

Health and vitality



ensana

Piešťany

Ensana Health Spa Hotels

Medical information

INDICATIONS

The spa stay at Health Spa Piešťany is suitable mainly for treatment of:

Disorders of locomotive apparatus

- ▶ Vertebrogene syndrome (back pain)
- ▶ Degenerative diseases of joints (gonarthrosis, coxarthrosis, arthrosis of small joints of hands and of backbone)
- ▶ Conditions after injuries or operations of locomotive organs, including use of joints substitution
- ▶ Conditions after operations of intervertebral disc
- ▶ Rheumatoid arthritis and related variants
- ▶ Reactive and derivative arthritis - not at an acute stage
- ▶ Extra-articular rheumatism
- ▶ Spondylitis ankylosans (Bechterew's disease)
- ▶ Scoliosis

Disorders of nervous system

- ▶ Conditions after injuries and operations of central and peripheral nervous system
- ▶ Polyneuropathy with paretic appearances
- ▶ Conditions after meningoencephalitis and after myelitis
- ▶ Hemiparesis and paraparesis of vascular origin
- ▶ Disseminated sclerosis
- ▶ Parkinson's disease
- ▶ Neuro-muscular degenerative diseases
- ▶ Poliomyelitis
- ▶ Hereditary idiopathic neuropathy

CONTRAINDICATIONS

- ▶ Infectious diseases
- ▶ Serious heart diseases
- ▶ Acute thrombophlebitis
- ▶ Inflammatory rheumatic diseases in the acute phase
- ▶ Cancer with metastases, cancer in treatment
- ▶ Psychosis
- ▶ Unstable diabetes with repeated acidosis
- ▶ Pregnancy, 6 weeks after parturition, breastfeeding
- ▶ Addiction to alcohol and other addictive substances
- ▶ Incontinency

- ▶ Conditions needing the systematic methodical care of third person
- ▶ Epilepsy with repeated fits

EXAMINATION

Initial Doctor's Check-up

If you are staying with us on a traditional spa package you will, upon arrival, be booked in for a check up with one of our spa doctors. The aim of this initial consultation is to check your health complaints, health history, that the treatments prescribed are safe and effective. If necessary the doctor may prescribe additional examinations and/or laboratory tests.

Doctor's Consultation

The purpose of the doctor's consultation is to confirm the health indications of advised relaxing program. In case of health contraindications some procedures can be changed by doctor for more suitable.

Doctor's Control

If you are staying with us for two week or longer on a traditional or therapeutic spa stay, you will receive a weekly control check up with one of our spa doctors. The purpose of this consultation is to ensure that your treatment plan is having the best results possible and that you are getting the best out of our spa services. In some cases the treatment plan might be adjusted and additional treatments advised, depending on your progress.

Final Doctor's Check-up

At the end of your stay our spa doctors will conduct a final consultation to ensure that the treatments prescribed have gone according to plan. This is also an opportunity for the doctor to give you the necessary medical and lifestyle advice to help continue the improvement in your health once you leave. A report can be produced in German, English or Slovak.

DIAGNOSTIC TESTS

Laboratory tests: basic examination of urine, glycaemia-blood sugar, urea, creatinine, AST, ALT, blood count + diff., FW – blood sedimentation, cholesterol in total, LDL cholesterol, HDL cholesterol, TGL - triacylglycerols, uric acid

ECG: electrocardiography examination

Densitometry examination: examination in the National Institute of Rheumatic Diseases oriented to the bone's density measuring

WHR: Waist to Hip Ratio - Healthy Weight Program

BMI: Body Mass Index - Healthy Weight Program

Examinations, diagnostics and healing treatments not listed in the package descriptions and prescribed medication need to be purchased according to the valid pricelist, which can be found at the medical and spa receptions.



TRADITIONAL CURE

This spa stay is aimed at pain relief, improvement of stiffness, mobility and other symptoms associated with diseases of musculoskeletal system. Recommended length of stay is 2-3 weeks.

Accommodation with full board including breakfast, lunch and dinner.

Doctor and health examinations: (initial and final) with a special emphasis on disorders of the musculoskeletal system and related complications.

Doctor visit: 1 per week, including initial and final check-up.

Diagnostics and laboratory tests upon doctor's prescription: for stay with minimum duration 13 nights. Individual physiotherapy, reflexotherapy for stay with minimum 11 nights.

Medical report at the end of the stay

Healing treatments: an individual treatment program includes up to 20 treatments per week (7 nights). The doctor will prescribe up to 20 treatments based on the health of the client and will recommend active rehabilitation such as group exercise or fitness sessions with a trainer (4 times per week).

TRADITIONAL SPA STAY LIGHT

This spa stay is aimed at pain relief, improvement of stiffness, mobility and other symptoms associated with diseases of musculoskeletal system. Recommended length of stay is 2 weeks. This stay is available only in selected hotels.

Accommodation with full board including breakfast, lunch and dinner.

Doctor and health examinations: (initial and final) with a special emphasis on disorders of the musculoskeletal system and related complications.

Doctor visit: 1x per week.

Diagnostics and laboratory tests upon doctor's prescription: for stays with minimum duration 13 nights. Individual physiotherapy/reflexotherapy for the spa stay with minimum 11 nights.

Medical report at the end of the stay

Healing treatments: an individual treatment programme includes 15 treatments per week (7 nights). The doctor will prescribe 15 treatments based on the health of the client and will recommend active rehabilitation such as group exercise or fitness sessions with a trainer (3 times per week).

