

**I FEEL
SLOVENIA**



HEALTHY WATERS

Slovenian Natural Spas



#ifeelsLOVEnia
#sLOVEnianSPAS



The story of Slovenian natural spas begins here:

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HEALTHY WATERS. SLOVENIA, LAND OF HEALTH.

Healthy waters are the stories of Slovenian natural spas. Stories of beneficial thermal waters and other natural healing resources used for health and well-being in Slovenia for centuries. And of people that have always been inspired by them for healthy and good living.

They fascinated the antique seekers of health. The history of many Slovenian health resorts and spas dates back to the Romans, medieval gentry, alchemists and the blossoming of Europe's courts. The mythological horse Pegasus discovered the water of miraculous powers in one part of Slovenia, a mysterious creature brought special water to lumberjacks in another, and ladies were rejuvenated with spring water in another part. Somewhere the path of mineral water is carved out by dwarfs working hard underground, and in another place the springs were left behind by the Pannonian Sea millions of years ago.

Water, climate and other natural healing resources are the core of the 14 certified Slovenian natural spas. In very diverse regions of Slovenia, natural resources, centuries-old traditions of treatment and the latest medical approaches are combined. Relaxation in attractive thermal pool complexes and top offers of pampering and activities for an integrated approach to the balance between body and mind are complemented with diverse activities in green nature.

Let the healthy waters of the Slovenian natural spas also be the story of care for your health and well-being. A story of love for nature, yourself and those dear to you.

10 REASONS

TO VISIT SLOVENIAN NATURAL SPAS



1 HEALTH FROM NATURE

Renowned and proven effective, natural healing resources. Thermal and mineral waters, mineral drinking waters, mineral peloids, peat, thalassotherapy with sea water, brine and healing salina mud, and a beneficial climate with aerosols.

2 CENTURIES OF TRADITION

An over 600 year-old tradition extolled by world famous names and abided by many kings and nobility. Refined with a modern offer.

3 WORLD FAMOUS DRINKING WATERS

The excellence of Slovenian mineral waters was brought to the world by its unique healing waters: Radenska and Donat Mg.

4 DIVERSE SPAS WHERE FOUR WORLDS MEET

Thermal springs babble at the conjunction of the Alps and Mediterranean, the Pannonian Plain and Karst. Slovenia is the only country in Europe that combines such diverse regions within easily manageable distances.

5 IN ALL SEASONS

Health resorts and spas are excellent centres for thermal breaks with plenty of things to do. Each season offers pleasant adventures in addition to the thermal offer.

6 FOR ALL AGES

Lively spa tourism centres or peaceful health resorts deep in nature and withdrawn from the world, with intimate programmes, are available. For the entire family or couples. Or solo. Tailored to the needs of the modern seeker of well-being.

7 DIVERSE CHOICE OF ACCOMMODATION

From luxurious five-star hotels, friendly smaller hotels, apartment settlements, villas and campsites to very special forms: in a wine barrel, Pirates Bay, Indian village, etc.

8 CLOSE, BUT FAR ENOUGH AWAY

Slovenia has excellent connections with Europe and the rest of the world. Everything is close in Slovenia, but the natural spas are far from the hustle and bustle of the city life.



9 14 NATURAL SPAS, 14 UNIQUE STORIES

Slovenia's geographical diversity is intertwined with exceptional natural luxuries and local particularities. By the sea, in wine-growing hills, embraced by the forest, along clean rivers, in the medium mountain region, with a view over Karavanke. Each spa has its own story! Which will your favourite be?

10 COMPLETED OFFER FOR INTEGRATED VIEW ON HEALTH AND WELL-BEING

And the tenth reason? Why Slovenian natural spas? Because they have, based on tradition and nature, developed an attractive offer of top medical services, efficient prevention programmes, excellent wellness/spa centres, diverse water areas for fun, combined with an abundance of adventures for pleasant thermal breaks, including selfness activities for a balanced and full life.





HEALTH

WE HELP YOU TO BE HEALTHY

BECAUSE HEALTH IS THE MOST IMPORTANT THING

For centuries, care for health has been the mission of Slovenian natural spas. Here, the proven efficiency of the renowned natural healing resources is combined with the work of well-tuned and devoted qualified teams of doctors, physiotherapists and other health professionals. Health requires an integrated approach.

- ♦ Top medical centres with the latest diagnostic and other equipment operate in certified spas, in which renowned specialists provide top diagnostics, treatment and rehabilitation.
- ♦ Health integrity: prevention, diagnostics, treatment, rehabilitation and care.
- ♦ Indications: cardiovascular diseases, rheumatic diseases, locomotor system injuries, the digestive system, metabolism, kidney and urinary tract diseases, gynaecological diseases, neurological and skin diseases, neurotic disorders, respiratory system diseases.
- ♦ Pertaining to indications, top specialist outpatient clinics and counselling services have developed, while certain spas have centres for specific diseases and conditions, for example a centre for cardiovascular diseases, a holistic menopause and andropause centre, multiple sclerosis centre, urinary incontinence centre, post-breast reconstruction rehabilitation centre, and many more.
- ♦ The specialists combine their professional knowledge with balneotherapy and other complementary sciences for more efficient treatment and rehabilitation.





PREVENTION

POWER OF NATURE FOR HEALTH AND VITALITY



MEDICAL WELLNESS FOR HEALTH

To cope with everyday challenges, the Slovenian natural spas developed numerous efficient programmes for the prevention of civilisation diseases following the findings of modern medical science in individual indication fields while using natural healing resources. The core is a holistic approach to guests that revives some of the forgotten forms of treatment and observes the experiences of traditional medicine.



- ◆ Top prevention health programmes for everyone who wishes to prevent chronic diseases with early diagnosis and thus provide for their health.
- ◆ Medical wellness programmes are based on an individual consultation with a selected specialist.
- ◆ Medical and therapeutic massages, special massages, baths, wraps and scrubs are, along with the use of renowned natural resources, sports exercise and relaxation activities in nature, an exceptional natural way to preserve health. Carefully supervised by highly qualified medical teams.
- ◆ Comprehensive programmes for a healthy body and soul and special programmes, such as weight-loss schools, anti-stress therapies, anti-aging and programmes for managers, future mothers, healthy spine and

others are based on modern medical findings.

- ◆ Health methods are complemented with alternative approaches, since health is a holistic concept and vital food is an important factor.



THERMAL BREAK

FOR EVERYONE WHO ENJOYS RELAXING HOLIDAYS BESIDE WATER



WELLNESS. WATER FUN. ACTIVE. IN THERMAL SPAS!

Would you like to relax and be pampered? Or have fun in diverse thermal pool complexes? Would you like to ride a bike and find out about local stories, perhaps on skis in winter? No need to choose, since thermal breaks in Slovenian natural spas offer it all.

- ♦ **WATER FUN.** Individual Slovenian thermal centres have over 10,000 m² of diverse water areas with different themed water parks and the wildest slides available. Indoor and outdoor pools of all types offer beneficial thermal waters at different temperatures. You can always find a corner of your own.
- ♦ **WELLNESS.** Modern wellness centres pamper you with a remarkable offer of care, relaxation and therapeutic programmes, as well as beauty and well-being services. Often, special local stories are emphasised. Besides swimming, aqua aerobics and other exercise, the relaxation and massage effects of thermal water are important.
- ♦ **FOR CHILDREN.** Numerous Slovenian spas offer family

programmes. Special pools and theme parks, playrooms, activities, fun and diverse adventures for children. Especially in summer, the children's corners in nature become lively – with tents and teepees, bungalows on water, treasures hidden in the surroundings and other surprises.

- ♦ **ACTIVE.** Slovenia is criss-crossed with footpaths and hiking and biking trails in the vicinity of spas. The centres and their surroundings offer golf, tennis, different ball games, horse-back riding and winter sports. Fun adventures, activities and trips are available everywhere.
- ♦ **SPECIAL OCCASIONS.** Many Slovenian spas are also an excellent choice for special events – from business meetings to weddings.





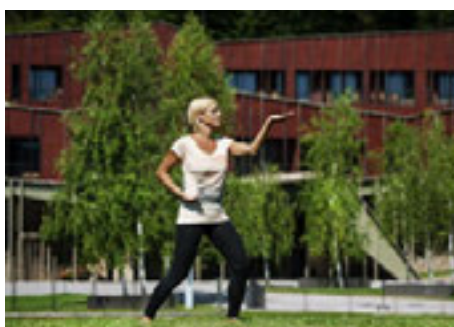
SELFNESS

FOR A MORE BALANCED AND FULLER LIFE



AN INTEGRATED APPROACH TO A HEALTHY LIFE ATTITUDE

In Slovenian natural spas, selfness serves the mind and spirit, not just relaxation. The establishment of spiritual and mental health together with physical vitality charges us with positive energy. These are the findings and wisdom that guests take home with them.



- ♦ Quiet, unique locations and a relaxing natural environment, refined with the power of natural healing resources.
- ♦ Physical activities and relaxation, and so much more! The spas have developed activities and therapies that show you the way to your inner »self« and methods for quality co-existence with others and with nature, stress management and successful coping with the challenges of modern life. Detoxification, energy medicine, learning about self-healing techniques and better self-satisfaction.
- ♦ An integrated approach to a healthy life attitude based on a combination of modern and ancient techniques of relaxation, medication and medico-wellness.
- ♦ Energy morning exercises, breathing exercises, meditation, voice therapy, barefoot walking, baths in the forest, house rituals, etc.
- ♦ Selection of healthy dishes from local farms for food and a life filled with good energy.

ČATEŽ THERMAL SPA



A popular thermal oasis and the most luxurious pools in Slovenia.

THERMAL CAPITAL 365 DAYS A YEAR

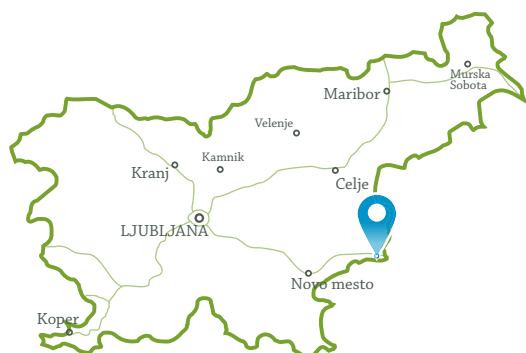
Čatež Thermal Spa is the largest thermal destination and the second largest tourist centre in Slovenia. Its offer is based on healing springs deemed the warmest for miles around as early as the beginning of the 19th century. It is a true treasury of health offering endless possibilities for relaxation, recuperation and water fun. Plenty of reasons for all ages to visit in any season.

- 1 Summer and Winter Thermal Rivieras offer over 12,000 m² of water attractions and pools in a variety of forms.
- 2 A top health centre that draws on the healing power of nature refined with an excellent medical team.
- 3 Just a stone's throw away, medieval Mokrice Castle has been transformed into a high-class hotel with a golf course below its walls proudly rising above the centuries-old forest of Gorjanci.
- 4 Halls and fields for a full range of sports activities, whereby Čatež Thermal Spa is also an attractive destination for business meetings.
- 5 Pirates Bay with floating bungalows and an Indian village with teepees for a different type of stay.

