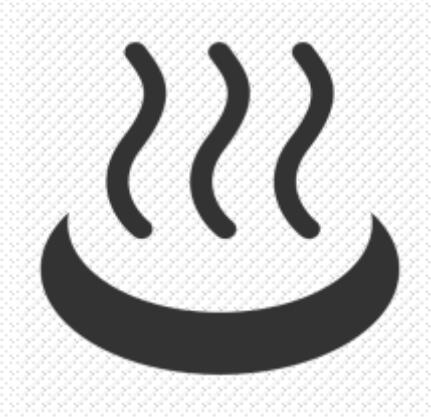


MIKE WALLACE

Thermal Health Spas in post Covid Europe



Hotels
& Destinations

Health
& Prevention

Wellness
& Relaxation

Packages
& Deals

Send Inquiry

Book now



What are you looking for?

Health & Prevention

Wellness & Relaxation

Family Vacation





Traditional Cure

Our signature medical package combines our scientifically-proven natural resources with our expert physical therapies for...



Wellness Stay

Welcome to Ensana, the perfect choice for your wellbeing.



Relax & Beauty

Everyone needs a little "me" time once in a while. Pamper yourself with Relax & Beauty Spa Package for an overall wellbeing...



Healthy Weight Program

Are you ready to say goodbye to those excess kilos? Our famous special programme combines nutritional balance with 28 health...



state voucher CZK 4,000

Respiratory Recovery Program

01. May 2021 - 07. January 2022 / min. 7 nights

Spa stay for 7 nights focused on the regeneration of the respiratory tract to assist recovery from Covid-19 and other lung diseases, supported by a striking combination of unique local natural healing resources and traditional spa treatments. State voucher CZK 4,000 applicable until 31.12.2021

Spa treatments:

- > 3x mineral bath
- > 2x bubble bath
- > 2x partial medical massage
- > 2x oxygen inhalation
- > 2x inhalation
- > 2x bioptron lamp
- > 3x breathing exercises
- > 3x paraffin pack for hands
- > 2x salt cave

- > Mineral water drinking cure at the doctor's recommendation
- > Swimming and saunas will be recommend a doctor according to a client's health condition

Package Details:

01. May 2021 - 07. January 2022

Minimum 7 nights in the booked room category

Full Board with breakfast, lunch and dinner

Initial and final medical examinations

Herbal tea during whole stay



Immunity Booster Package

Strengthen your immunity

01. November 2020 - 20. December 2021 / min. 3 nights

Spa stay for 3 nights with an emphasis on prevention and immunity boost supported by a striking combination of unique local natural healing resources and traditional spa treatments.

6 treatments:

- > 2 x carbon dioxide bath
- > 1 x oxygen therapy (20') or inhalation (15')
- > 2 x hydrotherapy treatment (hydromassage, bubble bath or alternating temperature bath)
- > 1 x salt cave treatment (40')

There's more than:

Relaxation

Detox **Weight loss**

Leisure

Traditional Cure



Seniors on Balneotherapy Cures



Families on leisure breaks



OPAL: Old people active lifestyle



Singles and millenials



WHOP: Wealthy/healthy older people



Couples



Special interest groups



Growing number single women seniors

Who will be our guests post covid?

- Which segment are we targeting?
- What treatments and services will they want?
- What can our destination's usp and reputation be post covid?
- What will be the country's reputation post covid?



“The COVID-19 pandemic is exceptional. Its effect will likely be imprinted on each individual involved. Extensive stressors will emerge or become worsened.”

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children.

The COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing, according to a new WHO survey.

Studies of the general public revealed lower psychological well-being and higher scores of anxiety and depression compared to before COVID-19...

...PEOPLE WITH PRE-EXISTING MENTAL HEALTH AND SUBSTANCE USE DISORDERS WILL BE AT INCREASED RISK OF INFECTION WITH COVID-19, INCREASED RISK OF HAVING PROBLEMS ACCESSING TESTING AND TREATMENT AND INCREASED RISK OF NEGATIVE PHYSICAL AND PSYCHOLOGICAL EFFECTS STEMMING FROM THE PANDEMIC.