Our doctors prescribe for all traditional spa stays a selection of treatments from this list each day:

- ▶ based on the natural healing resources: local mud pack, thermal bath (mirror pool), mud pool, individual thermal mineral bath, individual thermal bubble bath, carbon dioxide thermal bath, underwater traction, peloid therapy for hands, hydrotherapy, parafango
- ▶ forms of individual and group rehabilitation: massages - up to 5 massages per week (partial medical massage, segment massage, underwater jet massage), water rehabilitation, traction, group therapeutic exercise, individual therapeutic exercise, ergotherapy
- ▶ other treatments: electrotherapy (including magnetic therapy), ultrasound therapy, phototherapy (laser therapy, bioptron lamp, repuls), hydrotherapy (underwater jet massage, whirlpool, scottish spray, stepping bath), paraffin for hands, local cryotherapy, dry carbon gas bath, CO2 gas injection, radial shock wave therapy, inhalation, fitness



Spa Stays

HEALTHY WEIGHT PROGRAM

This spa stay focuses on weight reduction combining nutritional balance with treatments for the musculoskeletal system that has been effected by weight overload. The recommended length of stay is 3 weeks and is offered starting from 13 nights. This stay is available only in selected hotels.

Accommodation with full board: special reduction diet, individual diet low on saccharides, with sufficient intake of proteins, low on fats and rich in fluid and vitamin supply; mostly light, low-calorie meals from poultry, fish and white meats, with high content of vegetables, fibres and vitamins, enriched by natural nutritional supplements and a drinking cure.

Doctor and health examinations: (initial and final) with special emphasis on symptoms of obesity and related complications; localization of body fat; individual food intake regime; consultation with a dietary coach.

Consultation with a fitness trainer / BMI and WHR check-up / Diagnostics and laboratory tests / Medical report at the end of the stay

Healing treatments: individual therapeutic program with up to 28 treatments per week (7 nights) based on guest's health and doctor's prescription.

Treatments are selected from below: thermal bath (mirror pool), mud pool, Individual thermal mineral bath, mud pack (2x per week), group therapeutic exercise (3x per week), personal fitness training with fitness trainer (3x per week), whirlpool, hydromassage, underwater jet massage, partial medical massage, individual therapeutic exercise (2x per week) or soft techniques with ortho-bionomic method (2x per week), nordic walking, scottish spray, stepping bath, carbon therapy (max. 2x per week), electrotherapy, oxygen inhalation, salt cave, tractions. One treatment-free day per week (Sunday) for the body to process the cure's benefits.



HEALTHY IN PIEŠŤANY

This spa stay is for those who would like to enjoy and have a taste of the unique treatments of Spa Piešťany.

Accommodation with half board including delicious breakfast and dinner.

Doctor's Consultation: to screen possible contraindications of treatments.

Healing treatments: relaxation program including treatments stated below:

2 nights - 3 treatments per stay

1x thermal bath (mirror pool), 1x Local mud pack, 1x partial medical massage.

3 nights - 4 treatments per stay

1x thermal bath (mirror pool), 1x local mud pack, 1x partial medical massage, 1x hydrotherapy / thermal bubble bath.

4 nights - 5 treatments per stay

2x thermal bath (mirror pool), 1x local mud pack, 1x partial medical massage, 1x hydrotherapy / thermal bubble bath.

5 nights - 7 treatments per stay

2x thermal bath (mirror pool), 1x local mud pack, 2x partial medical massage, 1x hydrotherapy / thermal bubble bath, 1x group therapeutic exercise.

6 nights - 9 treatments per stay

2x thermal bath (mirror pool), 1x local mud pack, 2x partial medical massage, 1x hydrotherapy / thermal bubble bath, 1x saltcave / oxygen/ inhalation, 2x group therapeutic exercise.

7 nights - 13 treatments per stay

2x thermal bath (mirror pool), 2x local mud pack, 2x partial medical massage, 2x hydrotherapy / thermal bubble bath, 2x Salt cave / oxygen / inhalation, 2x group therapeutic exercise, 1x paraffin / parafango pack / dry carbon gas bath.

FOREVER YOUNG WEEK

This spa stay is recommended especially for seniors to regenerate and rejuvenate with a length of stay of 1 week (7 nights). This stay is available only in selected hotels.

Accommodation with half board including breakfast and dinner.

Doctor and health examinations (initial)

ECG test

Healing treatments: individual therapeutic program with up to 9 treatments per week (7 nights) based on guest's health and doctor's prescription + 3 active rehabilitation treatments per week such as group exercises or fitness training with fitness trainer.

Treatments are selected from below: carbon dioxide thermal bath, thermal bubble bath, local mud pack or parafango pack (1 per week), paraffin pack, thermal bath (mirror pool) or individual thermal mineral bath, salt cave, whirlpool, stepping bath, partial medical massage, dry carbon gas bath, carbon injection, peloidotherapy.

TASTER CURE

This programme is your chance to try the Ensana way of life, combining the healing effects of our natural resources with the clean air, free time and healthy cuisine of our beautiful spa destination.

Accommodation with half board including breakfast and dinner.

Doctor's Consultation: to screen possible contraindications of treatments.