Thermal water of Čatež

The springs were discovered at the confluence of the Sava and Krka rivers over 200 years ago. It was soon established that the water was beneficial for both body and soul. Today it helps with injuries of the locomotor system and with gynaecological, inflammatory-rheumatic, muscle and neurological diseases.

NATURAL HEALING RESOURCES



WAVE THERMAL BREAK

WATER FUN

- ♦ The Summer Thermal Riviera with the largest outdoor pool complex in this part of Europe provides fun for all ages: Pirate's Island, Thermal Formula, a children's water park, triple waterslide, lazy river, pool with waves, waterslides, boomerang slide, Olympic-size pool, etc.
- ♦ All year round you can swim into adventure at the Winter Thermal Riviera. Catch a wave on the surf route, slide on waterslides, swing on the waves or rapids of the wild river, while the magic world of a pirate ship awaits the youngest ones.
- ♦ If you wish to retreat from the hustle and bustle, you can choose a pool in your hotel.

WELLNESS

- ♦ The Spa & Wellness Centre at Hotel Čatež, unique Roman-Irish baths in the Health & Beauty Centre at Hotel Terme and Thai massages in the Thai Centre at Hotel Toplice invite you to spa pampering.
- ♦ The Sauna Park with eight different saunas awaits the sauna enthusiast.



ACTIVE

- ♦ The spa is an active break centre.
- ♦ The Sports Centre offers outdoor tennis courts and one indoor court in an air-conditioned hall, four-lane bowling, table tennis, badminton and squash courts and outdoor basketball and handball courts, a football pitch where you can play all year round and a sand court for handball or volleyball.

HEART HEALTH

- ♦ The Health Centre at Hotel Čatež takes pride in its modern equipment and professional team. Its hospital department offers 24-hour medical supervision.
- ♦ The centre uses thermal water in the treatment and rehabilitation of



the locomotor system post-injury and post-operation conditions with a functional disability, sports injuries, inflammatory-rheumatic diseases, degenerative extra-articular rheumatism, neurological diseases, post-stroke conditions and gynaecological diseases, in particular post-breast cancer surgery rehabilitation.

- ♦ A modern department for the rehabilitation of athletes. Numerous top and recreational athletes choose the spa for injury rehabilitation or testing of their physical condition.



PREVENTION

- ♦ Preventive and restorative rehabilitation programmes to preserve health and prevent disease.
- ♦ Individual and supervised by specialists (physiatrists, orthopaedists, neurosurgeons and rheumatologists), kinesiologists, physiotherapists, occupational therapists, masseurs and physical education teachers.
- ♦ Supplemented by various activities in pools, outdoors, in a fitness studio or in the Sports Centre.



DESTINATION ADVENTURES

- Idyllic Brežice at the confluence of the Sava and Krka rivers.
- Brežice Castle Museum and Knight's Hall.
- Beautiful Konstanjevica na Krki, Slovenia's smallest and only town on an island.
- Wine-bearing Bizeljsko and Jovsi with "repnice", the 200 year-old caves used to store turnips.
- Pleterje Carthusian Monastery.

ACCOMMODATION

- ♦ Hotel Terme****
- ♦ Hotel Toplice****/***
- ♦ Hotel Čatež***
- ♦ Camp****, Apartments***
- ♦ Indian village with 25 tepees
- ♦ Pirates Bay, a settlement of 20 floating lake bungalows
- ♦ Hotel Golf Grad Mokrice****, Depandansa****, Golf Suite*** (7km from Čatež Thermal Spa)


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DOBRNA THERMAL SPA

- 1 The spa with the longest tradition in Slovenia is over 610 years old.
- 2 Its professional approach to health is based on a top medical team, tradition and three renowned healing resources.
- 3 Exceptional energy of a 200 year-old park with ideal set-up according to the feng shui masters.
- 4 Unspoilt and peaceful natural environment with bioclimatic activity.
- 5 Comprehensive offer for relaxation with beneficial thermal water.

Experts describe the spa's surrounding park as one of the most ideal natural points in the world. Peace and energy.

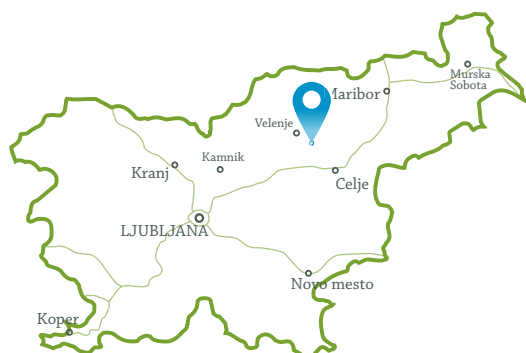
SINCE 1403

The story of Dobrna Thermal Spa begins deep and bursts out as the purest water, the healing properties of which were admired by the ancient Celts and Romans, while many historical figures left their mark here. In the peace and quiet of the Dobrnica river valley, the writer Karl May sought his inspiration, Sophia Loren enjoyed the thermal springs and Louis Bonaparte, the brother of the famous general, Napoleon, sought health for his soldiers in its famous baths. Dobrna Thermal Spa since 1403.

Thermal water, fango and peat

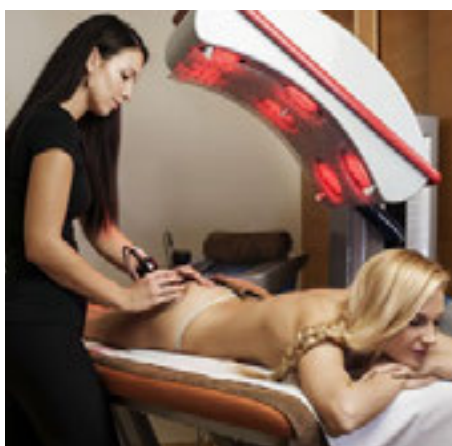
The thermal water in Dobrna was first used for health purposes in 1403 and has been known as an ideal resource for the treatment of gynaecological, urological and rheumatic diseases and locomotor system injuries and diseases since 1542. Fango and peat complement its healing effects.

NATURAL HEALING RESOURCES



HEALTH

- ◆ In the renovated medical centre, Dobrna Medical, the renowned top doctors and medical staff, including certified physiotherapists, provide the best results in gynaecology, urology, oncology, neurosurgery, neurology, dermatology, rehabilitation, physiotherapy and aesthetics.
- ◆ By using the balneo resources, they have developed rehabilitation for and modern prevention of locomotor system diseases.
- ◆ The longest tradition in the treatment of gynaecological diseases with natural and medical resources.
- ◆ Natural infertility treatment with an integrated approach by using physical medical procedures, psychological support and a healthy diet.



THERMAL BREAK

WELLNESS

- ◆ Visit the Land of Saunas offering steam and Finnish saunas at Hotel Vita or Tisa Sauna Studio at Hotel Park.
- ◆ Hiša na Travniku Massage and Beauty Centre will pamper you and provide you with a youthful appearance and perfect figure with its body forming programmes.
- ◆ The spa offer is complemented with thermal baths – a modern one at Hotel Vita or with a hint of tradition right next to the thermal water source in Zdraviliški dom Health Resort.

WATER FUN

- ◆ Bathing in thermal water pools at Hotel Vita will fill you with positive energy.
- ◆ An indoor pool, children's pool and whirlpool, an outdoor pool and children's pool, a terrace for sunbathing and another one for nude sunbathing are also available.



ACTIVE

- ◆ The location of the spa in nature offers pleasant recreational possibilities.
- ◆ Sport activities are organised in all seasons, while the Sports Park also invites you to be active.
- ◆ Active and fun for the entire family. The hotel has a Kids' Club with Vitko the Chestnut Elf, where the youngest can let their imaginations run free, attend creative workshops, draw and play.



PREVENTION

- ◆ Dobrna Medical Centre has preventive health programmes for everyone who wishes to prevent chronic diseases with early diagnosis and thus provide for their health.
- ◆ Detox Programme provides comprehensive and natural body purification with selected food, spa treatments, health services and professional guidance.
- ◆ Programmes for companies that wish to ensure more successful work and healthier living for their employees in the long run.



DESTINATION ADVENTURES

- Trip to Zlati grič in an idyllic wine-growing region.
- Walk in the seven-hectare Mozirski gaj Flower Park.
- Local delicacies at nearby tourist farms.
- Follow the underground paths of miners in the Coal Mining Museum in Velenje.
- Eco-Museum of the Hop-Growing and Brewing Industry in Žalec.
- Velenje Museum at Velenje Castle, one of the most beautiful castles in Slovenia.
- Trip to Logarska dolina, known as one of the most beautiful valleys in the Alpine area.

ACCOMMODATION

- ▣ Hotel Vita****
- ▣ Depandansa Vila Higiea****
- ▣ Hotel Park***


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DOLENJSKE TOPLICE THERMAL SPA

The relaxing ambience of Balnea spa hotel and green scenery of nature are a perfect way to get away from everyday life.

- 1 Hotel Balnea is known as one of the best spa hotels in Europe. Top design and artistic image.
- 2 Balnea Wellness Centre is an oasis of refreshing baths, invigorating massages, strengthening saunas and water pampering.
- 3 Top Medical Rehabilitation Centre with a rich tradition.
- 4 Active break in nature. Hiking, Nordic walking with an instructor and trips to virgin forest.
- 5 Attractive destination for couples or as a family vacation.

PERFECT RELAXATION FOR BODY AND SOUL

Formally one of the most eminent spas in the Austro-Hungarian Empire, today taking pride in itself as one the best spa hotels in Europe – Hotel Balnea Superior. The patina of a magnificent past and the rich spa tradition of Dolenjske Toplice Thermal Spa is upgraded in its top Medical Rehabilitation Centre, while in Balnea Wellness Centre, the gifts of nature and the latest services intervene for perfect relaxation of body, mind and spirit.

Thermal water

The positive effects of thermal water in the Dolenjske Toplice Thermal Spa have been known for centuries. Two of three springs lie under the indoor Cave Pool and the Prince's Pool. Water rises from a depth of nearly 1000 metres. It is isoacratothermal and slightly mineralised, mainly with calcium, magnesium and hydrocarbonates.

NATURAL HEALING RESOURCES



THERMAL BREAK

WELLNESS

- ♦ Balnea Wellness Centre provides everything for perfect relaxation: thermal pools, saunas, baths, massages, a cosmetic centre for facial and body care. An attractive panoramic hallway links it with the hotels.
- ♦ Five offered saunas have as their speciality: a standard Finnish sauna in the Koča log cabin also has a nudist terrace.
- ♦ A Japanese sweat bath with a water temperature above 40°C and a Zen room with water beads for relaxation.
- ♦ Couple programmes: intimate thermal baths and massages for two.

WATER FUN

- ♦ Indoor thermal pools, a wading pool for small children and a connected outdoor pool.
- ♦ A big outdoor pool complex and children's pool with a pirate ship.

ACTIVE

- ♦ Daily recreation with a guide: Nordic walking, morning stretching, jogalates.
- ♦ Programme of hiking in uninhabited areas of Dolenjska (Kočevje virgin forest and Kočevski Rog Karst plateau).
- ♦ Workout in the Panorama fitness studio on the roof of Hotel Balnea with a beautiful view.

