



# SPAS AND RELAXATION in South Bohemia



South Bohemia  
true love

[www.jiznicechy.cz](http://www.jiznicechy.cz)



# SPAS AND RELAXATION

## in South Bohemia

This region does not only cure with its clean air. Peat and mud baths clearly produce healing effects on the musculoskeletal system. These treatments are offered by spas in Třeboň, Bechyně and Vráž u Písku, which are famous for their rich deposits of peat from local peat bogs. Improve your health when you visit wellness centres and stay in spas with superb treatments. Most places offer trouble-free relaxation and wellness stays or treatment packages which you can find at [www.jiznicechy.cz](http://www.jiznicechy.cz).



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## 1 The Spa Town of Třeboň

The spa town of Třeboň has more than 130 years of tradition based on a natural healing source: the peat bog. The healing properties of peat extracted from the peat bogs of the nearby Třeboň marshland are especially notable during treatment of ailments of the musculoskeletal system. In addition to traditional spa stays, the spa also offers short-term relaxation visits or separate baths, massages, and wellness procedures.

Contact:

**Slatinné lázně Třeboň, s. r. o.**  
[www.laznetrebon.cz](http://www.laznetrebon.cz)

## Lázně Aurora (Aurora Spa)

Aurora Spa is located in the tranquil environment of a large park on the banks of Svět Lake. The spa has a glass lift with the highest panoramic view in Třeboň. Also on the premises are conference facilities, restaurants, bars, bowling lanes, squash courts, a public golf driving range and the Aqua Viva Wellness Centre with a swimming pool and water attractions.

Contact:

**Lázeňský dům Lázně Aurora**  
**Lázeňská 1001**  
**379 01 Třeboň**  
**+420 384 750 333**  
[www.laznetrebon.cz](http://www.laznetrebon.cz)



## Bertiny lázně (Berta's Spa)

Berta's Spa can be found in close proximity to the historical centre of Třeboň. It also includes a sports facility with a covered tennis hall and outdoor tennis courts, squash courts, bowling lanes, a fitness centre and the "Top-Spin" pizza restaurant. The non-smoking restaurant "Adéla" has an open kitchen concept offering a wide range of fresh fish and terrace seating on the Zlatá stoka (Golden Canal).

Contact:

**Lázeňský dům Bertiny Lázně**

**Tylova 171**

**379 01 Třeboň**

**+420 384 754 111**

**[www.laznetrebon.cz](http://www.laznetrebon.cz)**



## 2 Lázně Bechyně (Bechyně Spa)

Bechyně Spa is one of the oldest spas in the Czech Republic. Stays here help especially with the treatment of arthritis and arthrosis, painful conditions of the tendons and muscles, Bechterew's disease (ankylosing spondylitis) and other diseases. The peat used in this spa is delivered from the spa's own peat bog at a nearby site called Komárovská blata. Patients are offered proven spa treatments such as bubble baths, mud baths or mud wraps, various types of massage, physiotherapy, mechanotherapy and electrotherapy. A pool, Finnish sauna and steam sauna are at the disposal of visitors to the spa complex.

Contact:

**Lázně Bechyně**

**Lázně 202**

**391 65 Bechyně**

**+420 777 710 226**

**[www.laznebechyne.cz](http://www.laznebechyne.cz)**



### 3 Lázně Jupiter v Bechyni (Jupiter Spa in Bechyně)

This treatment facility offers accommodation in the beautiful villa of the famous architect Jan Kotěra. Ailments of the musculoskeletal system and nervous conditions are healed here. Patients can take advantage of various spa packages including an assortment of baths, massages, lymphatic drainage, physiotherapy and other medical treatments.