Healing treatments:**2 nights - 2 treatments per stay**

1x mirror pool, 1x hydrotherapy

3 nights - 3 treatments per stay

1x mirror pool, 1x hydrotherapy, 1x partial medical massage

4 nights - 4 treatments per stay

1x mirror pool, 1x hydrotherapy, 1x partial medical massage, 1x mud pack

5 nights - 5 treatments per stay

1x mirror pool, 1x hydrotherapy, 1x partial medical massage, 1x mud pack, 1x group exercise

6 nights - 6 treatments per stay

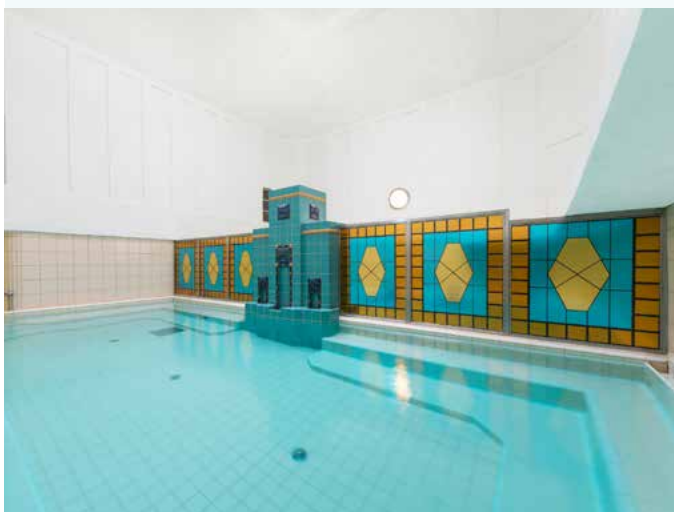
2x mirror pool, 1x hydrotherapy, 1x partial medical massage, 1x mud pack, 1x group exercise

RELAX

Choose this package if your body feels tense with the stress of daily life. This stay is available only in selected hotels.

Accommodation with half board including breakfast and dinner.

Healing treatments: 1x full body massage, free spa access/swimming pool before check in, after 11am

**IRMA HEALTH SPA**

This luxurious health spa is built directly over the healing springs and you can find here over 60 medical and spa treatments. At the heart of the spa is a unique mud pool. The spa is directly connected with the Art-Nouveau hotel Thermia Palace.

**NAPOLEON HEALTH SPA**

The oldest health spa complex in Piešťany consists of three classic spa buildings which form a small square. In addition to the variety of treatments on offer, here is the first mirror pool (thermal pool) on the Spa Island as well as a salt cave which is situated in Napoleon III.

**BALNEA HEALTH SPA**

This totally modern health spa offers a wide range of treatments in a state-of-the-art complex. The spa is directly connected with Esplanade and Splendid hotels.

**PRO PATRIA HEALTH SPA**

Treatments are provided in an historical spa complex. The mud preparation in Pro Patria Health Spa is carried out according to original methods employed since 1916. The spa is directly connected with the hotel Pro Patria.



Thermia Palace

Ensana Health Spa Hotel

Kúpeľný ostrov, 921 29 Piešťany
(N 48°35'12.9" E 17°50'27.7")

Tel.: +421 33 775 6111

Reservation: +421 33 775 7733

thermiapalace@sk.ensanahotels.com



Beautifully renovated Art-Nouveau gem built in 1912 is located in the picturesque environment of the Spa Island. This 5-star hotel offers 118 luxurious, air-conditioned rooms and suites and is directly connected to the Irma Health Spa. Enjoy health and comfort under one roof and indulge in the mud or mirror pools in our unique spa.

ROOMS

All rooms and suites are air-conditioned, non-smoking, with bathroom (bathtub or shower), equipped with LED TV, 2 telephones, WIFI, safe, minibar upon request, tea/coffee making facilities, hairdryer, bathrobe.

Comfort: Comfortable and friendly double room in Art Nouveau design.

Deluxe: Spacious double room in classic Art Nouveau design with bathrobe and turn down service.

Deluxe Plus: Large double room with stylish interior in classic Art Nouveau or modern design with bathrobe and turn down service.

Suite: Luxurious suite with living room and bedroom are in beautiful Art Nouveau furnishing with bathrobe, slippers, turn down service, daily newspaper upon request and bath scale.

Deluxe Suite: Large luxury suite with bedroom and living room equipped with bathroom, balcony, Hi-Fi, bathrobe, slippers, turn down service, daily newspaper upon request, and bath scale.

Concierge, luggage service, business center.

With surcharge: butler service, room service, laundry service, parking, transfers.

MEDICAL SPA & PREVENTION

The Irma Health Spa with its unique mud and mirror pool offers over 60 treatments, such as mud packs, thermal mineral baths, individual bubble baths, underwater jet massages, tractions, electrotherapy, individual therapeutic exercise, medical massages. 24/7 access to health care.

RELAXATION & WELLNESS

Outdoor and indoor pool, sauna world, whirlpool, tepidarium, experience shower with imitation of a tropical rainstorm. Fitness Center, Wellness & Beauty: cosmetic treatments with high-quality cosmetics, manicure and pedicure.

RESTAURANTS & BARS

In the Grand Restaurant and Salon Hubertus is served excellent international cuisine as well as Slovak specialities. Our menus and buffet selections offer tempting dishes with orientation on the trends of light and modern gastronomy. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation. Coffee and tea specialities as well as delicate wines and cocktails are served in Café Alexander, in Salon Ferdinand and on the beautiful summer terrace. You will find a great selection of slovak and international wines in our wine cellar.





Esplanade Ensana Health Spa Hotel



Esplanade

Ensana Health Spa Hotel

Kúpeľný ostrov 921 29 Piešťany
(N 48°35'25.3" E 17°50'49.9")
Tel.: +421 33 775 5111
Reservation: +421 33 775 7733
esplanade@sk.ensanahotels.com



This 4-star hotel complex is located in lush parkland right in the centre of the Spa Island. Esplanade provides accommodation in 259 guest rooms and suites. Wing Palace offers 197 rooms and suites.