HEALTH

- ♦ Treatment and rehabilitation focuses on locomotor system diseases, post-injury and post-operation conditions, diseases of the central and peripheral nervous systems and post-malignant disease conditions.



- ♦ An important part of rehabilitation is balneotherapy in two thermal pools right on top of a thermal spring, in individual thermal baths and a thermal pool for group or individual exercise.
- ♦ 24-hour health care and a nursing department.
- ♦ Diagnostics centre with specialist outpatient clinics (physical and rehabilitation medicine, orthopaedic, neurosurgery and rheumatology, neurology and osteoporosis clinics).

PREVENTION

- ♦ Post-injury and post-operation restorative rehabilitation after locomotor system injuries.
- ♦ Health education programmes for diabetics on diabetes management.
- ♦ Aesthetic surgery outpatient clinic providing minimally invasive methods of rejuvenation.

DESTINATION ADVENTURES

- Numerous hiking and biking trails to appealing natural and cultural attractions.
- Krka river valley with numerous castles.
- European footpath E7 passes Dolenjske Toplice Thermal Spa.
- Trips to Bela krajina, along the Kolpa river.
- Panoramic flights, rafting and boating on the Krka river.
- Trip to Kočevski Rog within a unique virgin forest.

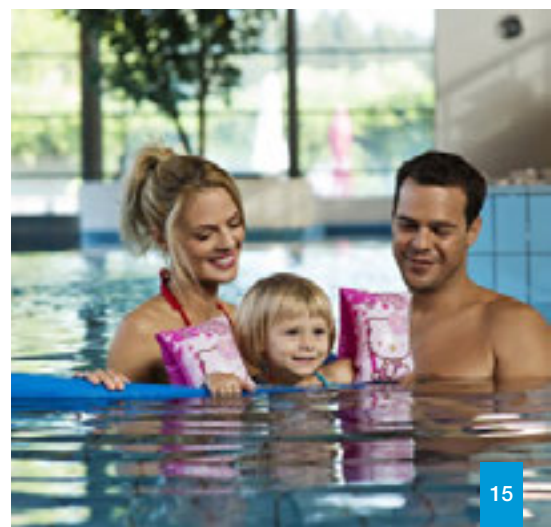
ACCOMMODATION

- ♦ Hotel Balnea**** Superior
- ♦ Hotel Kristal****
- ♦ Hotel Vital****

TERME KRKA

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THERMANA LAŠKO

- 1 The unique Laško thermal water that, due to a special form of crystals, reflects strong life energy. You can get it in a special bottle as a gift or souvenir.
- 2 Top rehabilitation programmes with excellent results.
- 3 The little town of Laško takes pride in another tradition, i.e. of brewing. Home of the excellent Laško beer which is intertwined in the unique wellness, cuisine and beer stories of Thermiana Laško.
- 4 Preventive health programmes.
- 5 Alternative approach to health and well-being – ayurveda in Thermiana & Veda Ayurveda Centre.

A unique glass dome under which water pleasures form the sunny side of life.

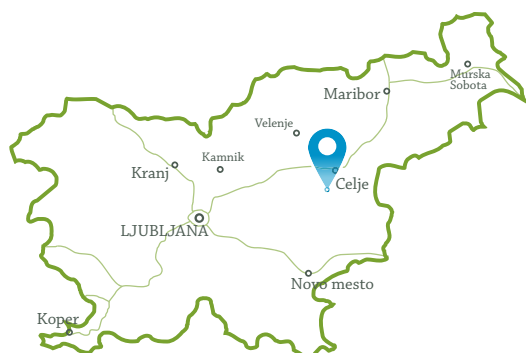
ACCOMPANIED BY HEALTH AND WELL-BEING

The restorative properties of Laško springs were known by Roman legionaries. In the Middle Ages, the missionaries returned here, where the Emperor Franz Joseph established a cosmopolitan resort in the 19th century. Today Thermiana Laško is famous as a top medical centre of highly qualified experts that helps you restore or strengthen your health. At the confluence of the Savinja and Rečica rivers, an over 160 year-old tradition of the beneficial Laško water is also reflected in an excellent offer for well-being.

Laško thermal water

The Bion Institute's research showed that Laško thermal water has a high-quality bio-field, while its healing properties have been proven over decades of balneotherapy. Due to its positive and stimulating characteristics, it is also recommended for drinking.

NATURAL HEALING RESOURCES



HEALTH

- ♦ Long-term experience has proven the healing effects of thermal springs in mildly elevated blood pressure, chronic joint and spine inflammation and heavy injuries and disability of the locomotor system.
- ♦ The Health Centre offers top anti lower-back pain programmes, post-stroke and post-lower extremity injury programmes, programmes for multiple sclerosis patients, and restorative rehabilitation for paraplegics and cardiovascular patients.
- ♦ 24-hour medical care enables a longer stay for patients.



PREVENTION

- ♦ Based on the Laško thermal water and treatment tradition, the preventive programmes were formed by a modern approach – “Therapy as prevention”, “Easier step with arthrosis”, “Lymphatic drainage” and others.
- ♦ Excellent health education and prevention programme for a healthy spine – anti lower-back pain school.
- ♦ Fasting programme and anti-stress programme for coping with everyday challenges.

THERMAL BREAK

WATER FUN

- ♦ The thermal centre is impressive with its mighty dome, indoor multi-level pools and the outdoor pools at the confluence of two rivers. It has won seven titles of the “Best Bathing Resort” in Slovenia.
- ♦ You can also choose the more peaceful thermal resort of Hotel Zdravilišče Laško.

WELLNESS

- ♦ The philosophy of the modern Wellness Spa Centre is based on

pampering with special rituals, theme baths and body and face care with products of world-famous cosmetics houses.

- ♦ Are you up for something different? Only in Thermiana Laško can you experience beer pampering. If you are fond of nature's sweetness, then honey wellness stories await you.
- ♦ The Sauna Centre with seven modern saunas and a touch of Laško's history – a steam sauna shaped as a brewing boiler.



ACTIVE

- ♦ Hotel Thermiana Park Laško is an excellent choice for an active family vacation.
- ♦ Numerous theme, hiking and biking trails to the surrounding hills.
- ♦ From thermal springs on skis! Wellness & Ski Programme.

SELFNESS

- ♦ Programmes of the Thermiana & Veda Ayurveda Centre are based on traditional Ayurveda methods and holistic individual treatment.
- ♦ Ayurveda can also be experienced in the cuisine. Ayurveda menus to restore balance.

DESTINATION ADVENTURES

- The spa is part of Laško, a European Destination of Excellence (EDEN) for accessible tourism.
- Internationally known Beer and Flowers Festival in July.
- Tour of Laško Brewery with tasting.
- Taste the honey stories by visiting a honey seller to see the making of gingerbread hearts.
- Visit to Celje Castle and take a Celje city tour.
- The Celje Hut – adrenaline park, and skiing in winter.
- The Monastery of Carthusian Monks in Jurklošter reveals their lifestyle.
- Tour of the Polhova jama Pit, a forgotten lead and mercury mine.
- Visit to nearby tourist farms and traditional cuisine tasting.

ACCOMMODATION

- ♦ Hotel Thermiana Park Laško**** Superior (EU Ecolabel Certificate – environmental daisy)
- ♦ Hotel Zdravilišče Laško**** (Disability-Friendly Certificate)


THERMANA
Laško

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LENDAVA THERMAL SPA

Unique green water of fossil origin which is beneficial for the skin.

FILLED WITH VITAL ENERGY

Lendava Thermal Spa lies in luxurious nature where Slovenia, Hungary and Croatia meet. Storks nest by the backwaters of the Mura river where the Pannonian plains and wine-growing hills intertwine and the most important source of health in Lendava Thermal Spa can be found – paraffin-thermal mineral water. A perfect symbiosis of beneficial green water and nature, special energy and friendly people

- 1 A smaller spa that will fill you with vitality and positive energy.
- 2 Regain your health in energy-rich nature and with our uniquely beneficial paraffin healing water.
- 3 Guests like to return to hospitable people in a small thermal centre under one roof where the food tastes home-cooked.
- 4 Perfect spa for a break in ones golden years.
- 5 What to do first: eat Bograč stew, go to an Olympic-size pool, on a bike or for a walk? Socialising and trips are the best recipe for rejuvenation.

Natural paraffin-thermal mineral water

In Lendava Thermal Spa below the wine-growing Lendava hills lies the source of the sodium hydrogen carbonated healing thermal mineral water rich in paraffin, which is the basis for our health programmes. The power of natures' wisdom and energy for rheumatic, thyroid, respiratory and skin diseases.

NATURAL HEALING RESOURCES



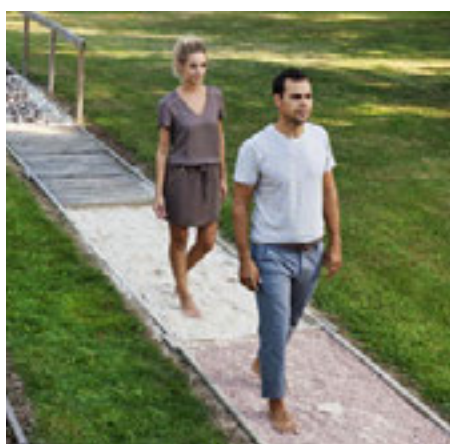
HEALTH

- ♦ The paraffin-thermal mineral water is beneficial for the skin, suitable for the treatment and prevention of all rheumatic diseases, for the treatment of post-injury and post-operation of the locomotor system, post-peripheral nervous system disease conditions and post-burns. According to guests, it is beneficial for chronic inflammation of the reproductive organs.
- ♦ Personally tailored health treatments for rheumatic problems and osteoporosis.
- ♦ Thyroid health centre.
- ♦ Healthy ageing programme.



PREVENTION

- ♦ Highly qualified therapists with modern knowledge preserve precious traditional approaches in the preparation of herb, paraffin and parafango wraps.
- ♦ Parafango as a special mix of paraffin and healing mud (fango) relaxes, heals deeply into the body and improves the skin.
- ♦ Health methods are complemented with alternative approaches since health is a holistic concept. Acupuncture and a new Healing Park are at your disposal.



wellbeing, which help with diverse health issues.

- ♦ Barefoot path: no shoes for energy cleaning and filling of the body.
- ♦ Lyndva sports gels with paraffin water ideal for recreational and professional athletes.

WATER FUN

- ♦ Accumulate some swimming mileage in the Olympic-size pool.
- ♦ Water park for adults and children.
- ♦ Lie around, paddle or dip in the water. The choice is yours.

ACTIVE

- ♦ Active family holiday: body and spirit strengthening with Miha the Knight who presents the spirit of eastern Slovenia to children through activities and local legends, while he teaches them persistence in sport.
- ♦ Seven biking tours starting and finishing in Lendava from 20 to 65 km in length. Partially going through Hungary and Croatia, while containing tips for nearby attractions.

