

HOTEL



soyka

... in a hazy mist, with the smell of the forest ...

**A raw haze rising from the mountains
will breathe on you, which will calm your mind.**

**Something familiar will caress your senses
and you begin to enjoy relaxation.**

Inhale and enter.

Welcome to ANCHE SPA

HOTEL



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FINNISH SAUNA, STEAM ROOM AND RELAX ZONE

Visit our ANCHE SPA at any time during opening hours and take advantage of the services that are included in the room rate.

Relax with a cup of delicious tea or refresh yourself with fruit.

Warm up your body in the finnish sauna, cleanse in the steam room.

There is a wooden cooling tub or crushed ice for your real, healthy cooling down.

To ensure you undisturbed relaxation, children under 12 years of age are only allowed until 4.30 pm

PRIVATE WHIRLPOOL

Enjoy a private Spa! Treat yourself with a great relaxation experience, best in combination with one of our exclusive ANCHE SPA massages.

- 45 minutes • 950 CZK
- 1.550 CZK with a bottle of Prosecco
- 90 minutes • 1.700 CZK
- 2.300 CZK with a bottle of Prosecco



MASSAGES OFFER INSPIRED BY FORESTS OR MOUNTAIN MEADOWS

AROMATIC BALM – RELAXATION MASSAGE

Gentle relaxing massage
(for men and women)

Massage oils to choose from:

Neutral | Lemon balm | Cranberry

A gentle relaxing massage with a beneficial effect on the human psyche when you feel fatigue, exhausted and stressed caused by daily stressful routine. It relieves tension, stress, improves sleep and stimulates blood circulation. Let your body and senses be pampered and rest your mind to.

30 minutes • 850 CZK
60 minutes • 1.500 CZK
90 minutes • 1.950 CZK

DEEP REGENERATION

Deep tissue massage
(ideal for men)

Massage oils to choose from:

Neutral | Lemon balm | Cranberry

Deep pressure massage focused on problematic areas of the client. It combines stimulation of acupressure points and gentle stretching. The aim is not only to eliminate a specific problem, but above all to find the cause so that the tensions stop coming back. Choose which specific part of your body masseur needs to focus on - your back, shoulders, neck, soles or calves. It will also help regenerate and relax the body after hike or stressful week at work.

30 minutes • 950 CZK
60 minutes • 1.750 CZK
90 minutes • 2.350 CZK

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MASSAGES OFFER INSPIRED BY FORESTS OR MOUNTAIN MEADOWS

FLOWER CARESS – RELAXING MASSAGE

Relaxing massage
(ideal for women)

Massage oils to choose from:
Meadow flowers | Roses

Take care of yourself and relax your body and mind. Thanks to carefully selected floral massage oils you will feel deep relaxation, fulfillment, satisfaction and contact with yourself on an emotional level. Thanks to the gentle pressure and stimulation of acupressure points, the massage on the physical level stimulates the blood, relaxes the muscles and detoxifies the body. You will feel reborn.

60 minutes • 2.150 CZK
90 minutes • 2.650 CZK

THE FRAGRANCE OF THE FOREST ANTI-STRESS MASSAGE

Stress relief massage
(for men and women)

Massage oils to choose from:
The essence of the forest

Anti-stress massage will help you release physical and mental tension, feeling of exhaustion and distress. With the help of traditional massage techniques, you will achieve pleasant relaxation, ease and rest. The woody aroma of our massage oil with the essence of spruce forests and cones will help to relieve fatigue and will harmonize your body and soul.

60 minutes • 1.750 CZK
90 minutes • 2.350 CZK



MASSAGE OILS

CRANBERRY

The base is made of 100% organic argan oil, which gives the skin suppleness, stimulates the process of skin cell renewal and acts as a significant antioxidant. The aroma of cranberries gently pampers the senses and leads your mind to a perfect balance. After use, the skin will appear velvety soft, it will be noticeably smoother and more flexible when touched.

LEMON BALM

It is an excellent oil for calming and relaxation. Lemon balm essential oil together with vitamin E, restores the flexibility and elasticity of the skin, softens it and gives it a youthful appearance back again. It harmonizes the body and mind and pampers with its delicate sensual scent.

MEADOW FLOWERS

Thanks to the combination of extracts from meadow flowers and essential oils, it relieves muscle tension, helps blood circulation and warms the skin. Organic organic oil Meadow flowers caress your mind, release emotional tension and certainly improve your mood thanks to its delicate scent of blooming spring meadows.

ROSES

The essence extracted from roses can evoke strong emotions and feelings, while it may attract sweet dreaming. It is very gentle, light and helps to calm and soften the skin. Rose essences soften, tone, help hydrate faster and protect against free radicals. The fragrant component of the essences opens the heart of love, self-acceptance and help to rediscover the pleasures of life.

THE ESSENCE OF THE FOREST

Ideal for massage for releasing physical or mental stress. It leads to a calm feeling, relaxes and restores energy to all skin types exposed to stress. Spruce supports healthy breathing and provides a feeling of balance and mental grounding. The woody scent of the forest has a beneficial effect on the body and spirit.