Contact:

**Lázně Jupiter Bechyně**  
**Libušina 188**  
**391 65 Bechyně**  
**+420 734 751 365**  
**[www.jupiterbechyne.cz](http://www.jupiterbechyne.cz)**



### 4 Lázně Hotel Vráž (Spa Hotel Vráž)

The picturesque Spa Hotel Vráž is located in a Neo-Gothic chateau near the Otava River. The spa is surrounded by deep forests that ensure peace and quiet during spa treatments and romantic stays. Here, peat is used to heal the musculoskeletal and nervous systems. The newly reconstructed treatment facility offers many wellness possibilities using local herbs, honey and milk. The large chateau garden is not only decorative, but is also used for walks and treatments.

Contact:

**Lázně Hotel Vráž**  
**Vráž 1**  
**398 32 Vráž u Písku**  
**+420 800 101 135**  
**[www.lazne-vraz.cz](http://www.lazne-vraz.cz)**



**5 Aquamarine wellness & spa centrum  
(Aquamarine Wellness & Spa Centre)**

Diamant Wellness Hotel & Spa in Hluboká nad Vltavou is located near the second most visited chateau in South Bohemia and within sight of an 18-hole golf course and a 9-hole golf academy. Besides the view and accessibility to the Hluboká golf course, this five-star hotel offers all the amenities of fitness, wellness and Balneotherapy services. Guests and visitors can use the pool, whirlpool, Finnish sauna, aroma sauna, infra-red sauna, Kneipp bath, Roman steam bath, salt cave and air-conditioned fitness facility.

Contact:

**Diamant wellness hotel & spa**

**Sokolská 1339**

**373 41 Hluboká nad Vltavou**

**+420 387 008 800**

**[www.hoteldiamant.cz](http://www.hoteldiamant.cz)**



Wellness and Relaxation



## 6 Denní Lázně VITALIS (Day Spa VITALIS)

A therapeutic spa a few steps from the centre of České Budějovice - this is Day Spa VITALIS. It offers the classic array of spa treatments, such as baths or wraps, dry wraps and massage. For example, guests can choose hemp, floral, honey or citrus baths, various wraps and other treatments administered by qualified staff. In the professionally curated menu of services, spa procedures such as cupping and galvanotherapy are not missing.

Contact:

**Denní lázně VITALIS**

**Jírovcova 13**

**370 01 České Budějovice**

**+420 602 2601 141**

**[www.dennilazne-vitalis.cz](http://www.dennilazne-vitalis.cz)**



## 7 Hotel Gold Chotoviny

This luxurious hotel, set in the natural splendour of South Bohemia with views of the historical town of Tábor and the Šumava Mountains, offers not only amazing gastronomy, but also an opulent and modern wellness centre. In addition to the sauna and cooling pool, whirlpool and relaxation room with comfortable beds, you can enjoy beautiful views of the surrounding landscape while refreshments are delivered to you. The hotel also offers massage services and custom tailored fitness and relaxation programs.

Contact:

**Hotel Gold Chotoviny**

**Táborská 68**

**391 37 Chotoviny**

**+420 398 998 751**

**[www.hotelchotoviny.cz/wellness](http://www.hotelchotoviny.cz/wellness)**



## 9 Hotel Maxant

Quality wellness services at acceptable prices are offered by the family owned Hotel Maxant in Frymburk. Guests can swim in the pool and relax with a lava stone massage or warm herbal massage. Chocolate massage, warm mud wraps, anti-cellulite seaweed wraps and visits to the sauna or solarium are also available.

Contact:

**Hotel Maxant**  
**Frymburk 80**  
**382 79 Frymburk**  
**+420 380 735 229**  
**[www.hotelmamaxant.cz](http://www.hotelmamaxant.cz)**



## 9 Hotel Moníneč

Beautiful views and a valley of the “Český Merán” region are at your fingertips, ready to be enjoyed from Hotel Moníneč’s pool in summer or after skiing in winter. There are also sauna, whirlpool and massage services ready for you. All this is found precisely in the heart of Bohemia, not far from the ski slope with a chair lift under the hill called Javorová skála, the highest peak of the Jistebnická vrchovina (highlands).