Impact of Covid on our lives

- Increased sedentary lifestyle
- Increased Food consumption
- Increased Alcohol consumption
- Increased Digital consumption
- Reduced social contact
- More time to think



The hot topic in 2021

Harry to become chief impact officer at US coaching firm BetterUp

11 hours ago



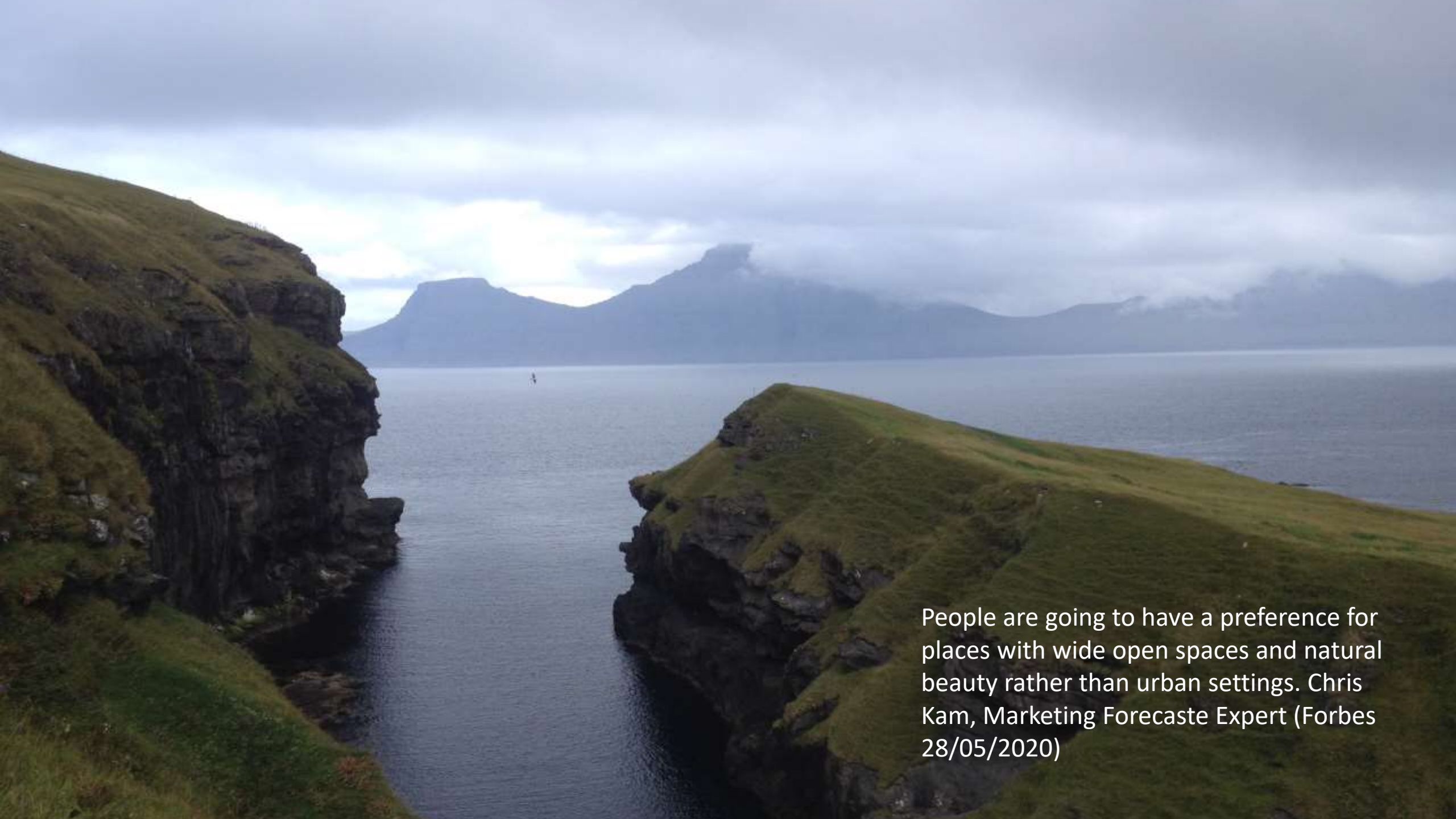
Prince Harry and his wife have stepped away from royal duties

The Duke of Sussex is to become chief impact officer at the US coaching and mental health firm, BetterUp.