DESTINATION ADVENTURES

- Cultural and historical heritage (Jewish synagogue, Church of St. Catherine, castle, exhibition "Citizenship, Typography and Umbrella Manufacturing").
- Through three countries in one day (guided biking trips).
- Bukovniško Lake with energy points and Ivan's Spring with healing water to improve eyesight.
- Trip to Lendava hills and seeing the vintage in autumn.
- Mummy of soldier Hajdik who defended Lendava from Turkish invasions.
- Bukovniško Lake Adventure Park.
- Permaculture incubator in Čentiba village.
- Visits to Hungary and Croatia.

ACCOMMODATION

- ▣ Hotel Lipa***
- ▣ Lipov gaj Apartment Village***
- ▣ Terme Lendava Camping***

THERMAL BREAK

WELLNESS

- ♦ Pool with paraffin-thermal water for softer skin.
- ♦ Treat yourself to a paraffin hand wrap for natural invigoration of your skin.
- ♦ Get the Lendava Thermal Spa amulet – a coin for health and wellbeing.
- ♦ Take a walk through the six energy points of the Energy Park for your

TERME LENDAVA

SAVA HOTELS & RESORTS

Tomšičeva 2a, 9220 Lendava
Tel.: +386 (0)2 577 44 00
info@terme-lendava.si

www.sava-hotels-resorts.com

TERME 3000 – MORAVSKE TOPLICE

- 1 A thermal spa so big that everyone finds something for their soul.
- 2 Black thermal mineral water, the warmest in Slovenia and especially effective with joint problems.
- 3 Top medico-wellness programmes in Thermalium for regeneration.
- 4 How much is half a hectare of water surfaces? Enough to avoid boredom!
- 5 An abundance of genuine Prekmurje culinary delights.

The unique black thermal mineral water makes Terme 3000 - Moravske Toplice special.

PAMPERED WITH NUMEROUS PLEASURES

The Pannonian Sea that occupied the heart of the Prekmurje region millions of years ago left a rich heritage of thermal springs. Where the mild slopes of Goričko meet the Pannonian Basin, the luxuries experienced in harmony with the healing effects of the world famous black thermal mineral water, as the basis for health, medico-wellness and the bathing offer of Terme 3000 - Moravske Toplice, await you.

Black thermal mineral water

Regular guests of Terme 3000 talk about the beneficial pain inhibition effects of its black water, its effects in the treatment of chronic rheumatism, post-locomotor system injury conditions, psoriasis and neurodermatitis. It is also very effective with joint problems, since it relieves pain and improves flexibility.

NATURAL HEALING RESOURCES



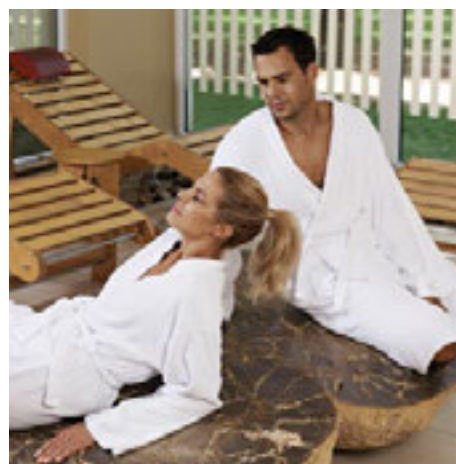
THERMAL BREAK

WATER FUN

- ◊ A water paradise for young and old spread over 5,200 m² (28 indoor and outdoor pools with water attractions and slides).
- ◊ Climb the 22 m tower to slide down Aqualoop, the first European waterslide to feature a 360-degree loop, or the Kamikaze freefall waterslide.
- ◊ Adventures for children. Viki, the bravest stork in the Prekmurje region, entertains them with activities on water and in the sports park, and teaches them bravery.

WELLNESS

- ◊ In the rich offer of Thermalium Wellness Centre, those with a touch of Prekmurje stand out.
- ◊ Choose a special massage. Pannonian Meadow indulges with oils of Prekmurje herbs, Small Meadow with pumpkinseed oil as the treasury of minerals and vitamins.
- ◊ Thermal water bathing is positive for the entire organism, since it is relaxing, tones, refreshes, improves circulation and reduces pain.
- ◊ Thermalium cosmetics have captured the power of black water which you can take home with you.



ACTIVE

- ◊ It is easy to be active in Terme 3000!
- ◊ Children are encouraged to exercise. Exercise is the main motto of their activity programmes.
- ◊ Livada Golf Course: test yourself on a golf course with 18 holes and the longest fairway in Slovenia.
- ◊ Recreational paths: in the vicinity of Moravske Toplice, there are over 100 km of marked theme paths, including bicycle, hiking and Nordic walking trails.



HEALTH

- ◊ Natural resources and top professional treatment of orthopaedic, rheumatology and dermatology conditions.
- ◊ Post-breast reconstruction and post-aesthetic surgery rehabilitation centre.
- ◊ Rehabilitation centre for degenerative conditions and locomotive system post-injury and post-operation conditions.
- ◊ Highly successful in the treatment of psoriasis and psoriatic arthritis.
- ◊ Good results in the treatment of sports injuries.



PREVENTION

- ◊ Thermalium Medico-wellness Centre, one of the biggest in this part of Europe, with more than 120 relaxation and 150 therapeutic services.
- ◊ A strong team of experts for top medico-wellness programmes.
- ◊ The natural resources of Prekmurje contribute to your health.
- ◊ A Thai Centre that offers the latest in Thai massage and anti-stress treatments.

DESTINATION ADVENTURES

- European stork village Velika Polana: come to see where the storks live.
- Island of Love, an island on the Mura river.
- Traditional Pannonian village.
- Ocean Orchid plantation where orchids grow on thermal water.
- Visit the past with Burjaši men on the Mura river.
- See the making of Prekmurje pumpkinseed oil.
- Bukovniško Lake with energy points and Ivan's Spring with healing water to improve your eyesight.
- Bukovniško Lake Adventure Park.
- Vulkanija Adventure Park: learn how volcanoes erupt.
- The trip "Prekmurje, the land of idyllic cuisine and friendly people" is the best way to experience it all.

ACCOMMODATION

- Hotel Livada Prestige****
- Hotel Ajda****
- Hotel Termal****
- Prekmurska vas Apartments****
- Tourist Village Bungalows***
- Camping Terme 3000****

TERME 3000 - MORAVSKE TOPLICE

SAVA HOTELS & RESORTS

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www.sava-hotels-resorts.com

OLIMIA THERMAL SPA

- 1 Olimia Thermal Spa is Slovenia's No 1 destination for selfness.
- 2 Wellness Orhidelia continues to be selected as "the best spa centre in Slovenia". It awakens your love for body and soul.
- 3 Specialising in spine rehabilitation and neck and lower back pain relief.
- 4 Modern architecture in harmony with nature.
- 5 A destination complemented with plenty of attractive adventures.

**Back to self. Always a grateful journey.
Selfness in Olimia Thermal Spa.**

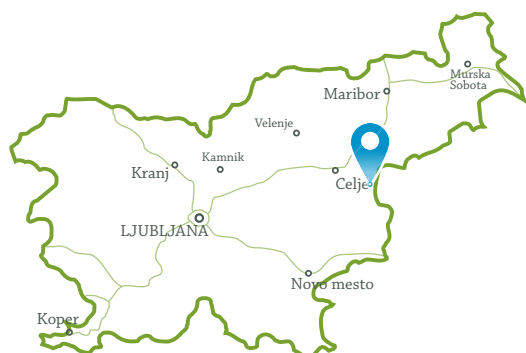
BACK TO SELF

Special water rises from the depths of the heart of Kozjansko. It touches the body from inside and outside. Its healing power has long been known. Olimia Thermal Spa, which fascinates with its architectural perfection, integration in green surroundings and colourful offer for health, well-being and a balanced life, is based on nature. There is a world. And another one. Olimia Thermal Spa for self-awakening.

Thermal water of Olimia

The bio-field of Olimia's water is stable and invigorating, with positive effects on people. Contained silicon is important for the health of all of the connective tissues, bones and cartilage, while the low content of minerals encourages the cleansing of the body and strengthens its defence mechanism.

NATURAL HEALING RESOURCES



SELFNESS

- ◆ Numerous opportunities to learn the self-healing techniques of energy medicine and the skills to cope with everyday challenges: energy morning exercise, a house ritual for better concentration, breathing exercises, meditation with visualisation, barefoot walking, baths in the forest, etc.
- ◆ Get enthused with healthy physical activities and stimulate your concentration, also in the selection of vital dishes which come mainly from local farms.
- ◆ Every third Friday of the month is a selfness day. Enjoy it.



THERMAL BREAK

WELLNESS

- ◆ Wellness Orhidelia is the most prestigious part of the spa. It will awaken your love for body and soul. You will learn that Olimia's water is not composed only of the infinite love of Mother Nature, but also of deep silence. The outdoor and indoor pools, Sauna World and thematic resting areas are intertwined with architectural poetry.
- ◆ You can choose the interesting Termalija Wellness Centre composed of the Pool Oasis, the biggest world of saunas in Slovenia and the Spa & Beauty Centre with unique treatments.
- ◆ The more intimate Spa Armonia is particularly famous for its Armonia, Olimia and Vitae massages and pampering for couples.

WATER FUN

- ◆ In summer, the outdoor Aqualuna Thermal Park is exhilarating.
- ◆ Slides and chutes, a wave pool and the King Kobra slide, the wildest in Slovenia, await the most daring among you.



- ◆ For the young ones, there are the King Kobra mini club providing diverse activities, and numerous children's pools with the Aquajungle and Aquasafari containing life-size animals.

HEALTH

- ◆ Olimia Health Centre is based on modern programmes that strengthen your health and well-being. After a careful examination and diagnostics, an individual therapy and dietary programme is prepared by a doctor for each guest.
- ◆ The spa excels in the rehabilitation of orthopaedic and trauma patients, rheumatic diseases and post-operation rehabilitation.
- ◆ The spa specialises in spine rehabilitation and neck and lower back pain relief. Therapeutic techniques combined with Olimia's approach are directed towards the correction of wrong movement patterns and muscle imbalances resulting from a sedentary lifestyle.

PREVENTION

- ◆ Preventive programmes strengthen your vitality and remedy the consequences of a poor lifestyle.
- ◆ In diagnostic and therapeutic procedures, the spa has joined the tested holistic approaches and combined them with the skills of modern manual medicine, the tradition of eastern treatment and the latest devices that stimulate the self-restoration processes of the body in a natural way.

DESTINATION ADVENTURES

- The third oldest pharmacy in Europe in Olimje Monastery.
- Syncerus Chocolate Boutique.
- Nine-fairway A-Golf.
- Jelenov greben guesthouse, many wineries, home brewery, tourist farms.
- Witch's Hut – land of fairytales and fantasy.
- Podsreda Castle.
- Rogatec Open-Air Museum
- Cycling and walking trails.