The rooms and restaurants underwent reconstructed over the past two years. It is a hotel for all occasions - spa and health care in the directly connected Balnea Health Spa, wellness and relaxation in the Water and Sauna World, culinary delicacies in various restaurants, café with summer terrace, night bar with live music, spacious convention facilities, as well as changing offers of leisure and sport activities.

ROOMS

WING ESPLANADE

All rooms and suites are non-smoking with bathroom (bathtub or shower), balcony, equipped with SAT-TV, WIFI, minibar upon request, telephone, safe, hairdryer and bathrobe.

Comfort: Comfortable room in classic-functional design. Rooms with air-conditioning on request for an additional fee.

Premium: Newly renovated room with modern furnishings with air condition and bathroom (shower).

Premium Plus: Spacious newly renovated room with modern furnishings with air condition and bathroom (shower). Extra beds available.

Comfort Suite: Suite with separate bedroom and living room. Extra beds available.

Premium Suite: Luxurious, modern suite with living room and separate bedroom with air condition and bathroom (shower). Extra beds available.

Presidential Suite: Modern furnished luxury air-conditioned suite with living room and 2 bedrooms, 2 bathrooms. Extra beds available.

WING PALACE

All rooms are air-conditioned non-smoking room with bathroom (bathtub or shower), equipped with SAT-TV, WIFI, minibar upon request, telephone, safe, hairdryer and bathrobe.

Standard: Room in classic-functional design with French balcony.

Superior: Spacious room in classic-functional design with French balcony, extra beds available.

Junior Suite: Spacious room in classic-functional design with extending settee, bathroom (shower), extra beds available for children up to 12,99 y. of age.





MEDICAL SPA & PREVENTION

The Balnea Health Spa provides high quality treatments with a medical approach. The natural healing resources are the cornerstones of the Piešťany spa which has become world famous thanks to its modern methods of treating rheumatism and other disorders of locomotive system. In addition to thermal mineral baths with unique sulphurous water we provide a huge variety of healing spa treatments such as mud pack, underwater jet massage, traction, antispastic kinesiotherapy, ergotherapy, mechanotherapy, electrotherapy, individual therapeutic exercise, active rehabilitation treatments and medical massages. 24/7 access to health care.

RELAXATION & WELLNESS

Water and Sauna World features an indoor/outdoor pool with water attractions such as jacuzzi, massage benches or water fountains, Finnish sauna, infrared sauna, steam bath, solarium and relaxation room. Fitness and beauty salon in Balnea Health Spa.

RESTAURANTS & BARS

The restaurants offer a pleasant atmosphere. Breakfast, lunch and dinner are served in buffet style. Within the menus guests can appreciate an assortment of healthy, light dishes, low in fat and sugars. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation. Coffee, tea and specialities can be enjoyed in Park Café with a summer terrace. More delights are served in Balneo Café.

Concierge, luggage service, library, billiard, bridge and chess tables, business center, ATM, shops.

With surcharge: room service, laundry service, exchange office, parking, garage, transfers.



Splendid

Ensana Health Spa Hotel

Kúpeľný ostrov, 921 29 Piešťany
(N 48°35'35.5" E 17°50'58.1")
Tel.: +421 33 775 4211
Reservation: +421 33 775 7733
splendid@sk.ensanahotels.com



The hotel Splendid is situated in the northern part of the Spa Island among century old trees. Splendid offers 143 rooms and Grand 161 rooms. This 3-star complex is directly connected to the Balnea Health Spa with a corridor. The guests can enjoy the healthcare, surrounding nature and quiet environment, but also a rich cultural program and music concerts. The hotel is directly connected with the Convention centre and is a perfect place for events and congresses.

ROOMS

SPLENDID

All rooms and suites are non-smoking with bathroom (bathtub), balcony, equipped with SAT-TV, WIFI, minibar upon request, telephone, safe, hairdryer and bathrobe.

Comfort: Comfortable room in classic-functional design with air-conditioning on request for an additional fee.

Suite: Traditionally furnished classic suite with separate bedroom and living room. Extra beds available.

GRAND

All rooms and suites are non-smoking room with bathroom (bathtub), balcony, equipped with SAT-TV, WIFI, minibar upon request, safe and telephone, hairdryer and bathrobe.

Standard: Traditionally furnished spacious room. Extra beds available.

Comfort: Traditionally furnished spacious room.

Suite: Classic Suite with separate bedroom and living room. Extra beds available.

Comfort Suite: Elegantly furnished non-smoking suite with separate bedroom and living room. Extra beds available.

MEDICAL SPA & PREVENTION

The Balnea Health Spa provides high quality treatments with a medical approach. The natural healing resources are the cornerstones of the Piešťany spa which has become world famous thanks to its modern methods of treating rheumatism and other disorders of locomotive system. In addition to thermal mineral baths with unique sulphurous water we provide a huge variety of healing spa treatments such as mud pack, underwater jet massage, traction, antispastic kinesiotherapy, ergotherapy, mechanotherapy, electrotherapy, individual therapeutic exercise, active rehabilitation treatments and medical massages. 24/7 access to health care.

RELAXATION & WELLNESS

Indoor and outdoor swimming pool, indoor pool equipped with massage jets. Fitness and beauty salon in Balnea Health Spa.

RESTAURANTS & BARS

In the á la carte restaurant Berlin with summer terrace and classic board restaurants - Bratislava, Budapest, Prague, Vienna we offer local and international cuisine. Breakfast is served in buffet style, for lunch and dinner the guests can choose from daily menu, salad buffet. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation. Enjoy coffee and delicious drinks in Café Splendid with summer terrace.