Contact:

**Hotel Moníneč**  
**Moníneč 7**  
**257 91 Sedlec-Prčice**  
**+420 739 118 651**  
**[www.moninec.cz](http://www.moninec.cz)**





## 10 Hotel Štekl

Relaxation for body and soul is offered to the guests of Hotel Štekl in its luxurious wellness centre, which was completed in 2015. Entry to the relaxation zone is interconnected with the hotel premises. This facility is the perfect place for rest and entertainment in every season. In the wellness centre, you will find a pool with counter flow, a popular whirlpool for 6 people, a salt steam cabin, a Kneipp hydrotherapy pool and a relaxation room. Thai massage is also offered.

Two bowling lanes with an adjacent bar and a golf simulator with the latest software are among the newest additions. For demanding customers and those who want to enjoy absolute privacy, the hotel provides a private wellness zone with whirlpool and sauna. The perfectly equipped fitness room is also not to be missed.

Contact:

**Hotel Štekl**  
**Bezručova 141**  
**373 41 Hluboká nad Vltavou**  
**+420 387 967 491**  
**www.hotelstekl.cz**



## 11 Interhotel America Písek

This hotel was built in the 1990s as a giant cruise liner, which is sailing through the forests near Písek. Its modern wellness credentials with sauna, infrared sauna and pool, complemented with fitness facilities and massage services, will satisfy every guest. Thanks to its location in the forest above the town, Interhotel Amerika Písek is an ideal place for weekend getaways or rejuvenating stays. Just make your choice from many advantageous packages.

Contact:

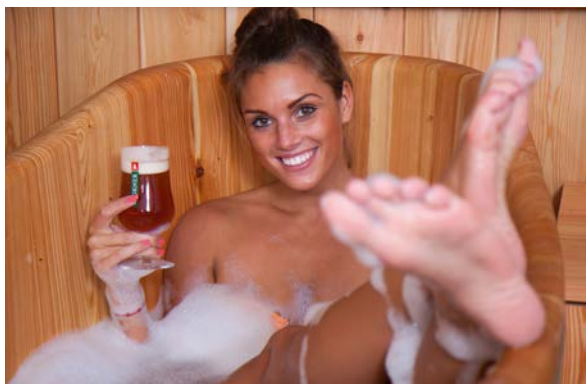
**Interhotel America**  
**R. Weenera 2375**  
**397 01 Písek**  
**+420 723 799 895**  
**www.interhotel-america.com**



## 12 Mladina Spa

Only five kilometres from the centre of Český Krumlov, you will find the Village Golf Hotel Svachův Dvůr in Svachova Lhotka near Mirkovice, next to the 18-hole golf course. After playing the green, you can relax in the adjacent day spa “Mladina”. This spa offers several spa treatments, such as aromatherapy massage with essential oils, balneotherapy in relaxation baths or beer baths in Glok beer. This beer is produced by the local Glokner Mini Brewery and you can taste it in the local restaurant.

Contact:  
**Svachovka - Svachův dvůr**  
**Svachův Dvůr 1**  
**382 32 Mirkovice**  
**+420 774 499 812**  
**www.svachovka.cz**



## 13 Městský hotel Bobík

A noticeable mountain peak with a characteristic silhouette, called “Bobík”, towers over the Šumava landscape between Boubín and the confluence of the Teplá and Studená Vltava rivers. The centre of Volary is dominated by the modern Městský Hotel Bobík, home to a unique hemp spa, excellent hotel cuisine and an on-site mini brewery. The hemp spa is one of the first and largest hemp spas in Central Europe, and its high-quality hemp products are a solution for clients with dermal problems such as psoriasis or atopic eczema.

Contact:  
**Městský hotel Bobík**  
**Náměstí 325**  
**384 51 Prachatice**  
**+420 398 990 909**  
**www.hotelbobik.eu**



#### 14 Orient Spa České Budějovice

Orient Spa in České Budějovice welcomes guests with the fragrance and music of the Orient and tastefully equipped historical interiors with an atmosphere of far eastern countries. The spa offers original Philippine massage, Turkish bath "Hammam" with exfoliation and fine soap massage, Hawaiian Lomi massage, Thai massage and "Magic Hot Stones" massage with lava stones.