- Mind, body and soul
- Peace – stress relief
- Non crowded environments





People are going to have a preference for places with wide open spaces and natural beauty rather than urban settings. Chris Kam, Marketing Forecaste Expert (Forbes 28/05/2020)

Accessible locations / Safety / Hygiene



Covid: Masks and social distancing 'could last years'

13 hours ago | UK

People may need to wear face coverings and socially distance for several years until we return to normality, a leading epidemiologist has predicted.



00 x 450

Advantages for Health Destinations

- Domestic or close destinations
- Scenic and beautiful locations
- Clinical standards of safety / hygiene
- Non crowded accommodation
- Highly trained medical staff
- Wide range of treatments



Beyond Leisure & Balneotherapy :

Medical Innovation. Natural Therapies. Healthy Nutrition.

- Lifestyle Programs
- Prevention
- Mindfulness
- Mental Wellness
- Unique outdoor experiences

Holistic Healing

Yoga Retreats

Addiction
recovery

Ayurveda Retreats

Chronic pain

Stress Management

*Personal
Discovery*

*Emotional
Healing*

Spa Programs for
men

MINDFULNESS

Detox Retreats

Wellness for couples

Group Wellness

Fasting

Boot camps

**Sleep
enhancement**

Anti-aging

Art & Yoga

Follow the Spirit Walk trail to the markers indicated

- 1 Intention
- 2 Joy
- 3 Discovery
- 4 Reflection
- 5 Spirit
- 6 Peace
- 7 Serenity
- 8 Sanctuary