ACCOMMODATION

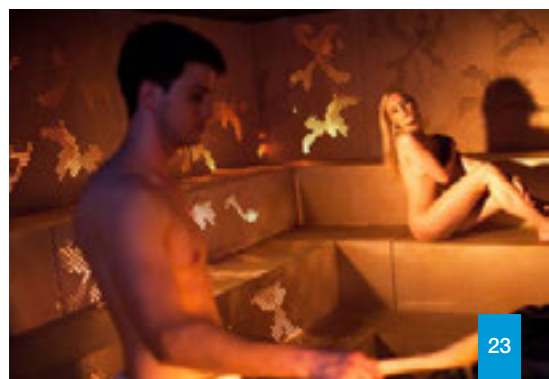
- ◆ Hotel Sotelia**** Superior
- ◆ Hotel Breza****
- ◆ Aparthotel Rosa****
- ◆ Apartments at Vas Lipa***
- ◆ Campsite Natura*****



Terme Olimia

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www.terme-olimia.com



PTUJ THERMAL SPA

- 1 A spa where you just have to be active and fit.
- 2 Take a break as was enjoyed by an actual Roman emperor.
- 3 In Ptuj, the bathing culture stretches back to ancient times of patricians visiting the spa. Today Ptuj Thermal Spa offers a modern water park with the biggest system of slides in Slovenia.
- 4 One of the most often awarded medico-wellness centres.
- 5 Where world famous athletes are shaped and the best swimmers swim.

Even the ancient Romans enjoyed the thermal springs of Ptuj, while today the energy to cope with the challenges of everyday life is sought here.

REFRESHED WITH ACTIVE ADVENTURES

One of Slovenia's newest health resorts is located in the oldest Slovenian town, Ptuj, full of stories of the past. The comprehensive health and medico-wellness offer of Ptuj Thermal Spa is set along the springs of healing thermal water. The large water park and top Medico-Wellness Centre offer you the carefree joy known by the rich Romans. A spa where the new concept of a break to cope with the modern lifestyle has been developed.

Thermal water

Springs from a depth of 1100 m with a temperature of 56°C bring beneficial natural thermal water. Mild in composition, but strong when invigorating the body. Most efficient in the treatment of rheumatic and locomotor system diseases, injuries and post-operation conditions of the bones, joints and muscles.

NATURAL HEALING RESOURCES



SELFNESS

- ♦ The spas offer a new concept of a break to cope with the modern lifestyle.
- ♦ From relaxation to battery charging and renovated appearance – treatments for natural rejuvenation and the forming of the body under medical supervision.
- ♦ Fill yourself with energy on the Pinwheel of Health programme of six elements to strengthen the organism, deepen your relations with yourself and others, enable stress management and prevent burnout syndrome.
- ♦ The »Be-Fit Programme«: a full plate and enjoyment with healthy food - it's all for your wellbeing.



THERMAL BREAK

WATER FUN

- ♦ A huge water park offers plenty of fun and adrenaline: nine fun slides, a slow-flowing river, a wave pool, underwater massages and a children's pool with slides.
- ♦ Get in swimming shape in the Olympic-size pool where professional swimmers from all over the world accumulate their mileage.
- ♦ A multi-level tower with slides, whereby the Tajfun Slide provides the adrenaline rush.

WELLNESS

- ♦ Enjoy true hedonistic pampering in Valens Augusta Medico-Wellness Centre.
- ♦ For dynamic relaxation choose a water park in which the wine-barrel saunas stand out.
- ♦ Romantic baths, VIP rooms for massages or pampering for two in the intimate atmosphere of the Emperor pool.
- ♦ Unique massages available. Try the Valens Augusta massage with an anti-

stress massage of the head and feet or a Roman massage of the back with aroma therapeutic wine oil to reduce tension.

ACTIVE

- ♦ The spa is just a stone's throw from the oldest Slovenian town, but still surrounded by nature. Morning jogging or walking along the Drava river to the town will give you energy for the whole day.
- ♦ An interesting 18-hole golf course with numerous water obstacles in the direct vicinity.
- ♦ Rowing, sailing and wakeboarding on the largest Slovenian artificial lake and on the Drava river.



PREVENTION

- ♦ One of the most often awarded medico-wellness centres is specially focused on teaching and motivating its guests for healthy living.
- ♦ Find out how to naturally achieve a beautiful figure and rejuvenated appearance with immediate and long-term effects.



HEALTH

- ♦ The beneficial water and highly qualified medical team are the basis for success in sports medicine and orthopaedics at the Sports Medicine Centre.
- ♦ Spine and Joint Health Centre.
- ♦ The rehabilitation mosaic combines the effects of natural resources and diverse methods of physiotherapy, as well as varied recreational and endurance exercises.

DOŽIVETJA V DESTINACIJI

- Historical city of Ptuj in the direct vicinity.
- Visit to the oldest Slovenian wine cellar and the oldest grape vine.
- European Centre of Mithraism.
- Puch Museum for oldtimer enthusiasts.
- Visit the ruins of Vurberk Castle and take a walk to its energy point.
- Fairytale forest of Little Red Riding Hood.
- Jeruzalem and Haloze wine roads.
- Kurentovanje – the largest Shrovetide Carnival in Slovenia.
- Roman games take you 2000 years back to the past.

ACCOMMODATION

- ♦ Grand Hotel Primus**** Superior
- ♦ Bungalows Terme Ptuj***
- ♦ Holiday Huts***
- ♦ Camping Terme Ptuj****
- ♦ Wine Barrel Village****

TERME PTUJ

SAVA HOTELS & RESORTS

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www.sava-hotels-resorts.com



RADENCI HEALTH RESORT

Radenska mineral water with a high CO₂ content heals and invigorates. Around the world, it is known by its three hearts.

- 1 Where you can restore your health and vitality with the famous Radenska water. Taste it directly from the source.
- 2 Slovenia's pioneer in the rehabilitation and prevention of cardiovascular diseases.
- 3 Mineral and thermal sources of health for drinking, swimming, relaxation, care and fun.
- 4 Radenci Health Resort is known as a bio-climatic health resort where the beneficial climate pampers you with over 250 sunny days per year.
- 5 Cooks also take care of your health.

SURROUNDED BY SPRINGS OF HEALTH

Radenci Health Resort is located in the northeast of Slovenia, in a land of wheat fields and wine-growing hills along the Mura river, where, according to legend, the path of mineral water is carved out by dwarfs working underground. Radenci is one of the rarest spa resorts in Europe with as many as four natural healing resources, on which a comprehensive offer of the most modern cardiac rehabilitation centre in this part of Europe is based. The home of the famous Radenska mineral water and a 130 year-old tradition!

Mineral and thermal water, healing mud and a mild climate

Radenska is, by CO₂ content, ranked among the richest mineral waters in Europe. The richness of the water in Radenci Health Resort is complemented by the thermal mineral water, while freshwater mud and a mild climate add to its healing effects.

NATURAL HEALING RESOURCES



HEALTH

- ♦ A comprehensive health offer and the most modern cardiac rehabilitation centre in this part of Europe.
- ♦ The famous Radenska mineral bath improves circulation, lowers blood pressure and stabilises the pulse.
- ♦ Radenska drinking therapies positively affect cardiovascular, kidney and urinary tract diseases as well as metabolic ones.
- ♦ Cardiac rehabilitation centre with state of the art equipment.
- ♦ A well-tuned team of doctors – internists, cardiologists, including physiatrists, and a cardio surgeon, an intervention surgeon, angiologist, phlebologist, neurologist, diabetologist, nephrologist, urologist, gastroenterologist, orthopaedist, psychologist and nutritionist if necessary, as well as physiotherapists and nurses – take care of guests 24 hours a day.



PREVENTION

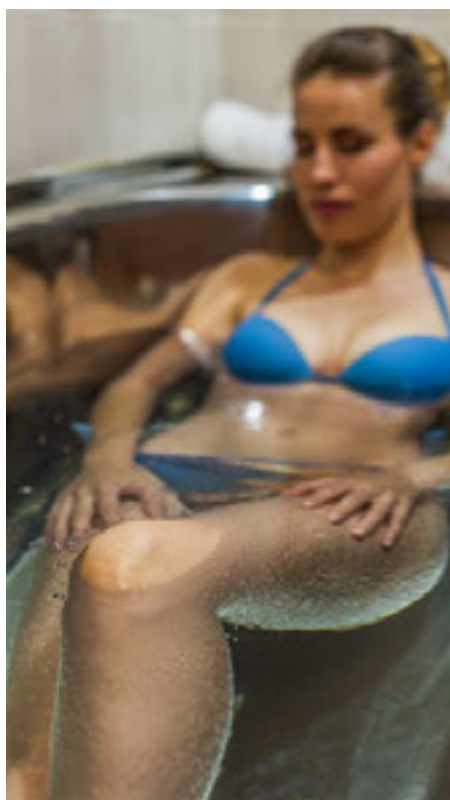
- ♦ In our health resort, we take care of your heart – we help you protect it from the negative effects of today's rapid pace of life.
- ♦ Henn's drinking therapy of Radenska mineral water from the oldest healing spring that improves welfare and strengthens the immune system, stabilises blood pressure and relaxes.
- ♦ Care for the heart: the most modern 3D ultrasound heart examination, "For a healthy woman's heart" programme (their hearts are more prone to disease) and "Protect the hearts of professional and recreational athletes" programme (how much stress their heart can take).
- ♦ Aqua aerobics for a healthy heart.
- ♦ Preventive check-ups: it is wise to check your heart.



THERMAL BREAK

WELLNESS

- ♦ Wellness for health in Corrium Medico-Wellness Centre. Massages, treatments, mineral baths and saunas.
- ♦ Pool complex with 1460 m² of water areas and 10 different but interlinked pools with thermal or regular heated water.
- ♦ "Be open" to positive thoughts and energy at the Ayurveda Centre.
- ♦ Fango wraps reduce stress and relax, while complementing the effects of massages and mineral baths.
- ♦ Stone & Concerto Salon – detox, body firming and forming.



ACTIVE

- ♦ Personally tailored active break: running, walking, biking and Nordic walking trails.
- ♦ Morning gymnastics for an active start to the day.
- ♦ Little heart's path in the park – discover the resort's history.
- ♦ "Bubble-hunt" in the resort's surroundings – fun and adventure for everyone.

DESTINATION ADVENTURES

- Visit to the Radenska mineral water bottling plant.
- Tasting of pumpkinseed oil, Prlekija ham and local wines of the Jeruzalem wine region.
- Tasting of Radgona sparkling wine in Radgona klet wine cellar.
- Goričko Nature Park
- Apiculture Museum in Krapje.
- Go down the Mura river.
- Cross-border treasure hunt on a bike.
- Bukovniško Lake Adventure Park.
- Visit to the Garden of Memories and Friendship in Petanjci.
- Čebelji gradič eco tourist farm.
- Three hearts marathon in May – running for the heart.

ACCOMMODATION

- ♦ Hotel Radin****
- ♦ Hotel Izvir****


ZDRAVILIŠČE RADENCI
SAVA HOTELS & RESORTS

Zdraviliško naselje 12, 9252 Radenci
Tel.: +386 (0)2 520 27 22
info@zdravilisce-radenci.si

www.sava-hotels-resorts.com

ROGAŠKA MEDICAL CENTRE

- 1 Donat Mg is the world's most magnesium-rich water. It contains over 1000mg/l of magnesium and is one of the world's top healing waters.
- 2 Excellent medical centre, 40 specialists and an ACI certificate for quality and safety of procedures according to international standards.
- 3 Treatment with unique natural resources: Drinking Donat Mg water from its source, mineral baths, fango, herbal wraps and a beneficial climate.
- 4 The best balneotherapy and specialist medical services, physiotherapy and surgery in one location.
- 5 400 year-old tradition and a stunning health resort park with flowers and original classicistic architecture.

