THE FIRST RADON SPA IN THE WORLD

PRICE LIST
VALID FROM 1. 3. 2010 TILL 31. 3. 2011

Léčebné lázně Jáchymov a. s.
T. G. Masaryka 415,   CZ-362 51 Jáchymov,
Tel.: +420 353 833 333,   Fax: +420 353 834 567

e-mail: info@laznejachymov.cz
www.laznejachymov.cz

SEE YOU SOON!
MAXIMUM CARE FOR YOUR HEALTH!
The programme includes full treatment. After the initial medical examination and evaluation of your health condition, the spa physician will draw up an individual treatment plan. The spa procedures are based on traditional balneological methods such as physical therapy and professional rehabilitation, and radon baths, the healing effect of which will relieve pain and enhance the quality of your life. Optimum healing effects are usually experienced after about three weeks.

Bookings are available for a minimum of 12 nights (min. 10 radon baths)

THE PROGRAMME INCLUDES:
• Accommodation with full board (buffet-style breakfast, lunch, and dinner – selection from 7 menus), special diets as prescribed by the physician are catered for
• Initial medical examination and basic laboratory tests (blood count, blood sugar, and/or uric acid, and/or ESR)
• Follow-up medical examination once a week
• 23 spa procedures per week. These are prescribed by the attending physician and are based on the medical condition of the client
• Final medical examination and discharge medical report (in English)

! NEW!
INTENSIVE THERAPEUTIC TREATMENT
We recommend the Programme of Intensive Therapeutic Treatment especially for the following patients:
- those that had within the last one to two years an acute traumatic incident or an operation of the locomotor organs including a total joint replacement or the operation on the spinal disks, or after a cerebral ictus – and that
  • As soon as possible after completion of hospitalization and after completing the rehabilitation on the bed (for cerebral ictus patients it should not be before six months has past).
  • The patient should be self-sufficient or with the personal assistance of a caregiver at least partially self-sufficient.
  • Any other secondary diagnoses of the patient’s total medical state should be satisfactorily stabilized.

The Intensive Therapeutic Programme guarantees daily rehabilitation individual care, carried out on working days by a qualified physiotherapist. The schedule for the therapeutic plan is determined after a thorough examination of the patient by a professional physician – specialist for therapeutic rehabilitation, physiotherapy and balneotherapy. Follow-up control examinations are carried out once a week to determine the on-going results of the therapy.

Surcharge to the price of the COMPLETE SPA TREATMENT: EUR 20 /day
**INTENSIVE THERAPEUTIC TREATMENT**  
Price list in EUR (per day and person)

<table>
<thead>
<tr>
<th>Spa hotel</th>
<th>Category</th>
<th>Room</th>
<th>Summer season 1.6. - 30.9.</th>
<th>Off season 1.4. - 31.5. and 1.10. - 14.11.</th>
<th>Winter season 1.3. - 31.3. and 15.11.10 - 31.3.11*</th>
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</table>

*) During the Christmas and New Year periods we offer only special programmes with special rates.

**SPECIAL DISCOUNT RATES:**
With spa stays longer than 4 weeks the radon baths are not applied from the 5th week on because the medical limit has been reached. Thus, the amount of procedures provided per week will be reduced and a discount of 20% (of the daily price) will be applied for these days.
Accommodation with breakfast is provided in pleasantly furnished and comfortable single and double rooms. All the spa houses are located in the restful environment of the spa premises.

*Full board surcharge: EUR 18 per day*

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**Price list in EUR (per day and person)**

- **RADIUM PALACE**:
  - Suite Madame Curie/Premium: 102, 93, 85
  - Suite Standard: 92, 83, 75
  - Superior Plus: 90, 78, 70
  - Superior: 73, 64, 56
  - de Luxe: 78, 68, 60
  - I.A: 64, 56, 49
  - Suite: 69, 61, 55
  - I.A: 66, 58, 51
  - DOUBLE: 55, 47, 41

**Full board surcharge: EUR 18 per day**
PROGRAMME 50+
This programme is designed to provide harmonization and overall regeneration of the body.

1x Radon bath  1x Salt cave
1x Partial massage  2x Dry carbon baths
1x Bubble bath  1x Coffee & cake
1x Herbal bath  1x Half-day trip or cultural event
1x Oxygen therapy or Nordic Walking (April - October)

• Consultation with a physician is available upon request

ACTIVE REGENERATION
This programme is based on active regeneration of the body with the help of exercise.

1x Radon bath  1x Salt cave
1x Partial massage  3x Sports activity
1x Sauna session (e.g. tennis, petanque, miniature golf, table skittles, fitness or swimming in the Agricola Spa Centre, mountain bike rental, Nordic Walking from April to October, ski bus in winter)
1x Herbal bath
1x Dry carbon bath
1x Underwater massage

SPORTS VITAL
Active relaxation in combination with regenerative effects.

1x Radon bath  4x Sports activity
1x Aqua gymnastics session (e.g. tennis, petanque, miniature golf, table skittles fitness or swimming in the Agricola Spa Centre, mountain bike rental, Nordic Walking from April to October, ski bus in winter)
2x Partial massages
1x Underwater massage
1x Sauna session

BEAUTY VITAL
Take a week off to relax and to beautify yourself.