Contact:

**Orient Spa**  
Skuherského 2  
370 01 České Budějovice  
+420 777 605 790  
[www.orientspa.cz](http://www.orientspa.cz)

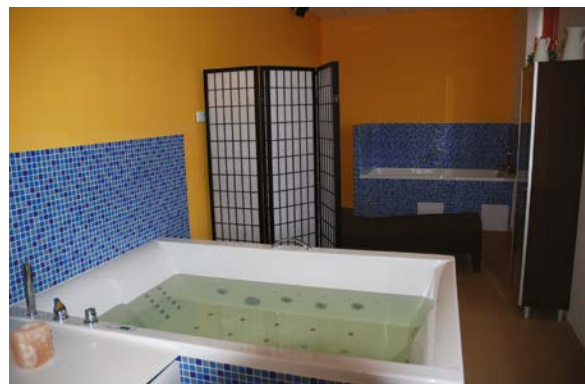


#### 15 Ostrov – relaxační centrum Strakonice (Ostrov Relaxation Centre Strakonice)

Ostrov Relaxation Centre is located in the centre of the town of Strakonice, but at the same time, in a tranquil part of the town with the possibility of easy parking. Within an area of 1,500 m<sup>2</sup>, you can find everything necessary to relax your body and soul - Finnish sauna, steam bath, relaxation baths, massage services, fitness facility, beauty salon, hairdressing salon and solarium.

Contact:

**Ostrov – relaxační centrum**  
Kochana z Prachové 121  
386 01 Strakonice  
+420 724 407 740  
[www.relaxnaostrove.cz](http://www.relaxnaostrove.cz)



### 16 Pivní lázně BBB Tábor (Beer Spa BBB Tábor)

The original beer spa BBB is the main wellness offering of the four-star LH Hotel Dvořák, located in the historical centre of Tábor. The spa is one of the oldest and the largest in the pan-European network of beer spas protected by patents with utility models. Guests have the opportunity to experience the healing effects of a spa bath with beer ingredients. To absorb the positive effects of this beer treatment, it is beneficial to relax on a bed of oat straw and rest in the sauna. The possibility of tapping beer is also a pleasant diversion while bathing in the wooden tubs.

Contact:  
**LH Hotel Dvořák Tábor**  
**Hradební 3037**  
**390 01 Tábor**  
**+420 381 212 221**  
**www.lhdvoraktabor.cz/pivni-lazne**



### 17 Wellness Hotel Boží Oko

In a charming small village near České Budějovice, in a typical farmhouse in the middle of the South Bohemian countryside, lies the cosy Wellness Hotel named Boží Oko (God's Eye). The building fascinates with its ancient rural Baroque architecture, while the design and original atmosphere of the interior is enchanting. The hotel's restaurant serves a variety of Czech and international dishes, including fresh fish from our pond in front of the hotel, and organic food as well as eggs, goat's milk, and cheeses from a nearby family farm. To relax your spirit and body, a wide range of wellness services such as an illuminated panoramic whirlpool, a steam bath, a Finnish and herb sauna with countryside views and light therapy, a relaxation area with intimate lighting, a gym, and much more are available for you.