The drinking of Donat Mg mineral water at its source has proven healing powers.

FOUR CENTURIES OF HEALTH SOURCES

Legend has it that Apollo ordered the winged horse Pegasus to stamp his hoof, open the Rogaška spring Roitschocrene and drink "the source of health and true divine power". The health resort blossomed in the second half of the 19th century when the cosmopolitan spa resort was visited by royal families and the nobility. This exquisite public was pampered by the top artists. Today Rogaška Medical Centre is one of the most important health and beauty centres in this part of Europe. It combines unique natural sources, a four hundred year-old tradition and the latest medical findings.

Donat Mg natural mineral water

Drinking Donat Mg from its source is, combined with selected therapies, indispensable in the treatment of constipation, excessive gastric acid secretion and heartburn problems. It is very beneficial for organisms under stress, in the event of physical or mental exertion, diabetes, high blood pressure and pregnancy.

NATURAL HEALING RESOURCES



HEALTH

- ♦ The only health resort in Slovenia that focuses on the prevention, rehabilitation and further treatment of gastroenterological and endocrine diseases and post-surgery conditions.
- ♦ Specialist examinations and diagnostics (gastroenterology, cardiology, ultrasound, X-ray, gynaecology, urology, allergology, pulmonology, orthopaedics, paediatrics).
- ♦ Clinical laboratory (160 laboratory tests).
- ♦ Top experts for aesthetic plastic and vascular surgery, arm surgery, dermatology, physiotherapy and balneotherapy.



- ♦ Specialised health programmes: gastroenterological, for diabetics, children and weight-loss, detoxification, Clinic for healthy sleeping and Pelvic centre.

PREVENTION

- ♦ Remarkable selection of preventive brief and extended check-ups.
- ♦ Preventive managerial check-ups and preventive programme for recreational athletes.
- ♦ Integrated nutrition consultation and programmes for food intolerance assessment.
- ♦ Programmes for youthful appearance composed of aesthetic dermatology services, aesthetic plastic surgery, body shaping and beauty salon



services supervised by renowned dermatologists and plastic surgeons.

- ♦ Qualified and experienced physiotherapists perform high quality physiotherapy programmes (manual therapy, kinesiotherapy, electrotherapy, mechanotherapy and others).
- ♦ Medical, therapeutic and special massages, wraps and scrubs are an exceptional natural way to obtain and preserve health based on powerful natural resources.



SELFNESS

- ♦ Individual programmes to establish a balance of body, mind and spirit are founded on knowledge, tradition and renowned natural resources.

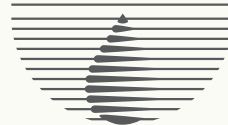
ACCOMMODATION

- ♦ Hotel Slatina Medical***
Hotel Slatina is the health resort hotel along the promenade with the health centre, a supervised diet and 24-hour care specialised to perform integrated health resort treatment.
- ♦ You can also choose other hotels in Rogaška Slatina.

DESTINATION ADVENTURES

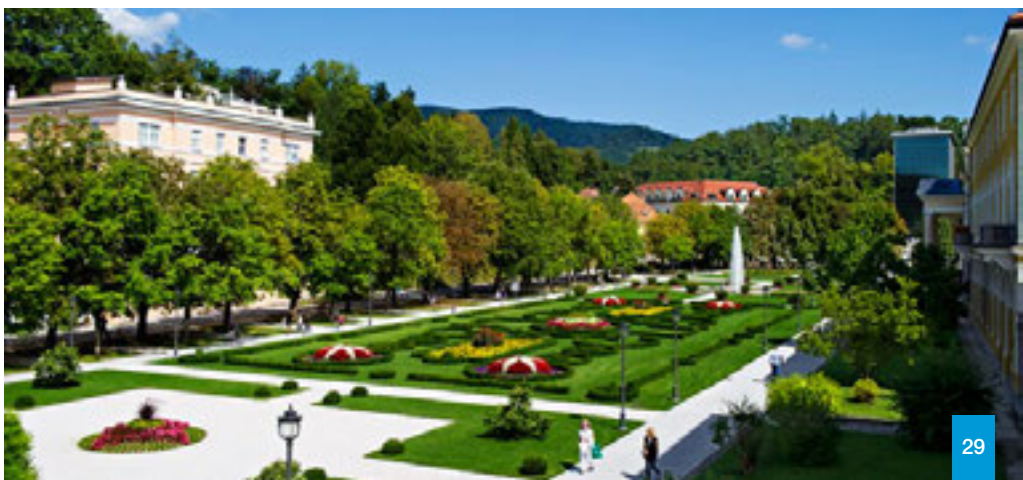
- Superb health resort park with a promenade and nice walking paths invite you into nature.
- Steklarna Rogaška – visit the glass factory, tourist path.
- Afroditia Cosmetics – a cosmetics producer, the leading Slovenian house of beauty.
- Ana's Mansion – five museum collections about the rich history of Rogaška Slatina.
- Cactus collection – over 7000 stunning cacti from all over the world.

MEDICAL CENTER
ROGAŠKA



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www.rogaska-medical.com



TALASO STRUNJAN



- 1 The only Slovenian health resort and thalassotherapy centre by the sea in a protected nature park known for an over millennium-old salt pan where the salt is still produced in the traditional way.
- 2 Amazing healing power of the sea!
- 3 Mediterranean relaxation in Salia Talaso Centre.
- 4 Active holiday at Adriatic Sea 365 days a year.
- 5 Excellent blue flag beach resort with one of the cleanest waters in the Mediterranean.

Thalassotherapy centre by the sea.
Feel the beneficial power of the sea, nature and sun.

SUNNY BAY OF HEALTH

The renowned climatic health resort and thalassotherapy centre Talaso Strunjan is distinguished by its exceptional location by the sea at the heart of a nature park, at the greenest part of the Slovenian coast that is the juncture of hiking and other trails. A place with over 2,300 hours of sun per year offers a healing sea break, excellent health services and plenty of possibilities for an active holiday.

See water, climate and mud, algae and salts

The offer is based on thalassotherapy enabled by natural resources in a sea climate. In the immediate vicinity of the sea you can experience the effects of the healing climate with aerosols from the nearby salt pan, heated seawater pools, and of the healing sea mud and salt.

NATURAL HEALING RESOURCES



THALASSO BREAK

WELLNESS

- ♦ Big pool complex with heated sea water at Hotel Svoboda (an outdoor and two indoor pools and a children's pool).
- ♦ Relaxation with the Mediterranean aroma saunas: Finnish with a view of a Mediterranean garden, Turkish, salt, aroma and infrared sauna and jacuzzi.
- ♦ Mediterranean spa: massage sea baths and the top cosmetic care in Salia Talaso Centre.
- ♦ Cuisine with an emphasis on healthy, ecological food with a Mediterranean touch.

ACTIVE

- ♦ Active holiday 365 days a year at the junction of three countries in the middle of unspoilt nature.



- ♦ Hiking, biking and Nordic walking – in unspoilt nature with beautiful views of the sea and the picturesque villages of Slovenian Istria.
- ♦ As much as 80 km of marked footpaths starting at the hotel and the European footpath E6 ending in Strunjan.
- ♦ Daily Nordic walking with a guide and the adventure programme Hiking week – paths of Slovenian Istria.
- ♦ The famous biking trail Parenzana from Trieste to Poreč also goes through Strunjan.

HEALTH

- ♦ Both medicine and thalassotherapy are used to treat degenerative rheumatic diseases of the spine and joints, locomotor system post-operation conditions, respiratory diseases and chronic skin dermatosis.
- ♦ A highly qualified team of specialists, nurses, physiotherapists and masseurs takes care of your health. Specialists of physical medicine and rehabilitation, orthopaedics, cardiology, pulmonology



and gynaecology work at the specialist outpatient clinics of the medical centre.

SELFNESS

- ♦ Natural, healthy, happy – with sun. Breathe in the green Mediterranean!
- ♦ Breathing exercises and meditation at the salt pans, selfness workshops.
- ♦ Programmes Healthy Ageing for a longer and better life and Stress Management.



PREVENTION

- ♦ In Talaso Strunjan, the prevention experts have developed carefully designed and guided prevention programmes to face everyday challenges.
- ♦ Restorative rehabilitation programmes, preventive check-ups for women over 50, extended specialist check-ups, health education for diabetics and other programmes.
- ♦ The power of nature in thalassotherapy for health and well-being.

DESTINATION ADVENTURES

- Romantic medieval coastal cities of Piran, Izola, Koper, lively Portorož, the beautiful villages of Slovenian Istria.
- Experience nature parks Strunjan and Sečovelje Salina.
- Visits to olive, kaki fruit, vine and artichoke plantations, salt pans, mussel farms.
- Local products - shopping, degustation, culinary pampering at farms.
- Bathing in Moon Bay, the most beautiful Slovenian coastal bay.
- Strunjan's Cross marking an important bioenergy centre of the Earth.
- Starting point for trips in Slovenia (Postojna Cave, Škocjan Caves, Lipica with a stud farm), Croatian Istria (Poreč, Rovinj, Grožnjan) or surrounding Italian treasures (Trieste, Venice).

ACCOMMODATION

- ▣ Hotel Svoboda****
- ▣ Hotel Laguna***
- ▣ Villa Park Annex**** (with anti-allergy equipment)
- ▣ Villa Complex***

TERME  KRKA

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ŠMARJEŠKE TOPLICE THERMAL SPA

- 1 Modern medico-wellness centre impresses with its healthy weight-loss and detoxification programmes.
- 2 Efficient health programmes for cardiovascular diseases.
- 3 Šmarješke Toplice Thermal Spa is the first Nordic Walking Centre in Slovenia.
- 4 You will be surprised by a unique 18th century wooden pool straight on top of a thermal spring.
- 5 Only a few kilometres from the capital of Dolenjska, Novo mesto, in the midst of beautiful and soothing nature.

Let the team of top experts in medicine, diet, physical activity and cosmetics take care of you.

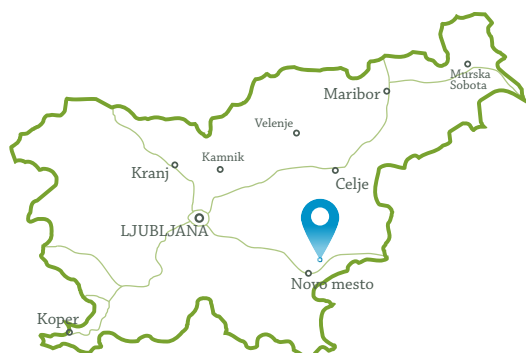
FROM A HEART FOR THE HEART

Šmarješke Toplice Thermal Spa surrounded by green forests and soothing energy is a true oasis of health. The power of nature and beneficial climate complement the healing effects of the thermal spring used to treat cardiovascular diseases by the top medical team of the Diagnostic and Rehabilitation Centre, while the experts in Vitarium Spa & Clinique medical wellness centre help you to be vital, healthy, creative and proud of yourself. In all periods of life.

