



REHABILITATION CLINIC AND PHYSIOTHERAPY  
IN THE CZECH REPUBLIC

**DARKOV** *Spa*





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This project is co-financed  
by Moravian-Silesian region



Moravskoslezský  
kraj

## Dear clients,

I would like to welcome you to Darkov Spa, where we specialize in the demanding rehabilitation of diseases of the locomotive and nervous system, especially traumatic and postoperative conditions, or the consequences of stroke and many other diseases. You will find complete, professional services and an individual approach in our Spa. The client always comes first.

Staying with us is your right decision.

**Ing. Pavlína Filipi**  
Owner of Darkov Spa



## Dear clients,

we would be pleased if you choose Darkov Spa to improve your health. Darkov Spa is well-known for a high-level treatment based on extraordinary natural wealth of iodine-bromine water, professional staff and most modern medical technology, including robotic devices.

I believe that your stay will help you to improve your physical and psychological condition.

**Doc. MUDr. Michal Filip**  
Head physician




# **DARKOV Spa**



**STEP  
1**

## **MEDICAL REPORT**

send to:  
darkovspa@darkov.cz  
or  +420 734 863 250



**STEP  
2**

## **DOCTOR**

Approval  
of the medical report  
approximately 42 h.



**STEP  
3**

## **DOCUMENTS FOR VISA**

Invitation letter  
Reservation letter



**STEP  
4**

## **BOOKING**

Date of arrival  
Transport, Fly ticket



**STEP  
5**

## **CHECK - IN**

Enjoy  
your treatment



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# DARKOV SPA

MODERN PROFESSIONAL HEALTH REHABILITATION RESORT  
WITH PROFESSIONAL STAFF AND MODERN MEDICAL EQUIPMENT.

Darkov Spa is a leading spa and rehabilitation resort in the Czech Republic and one of the oldest iodine spas in Europe. Our Spa is worldwide known for the iodine-bromine brine. Our resort is specialised in the treatment of locomotive, nervous and circulatory system, skin and gynaecological diseases. In addition, conditions after injuries, surgeries and cerebrovascular events and burns are also successfully treated here. More than 15,000 clients every year are treated here.

Provided care with more than 150 years of tradition is based on the natural wealth of iodine-bromine water with high content of iodine, the professional staff and the latest medical technology, including robotic devices. We offer a pleasant place for stay and a wide range of services for the healing and relaxation of our clients.

Darkov Spa is a barrier-free complex of interconnected buildings – all the services „under the same roof“ and also offers the prayer room for Muslim clients to pray.

The Darkov Spa is situated in Moravian-Silesian Region in the north-east of the Czech Republic, in Central Europe, about 400 km from Prague. No wonder the Moravian-Silesian Region is called the region of contests and opportunities. It boasts natural resources, well-maintained traditions and crafts, historical and cultural monuments, unique spa, sports facilities and excellent cuisine



*Historical Darkov Spa*



*Rehabilitation sanatorium*

# SPECIALIZATION

## *Special rehabilitation methods of Czech physiotherapeutic specialists:*

*Bobath therapy · The Method by Mojzisova · Spiral Stabilization*

*PNF proprioceptive neuromuscular facilitation*

*The Roswitky Brunkow method*

*Soft and mobilization techniques*

*Neurac: neuromuscular activation*

*Dynamic tape · Kinesiological tape · Manual therapy*

*SM System: spiral stabilization of the spine*

*Mulligan Concept*

*DNS Concept - Dynamic Neuromuscular Stabilization*

*ACT Concept - Acral Coactivation Therapy*

## REOTHERAPY – ONLY IN DARKOV SPA

Above standard and very intensive neuro-rehabilitative program based on robotic equipment which significantly increases quality and strengthens effect of classical rehabilitative methods. Very beneficial is the special form of exercise that highly motivates the patients

to achieve better and better performances. Rehabilitative-robotic program which helps with rehabilitation during the difficult process of re-education of patient's movement.