1x Herbal bath  1x Solarium session
1x Foot sole reflex massage  1x Session of basic care in a hair or beauty salon
1x Dry carbon bath  1x Standard pedicure
1x Aroma massage  1x Standard manicure
1x Bubble bath  1x Sauna session

AQUA VITAL - „NEW“
Enjoy the Water and Sauna experience in the Ore Mountains

6x ticket into the new Aquacentre Agricola incl. Sauna (2 hours)
3x Salt cave session
3x Underwater massage
ADDITIONAL PROGRAMMES

The additional programmes can be combined with stays longer than 14 days.

JÁCHYMOV ANTI-AGING PROGRAMME
A NEW APPROACH TO ENJOYING A HEALTHY OLD AGE!

Biological aging is, for the most part, determined genetically. However, it may be influenced by preventative life style, and by eliminating many harmful factors. People maintaining active life style are often able to remain fit to a mature age thus improving the quality of their lives.

The Anti-Aging Programme is designed to complement the Traditional Jáchymov Treatment or the Jáchymov Radon Treatment, i.e. programmes already containing procedures that have beneficial effects on slowing down aging. These procedures aim at reducing inflammation and therefore many ache and pains, and establishing a harmonic balance in the body as well as strengthening immunity and promoting regenerative processes.

PROGRAMME PHASES:
1. Cleaning phase and activation of the self-cleaning processes of the body
2. Complementation of nutrition bio elements and oxidation
3. Medical examination and laboratory tests to indicate health risks and suggest treatment.

THE PROGRAMME INCLUDES:
• 1x Medical examination
• 1x Laboratory test focusing on individual risk factors, ECG
• 1x Follow-up medical examination (every two weeks)
• 2 Packs of Nutra Bona Symba, 1 pack of Revitin or 6 Milgamma applications, 2 packs of Nutra Thin
• 10x Oxygen therapy session

Enjoy your old age and remain fit for a long time!
Surcharge to spa stay: EUR 255,-

OXYGEN THERAPY

Oxygen therapy is prescribed in for health disorders caused by insufficient oxygen supply to tissues and poor utilisation of oxygen in the tissues.

THE OBJECTIVE IS:
1. To reduce the negative effects of oxygen deficiency in the body
2. To prevent heart and blood vessels diseases
3. To reinforce the immune system
4. To alleviate the consequences of stress
5. To slow down the aging process
6. To enhance the regeneration of the body organs affected by chronic illness
7. To improve metabolism
8. To improve physical and mental performance as well as the overall health condition
9. To accelerate recovery or to prepare for surgery
Our method is highly effective, especially when combined with the radon baths. It attempts to enhance tissue regeneration while having a positive effect on the treatment of inflammation. Its long-term objective is to improve the quality of life. The programme assumes that you shall consult a physician in case you are suffering from acute health disorders or chronic illnesses. This programme is not available in cases of breathing difficulties, epilepsy or high blood pressure.

Price: **EUR 10 per session**
Price: **EUR 90 for 10 sessions**

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**MANAGE YOUR OWN HEALTH**

Would you like to find out more about the state of your own health but do not have time to visit a physician? Here in Jáchymov you can combine your spa stay with basic medical examinations and laboratory tests that focus on identifying specific risk factors. The result will be a set of recommendations both for your diet and possible further treatment.

**THE PROGRAMME INCLUDES:**

- A medical examination focussing on risk factors and diet improvement (BMI, body weight classification according to the waist-hip method)
- Blood pressure checks, laboratory tests (HDL, triglycerides, blood sugar, uric acid), ECG
- A basic medical report giving results of the examinations and test, followed by a consultation suggesting improvements leading towards a healthy life style.

This programme can be booked for a minimum of 1 week only.
Surcharge to spa stay: **EUR 100,-**
Come try our extraordinary elixir of Beauty, Health and Rejuvenation…

- proven and tested, highly effective in treating locomotive organs
- ideal and effective biological regeneration
- great for athletes and as prevention or for cosmetic reasons
- physician’s checkup + ECG are included in the price of the program

*Procedures are selected based on a physician’s recommendations to make the best use of the medical potential of the cryotherapy box.*

**CryoElixir Exclusive includes:**

- 6x Accommodation, full board, spa fee
- 10x sessions in the cryo box
- 5x relaxing sessions in the salt cave
- 2x multimassages
- 3x admissions to the pool Agricola
- 5x sport activities of your choice

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</tbody>
</table>

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1. INDICATIONS AND CONTRAINDICATIONS

A) INDICATIONS:

In general, radon therapy is very delicate, does not burden organism in terms of thermal or in terms of circulatory or acid-base balance. Even seniors tolerate it very well.