Thermal water

The healing thermal water is rich in carbon dioxide, magnesium and potassium and acts beneficially and preventively on the body. Its temperature is lower, and thus suitable for people with cardiovascular problems.

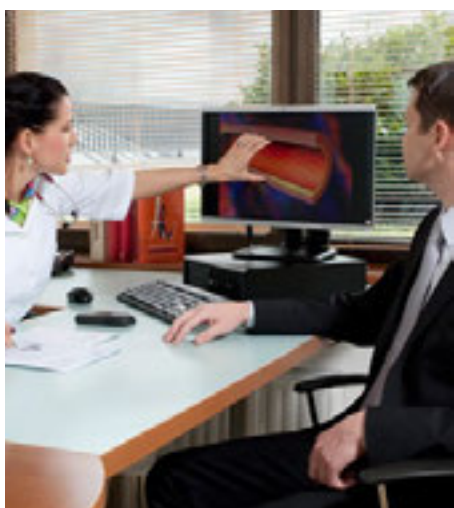
NATURAL HEALING RESOURCES





PREVENTION

- ♦ Vitarium Spa & Clinique medical wellness centre is famous for its comprehensive programme of services for the prevention of diseases resulting from the modern way of life. The top medical team will take care of you.
- ♦ Top and well-known programmes: Vita Detox fasting for body detoxification and Slim-Fit healthy weight loss programme.
- ♦ Programmes for managers: preventive check-ups, stress management workshops and therapies, workshops for an active and healthy lifestyle.
- ♦ Cuisine with a wide variety of healthy dishes with an emphasis on seasonal and eco ingredients from local farms. A menu that protects the heart and veins. Several types of diet foods, low-calorie menus or fasting.



HEALTH

- ♦ The spa offers experts for the treatment and rehabilitation of cardiovascular diseases, locomotor system injuries and diseases, and nervous system diseases.
- ♦ The strong, well-tuned and devoted qualified spa team takes care of your health.
- ♦ A modern diagnostic centre with specialist outpatient clinics and renowned specialists from diverse fields.
- ♦ A rehabilitation centre for athletes.



THERMAL BREAK

WELLNESS

- ♦ Vitarium Spa & Clinique with medico-wellness detoxification and weight-loss programmes.



- ♦ Relaxing and strengthening massages, body and face care and exclusive massage baths with thermal water and aromas for pampering, relaxation or detoxification. Individually or for couples.
- ♦ Vitarium Aqua, a world of thermal pools, saunas and relaxing thermal baths. A refuge to ease your mind and restore you energy levels by means of healing thermal water, the sounds of gentle music and sophisticated aromas.
- ♦ Swim into the beneficial thermal water. Two indoor pools, a connected outdoor pool and three outdoor pools (including one for children) await you.
- ♦ Treat yourself in five saunas with a rich offer of wraps and scrubs for complete relaxation.
- ♦ Vitarium Aesthetics with cosmetic surgeries for a younger and fresher appearance.

ACTIVE

- ♦ The experienced instructors of the Nordic Walking Centre will present this efficient and safe exercise to you for rehabilitation and relaxation that strengthens muscles and relieves the body.



DESTINATION ADVENTURES

- Nine marked Nordic walking trails, a booklet and a map of 15 thematic trails for hiking or biking.
- The spa park with its sights: a pond with lotuses, the famous wooden pool, the remains of Štrlek Castle, the source of the Prinovec stream.
- Sightseeing of the neighbourhood with a tourist train: Klevevž natural thermal spring, a visit to a vineyard cottage or Otočec Castle.
- Otočec (4 km): 18-hole golf course, adventure park, paintball, tennis.
- Numerous sights in the vicinity: Kostanjevica na Krki, Pleterje Monastery, Land of Hayracks and the Zdravci wetlands where otters, beavers and crayfish live.

ACCOMMODATION

- ▣ Hotel Vitarium**** Superior
- ▣ Hotel Šmarjeta****
- ▣ Hotel Toplice***

TERME KRKA

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TOPOLŠICA THERMAL SPA

Attractive spa in the midst of nature.
Forest that fills your lungs.

BENEFICIAL SPRINGS AND RELAXING GREEN SURROUNDINGS

The thermal springs in Topolšica reach the surface in the middle of a beautiful medium mountain region and flirt with the peaks of Karavanke. The springs, known since the 16th century, opened for visitors in 1838. The modern centre with a comprehensive offer for health and well-being is based on tradition, healing water and a beneficial climate. The right choice for anyone who needs peace in nature, and everything for pampering and coping with everyday challenges of life.

- 1 Zala Wellness Centre is a modern temple of peace, health and relaxation.
- 2 Topolšica Thermal Spa excels in programmes for the treatment of respiratory and mild chronic cardiovascular diseases and stress management.
- 3 Idyllic Holiday Homes Ocepkov gaj on a green slope for maximum relaxation and freedom of stay.
- 4 Diverse outdoor thermal pools. Beneficial blue water and relaxing green surroundings.
- 5 Water, climate and sunny days.

Thermal water and climate

The thermal oligomineral and hypothermic water and a mild medium mountain region climate with many days of sun are an excellent combination for the treatment of spine and joint diseases, locomotor system post-injury and post-operation conditions, mild chronic cardiovascular and chronic neurological diseases.

NATURAL HEALING RESOURCES



WELLNESS

WELLNESS

- ♦ The cosiness and peacefulness of the new Zala Wellness Centre with a view of green surroundings. Wellness treatments, beauty, saunas, baths and a fitness studio.
- ♦ Treat yourself with a classic or extreme Finnish sauna, feel the power of herbs, surrender to an ancient steam bath or try an ice pit. Rest on a kneipping terrace or thematic resting areas.
- ♦ A wide variety of massages and treatment programmes include classic, sports, aroma, as well as meditative and relaxing massage treatments.
- ♦ Private relaxation areas for the most intimate moments that take you to ancient Rome, the mysterious Orient or Japanese minimalism.



WATER FUN

- ♦ In the heart of Hotel Vesna stands a city of water attractions for the whole family.
- ♦ A half-Olympic size indoor pool for active swimmers, while in the winter-summer pool you can swim in the arms of nature also in wintertime. Hot springs, a children's pool, massages, showers, a whirlpool and true Roman baths prevent any boredom.
- ♦ Outdoor Zora Aqua Park provides attractive thermal water areas, spill-over pools, water attractions and slides. An adorable terrace and neat grass areas form a pleasant setting for perfect thermal pleasures. A little wooden bridge connects the indoor and outdoor pool complex.



HEALTH

- ♦ The healing thermal water, pure and unspoiled nature and qualified medical staff create ideal conditions for the treatment of respiratory and mild chronic cardiovascular diseases, rheumatisms, spine and joint diseases and also for stress management.
- ♦ Excellent nurses and top physiotherapists and occupational therapists provide care and spa rehabilitation for inflammatory rheumatic diseases, degenerative diseases, locomotor system post-injury and post-operation conditions, as well as neurological diseases and injuries and diseases of the central and peripheral nervous system.
- ♦ Different manager, relaxation and anti-stress programmes are formed in cooperation with Topolšica Hospital.



PREVENTION

- ♦ The spa is a true paradise for relaxation and natural healing.
- ♦ Medico-wellness programmes performed by a medical team in a relaxing environment positively affect the balance of body and mind.

DESTINATION ADVENTURES

- Winter package with the nearby Golte Ski Resort.
- In Topolšica: Church of St. James, pottery workshop, Memorial Room of German Capitulation, panoramic flights from Lajše airport.
- Follow the underground paths of miners in the Coal Mining Museum in Velenje.
- Velenje Museum at Velenje Castle, one of the most beautiful castles in Slovenia.
- Experience Peca Underground and visit the Mežica Mine Museum.
- Hiking, biking and tennis playing.

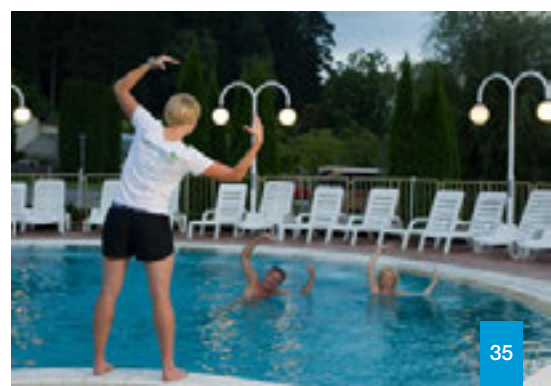
ACCOMMODATION

- ♦ Hotel Vesna***
- ♦ Hotel Mladika***
- ♦ Holiday Homes Ocepkov gaj****


Terme Topolšica

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www.terme-topolsica.si



ZREČE THERMAL SPA



Ten thousand year old Pohorje peat from the depths of Pohorje's forests is proven to be an effective natural healing source.

- 1 Relaxation among beneficial springs in Zreče Thermal Spa and activities on Rogla (altitude 1517 m). In all seasons.
- 2 The spa draws on healing thermal springs and the power of nature of ancient Pohorje as its main advantage.
- 3 Natural resources and a top team of professionals, as well as long-term experience, modern approaches and individual treatments provide fast rehabilitation.
- 4 The modern ambience of Hotel Atrij with a view of Pohorje's forests and the excellent Idila Wellness & Spa Centre.
- 5 A highly qualified and experienced team of hospitable workers takes care of guests.

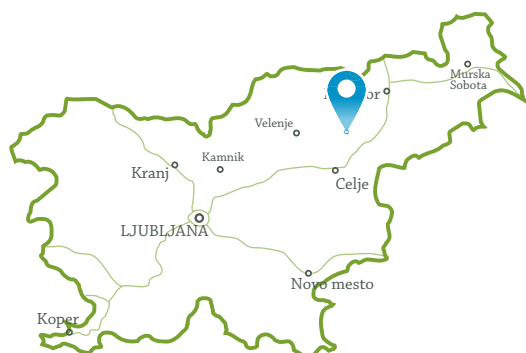
IN LOVE WITH THE POWER OF NATURE

Surrounded by mighty forests of green Pohorje emerges Zreče Thermal Spa, the modern spa with excellent natural resources. In any season, different stories, inspired by the power of nature, top services for health and well-being, a rich culinary tradition and friendly hosts, take place. The unique combination of Zreče Thermal Spa and the medium mountain Rogla Sports Centre.

Acrathermal water, Pohorje peat, fango and healing medium mountain climate on Rogla

Zreče Thermal Spa is proud of several proven to be effective natural healing resources. Their healing power along with the medical team, help you restore health, strength and vitality in the Diagnostic and Rehabilitation Centre.