## NEUROLOGY

*„I came to Darkov with quadroparesis after a car accident in a wheelchair. After few months I was able to walk again.“ Paula, Canada*

Treatment is designed to meet the needs of the individual patient, depending on the specific indication. We return clients back to

everyday life. Neurological rehabilitation can often return function, reduce symptoms and improve the well-being of the patient.



## ORTHOPAEDICS

*„The best thing is waking up in the morning with no pain and to be able to walk like other people.“ Wolfgang, Germany*

The treatment is suitable for individuals who have undergone joint replacement, experienced a musculoskeletal injury, sustained bone trauma or have been diagnosed with a degenerative joint disease and who often have limited function and mobility, pain and other

complications. The orthopaedic rehabilitation helps patients to recover the skills and develop the strategies to resume their daily activities. We have excellent results because we combine the hi-tech medical equipment and individual exercises.



## VASCULAR SYSTEM

An individualized plan of monitored exercise to improve stamina and strength for patients with artery diseases. Program combines exercise, education and support to help you restore and maintain your physical and psychological well-being.

Suitable rehabilitation for patients with artery diseases, conditions

following thrombosis (at least 3 months after remission of the acute condition), after surgery of varicose veins and for patients with chronic lymphatic edema.

The aim is to help patients to make a full recovery so they can return to an active, healthy lifestyle.

## GYNECOLOGY + IVF

*„After being diagnosed with endometriosis I was preparing for my IVF in this spa. Their curative procedures supported everything and helped me with conceiving. I'm so happy.“ Tracy Smith, USA*

We know that women want and require different gynaecological services at various stages of their lives and we have a genuine interest in making certain that you have the most effective and comprehensive

treatment plan available. Conditions after gynaecological surgery, IVF + genetics, sterility and infertility, endometriosis, incontinence and menopause.

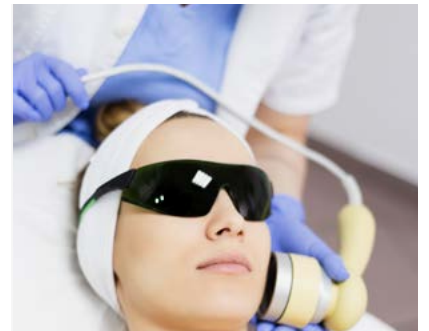


## DERMATOLOGICAL DISEASES

*„I struggled with the way people reacted to my appearance after my face got burned. In Darkov they helped me regain my confidence.“ Jacek, Poland*

We are specializing in treating burns, psoriasis and eczema. A significant improvement of dermatological conditions can be achieved through appropriately selected and correctly and carefully conducted

therapy, along with taking advantage of our unique iodine-bromine brine and preventive measures.





## OVERWEIGHT AND OBESITY

We understand that making any type of lifestyle change can be challenging. We applaud your bravery in seeking out ways in which you can change your life for the better.

The basic of this program is combination of balanced diet under the nutrition specialist control, regular In Body examinations and individual rehabilitation. We want to help you with getting your life back on track.



## CHILD TREATMENT AGED 5 – 15 YEARS

*„I've been going to Darkov with psychomotor retardation which affected my development since I was 4. There I underwent a special rehabilitative program REOTHERAPY. Now my parents can barely keep up with me!“ Anna, Russia*

High intensity rehabilitation, tailored to the individual needs of child patient. The most important part of the treatment program is an

individual physiotherapy plan using special treatments, methods and modern robotic devices.



