rich entertainment programme with new games, competitions with tempting prizes, children workshops and special parties.

Splendid entertainment for children = free time for parents

Every day Vodomček organises interesting creative workshops, which also function as crèches because then parents can devote time to themselves, pamper themselves with a beauty or relaxation treatment or read an absorbing book, etc.

The word "creative" means a wide variety of activities that have always fascinated children. We are aware that your children's interests are diverse, however, our rich programme will please each one of them.

Creative workshops, trips and fun

Our regular guests at workshops are locals with their thematic offers adjusted to the seasons.

Your children will be visited by a seller of honey and honey sweets (children will decorate traditional Slovenian biscuits "lecti") and a florist (who will make presents, accessories and decorations together with children), and members of the Laško Painters' Society, who will set up easels for children and give them advice on painting. A truly unforgettable experience for children is the visit of Granny Maritsa, a lively eighty year-old lady, who is delighted about passing down her skills of making paper flowers to younger generations.

In addition, our entertainer invites your children to hours of fairy-tales, creative work, painting on shirts, pouring materials into moulds, drawing, making a play etc. Furthermore, there will also be a mini disco party, and Vodomček, who gives children candies and sweets etc.

A playroom and social area

Bear in mind that we have a large number of facilities for your children. The Wellness Park Laško houses a playroom with toys and books (also in foreign languages). In the coffee house there is a table with colouring books and coloured pencils while the Thermal Centre houses the Vodomček's Corner and a bouncy castle for jumping on. In addition, there is a room with big padded cubes in the reception area. Moreover, Hotel Zdravilišče Laško has a social area with table tennis and table football.



The hotel restaurant houses the Vodomček's Corner for children

We have tailored our culinary offer to requests and expectations of your children. In the restaurant of the Wellness Park Laško, our buffet for the youngest features a special Vodomček's Corner with food. This corner has lower tables in order to be more easily accessible to children. It features dishes that are children's favourites, such as pancakes, snacks, chips, etc. We can also prepare different diets based on your individual requests. We offer you food free from gluten, egg, milk, etc.

Exercises for the youngest

It is true that children mostly want a lot of fun and enjoyment, however, active and therefore healthy spending of free time is also important. Especially today when children spend more and more time at computers and in front of television. In order to make your children's holidays more eventful, we joined hands with sports experts and made programmes of exercises for the youngest. With guided and directed exercises we strive for the development of coordination, improvement of harmony of motion, improvement of coordinated functioning of arms and legs, development of fine motion, strength, accuracy, speed, mobility and endurance, as well as greater awareness of their bodies, better conception of movement in space, body coordination in regard to their limbs, improved manipulation with objects, psychological development, head stabilisation and therefore a better posture. Exercises are intended for the following age groups: Up to 2, from 2 to 4, from 4 to 6 years of age.

So that parents can have a good time ...

Speaking of entertainment, we guarantee you, dear parents, that you will not be bored. Expect morning wake-ups with recreation while during the day you may choose from guided activities, such as relaxation, water exercises and Nordic walking.

You may join us on a guided tour and presentation of the Wellness Spa Centre twice a week while three times a week we set off to explore cultural and historical sights in the surroundings as a part of a regular entertainment programme. In addition, attractive programmes of relaxation, pampering and beauty care await you in wellness centres of the Wellness Park Laško and the Zdravilišče Laško. Check them at wellness receptions, or choose your favourite treatment in advance on www.thermana.si.

You may also order promotional brochures.

Based on prior arrangement, we can arrange babysitting while you are being pampered.

For a healthy body – fitness exercises

We recommend fitness exercises as outstanding exercises for the young and the old alike. It is said that it is never too late for this type of exercises. Many people have not visited a fitness studio for simple reasons that tend to be overlooked at fitness studios: because they have not been there, are old, think that this type of exercise is unsuitable for them, or they simply do not know how to begin exercises. Therefore, we have prepared a presentation of fitness equipment and exercises, followed by a guided fitness session. Within a scope of activities (as expected from a wellness hotel) we demonstrate you a low intensity aerobic exercise for burning fat as well as "fartlek" or games of speed in intervals along the Zdraviliška path.

Thematic dinners, special offers in our coffee house and drinking of thermal water



cial sweets

– a dessert of the house – fruit and ice-cream cups, winemakers' presentations, drinks' evening, special coffees' evening, etc.). Furthermore, a constant feature of our hotel entertainment is music on Thursday, Friday and Saturday. And here is another peculiarity of Laško! **We recommend the Laško thermal water for drinking due its positive and stimulating properties.** Taking into consideration the water's energy value, we recommend drinking up to 2 litres a day. Divide this amount into smaller doses of 2 dl throughout the day. Drink it in gulps. Before swallowing it, keep it in your mouth a little while.

All-day holiday activities

In the Thermal Centre of the Wellness Park Laško, we provide all-day care of primary-school children or children between 6 and 15 years of age during holidays.