Concierge, library, guest computer, card and chess tables, table tennis.

With surcharge: laundry service, exchange office, parking, garage and transfers, tailoring.

Pro Patria

Ensana Health Spa Hotel

Kúpeľný ostrov, 921 29 Piešťany
(N 48°35'13.9" E 17°50'37.9")
Tel.: +421 33 775 6211
Reservation: +421 33 775 7733
propatria@sk.ensanahotels.com



This beautiful historical spa hotel dating from 1916 is located in the centre of the Spa Island closely to the thermal mineral springs. It was built with an interesting fan-shaped layout and currently offers 118 rooms. The guests can admire the permanent exhibition of the Balneological Museum in the hotel. Situated directly within the hotel is also a balneotherapy center which together with nearby Napoleon Health Spa have barrier-free access.

ROOMS

All rooms and suites are non-smoking rooms, equipped with SAT-TV, radio, telephone.

Economy: Simple economy room.

Standard: Comfortable standard room with bathroom (shower), hairdryer upon request.

Comfort: Renovated comfort room in modern design style with, bathroom (shower) air-conditioning, WIFI, fridge, telephone, safe and hairdryer. Barrier-free upon request.

Comfort Suite: Renovated comfort suite in modern design style with a separate living room and bedroom, bathroom (with shower), air-conditioning, WIFI, alarm clock, fridge, safe and hair dryer.

MEDICAL SPA & PREVENTION

Complete spa therapy using the natural healing resources is provided in Pro Patria Health Spa in the hotel or in nearby Napoleon Health Spa. Based on the natural healing resources we offer a wide range of unique therapeutic treatments such as: mud pack, mud pool, thermal mineral pools, complex rehabilitation, inhalation, electrotherapy, kinesiotherapy, medical massages. 24/7 access to health care.

RELAXATION & WELLNESS

Hair studio, cosmetic studio, terrace with sunbeds, whirlpool in Napoleon Health Spa.

RESTAURANTS & BARS

Slovak and international cuisine in Restaurant Sisi and Restaurant Marianna. Breakfast is served in buffet style, for lunch and dinner the guests can choose from daily menu. In addition to the meals we offer a salad buffet. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation. Café Franz Josef with summer terrace invites you to relax.

With surcharge: luggage service, laundry service, exchange office, central safe, parking, transfers.



Jalta

Ensana Health Spa Hotel

Winterova 58, 921 29 Piešťany
(N 48°35'18.2" E 17°50'12.2")

Tel. +421 33 775 3111, Reservation: +421 33 775 7733
jalta@sk.ensanahotels.com

Nálepkova street - roundabout at the hospital
- second exit on the left



This traditional hotel, built in 1929 in functional style, is situated directly on the pedestrian zone of Piešťany. It offers 67 cosy rooms and is only a few minutes walk from the Spa Island. The hotel summer terrace invites you to relax.

ROOMS

All rooms and suites are non-smoking, equipped with SAT-TV, radio, balcony, telephone, safe.

Economy: Simple functional room.

Standard: Lovely functional rooms in pastel tones with traditional wooden furniture with fridge, safe, bathroom (bathtub or shower), hairdryer upon request.

Suite: Lovely functional suite in pastel tones with traditional wooden furniture with separate bedroom and living room, bathroom with shower, air condition, SAT-TV, telephone, balcony, fridge, safe, radio, hairdryer. Extra bed available.

With surcharge: laundry service, exchange office, parking, transfers.



MEDICAL SPA & PREVENTION

Curative healing treatments with unique thermal mineral water and sulphuric mud, as well as medical and regeneration treatments are provided in the Napoleon Health Spa and Pro Patria Health Spa on Spa Island. Based on the natural healing resources we offer a wide range of unique therapeutic treatments such as: mud pack, mud pool, thermal mineral pools, complex rehabilitation, electrotherapy, kinesiotherapy, medical massages. 24/7 access to health care.

RELAXATION & WELLNESS

Available summer terrace on the roof.

RESTAURANTS & BARS

Slovak and international cuisine is served in the restaurant. Breakfast is served in buffet style, for lunch and dinner the guests can choose from daily menu. In addition to the meals we offer a salad buffet. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation.



Vila Trajan

Ensana Heath Spa Hotel

Sad A. Kmeťa, 921 29 Piešťany
(N 48°35'20.1" E 17°50'19.4")
Tel. +421 33 775 3111
Reservation: +421 33 775 7733
jalta@sk.ensanahotels.com



The cosy villa is conveniently situated just few steps from the pedestrian zone of Piešťany town and not far from the town symbol - the crutch-breaker. All 27 rooms are designed comfortably with a homely atmosphere. The café with summer terrace is ideal for chilling out and enjoying the park view.

ROOMS

All rooms and suites are non-smoking room with bathroom (bathtub or shower), equipped with SAT-TV, safe, telephone, WiFi

Standard: Comfortable and cosy room in pastel and emerald or malachite green tones. Hairdryer upon request.

Comfort: Comfortable, spacious and cosy room in pastel and emerald or malachite green tones with separate bathroom (bathtub), balcony, fridge, hairdryer upon request.

Suite: Comfortable and cosy suite in pastel and emerald or malachite green tones with separate bedroom and living room equipped hairdryer. Extra beds available.

Check-in und check-out is available in Hotel Jalta.