IMOOVE 600



# MODERN TECHNOLOGY

- **IMOOVE 600** is a modern technology for functional dynamic rehabilitation. It offers diagnostics and individual exercises including their programming. It is the first device that stimulates more than 90% of the muscles at once. The device is significantly used in post-traumatic conditions and in neurological diseases acquired and inborn.
- **REDCORD** is a physiotherapeutic suspension system of ropes and straps, used in rehabilitation to diagnose functional disorders of the musculoskeletal system, their therapy and secondary prevention. The system connects health care, fitness and sports performance. Exercise improves muscle strength, endurance, balance, coordination and trunk stability.
- **HIGH INTENSITY LASER** represents a new generation of rehabilitation laser technology with excellent clinical results. Laser therapy

REDCORD



”

*I came here with knee ligaments injury that limited me in normal activities. IMOOVE rehabilitation helped me to get back to the condition again. The knee was more stable, stronger and I felt more certain. Even walking up the stairs does not make me any trouble.*

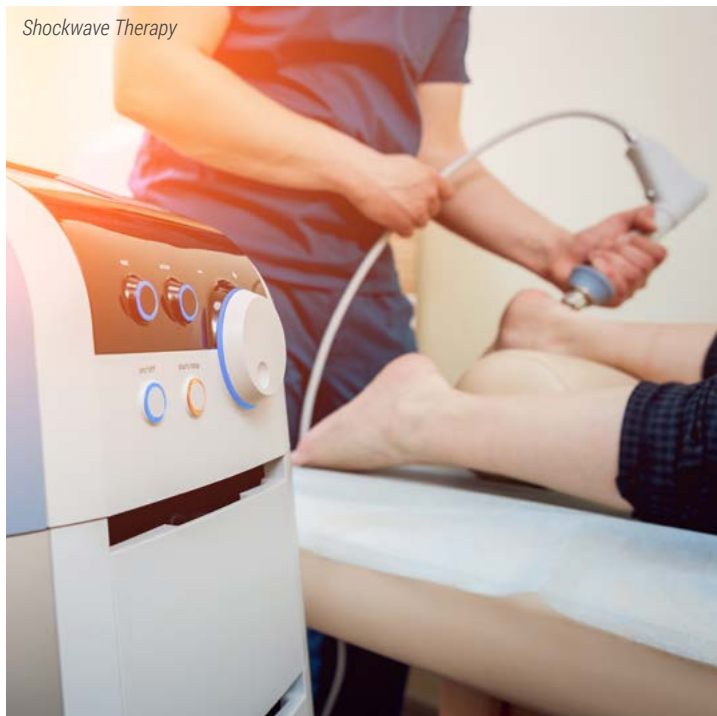
*Pavel, 38 let*

“

significantly stimulates healing and regeneration processes. Therapy is a very simple and effective treatment without side effects.

- **SHOCKWAVE THERAPY** is a unique, non-invasive solution for pain and speed up the healing process. Acoustic wave transfers high energy to painful places and trigger regenerative and reconstructive processes in individual tissues. Ideal choice for treating tennis elbow, jumper's knee and heel spurs. In aesthetic medicine, shock waves are most commonly used to affect scars, cellulites and stretch marks.
- **TR-THERAPY** - Targeted radiofrequency therapy distributes high-frequency electromagnetic waves into the tissue selectively and causes hyperthermia right where needed. TR-Therapy instantly reduces pain, relaxes hypertonic muscles, relieves swelling and supports regeneration of damaged tissue and speeds up healing. Combination of the manual therapist's skills and BTL-6000 TR-Therapy maximizes treatment results and makes this therapeutic procedure one of the most modern therapy. The patient immediately perceives the therapeutic effect that persists long after therapy. The most common indications are: local muscle convulsions, trigger points, myalgia, tendinitis, pain of cervical spine and post-traumatic edema.
- **DREAM WATERJET** - Modern device designed for dry hydrotherapy. Massage is provided by the mechanical effect of a strong hot water stream, which strikes a flexible membrane. Hydromassage system with 6 massage zones, 12 jets and 6 pre-set programs is able to massage either the entire body or only certain body parts. The patient is dressed in common clothes during the procedure.

Shockwave Therapy



Hight Intensity Laser



# ROBOTIC DEVICES

Robotic rehabilitation significantly improves and strengthens the effect of classical rehabilitation methods. A special form of exercises with the robot assistance is a great benefit for patients, who achieve significantly better results.