The activities of the all-day care include swimming and water polo lessons under the expert guidance, games in water and a gym, walks in nature, creative workshops as well as Vodomček dance classes.

BREWED WITH LOVE SINCE 1825.



WWW.LASKO.SI

THE MINISTER OF HEALTH ADVISES: EXCESSIVE ALCOHOL CONSUMPTION MAY BE HARMFUL TO THE HEALTH.

Want to try something different? Perhaps unique beer pampering... Where else than in Laško?

What is your first association when you hear the word beer? Probably that of a thirst quencher and refreshment... It is well-known that beer has a positive effect on man's psyche and therefore affects good mood. But it is definitely less frequently associated with health and beauty. Beer contains B-group vitamins (B1, B2, B3, B6), magnesium, potassium, iron and zinc, and also many carbohydrates, proteins and flavonoids, as well as antioxidants. If many medicinal qualities are ascribed to beer when consumed in moderate quantities, why its unique combination of ingredients should not function as refreshment for the skin?

At Thermana Laško, we are well aware of the meaning of nature's wealth and medicinal properties of natural ingredients, and we particularly respect the resources from our local natural and cultural heritage. Since we are oriented into sustainable tourism, the story of using an ingredient originating from Laško meant completely logical continuation of our philosophy...

Therefore, we have developed beer wellness treatments that are absolutely unique in Slovenia. We use beer products based on a raw material processed at the Laško Brewery. This raw material is a product or a residue of beer production at the brewery. We developed it in collaboration with Lekos, a company from Sevnica, and upgraded it with the knowledge and experience of our home therapists. They will be pampering you with beer masks and massages, exfoliation and care, baths, and soon also with beer shampoo and soaps.

Beneficial effects of beer ingredients

Many cereals that are a basis of any good beer (barley, wheat, rye, oats) are rich sources of vitamin E, which is very favourable for the protection and at the same time regeneration of the skin. Extracts from Iceland moss and common mallow contain mucus that covers the skin with a thin layer and protects it from irritation and inflammation, while purple coneflower extract helps regenerate the epidermis. But just like beer, also our beer products cannot do without hop cones that contain phytoestrogens and have an antiseptic effect, which is good for the vitality of the skin. High quality oils are natural sources of omega -3, 6 and 9 fatty acids that have a beneficial effect on skin vitality and structure. At the same time, oils are a rich source of unsaturated fats, vitamins, lecithin, and plant hormones.

For different skin types

With a combination of different natural oils, we have adapted our new beer products to different skin types – some moisturise the skin more intensively, others feed it. Our new beer treatments are suitable for both young and mature skin, for men and women; they restore the softness and elasticity of the skin.

Get to know our beer treatments...

Beer Wellness Body massage ^(60 minutes) or Back Massage ^(20 minutes)

A relaxing massage of your entire body, or only of your back or your legs. We use emulsion or massage pads. Emulsion is a mixture of select oils and herbal extracts that have a beneficial effect on your skin. It improves your skin's defence system and structure, softens it, smoothes dry rough skin, feeds and protects it, and at the same time stimulates its regeneration. Massage pads soften your skin, feed, moisturise and refresh it, and at the same time protect it against moisture loss. They are nourishing care for dry and normal skin. We rinse dry parts of hop and roses with water but neither rubbing nor soaping the skin. After rinsing, we massage water drops into the skin but not rubbing it with a towel.

Beer Wellness Body Care ^(50 minutes)

A refreshing combination of hop and roses is intended for body care. It softens your skin, feeds and moisturises it, and at the same time protects it against moisture loss and soothes it. This is moisturising care for dry and normal skin. We apply the gel cream, which also functions as exfoliation, to the skin with light circular movements and leave it there for 15 to 20 minutes. In the meantime, we mas-

sage your scalp. We rinse the condensed pack with warm water, and finish the treatment with a massage using moisturising cream.

Beer Wellness Facial Care (45 minutes)

The facial care includes cleaning of your skin surface, a massage, a refreshing mask, and at the end, application of nourishing cream. While the mask takes effect on your skin, we perform a hand massage. The refreshing mask of hop and roses is intended for facial care, softening your skin, feeding and moisturising it, and at the same time protecting it against moisture loss and soothing it. It is suitable for dry and normal skin as well as for impure skin and skin with acne. We apply the gel mask to your face with circular movements. Then the cream is left to take effect for 15 to 20 minutes. The nourishing cream is intended for mature skin care. It softens your skin, smoothes deep wrinkles, prevents formation of new wrinkles and restores the moisture and elasticity of your skin.

Beer Wellness Mask and Hand Massage (30 minutes)

This service includes hand bath, application of the mask up to your elbows, and a massage with moisturising cream.

Beer Wellness Bath and Leg Massage (45 minutes)

This service includes leg bath, application of the mask that functions as exfoliation, and at the end, a leg massage with moisturising cream. It is intended for tired legs. It softens and feeds your skin, as well as improving blood circulation.