Lesiure

Yoga Studio

Treatments

Fitness

Sports

Life enhancement center

Spiritual wellness center

Medical & healing center



OPTIMAL HEALTH EXPLORATION



PERSONAL DISCOVERY



OUTDOOR ESCAPE



LIFE ENHANCEMENT RETREATS



SOUL JOURNEY OR SPIRITUAL GUIDANCE



METAPHYSICAL



LIFE MANAGEMENT



PRIVATE CREATIVE EXPRESSION



RITE OF PASSAGE



HIGH ROPES CHALLENGE COURSE



PHOTOGRAPHY HIKE



LIFE MANAGEMENT OR STRESS MANAGEMENT
CONSULTATION



OUTDOOR GROUP ADVENTURE



CULTIVATING A LIFE OF PURPOSE



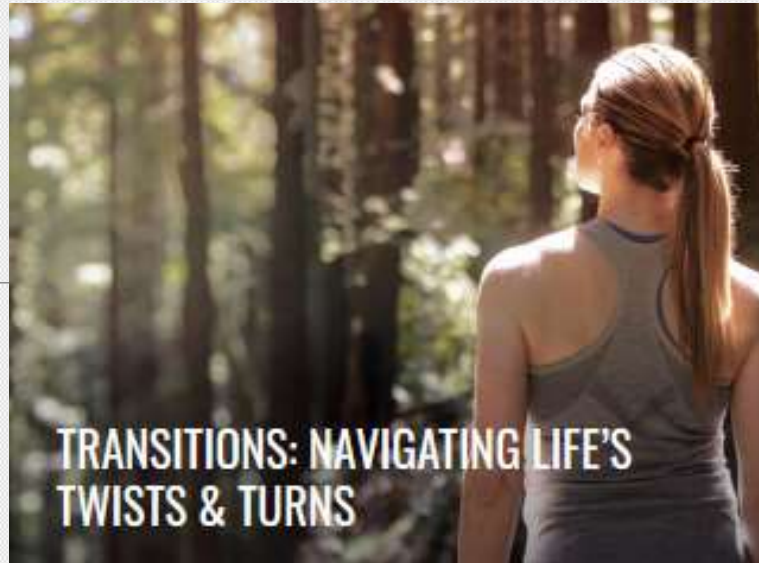
HYPNOTHERAPY



MEDICAL GAIT & ORTHOTIC ANALYSIS



CONNECTING: RELATIONSHIPS THAT WORK



TRANSITIONS: NAVIGATING LIFE'S TWISTS & TURNS



JOURNEY: A WOMAN'S RETREAT



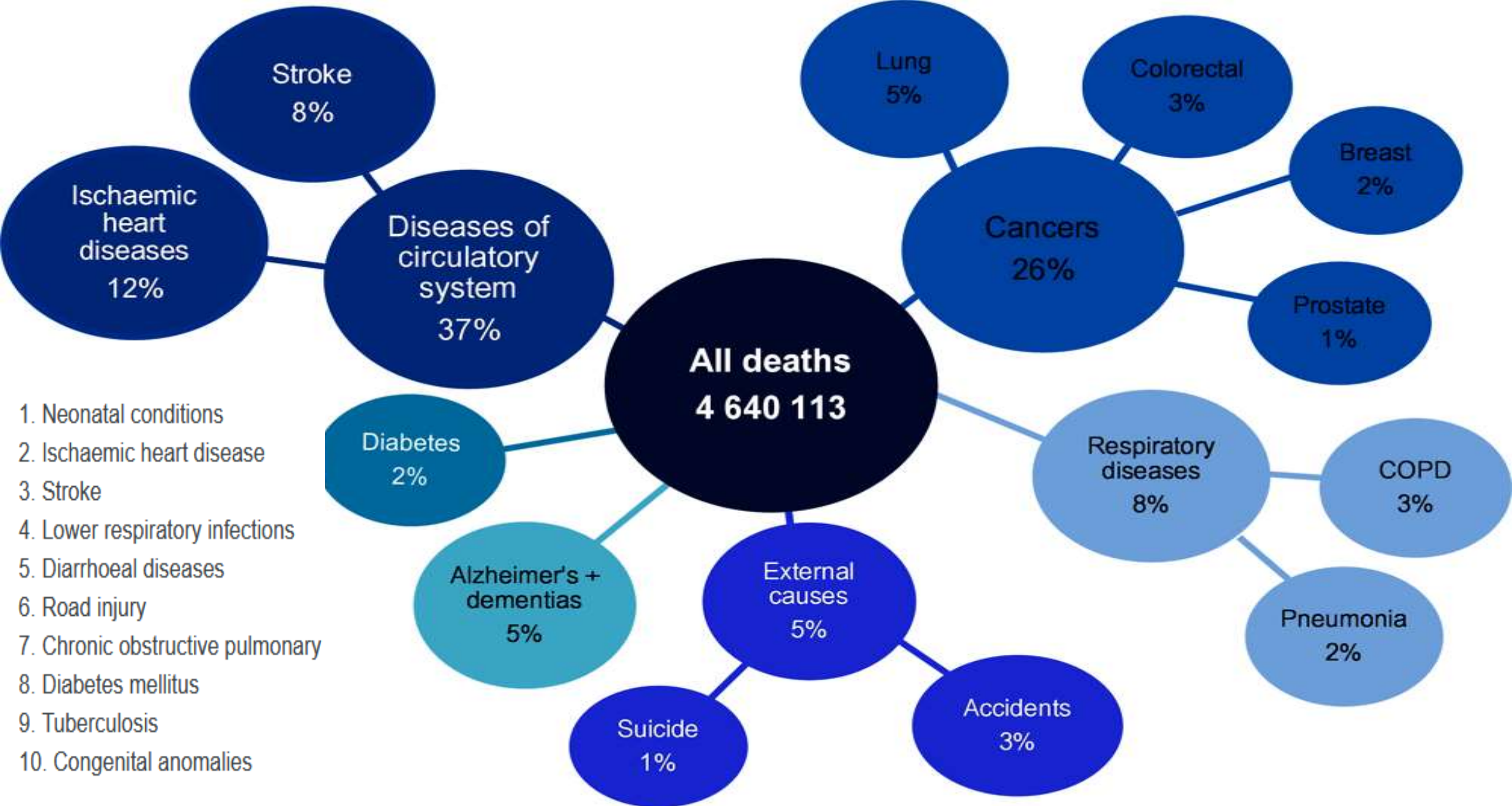
ELEVATE: LAUNCH YOUR BEST LIFE



POST-DIVORCE BOOT CAMP WITH RACHEL GREENWALD



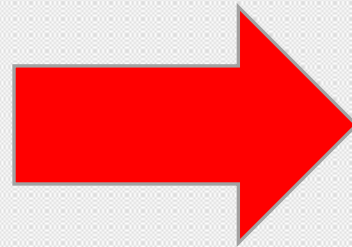
THRIVE: KEEP MOVING & CELEBRATE AGING



1. Neonatal conditions
2. Ischaemic heart disease
3. Stroke
4. Lower respiratory infections
5. Diarrhoeal diseases
6. Road injury
7. Chronic obstructive pulmonary
8. Diabetes mellitus
9. Tuberculosis
10. Congenital anomalies