We use a **number of top robotic devices**, such as:

- **REOAMBULATOR** is a top robotic device that enables diagnostics, stimulation and walking therapy. It is designed for training of walk of patients with neurological and orthopaedic disorders. Darkov Spa is the **only company in the Czech Republic**, which owns this anti-gravity walking trainer.
- **GLOREHA PROFESSIONAL 2** is a modern device for the rehabilitation of patients with neurological or post-traumatic hand injuries. It enables efficient, intense and early therapy. The device allows robotically assisted exercises based on feedback.
- **LOKOHELP** is a unique gait trainer that allows the patient to walk. To make locomotive therapy more effective, the device enables to simulate uphill walking. LokoHelp is used for various locomotive therapies, especially in patients with spinal cord injuries.

”

*I'm stuck in a wheelchair since I was 22 and despite all the rehabilitation, I've never had a significant improvement. I've slowly lost my motivation for further rehabilitation. I was advised to try the ReoAmbulator and it finally helped. I cannot even describe the great feeling when I could stand up and take a few steps. I've got a new impulse to life and thank you very much for that.*

*Roman P, Prostějov* “



GLOREHA PROFESSIONAL 2



# THERMAL IODINE-BROMINE BRINE

## NATURAL HEALING SOURCE

Darkov's natural healing source is heavily mineralized hypertonic chlorosodic iodine-bromine mineral water. It originated during the Tertiary period of the natural sea water, due to time more concentrated and enriched with elements of ancient marine fauna and flora.

Our „Darkov Gold“ iodine-bromine brine is the healing wealth of Darkov Spa. The concentration of iodine is higher than in coastal areas. The brine has a beneficial effect on the vascular system, helps in treatment locomotive and nervous system as well as in the treatment of gynaecological and skin diseases. The baths in this water are everyday part of the local balneorehabilitation.

The healing springs in Darkov have been known since the 13th century. According to legend was in Darkov spring with the iodine-bromine water used by local people for natural healing. The beginning of the spa **dates back to 1867**, when the local natural springs **were recognized as healing** and the first spa season was officially inaugurated.

## WHY IS IODINE-BROMINE BRINE SO UNIQUE?

The main healing element is iodine, the water contains 20 to 25 mg in one liter of water. The basic effect of iodine is mediated via vessels, it is practically the most effective natural balneological element. Water is used in the form of baths and wraps. The iodine bath also has an excellent therapeutic, preventative, regenerative and rejuvenating effect. The bath is prepared as an overall bath of **37-38 °C**.

Iodine has a unique ability of sublimation - very easy evaporation from heated brine into the air. Thus, the microclimate is significantly enriched with iodine and a patient then inhales the considerable amount of iodine during the bath. Partially, iodine is also absorbed by the skin and mucous membrane. It has local antiseptic and disinfecting effect, but more important is its effect on the thyroid gland and other hormonal organs. However, the basic effect of iodine is mediated to individual organs via vessels, it is practically the most effective natural balneological element for the treatment of vascular diseases in the heart, in the brain and on the periphery.



### MINERALISATION

	gram / liter
Black Sea	19
Mediterranean Sea	28
Red Sea	42
Darkov Spa Brine	54

# AESTHETIC MEDICINE

*„I can honestly say I don't have the same body anymore, feel much more beautiful and slight.“ That's the truth! Aesha, Bahrain*

An aesthetic approach that focuses on tangible long-term results and non-invasive methods suitable for women and men alike. Thanks to the technological equipment, using the latest techniques and most professional staff you will always be leaving us satisfied and with guaranteed premium results.

## ICOONE - GENTLE DEPTH TREATMENT OF SKIN

ICOONE is the unique non-invasive device for gentle treatment of skin to the depth while respecting its connective tissue. Biomechanical skin stimulation reduces swelling, improves tension and smooths out wrinkles. ICOONE satisfies the needs of every age category, not only women's.