Beer Wellness Bath for One or Two (60 minutes)

This bath is intended for body care because it softens your skin, feeding and moisturising it, and at the same time protecting it against moisture loss and soothing it. It is appropriate for dry and normal skin of all ages. You can use it by yourself or in two. While having a bath, you will be served a cocktail. In addition, you can upgrade your bath with a romantic dinner at the à la carte restaurant of Hotel Wellness Park Laško.

A tip for the ultimate beer experience

In the early morning you can go bathing at the Spa Centre of the Wellness Park Laško or at the spa part of the Zdravilišče Laško. If you are a sauna lover, you can complement your bathing with a visit to our attractive Sauna Centres. After the spa experience, it is time to regain your strength at a Gambrinus feast, or opt for a beer menu for lunch. After lunch, you can continue your day with a visit to the Laško Brewery or to the Eko muzej (Eco museum). Then, we recommend you to round off your day with one of our beer wellness treatments at Hotel Wellness Park Laško.

Coming soon! THERMANA & VEDA, Laško Ayurveda Centre

Programmes that will be performed (with or without stay):

GENERAL:

- Ayurveda Anti-Aging Programme,
- Ayurveda Weight-Loss Programme,
- Ayurveda Detox Programme,
- Ayurveda Anti-Stress Programme

MEDICAL:

- recommended for osteoporosis,
- rheumatism,
- multiple sclerosis,
- fibromyalgia,
- neurological diseases, etc.

Other services that will be performed:

- Rituals,
- massages,
- a variety of care,
- programmes for couples,
- examinations and counselling on a healthy lifestyle,
- diets and drawing up of an individual programme according to your dosha type, etc.

The services will be performed with an Indian doctor and Indian therapists.



Thermana & Veda
Ayurveda Centre Laško

More information at:

T: +386 (0)3 423 20 40

E: wellness-spa@thermana.si



The oldest and pleasantest way to health

Polona Rozoničnik, BSc in physiotherapy, the Zdravilišče Laško

Massage is probably the oldest and simplest form of treatment, and also one of the easiest ways to gain and maintain good health. It has a very rich and over one thousand years old history, throughout which it was used by all cultures. First records of massage date back to the era of the Chinese emperor Huang Di (around 2700 BC). Furthermore, massage is often mentioned in the Indian, Ancient Greek, Egyptian and Roman literatures as a form of preventing and treating different problems, illnesses and injuries.

Massage is touch, and the value of touch is immeasurable. The touch is something so natural to us that we would soon become depressed and irritable without it. The sense of touch is probably our most original feeling. Although we all need touch because it gives us a feeling of safety and warmth, we are still rather hesitant with mutual touching. And massage is exactly the art that removes taboos and helps people accept touch freely.

Massage has a thorough effect on human health. The basic effects of massage can be divided into two components: physical, which has a positive effect on the skin, muscles, nerves, digestion, blood circulation, lymph system and joints, and psychological, which represents relaxation of the mind and spirit.

For a massage to be effective, it is important to know the indications and contraindications. A massage is contraindicated (not performed) with all infections, skin diseases, swellings, fresh wounds, bone fractures, tumours, pains and cramps in muscles.

What are the effects of massage?

1st: It improves skin conditions.

Massage has an extremely positive effect on your skin. Due to the stimulation of sebaceous glands, the condition of the skin, its relief and its colour improve. Furthermore, the warmth of your skin increases, thus accelerating the supply of additional nutrients, helping you to a much better and more beautiful skin condition.

2nd: It has a very positive effect on your connective tissue and the muscular and skeletal system.

Cellulite is a special state of subcutaneous connective tissue. Good blood circulation is essential for removing toxic products that accumulate in fat cells. Despite many modern devices, a hand massage is still the most effective way to eliminate cellulite. A deep massage removes accretions and reshapes a scar. It helps to reach normal, painless movements of an affected joint when movement is hampered by adhesions or scars in the joint area.

Massage increases the supply of nutrients such as nitrogen, sulphur and phosphorus to bones. It is most effective when it is performed locally with stable fractures of bones (these are fractures that have healed

properly, a patient no longer needs a plaster cast and can therefore begin a rehabilitation process). When a bone is fractured, the body forms a net of new blood vessels in the place of the fracture. Although the precise mechanism is not known yet, it seems that a local massage increases local blood circulation around the fracture. Therefore, callus forms more quickly and healing is faster.

Massage influences the muscular system by making a muscle contract and thus reducing muscular stiffness because direct pressure is applied to a cramped muscle, and because of the stimulation of a muscle spindle that is connected to the central nervous system and sends it information on the length of muscle fibres.

Furthermore, improved blood circulation in muscles during massage is also important. By increasing circulation, the amount of available oxygen and nutrients in the muscle also increases. Massage accelerates the removal of metabolic by-products (lactic acid – lactate), which further improves the condition of a muscle and reduces muscular pain which occurs

after exercising.