MEDICAL SPA & PREVENTION

Curative healing treatments with unique thermal mineral water and sulphuric mud, as well as medical and regeneration treatments are provided in the Napoleon Health Spa and Pro Patria Health Spa on the Spa Island. Based on the natural healing resources we offer a wide range of unique therapeutic treatments such as: mud pack, mud pool, thermal mineral pools, complex rehabilitation, electrotherapy, kinesiotherapy, medical massages. 24/7 access to health care.

RESTAURANTS & BARS

The breakfast, lunch and dinner are served at the Hotel Jalta. In addition to the meals we offer a salad buffet. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation.

Check-in and check-out is available in Hotel Jalta.

With surcharge: guest computer, laundry service, exchange office, parking, transfers.



Šumava Dependance

Winterova 58, 921 29 Piešťany
(N 48°35'18.2" E 17°50'12.2")
Tel. +421 33 775 3111
Reservation: +421 33 775 7733
jalta@sk.ensanahotels.com



Dependance Šumava is located closely to Hotel Jalta in the town centre and is only a few minutes walk from the Spa Island. The Dependences is very popular for the homely atmosphere.

ROOMS

All rooms are non-smoking with bathroom (bathtub or shower), equipped with SAT-TV, radio, telephone, fridge, safe, WiFi.

Standard: Lovely functional room in pastel tones with traditional wooden furniture. Hairdryer upon request.

Family room: Lovely functional suite in pastel tones with traditional wooden furniture with separate bedroom and living room, bath-room (shower), hairdryer. Extra beds available.

MEDICAL SPA & PREVENTION

Curative healing treatments with unique thermal mineral water and sulphuric mud, as well as medical and regeneration treatments are provided in the Napoleon Health Spa and Pro Patria Health Spa on the Spa Island. Based on the natural healing resources we offer a wide range of unique therapeutic treatments such as: mud pack, mud pool, thermal mineral pools, complex rehabilitation, electrotherapy, kinesiotherapy, medical massages. 24/7 access to health care.

RESTAURANTS & BARS

The breakfast, lunch and dinner is served at Hotel Jalta. In addition to the meals we offer a salad buffet. We serve gluten and lactose free dishes, as well as special diets upon doctor's recommendation.

Check-in and check-out is available in Hotel Jalta.

With surcharge: luggage service, laundry service, exchange office, parking, transfers.



Health for your child

Trust the experience of our doctors and therapists, who will prepare the right medical treatment program for your child. Our aim is not only to treat the disorders of the musculoskeletal system, but also to prevent diseases and strengthen the health condition of your child by using our balneo-rehabilitation methods.

COMPLEX MEDICAL SPA STAY FOR CHILDREN

This spa stay is aimed at treatment of musculoskeletal system, neurological system, conditions after injuries or operations, improvement of the health condition and prognosis, as well as prevention of poor posture and spinal disorders.

The recommended length of the stay is 1-2 weeks.

Accommodation with full board: breakfast, lunch and dinner

Doctor and health examinations: initial and final

Doctor visit: 1 x per week

Medical report at the end of the stay

Healing treatments: individual therapeutic program with up to 18 treatments per week (7 nights) based on child's health and doctor's prescription

Selection of treatments: treatments based on natural healing resources, thermal mineral water and sulphur mud, medical massage, individual rehabilitation, group exercises, electrotherapy, phototherapy, parafango, oxygen inhalation, whirlpool

FIT FOR KIDS

This spa stay is aimed at the prevention of spinal disorders, especially scoliosis, strengthening the muscle and immune system, healthy posture and better condition.

Accommodation with full board: buffet breakfast, lunch and dinner

Doctor's Consultation

Healing treatments: individual therapeutic children program with up to 10 treatments per week (7 nights) based on child's health and doctor's prescription

Selection of treatments: individual thermal mineral bath (2x per week), children group exercises (5x per week), medical massage (1x per week), salt cave (2x per week)

SPA STAY FOR CHILDREN IN SPA SMRDÁKY

Does your child suffer from skin disease? Try the efficient treatment of skin diseases proven over the years in Spa Smrdáky.

More information at www.ensanahotels.com/smrday and **+421 34 6959 173**.

An accompanying person of the same sex is required for children stays. The accompanying person is responsible for the child during the spa treatment. The price of the accompanying person is the price of the stay per person according to the valid price list. All prices in Euro per person per night.

Surcharges, discounts, season and closing periods are published on the hotel pages.

For complex spa stay it is necessary to submit to the spa doctor in advance a medical report of the child's health condition.

ADVICE

The spa stays are suitable for children aged 6 - 17,99 years. Children will be treated only with accompanying adult (same sex), present at every treatment.

Children are allowed in the hotel swimming pool only under adult (parent) supervision.



TIPS FOR YOUR LEISURE TIME

Secrets of the Spa Island

Immerse yourself in the secrets of the Spa Island during a guided tour - from the healing springs through history and architecture to the fauna and flora

Health

Learn from our doctors interesting facts about health, healing power of our natural resources or tips and tricks for a healthier life.

Culture and art

Experience great music evenings. The program includes opera, operetta and musical performances, chamber and symphony concerts as well as chanson, jazz, swing, blues and folklore evenings.

TOP CULTURAL EVENTS IN PIEŠŤANY

Opening of the Summer Spa Season

The summer spa season traditionally opens with a festival in Piešťany. This includes a procession, music and theatre performances, arts and handicraft displays and a varied programme of entertainment.

Golden Ribbons of Piešťany

Vintage cars wherever you look! Be transported back to the 1930s on the Spa Island.