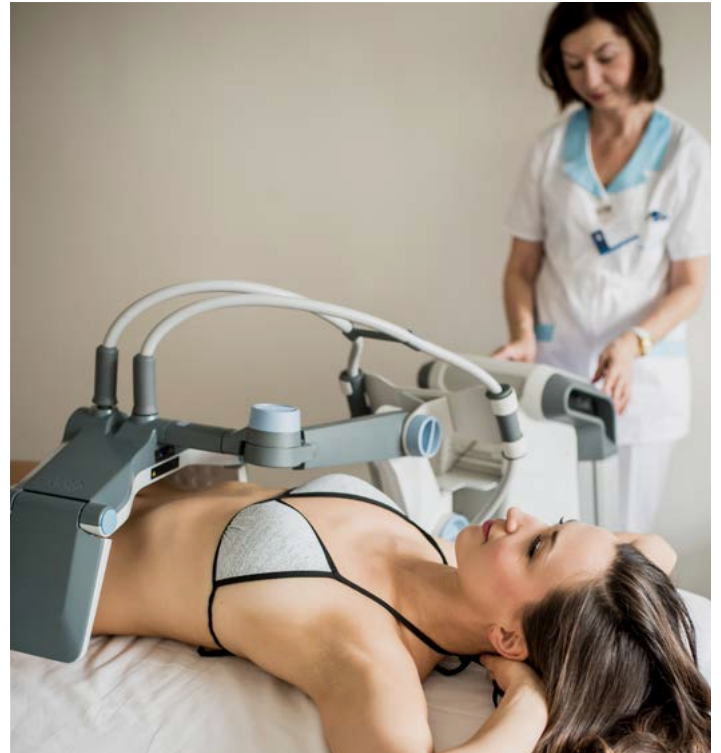


## ICOONE – BODY SHAPING

Patented technology and the market leader for body shaping, cellulite treatment and rejuvenation of the whole body. ICOONE is the unique device for treatment of skin to the depth while respecting the connective tissue. „Medical“ Programs offer solutions of vascular problems, scars and burns.

## VANQUISH ME - UNIQUE WEIGHT-LOSS DEVICE

Revolutionary device for non-invasive liposuction and body shaping and **reduction of subcutaneous fat**. The secret of most world celebrities is hidden in this device, which ensures a visible result after the first treatment.



## INBODY - DIAGNOSIS OF YOUR BODY

Do you want to know if you have enough muscle?  
 How much fat does your body contain?  
 Does your body hold water?  
 How many calories do you burn during the day?  
 What vitamins and minerals are missing from your body?  
 One of the most modern and most reliable devices for **diagnostics and body composition analysis**.

## PROTÉGÉ INTIMA - MODELING OF INTIMATE PARTS

Protégé Intima is the first device for **painless remodelling and strengthening of intimate parts**. The device uses the synergistic effect of monopolar radio frequency and high frequency ultrasound. The treatment is fast, comfortable and with excellent effect after the first application.

# BEAUTY SALON

**HAIRDRESSER SALON** - a professional team of hairdressers knows how to underline the beauty of each client with individual approach and quality Italian hair cosmetics FRAMESI. Massage chairs are available for your absolute comfort.



**COSMETIC TREATMENTS** and beauty rituals are based on the synergy of the effects of specific active ingredients and the manual techniques of the luxurious French cosmetic company Sothys Paris.

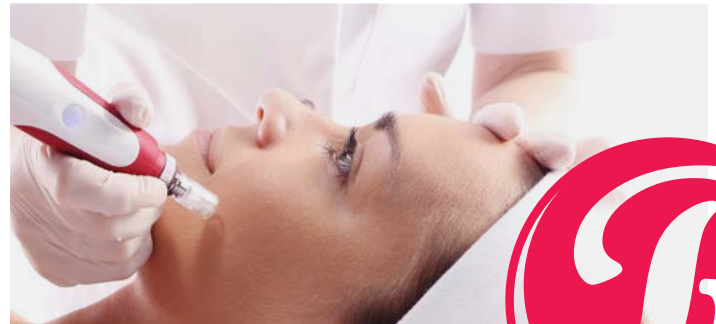
**MANICURE AND PEDICURE** are cosmetic procedures for all who want beautiful and healthy nails. These procedures are also suitable for men and we recommend a special P-Shine Japanese manicure. Pedicure softens dry and cracked skin. Procedures have a cleaning, regenerative and relaxing character.