NATURAL HEALING RESOURCES



HEALTH

- ♦ The spa specialises in the rehabilitation of locomotor system injuries and diseases with an emphasis on rehabilitation of the spine, knee, shoulder and elbow.
- ♦ The treatment and rehabilitation programmes are conducted in cooperation with 70 top health professionals from the most renowned Slovenian institutions.
- ♦ 14 specialist outpatient diagnostic clinics.
- ♦ Besides standard treatment and rehabilitation procedures, special attention is given to the development of professional specialities, such as Cyriax, Trigger, neuromuscular taping and proprioceptive therapy.

THERMAL BREAK

WELLNESS

- ♦ Idila Wellness & Spa Centre offers the perfect relaxation of body and mind in four different worlds: the Idyll of Nature, Idyll of the Orient, Idyll of Beauty and Idyll of Romance.
- ♦ The Sauna Village of nine saunas is a true Pohorje village of local meadow herbs and peaceful spots at a hayrack. The best that Pohorje has to offer.

WATER FUN

- ♦ Water relaxation with a view of the green surroundings is provided by 1,600 m² of indoor and outdoor thermal water pools.
- ♦ In summer, the Forest Water Park with fast chutes, a slide and a children's splash pool is exhilarating.

ACTIVE

- ♦ The spa is an excellent destination for thermal and active breaks for couples or families.
- ♦ Skiing, snowshoeing, snowboarding and cross country skiing on Rogla in winter and hiking, biking and fishing in summer, while a fitness centre with a gym is also available.



- ♦ A golf course in Zlati grič in Slovenske Konjice 5 kilometres away.



PREVENTION

- ♦ Detoxification and weight loss with an emphasis on drinking at the source of Rogla water, supervised meals and proper selection of food, Pohorje peat treatments and LPG Cellu M6 machine.
- ♦ Health prevention programmes: management check-ups, prevention for companies, and establishment of the level of risk for various diseases.
- ♦ Anti-ageing in beauty & spa programmes.



SELFNESS

- ♦ Quiet, unique location and individual treatment.
- ♦ Programmes with an emphasis on the body, mind and spirit balance that draw on the knowledge and energy of the peaceful green surroundings.
- ♦ Story of sensory perception of nature.
- ♦ Programmes aimed at long-lasting satisfaction.

DESTINATION ADVENTURES

- Unique Lovrenc Lakes, Black Lake, Šumik virgin forest and prehistoric Brinjeva gora.
- Skomarje, the highest altitude settlement in Slovenia, with a typical Pohorje house and Memorial Room dedicated to the poet Jurij Vodovnik.
- The Ošlak Forge, the oldest preserved forge in Slovenia.
- The Žiče Carthusian Monastery in the hidden valley of Saint Janez Krstnik.
- Cultural Centre of European Space Technologies (KSEVT).

ACCOMMODATION

- ♦ Hotel Atrij**** Superior
- ♦ Hotel Vital****
- ♦ Hotel Klasik***
- ♦ Hotel Medico***
- ♦ Terme Zreče Villas****



Terme Zreče

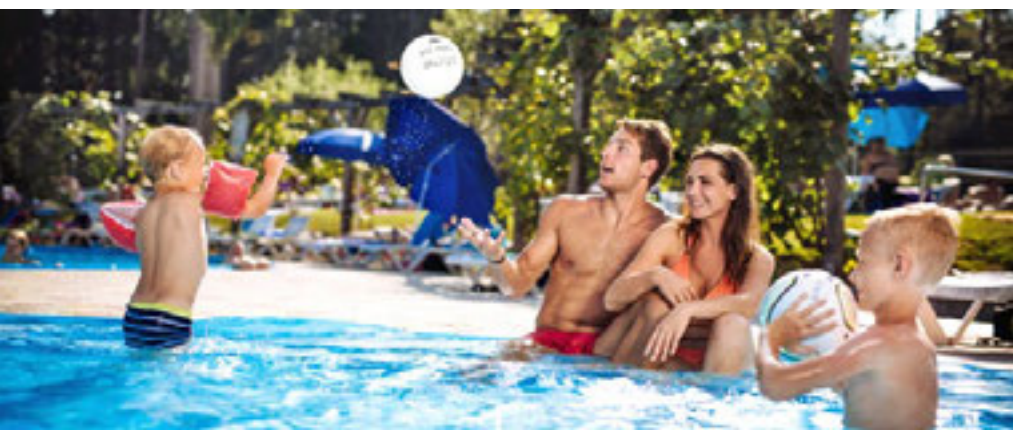
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THE POWER OF NATURE

14 natural spas in four diverse regions, joined in the Slovenian Spas Association.

An over 600 year-old tradition refined with a modern offer.

87 natural thermal springs.

The temperature of the thermal water at the surface ranges from 24 to 73 degrees Celsius.

Two world famous thermal healing drinking waters: Radenska and Donat Mg.

Over 47,000 m² of indoor and outdoor thermal water areas.

In total, more than 14,500 beds in hotels, apartments and campsites.

SLOVENIAN NATURAL SPAS IN NUMBERS

Natural Healing Resources

Natural healing resources	Čatež Thermal Spa	Dobrna Thermal Spa	Dolenjske Toplice Thermal Spa	Thermana Laško	Lendava Thermal Spa	Terme 3000 – Moravske Toplice	Olimia Thermal Spa	Ptuj Thermal Spa	Radenci Health Resort	Rogaška Medical Centre	Talaso Strunjan	Šmarješke Toplice Thermal Spa	Topolšica Thermal Spa	Zreče Thermal Spa
Cold drinking mineral water									✓	✓				
Thermal mineral water: temp. at source (°C)	42-63	35-36,3	36-38	32-35	62	62-73	30-44	39	41	55		32	32	34,5
Sea water and brine											✓			
Altitude (m)	142	375	179	230	161	186	220	269	208	228	0	169	395	395
Climate		✓							✓	✓	✓		✓	✓
Aerosols for inhalation		✓			✓	✓	✓		✓	✓	✓		✓	
Healing mud and mineral peloids	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Peat		✓												✓
State-certified health resort	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

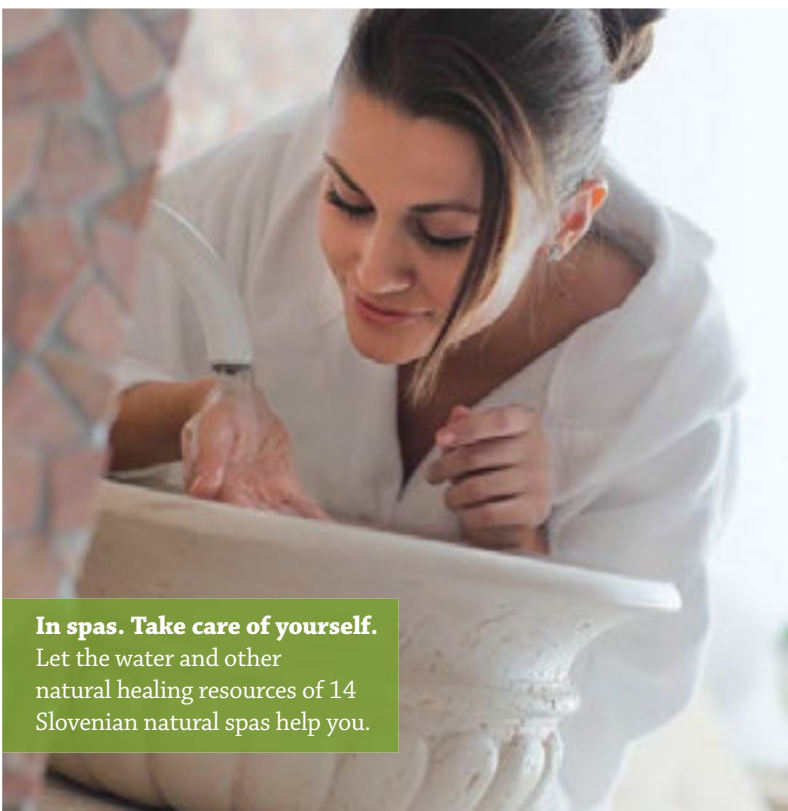
Indications

Indications	Čatež Thermal Spa	Dobrna Thermal Spa	Dolenjske Toplice Thermal Spa	Thermana Laško	Lendava Thermal Spa	Terme 3000 – Moravske Toplice	Olimia Thermal Spa	Ptuj Thermal Spa	Radenci Health Resort	Rogaška Medical Centre	Talaso Strunjan	Šmarješke Toplice Thermal Spa	Topolšica Thermal Spa	Zreče Thermal Spa
Cardiovascular diseases									✓	✓		✓	✓	
Rheumatic diseases	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Locomotor system injuries	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Digestive system diseases										✓				
Metabolic diseases					✓			✓	✓	✓				
Gynaecological diseases	✓	✓	✓	✓	✓	✓				✓				✓
Kidney and urinary tract diseases		✓							✓	✓				✓
Neurological diseases	✓	✓	✓	✓	✓		✓	✓	✓			✓	✓	✓
Skin diseases				✓	✓	✓	✓			✓	✓			
Neurotic disorders		✓				✓	✓	✓				✓	✓	✓
Respiratory diseases					✓						✓		✓	✓

STORIES OF SLOVENIA

STORIES OF SLOVENIA INCLUDE STORIES ABOUT WATERS.

Pick your story. Find your love in Slovenia.



In spas. Take care of yourself.

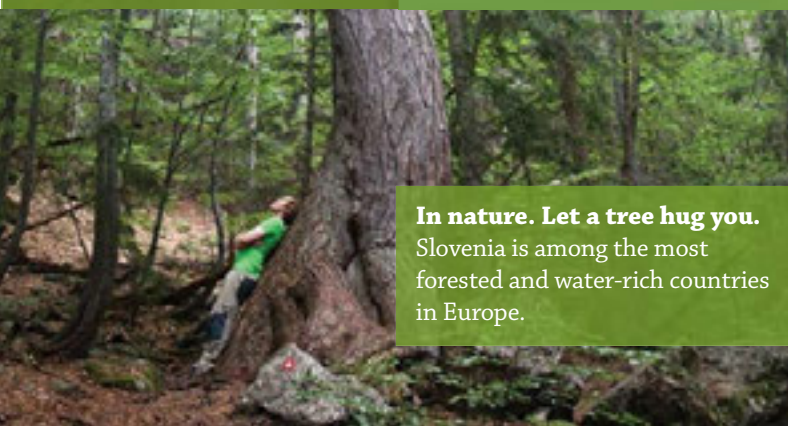
Let the water and other natural healing resources of 14 Slovenian natural spas help you.



In the Karst region. Go deep to the very heart. Over 10,000 Karst caves lie under the surface of Slovenia.



In the Mediterranean. Because love is salty. The most northern salt pans in the Mediterranean.



In nature. Let a tree hug you. Slovenia is among the most forested and water-rich countries in Europe.

At a table. Take a seat, it is good! Slovenia is ranked among the three to five best wine-growing locations in the world.



Between people. You dare to do more in the name of love

Slovenia is at the very top of the world in terms of the number of important sporting medals per capita.



In the Alps. Visit the Goldhorn.

The treasures of the Alps in Triglav National Park are guarded by fairy-tale creatures.



In Ljubljana. Say loved.

In the capital, in the heart of Slovenia, even the dragons are in love.

Slovenian Spas Association

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#ifeelsLOVEnia

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