Music Festival Piešťany

Festival of classical music which brings a unique experience throughout concerts, exhibitions and broadcasts.

Culinary Island

After the visit of local farmers' market in Piešťany we invite you to taste the wide offer of Slovak and international cuisine in our restaurants.

Island of entertainment

Saturday Night Fever on the Spa Island - from country music through oldies party to disco - move your body to the music of your liking during our dance evenings.

Relax and enjoy

Relax in the morning with Pilates, Tai-chi and Yoga exercise. If you prefer more active relaxation, join our nordic walking tours or cross fitness trainings. Enjoy coffee, tea and cake and listen to piano music in one of our many cafés.

Lodenica

The Lodenica Music Festival is devoted to country and folk music and thus offers a varied programme of national and international singer/songwriters, bands and music groups.

Cinematik

The international film festival, founded in 2006, is one of the largest in Slovakia with over 70 films shown each year.

Christmas Markets in Piešťany

Traditional Christmas decorations, handicraft and a rich culinary offering await you at the Christmas markets in Piešťany.

Golf courses

In Piešťany, a golfer's heart will flutter – keep calm and sink the putt right on the Spa Island or on one of the local courses.

Cycling and inline skating

Hit the road by bike as you head to Piešťany's surrounding area and discover the most beautiful corners of western Slovakia.

Hiking and Nordic walking

Various marked trails lead you out of Piešťany and right into the middle of the natural landscape surrounding the city.

Water sports

The Siňava water reservoir is a real paradise for water sports enthusiasts. You can water ski, wakeboard, surf, row or do some sailing. Fans of fishing will also get their money's worth.

GIFT VOUCHERS

Treat your dearest with an exceptional gift and give them a voucher for a spa stay or medical treatments in the beautiful surroundings of the Spa Island in Piešťany.

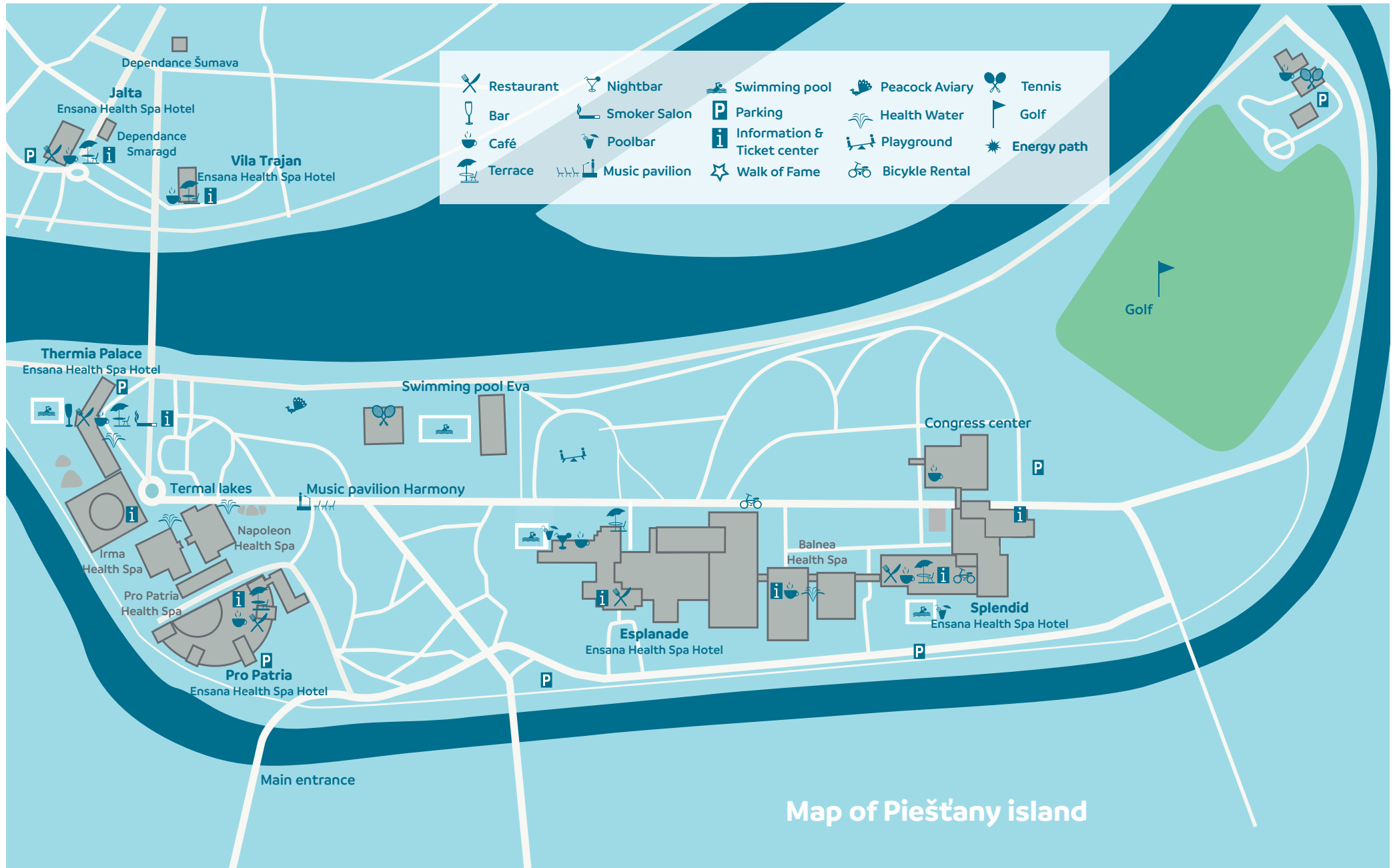
Gift vouchers for spa stays:

Choose from our varied offer a suitable spa stays and the relevant hotel and after receipt of your payment we will send you the voucher by post. If you cannot choose, buy a voucher worth € 100.00 or more and the recipient of the voucher can choose their spa stay alone. After receipt of your payment, we will send you the voucher by post.