**MESOTHERAPY** is a specific non-invasive lifting treatment. Collagen, elastane and hyaluronic acid in the skin decrease with

age. The loss of these substances is responsible for the formation of wrinkles and for the thinner, more fragile and dehydrated skin or pigmentation. Mesotherapy uses injections of hyaluronic acid, vitamins and other substances to nourish the skin, smooth out the wrinkles, deeply hydrate the skin and initiate collagen production.

**DEPILATION / EPILATION** - these procedures will remove unwanted hair. We will recommend you the most effective application. For depilation, we use patented Lycon waxes, which are less painful than conventional waxes. For epilation is used the powerful Delighter Laser to prevent the growth of hair in all parts.

**MICRODERMABRASION** is a cosmetic procedure that uses a mechanical medium (vacuum suction) for exfoliation to gently remove the outermost layer of dead skin cells from the epidermis. It occurs skin stimulation, pores cleaning and removal dead skin cells. The results are visible after the first treatment, the skin is smooth, soft and fresh.



# ACCOMODATION

WE CAN OFFER OUR CLIENTS A WIDE RANGE OF POSSIBILITIES FOR ACCOMMODATION ACCORDING TO THEIR INDIVIDUAL WISHES AND DEMANDS.

**We provide accommodation in lux and exclusive single or double rooms.  
We also offer specially adapted rooms for immobile patient.**

The Darkov Spa offers accommodation in spacious, standard rooms including exclusive rooms on the Alqattan floor and luxury apartments. All rooms are modern designed with luxurious facilities respecting the needs of immobile patients.

## ROOM STANDARD

TV / SAT with foreign channels, free Wi-Fi, telephone, safe deposit box, hairdryer, kettle, fridge, balcony

## ROOM EXCLUSIVE

TV / SAT with foreign channels, free Wi-Fi, telephone, safety deposit box, hairdryer, kettle, fridge, balcony, kitchen, air conditioning

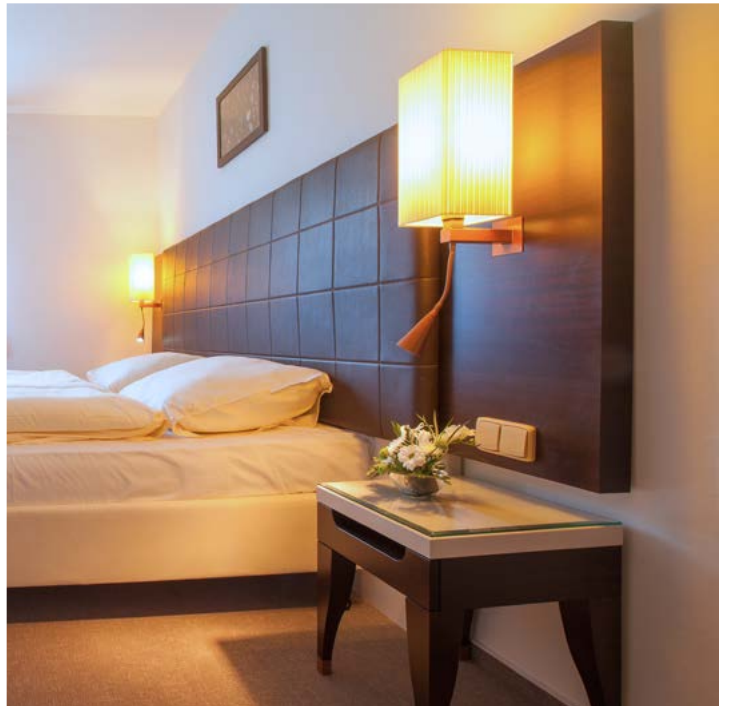
## APARTMENT EXCLUSIVE

TV / SAT with foreign channels, free Wi-Fi, telephone, safety deposit box, hairdryer, kettle, fridge, balcony, kitchen, air conditioning, living room with extra bed

Rooms offer maximum comfort with accent on safety, including medical signaling.  
**They are adapted for immobile patients and equipped with an electric positioning bed.**







# GASTRONOMY

RESTAURANT SERVES A MOUTH-WATERING SELECTION OF AUTHENTIC EUROPEAN CUISINE  
ALONG WITH POPULAR INTERNATIONAL STANDARDS.