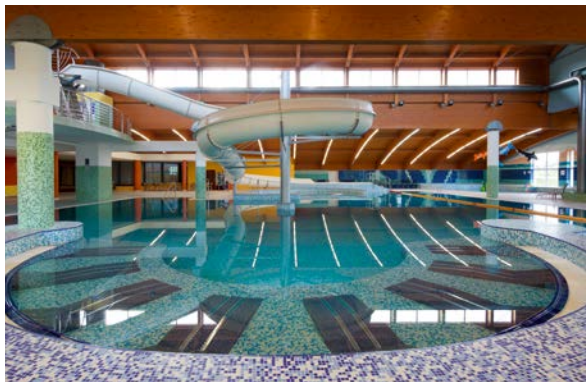
Kontakt:  
**Wellness Hotel Boží Oko**  
**Malé Chrástany 4**  
**373 41 Sedlec**  
**+420 777 760 524**  
**www.bozioko.cz**



### 18 Wellness Hotel Frymburk

The largest hotel wellness complex in the Czech Republic is unmistakable. It lies on the bank of the Lipno Reservoir in Frymburk. This large hotel complex offers relaxation with various spa treatments and sport activities supporting a healthy lifestyle. Guests can try honey detoxification or chocolate massage, exclusive herbal bubble baths, French water bed, Turkish spa or Cleopatra's cream bath with honey and a blend of relaxing herbs. Also, the aquapark in the hotel complex provides many attractions for children and adults on approximately 1,500 m<sup>2</sup> area.

Contact:  
**Wellness Hotel Frymburk**  
Frymburk 140  
382 79 Frymburk  
+420 380 300 311  
[www.hotelfrymburk.cz](http://www.hotelfrymburk.cz)



### 19 Wellness Hotel Orlík

Wellness Hotel Orlík is probably the only hotel in Bohemia built in the “Brussels” architectural style of the 1950s–1960s. The hotel was strictly guarded until 1989, as it was used as a recreational facility for the VIPs of the totalitarian government up to that time. Besides the hotel building, you can choose to stay in one of the luxurious cottages, where normalization President G. Husák once stayed. The hotel offers a large pool, several types of saunas, massage treatments, fly boarding and other wellness services and experiences.

Contact:  
**Resort a wellness hotel Orlík**  
Vystřkov 179  
262 72 Kozárovice  
+420 602 359 388  
[www.hotelorlik.cz](http://www.hotelorlik.cz)



## 20 Wellness Hotel Residence

In the former town palace of the Buquoy aristocratic family is the recently renovated four-star Wellness Hotel Residence. This wellness hotel and spa complex will interest those who would like to stay directly in the square in Nové Hradý, within the town preservation zone. Here, you can enjoy the hotel's comprehensive offerings of fitness centre, a wide range of massage services, wraps, baths, rehabilitation therapies, detoxification and other wellness treatments. Also available are the sauna, steam bath, salt cave and solarium facilities.

Contact:

**Wellness Hotel Residence**  
**Náměstí republiky 1**  
**373 33 Nové Hradý**  
**+420 724 130 399**  
**[www.rezidencenh.cz](http://www.rezidencenh.cz)**



## Pools and Aquaparks

### Aquaworld Lipno

[www.lipno.info](http://www.lipno.info)

### Swimming Pool and Summer Swimming Pool České Budějovice

[www.cbsport.cz](http://www.cbsport.cz)

### Swimming Pool Český Krumlov Český Krumlov

[www.pro-sportck.cz](http://www.pro-sportck.cz)

### Swimming Pool and Outdoor Aquapark Jindřichův Hradec

[www.bazen.jh.cz](http://www.bazen.jh.cz)

### Swimming Pool Prachatice and Public Swimming Pool “Hulák“

[www.prachatice.eu](http://www.prachatice.eu)

### Swimming Pool Volary

[www.bazen-volary.webnode.cz](http://www.bazen-volary.webnode.cz)

### Swimming Arena and Outdoor Swimming Pool Strakonice

[www.starz.cz](http://www.starz.cz)

### Swimming Arena and Open-air Area Tábor

[www.tzmt.cz](http://www.tzmt.cz)

### Aurora Spa

### Wellness Centre Aqua Viva Třeboň

[www.aurora.cz](http://www.aurora.cz)

### Aquapark Wellness Hotel Frymburk

[www.hotelfrymburk.cz](http://www.hotelfrymburk.cz)