In this way, muscles are maintained in the best condition of flexibility and vitality, muscle recovery is accelerated, and muscles are fully prepared for new efforts.

3rd: It influences the nervous system and reduces pain.

Massage stimulates the release of neurotransmitters that reduce pain – massage absorbs the pain because it interferes with the process of transmitting pain impulses that enter into the spinal cord. Moreover, it also stimulates the parasympathetic autonomic nervous system, causes relaxation and decreases insomnia. During massage, a level of stress hormones decreases.



4th: It has a beneficial effect on the cardiovascular system.

A fast and vigorous massage accelerates venous return to the heart, thereby affecting the cardiovascular system. Because blood circulation increases, the supply of nutrients and oxygen to tissues and the elimination of waste products improve. The blood pressure is temporarily reduced due to vein expansion.

5th: It improves lymph flow.

It accelerates the flow through the lymph system and thus helps eliminate the by-products of metabolism and bacteria.

6th: It has a positive effect on the human immune system.

The presence of killer cells and their activity enhance considerably during massage.

7th: It slows the respiratory rate.

The mechanical softening and excretion of mucus in respiratory organs increase with the use of rhythmically alternating pressure. By relaxing the hardened respiratory muscles, the vital capacity and a lung function can be increased to a certain extent.

8th: It influences the digestive system – it reduces bloating.

Massage accelerates the activity in the colon and thus eliminates coli pains and bloating in the intestines. In addition, it can also help clean the colon and is therefore beneficial against constipation. In this case the massage movements must follow the course of normal bowel movements.

9th: It helps to improve a renal function.

An abdominal massage increases the excretion of urine by activating the capillaries and having a beneficial effect on lymph flow (it increases the lymphatic drainage). Therefore, more "fluid" is available for filtration in the kidneys.

10th: It has a cleansing effect.

Massage accelerates the removal of nitrogen, inorganic phosphorus, and sodium chloride. It has been proved that the amount of these substances in urine increases after massage.

Massage is touch, and the value of touch is immeasurable.

The basic effect of massage can be divided into two components: the physical one that has a positive effect on the skin, muscles, nerves, digestion, blood circulation, lymph system and joints, and the psychological one that represents relaxation of the mind and spirit.

A view on the massage – through the eyes of a masseur

Dejan Jelen, a wellness mentor at Thermana Laško

» A masseur should be very open – open to accept a person as they are. To feel what they need – not to try to change them and to read their body language. Moreover, a masseur should be professional, unprejudiced, leaving their personal problems at home. In my opinion, a masseur becomes really good when they have mastered various techniques. Besides, invaluable experience is also working in health resorts where massage is a part of the process of rehabilitation due to different illnesses and injuries. There, a masseur develops a sense of people and their needs.

Various massage techniques and grips enable sophisticated forms of manipulating individual parts of the body. However, massage concerns the whole body, not just individual body parts. The whole that consists of more than just individual parts. Even if the technique performed on individual body parts is excellent, it may not touch the "matter" in the body. A good masseur leads a client with the quality of feelings and the sensitivity of touch. In this way, they get connected and "follow" each other. «



A wide offer of massages at Thermana Laško



You can check the Wellness Park Laško massage offer at www.thermana.si, at the reception desk of the Wellness Spa Centre or by phone at: +386 (0)3 423 20 40.



The Zdravilišče Laško massage offer is available at www.thermana.si, at the reception desk of the Health and Beauty Centre or by phone at: +386 (0)3 734 57 70.

You can also order an introductory brochure.

Hotel Wellness Park Laško*****superior

I am pampering myself...

Welcome to the Wellness Park Laško, an oasis of unexpected possibilities where you will be amazed by wonderful nature, views of the forests, warm sun rays on the River Savinja and modern architecture.

We have tailored our offer to maintain your vitality, strengthen your physical and mental health and to offer you unforgettable relaxation, which leads to satisfaction and happiness.

- 181 hotel rooms and 7 hotel suites, a four-star superior category;
- Spa Centre;
- Sauna Centre;
- Wellness Spa Centre;
- Fitness Centre;
- Congress Centre;
- Hotel restaurant and a coffee house;
- Garage and outdoor parking;
- Camper parking with a possibility of water and electricity supply.

Hotel Wellness Park Laško***** Superior was granted the environmental eco-label **EU Eco-Daisy**. In the past ten years, this label of the European Union has become a European symbol that gives consumers simple, precise and credible directions on environmentally-friendly practices.

In order to enhance pleasure of living, we tailored our accommodation facilities to different wishes of our guests and therefore we offer rooms with extra-long beds (220 cm in length), rooms that meet the Halal Certificate requirements, rooms with wooden flooring, rooms with energy disks on the windows, rooms with mattresses by the company Slovenska postelja (Slovenian for "Slovenian bed"), connected rooms for families and rooms where also pets are allowed. As a special feature of the hotel, the colours of the rooms are in harmony with the four basic elements: water, earth, fire and air.