Wellness is
InterConnected

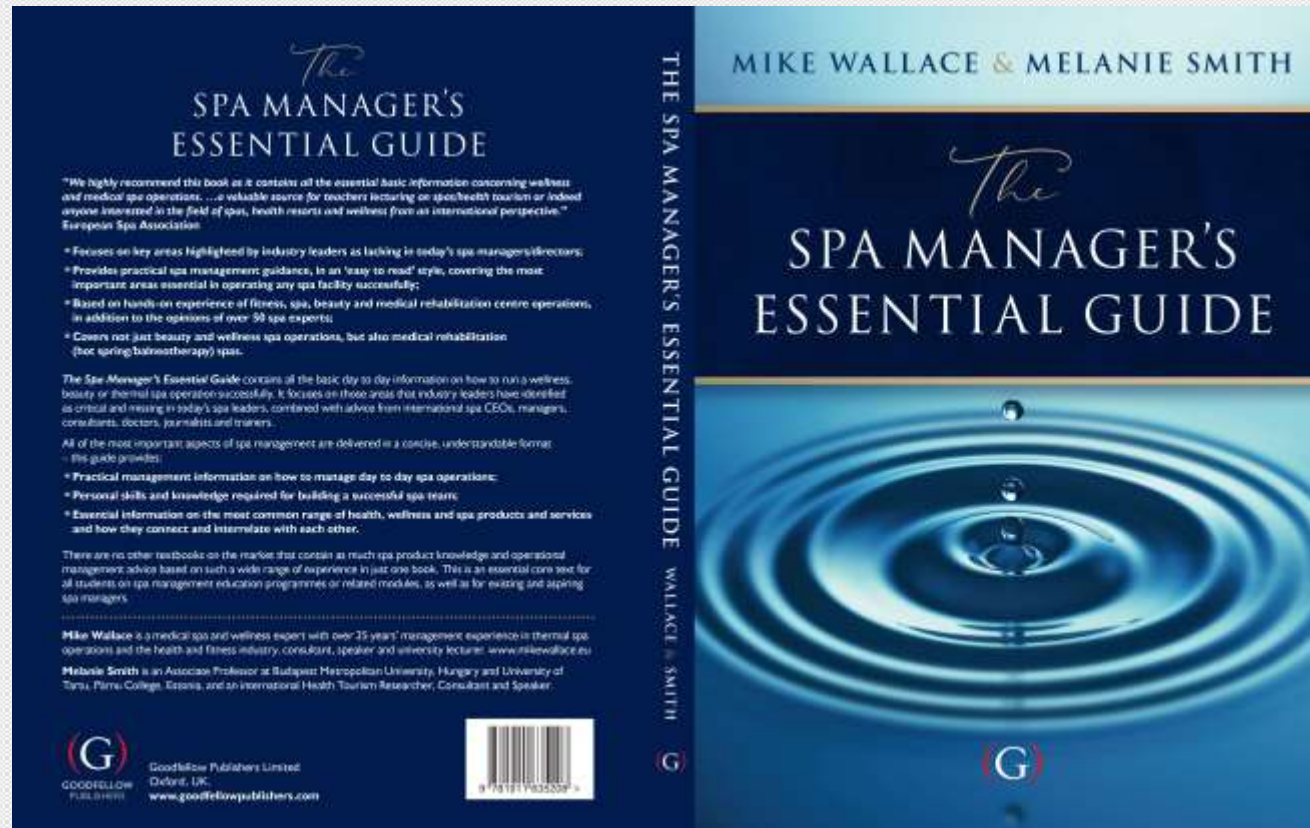
Political
Wellness



Summary

- More to thermal spas than Cure and relaxation
- We have to know who are guests are and what they want
- Mental wellness, scenic locations, accessibility, hygiene
- Specilization, diversity, uniqueness
- Look outside Europe for inspiration
- Expand the medical product beyond Balneotherapy
- The importance of environmental and political wellness

Thank you



The Spa Manager's
Essential Guide

Goodfellow
Publishers

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