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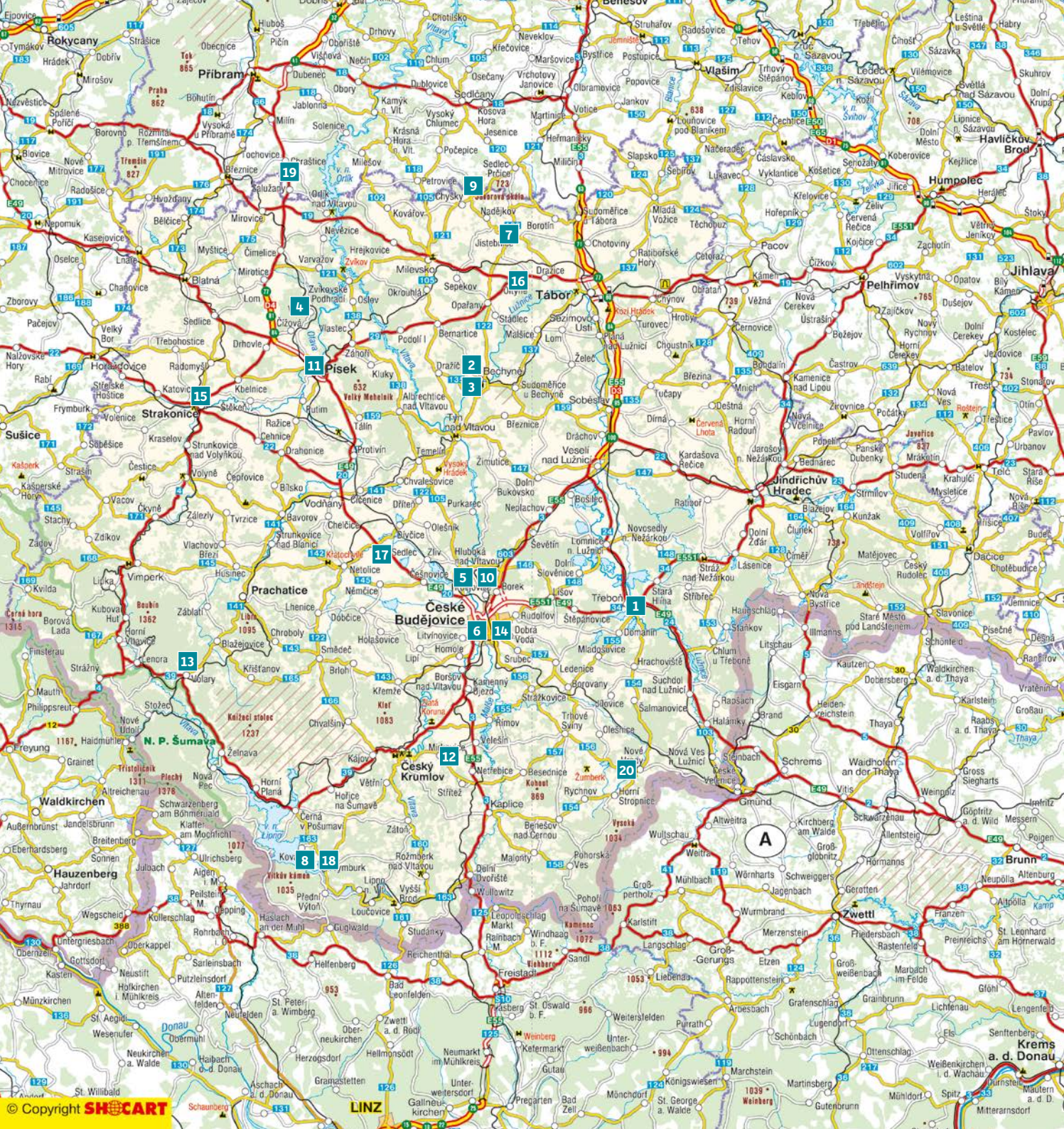
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