Metka Krivec, Hotel Wellness Park Laško Manager

"Success mainly depends on the strength of the bonds you develop with your guests."

In a flood of excellent and successful providers of spa pampering, it is difficult to single out what makes us different. First of all, it is definitely a diverse and at the same time complete offer of quality services and staff that can recognise wishes of our guests. Despite the fact that people go on holidays to experience new adventures, we all wish to bring a part of our home with us, too. At Thermiana, we strive for a personal approach to each guest and I dare say that this is precisely why some of our guests return to our resort even several times a year. They have become our loyal visitors and a growing number of them confirm their loyalty by joining our loyalty club – the Thermiana Club. In today's competitive world I strongly believe that success mainly depends on the strength of the bonds you develop with your guests.

The concern for the well-being of our guests is definitely in our hands. A part of well-being are a warm welcome, friendly and extremely professional staff, a nice atmosphere, the quality and diversity of our offer, culinary masterpieces, and many, many little details that meet our guests' requests.

More information and booking:

Reservations: +386 (0)3 423 2100

Operator: +386 (0)3 423 2000

info@thermana.si, www.thermana.si





Hotel Zdravilišče Laško ****

A tradition of well-being, comfortable stay and maintaining good health

At Hotel Zdravilišče Laško we are proud of our rich history and tradition from which we evolved into a modern and high quality centre of health and wellness tourism with programmes and services for health and well-being.

Surrounded by waters and hills, we offer you a place where you can unwind and do something for your health and your personal well-being. Hotel Zdravilišče Laško is designed without any architectural obstacles making it is easily accessible and also most suitable for guests with special needs.

- 208 four-star rooms (48 rooms / 98 beds are adjusted for persons with mobility difficulties);
- Thermal pools;
- Sauna Centre;
- Wellness & Beauty Centre;
- Fitness Centre;
- Modernly decorated restaurant facilities;
- Thermal water drinking room;
- Business and seminar halls;
- Medical Centre with clinics, and facilities for physical and working therapies as well as balneo-therapy.

Šent - the Slovenian Association for Mental Health and their partners awarded Hotel Zdravilišče Laško the **Disability Friendly Golden Certificate** as a part of the project THE TOURIST OFFER DEVELOPMENT FOR PEOPLE WITH SPECIAL NEEDS. This award is an acknowledgement to our Hotel Zdravilišče Laško of being designed and accessible not only to guests with mobility difficulties, but also to people with special visual, hearing and mental health needs.

Cvetka Jurak, Hotel Zdravilišče Laško Manager

"We provide quality by respecting our guests' requests, preparing diverse offers and introducing natural resources for good health."

The Zdravilišče Laško is a hotel with a tradition of providing health and well-being. A friendly greeting, a warm welcome, tailoring our offer to each guest's needs as well as small courtesies are our efforts to exceed our guests' expectations. With our diverse offer of the premium quality we have created an atmosphere in which our guests feel pleasant and safe.

In addition, our programmes are intended for people who appreciate their health and wish to maintain it or regain it. We have developed them on the basis of a rich 160 year-long tradition which enabled us to evolve into a modern centre of medical rehabilitation. Thermal springs, healing processes, therapies and medical professionals are guarantee of quality medical services.

The entire four-star Hotel Zdravilišče Laško has been adapted to the needs of people with limited mobility as well as to persons with special visual, hearing and mental health needs. This philosophy won us the Disability Friendly Golden Certificate.



More information and booking:
Reservations: +386 (0)3 423 2100
Operator: +386 (0)3 423 2000
info@thermana.si, www.thermana.si

Join the Thermana Club

It pays off!

The Thermana Club was established with a desire to reward your loyalty and to encourage you with our attractive, instant, up to 15 % discounts already on your first visit in order to do something good for yourself more often. In two years, over 13,000 members have already joined us. Choose a programme of your preference and one of our club cards that will make the Thermana world not only pleasant, relaxing and healthy but also more accessible. You can choose between the Golden and Blue Cards while your children under the age of 15 can join the Vodomček Club.

The Golden Thermana Club Card

The Golden Card and membership at the Thermana Club is available to any person over 15 years of age that properly fills out a membership form and pays the annual membership fee of €20. The membership fee should be paid before using the membership benefits and is valid for one year from the day of the membership fee payment. The benefits are valid immediately.

The Golden Card entitles you to an immediate 15% discount and many other attractive benefits:

- A 15% discount on current prices of accommodation and programmes, swimming, wellness and medical services.
- A 5% discount on restaurant services (for a single purchase of a minimum of €100).
- A 15% discount on gift vouchers for our services.
- You receive rewards for loyalty by collecting bonus points: every purchase in the amount of €1 brings you one point.
- Benefits of recommendations: for every friend of yours who comes to Thermana after your recommendation, you will be rewarded.
- A possibility of using special benefits for club members.
- Receiving regular information on programmes and services of Thermana Laško: in this way, you are regularly updated.
- A possibility of entering prize games.
- The annual meeting of cardholders.