**Breakfast, lunch, and dinner are served in both a buffet-style.**

However Darkov Spa offers so many kinds of gastronomy. The Pastry shop offers creative cakes, pastries, tarts and cookies – all catering to those sweet and savoury cravings. For the café is a must-visit for guests who seek to enjoy an appetizing alternative and a unique setting.



# ADVENTURE WELLNESS

In the wellness and relaxation center „World of Vitality“ you will find a freshwater and iodine pool, whirlpools, Finnish and steam sauna, infrared sauna and a Polarium for whole-body cryotherapy.

**Whirlpool** - a gentle whirling water massage has beneficial effects on blood circulation of the whole body. It supports relaxation of muscle and joint stiffness.

**Iodine-bromine pool 36°C** - the specific therapeutic effect of iodine bath in the pool is also dependent on inhalation of iodine above the water surface. Due to the size of the water surface, the effect is more significant than in the bath.

**Steam sauna** - also known as hot foggy bath is a popular and healthy perspiration bath. The relative air humidity is up to 100% and the temperature is 43-46 ° C. Hot steam has a positive effect on respiratory system diseases, asthma prevention, rheumatic difficulties and muscle strain and also improves blood circulation of the skin.

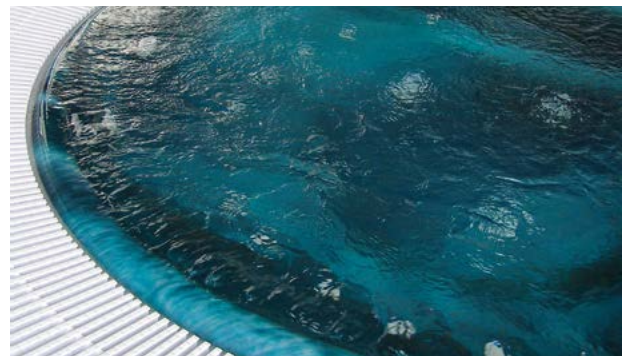
**Polarium – Cryogenic Chamber** - is a whole-body cryotherapy. Staying in a room with an extremely low temperature of -110 ° C to -130 ° C lasts 3 minutes followed by 30 minutes of kinesiotherapy. This therapeutic and regeneration method improves the function of muscles and joints, has an anti-inflammatory effect and improves immunity, also reduces pain, speeds up healing processes and has anti-cellulite effect.

**Finnish sauna** - air temperature 60-90 ° C is laid out according to the height of individual benches in the sauna. The human organism is cooled by the evaporation of sweat and stay in the sauna is followed by a cold bath. Sauna supports hardening, prevents colds, positively affects circulatory system disorders and mild rheumatic diseases.

**Infrared sauna** - is a heated sauna with special infrared heaters that warm the body deep under the tissue. Sauna is suitable for chronic health problems and relieves painful or stiff joints and muscles. Heat helps the body to excrete toxic substances, improves blood circulation and speeds up the process of fat burning.