Gift vouchers for healing treatments:

Choose treatments from our Medical & Spa and Wellness & Beauty price list or buy a voucher worth € 25.00 for the treatment of your own choice. After receipt of your payment we will send you the voucher by post. Ordering vouchers and further information on: res.pn@sk.ensanahotels.com.

Spa Island Map



Map of Piešťany island

How to get to Health Spa Piešťany



ŽILINA



Smrdaky

Piešťany
Health Spa Hotels

B. BYSTRICA



KOŠICE



BRATISLAVA



BUDAPEST



DISTANCE

Bratislava	80 km
Žilina	120 km
Brno	150 km
Vienna	160 km
Budapest	280 km
Prague	360 km



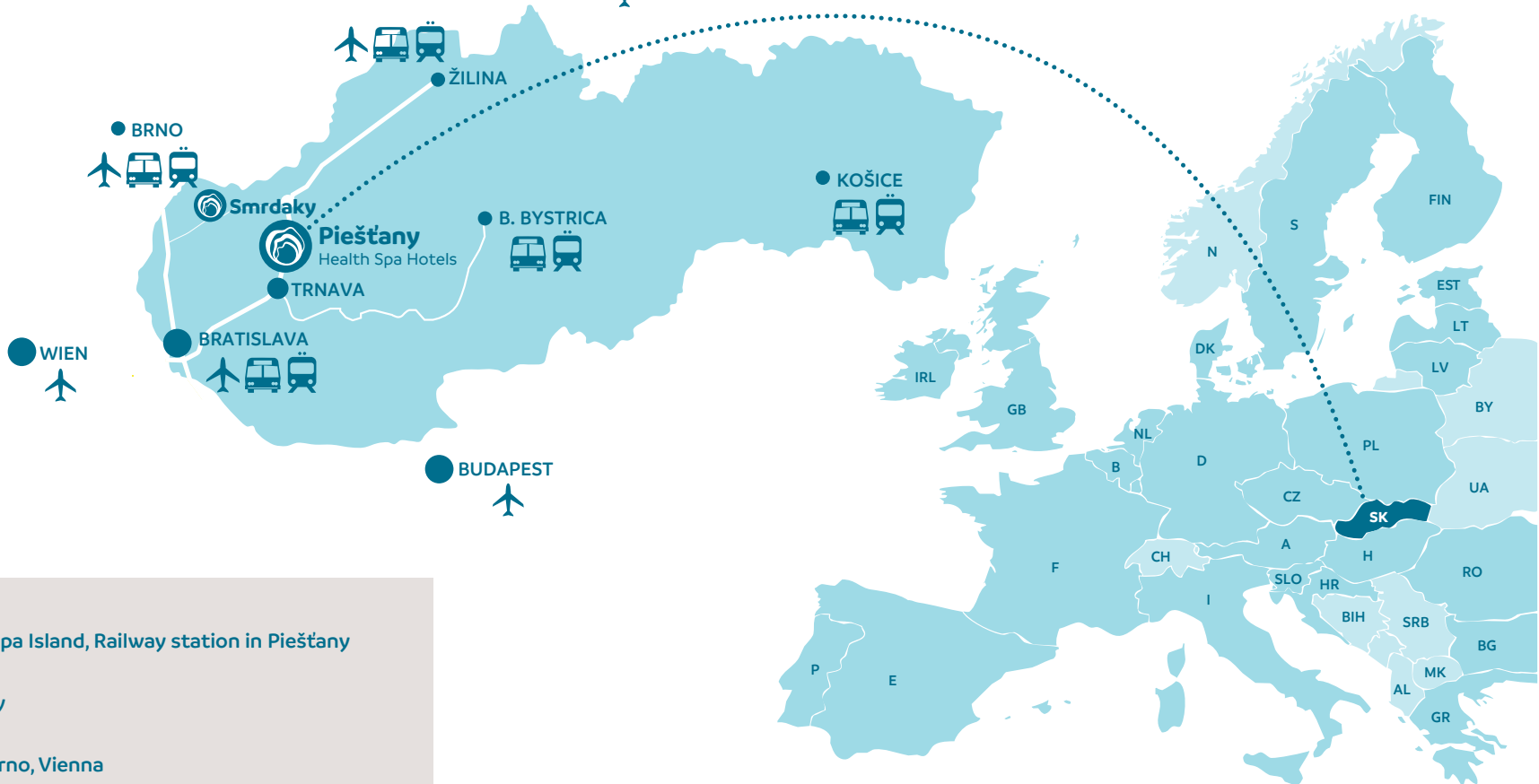
Direct connection to the Spa Island, Railway station in Piešťany



Railway station in Piešťany



Airport Bratislava, Žilina, Brno, Vienna



Thermia Palace

Ensana Health Spa Hotel



Spa Island, 921 29 Piešťany

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Fax: +421 33 775 6199

thermiapalace@sk.ensanahotels.com

Esplanade

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Fax: +421 33 775 5199

esplanade@sk.ensanahotels.com

Splendid

Ensana Health Spa Hotel



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Fax: +421 33 775 4112

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Pro Patria

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Jalta

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Vila Trajan

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Šumava

Dependance



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