Thermana club

THERMANA
Laško

The Blue Thermana Club Card

Membership for cardholders of the Blue Thermana Club Card is free of charge, it is valid for two years from the member admission date, and is validated again with every new purchase. The Blue Card is available to any person over the age of 15 that properly fills out a membership form.

The Blue Card and its free membership entitle you to an immediate 5% discount and many other attractive benefits:

- A 5 % discount on current prices of accommodation and programmes, swimming, wellness and medical services.
- A 5 % discount on gift vouchers of services.
- You receive loyalty rewards by collecting bonus points: every purchase in the amount of €1 brings you one point.
- Bonuses for recommendations: for every friend of yours who comes to Thermana after your recommendation, you will be rewarded.
- A possibility of using special benefits for club members.
- Receiving regular information on programmes and services of Thermana Laško: in this way, you are regularly updated.
- A possibility of entering prize games.
- The annual meeting of cardholders.

The Vodomček Club (for children)

At Thermana Laško, children are important guests. Therefore, we have prepared the Vodomček Children Club Card especially for them. In addition to regular discounts, this card gives extra 15% discounts and entitles your children to attend attractive events tailored to their needs. A member can be any person under the age of 15. Membership in the club is automatically renewed every year and terminates with a written cancellation or when a member turns 15.

The Vodomček Club with a free membership offers your children plenty of benefits:

- A 15% discount on programmes and accommodation services (the discount is accumulated with regular children's discounts).
- Swimming is 15% cheaper with each visit.
- A birthday card and a present for your children's birthday.
- A possibility of using special benefits for club members with which we make sure that Thermana's world of children's adventures is not only cheaper, but also more amusing.
- Regular information on programmes with which we inform our members about novelties, events and special offers for families as well as about interesting and free educational workshops.
- A possibility of entering prize games with interesting prizes.
- The annual meeting of cardholders.
- There is always something going on in the Vodomček's Corner at the Thermal Centre of the Wellness Park Laško. Children enjoy themselves in the company of Vodomček, and parents can spend carefree moments in their world of pampering, relaxation, health and well-being.

Benefits for all cards can only be used upon showing a valid membership card!

You can obtain Club cards at points of sale in Thermana's hotels or at the webpage www.thermana.si/thermana-club. All information is available at the phone number: +386 3 423 21 00.

The Congress Centre of the Wellness Park Laško

Organise a business or social meeting in the heart of Slovenia

Here are five sparkling reasons for organising your event at the Congress Centre of the Wellness Park Laško that can accommodate up to 1,100 participants:

- In an area of 3,700 m² you can choose between seven state-of-the-art congress halls and three meeting rooms. The largest hall accepts up to 490 people.
- The connection of the Congress Centre with the modern hotel, Spa and Wellness Spa Centres where you can pamper yourself under the magnificent glassy dome or let go to the touches of our experienced wellness therapists.
- A breathtaking location in the heart of Slovenia by the River Savinja.
- 170 parking spaces in the outdoor car park directly by the hotel, and 277 in the underground garage.
- The halls boast state-of-the-art equipment
- The installed audio and video systems enable you the performance of your event on a professional level.
- All halls have natural daylight and a possibility of complete dimming.
- Free wireless Internet.

The Congress Centre is distinguished by exceptional adaptability of the halls, it has modern social areas and a lobby where guests can meet for snacks at breaks and receptions. In addition, the lobby also serves as an exhibition area for sponsors and exhibitors. The Wellness Park Laško fully meets the standards of a congress hotel, set by the Slovenian Convention Bureau in accordance with international criteria in the field. Participants of business and social gatherings may have culinary pampering at the hotel and the à la carte restaurant. Gala dinners in the form of a banquet or a rich buffet are prepared in the Great Hall. There is also a congress bar at guests' disposal.

Capacity:

- 1 multipurpose hall (up to 490 people),
- 1 ceremonial hall (up to 120 people),
- 5 seminar halls (from 20 to 200 people),
- 3 conference rooms (from 14 to 28 people),
- Day & night bar.