## SWITCH OFF AND RELAX ...

*in our swimming pool with a temperature of 31 ° C, whirlpools, iodine-bromine pool with a temperature of 36 ° C, steam sauna, Finnish sauna, infrared sauna, or you can cool down in a whole-body cryogenic chamber. You can also enjoy the regeneration of the whole body with a pleasant massage.*



## SPORT

TOURISTIC TRAILS · HIKING  
NORDIC WALKING · BIKING  
SLEDGE HOCKEY · YOGA  
SKIING



## ORGANIZATION SIGHTSEEING AND SHOPPING WITH GUIDE



KRAKOW - **POLAND**  
BRATISLAVA - **SLOVAKIA**  
VIENNA - **AUSTRIA**



## CZECH REPUBLIC

### HISTORICAL CITIES:

PRAGUE, BRNO, OSTRAVA,  
OLOMOUC, OPAVA, ZLÍN,  
ČESKÝ KRUMLOV, ČESKÝ  
TĚŠÍN, MIKULOV, ZNOJMO

## CZECH REPUBLIC CASTLES AND CHATEAUX: KARLŠTEJN, LEDNICE - VAL- TICE AREA AND OTHERS



## CZECH REPUBLIC BESKYDY MOUNTAINS



## NATURE AND HISTORICAL MONUMENTS

IT IS A COLOURFUL AND DIVERSE REGION, WHERE TRAVELLERS, TOURISTS AND LOVERS OF CULTURE AND HISTORICAL SIGHTS WILL FIND EVERYTHING THEY COULD WISH FOR: SOARING MOUNTAINS AND FERTILE PLAINS, BUSTLING CITIES AND SLEEPY VILLAGES, ROARING HIGHWAYS AND QUIET DIRT ROADS, DARK FORESTS AND SUNNY MEADOWS AND PASTURES, BUBBLING STREAMS AND WILD RIVERS, IMPRESSIVE AND OPULENT CASTLES AND CHATEAUX.

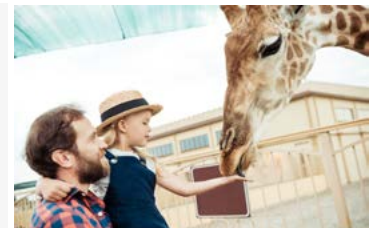


## EVENTS

LOCAL AND TRADITIONAL  
EVENTS, FAIRS,  
EXHIBITIONS, GALLERIES'  
EXPOSITION, FESTIVALS,  
CINEMAS

## CHILDREN

DINOPARK  
ZOO IN OSTRAVA  
ZOO IN ZLÍN



## FOREIGN CLIENTS' OFFICE



## AIRPORT TRANSFERS

**TICKET  
RESERVATION**

BUS, TRAIN, FLIGHT TICKET,  
OPERA'S TICKET, CONCERTS  
TICKET, MUSEUM



**HELP WITH  
THE VISAS  
VISA PROCUREMENT**



**CARGO  
SHIPMENT**



**PERSONAL  
NURSING CARE**



**CULTURAL  
EVENTS TICKETS**



**PLANNING  
OF TRIPS  
& RESERVATION**



**RESTAURANT  
PASTRY SHOP  
CAFE**



**CHILDREN'S  
CORNER**



**ROYAL  
BEAUTY & SPA**

BARBER SHOP, COSMETIC  
SALON



**SHOPPING  
CENTRES**



**CAR RENTAL**



**POST OFFICE  
ATM**





# CONTACTS

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**E-mail:** darkovspa@darkov.cz  
**Website:** www.darkovspa.com  
**WhatsApp:** +420 734 863 250

## DISTANCE FROM AIRPORT TO DARKOV SPA IN KARVINÁ

Ostrava - LEOS JANACEK OSTRAVA AIRPORT	40 km
Katowice - KATOWICE AIRPORT	100 km
Krakow - JOHN PAUL II INTERNATIONAL AIRPORT KRAKÓW	130 km
Vienna - VIENNA INTERNATIONAL AIRPORT	370 km
Prague - VÁCLAV HAVEL AIRPORT PRAGUE	410 km
Munich - MUNICH AIRPORT	770 km
Frankfurt am Main - FRANKFURT AIRPORT	900 km



OFFICIAL PARTNER OF EXPO 2020 FOR CZECH REPUBLIC



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This project is co-financed  
by Moravian-Silesian region



Moravskoslezský  
kraj

**DARKOV Spa**