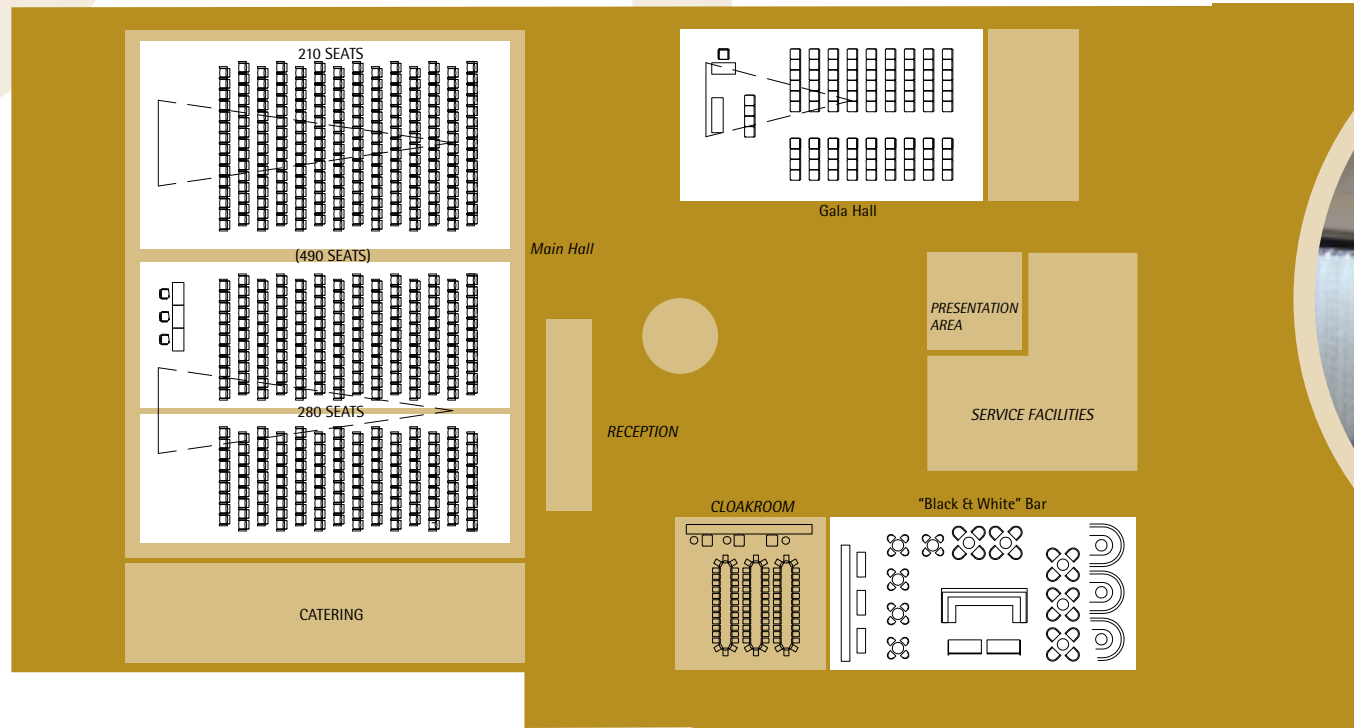
Information:

Operator: +386 (0)3 423 2480

kongresi@thermana.si, www.kongresi.eu

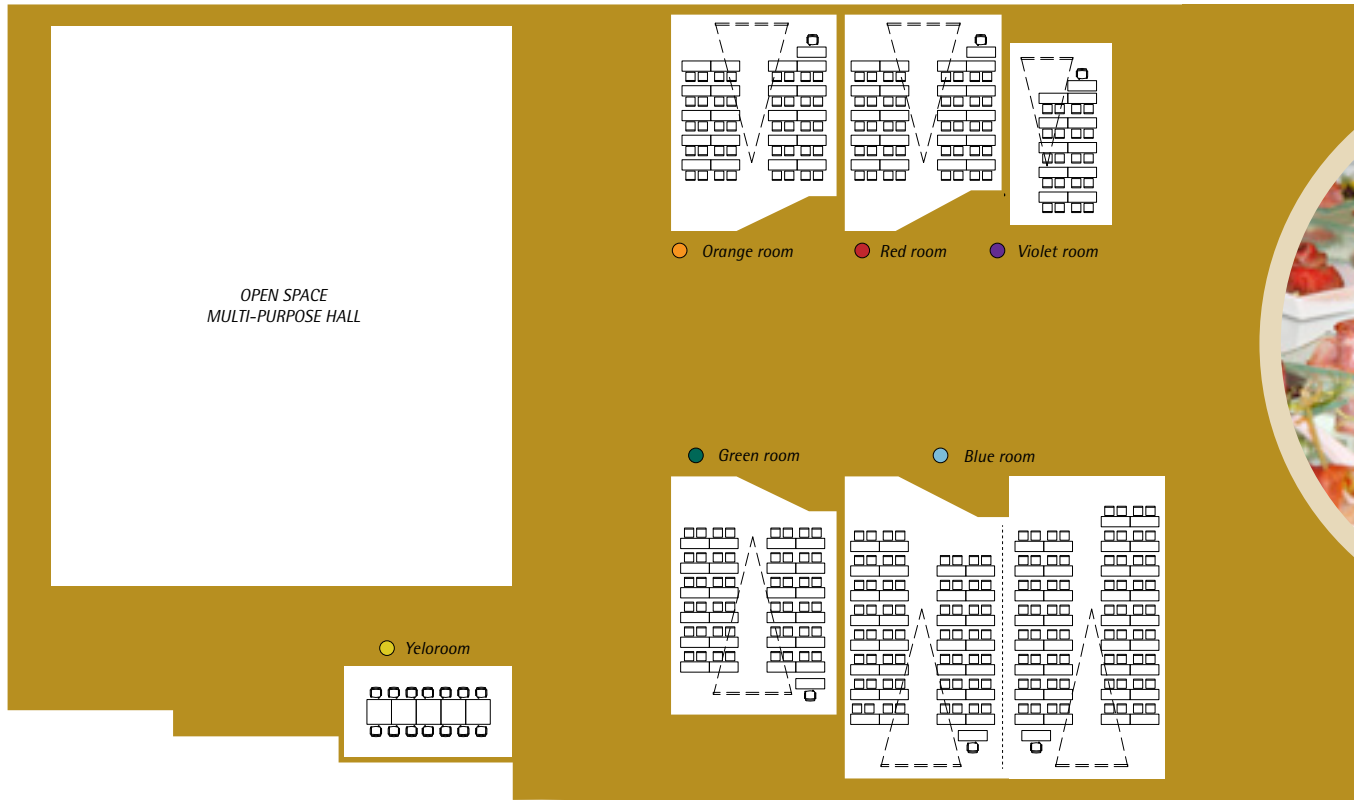


GROUND FLOOR



| Ground floor | area m ² | width, length | | | | | | | |
|----------------------|---------------------|---------------|---------|-----|----|-----|----|----|-----|
| Main hall - together | 538,2 | 27,6 m | 19,5 m | 490 | / | 280 | / | / | 280 |
| Main hall I | 302,25 | 15,5 m | 19,5 m | 280 | / | 160 | / | / | 160 |
| Main hall II | 234 | 12 m | 19,5 m | 210 | / | 120 | / | / | 120 |
| Gala hall | 138,3 | 9 m | 15,37 m | 120 | 32 | 64 | 40 | 48 | 80 |
| Foyer with reception | 458 | | | / | / | / | / | / | / |
| Wardrobe | 50 | | | / | / | / | / | / | / |
| Day-night bar | 95 | | | / | / | / | / | / | / |

MEZZANINE



| Mezzanine | area m ² | width, length | | | | | | |
|----------------------|---------------------|---------------|---------|-----|----|-----|----|----|
| Blue room - together | 206,2 | 15 m | 13,67 m | 200 | 96 | 116 | 36 | 56 |
| Blue room I | 105,4 | 7,71 m | 13,67 m | 96 | 24 | 56 | 28 | 32 |
| Blue room II | 100,8 | 7,36 m | 13,70 m | 105 | 28 | 60 | 30 | 36 |
| Green room | 78 | 7,41 m | 10,53 m | 66 | 20 | 40 | 18 | 24 |
| Orange room | 72,4 | 7,59 m | 9,54 m | 55 | 16 | 32 | 18 | 24 |
| Red room | 72,6 | 7,63 m | 9,52 m | 55 | 16 | 32 | 18 | 24 |
| Purple room | 32,3 | 4,1 m | 7,89 m | 20 | 12 | 14 | 14 | 16 |
| Yellow room | 30,2 | 4,08 m | 7,41m | / | 11 | / | 11 | 12 |
| Foyer | 335 | | / | / | / | / | / | / |



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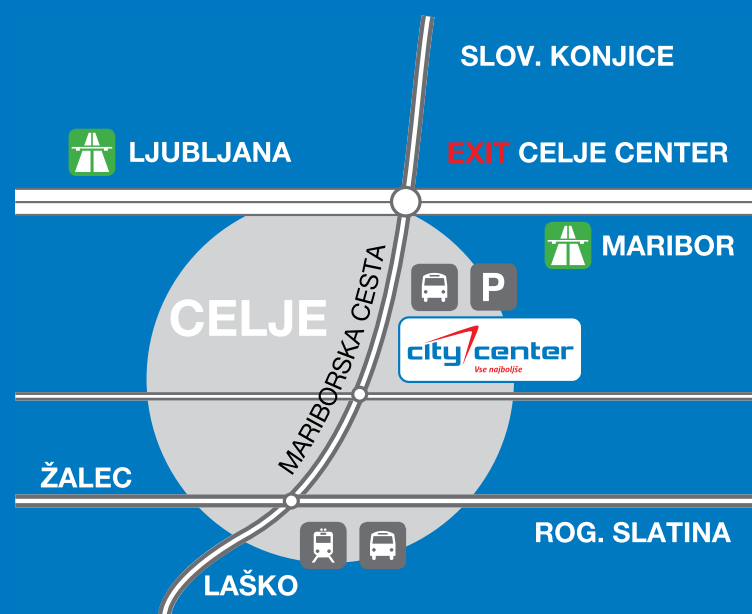
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