*It is applicable especially to therapy of the chronic diseases affecting movement by:*

a) inflammation - of joints, soft tissues and backbone (e.g. rheumatoid arthritis, psoriatic arthritis, systemic lupus, fibromyalgia, Bechterew´s disease)

b) pains and ankylosis caused by wear (e.g. arthritis of joints and backbone, discs prolapses, damage to ligaments, cords and menisci)

c) metabolic derangement (osteoporosis, gout, porphyria)

d) damage to peripheral nerve or spinal roots (e.g. neuritis, neuralgia, peripheral paralysis, root vertebral syndromes, polyneuropatia, carpal tunnel syndrome)

Furthermore, there are postoperative and traumatogenic cases requiring intensive healing and regeneration of damaged tissues. For example, total joint replacement, backbone operation or surface burn scars.

*Radon therapy regenerates cases with general energetic disharmony:*

a) vegetative instability, neurocirculatory weakness (cold limbs, easy collapses, chilly states, functional organ dysfunctions, menopausal syndrome)

b) in general, loss in strength in great age

c) ergasthenia caused by labour intensive jobs

d) regeneration for top sportspersons

e) keeping functional reserves of organism in disseminated sclerosis or Parkinson´s disease in an early stadium

It is well responded to by peripheral blood-vessels diseases, such as vasoneurosis, ischemia in atherosclerosis of limb arteries, cases after phlebitis or rheumatoid vaskulitis.

B) CONTRAINDICATIONS

a) patients with any acute disease – infection, unstable arterial hypertension, cardiac or respiratory complaints, unstable diabetes, untreated thyroid hyper-function, etc.

b) pregnant women

c) children and teenagers under 18

d) patients within one or two years after operation or another therapy of tumour disease if the oncologist does not permit radon therapy

In the event of a serious illness please check further suitability of spa therapy with your physician!
2. MEDICAL SERVICES

- 24 hours medical services
- First aid in case of injury or sudden sickness

CHARGEABLE MEDICAL SERVICES:

- Medical follow-up examinations upon client’s request or a consultation by the hotel head physician
- Extra examination or treatment in case of injury or sickness unrelated to the spa treatment
- Special treatment upon guest’s request

3. INSURANCE

Travel health insurance for those travelling from abroad is not included in the price. We recommend you arrange travel insurance that would cover illness or accident prior to departure.

4. HEALTH INSURANCE COMPANY CONTRIBUTIONS

The Czech Republic became a member of the European Union in May 2004. However, there are cases where a direct agreement exists between your country and the Czech Republic and you may be entitled to a contribution to spa treatment by your health insurance company.

RECOMMENDATION: Contact your health insurance company prior to your spa stay in order to obtain the necessary information.

5. SURCHARGES

Suite - surcharge per room per day

New! Luxury suites and lounges, furnished with antique furniture.

- Radium Palace “Madame Curie” EUR 58,-
- Radium Palace “Premium” EUR 58,-
- Radium Palace EUR 38,-
- Akademik Běhounek EUR 28,-
- Curie EUR 12,-

Room service - delivery of meals to the guestroom - surcharge to the standard rate, available in all main buildings:

- Breakfast EUR 3,-
- Lunch EUR 4,-
- Dinner EUR 4,-
- Full board EUR 11,-

6. PAYMENT TERMS AND CONDITIONS

- You may pay for your spa stay in cash at the Reception desk upon your arrival. We also accept the following credit cards: AMERICAN EXPRESS, EUROCARD/MASTERCARD, VISA, DINERS CLUB INTERNATIONAL, JCB.

In case of payment by a card, the applicable foreign currency shall be converted to Czech Crowns (CZK) based on the current exchange rate. Any currency risks shall be carried by the payer.
- You may also pay for your spa stay in advance by a transfer to our bank account (the amount shall be accounted by or just before the arrival/check-in date):
  Bank address: Raiffeisenbank a.s.
  Account No.: 3339337001/5500
  SWIFT CODE: RZBCCZPP
  IBAN: CZ7355000000003339337001
  account: EUR
  Account owner: Eihab ALTAL

We recommend bringing the payment confirmation with you. In case of a bank transfer, the payer shall settle any and all bank fees associated therewith.

7. CANCELLATION BY THE CLIENT

Clients may cancel their stay at any time before arrival. In your own interest, and to avoid any misunderstandings, we recommend cancelling the booking in writing.

Unfortunately, we are obliged to charge a cancellation fee to the following amounts:

- up to 27 days before the contracted starting date 5%
- up to 20 days before the contracted starting date 10%
- up to 13 days before the contracted starting date 20%
- In case of no-show on the agreed day of arrival and without previous notification of cancellation 30%

In case of cancellation due to serious health reasons, subject to a medical confirmation, no cancellation fees will be charged.

In case of premature departure if there are no serious health reasons confirmed by a physician the following fees will be charged:

For the 1st cancelled day: 100% of the price of the services booked
Following cancelled days: 30% of the price of the services booked and up to a maximum of 160%

8. GETTING HERE

- By PLANE
  - Prague Ruzyně International Airport is approximately 20 km from Prague city centre, and approximately 130 km from Jáchymov
  - Karlovy Vary International Airport is approximately 5 km from Karlovy Vary city centre and approximately 25 km from Jáchymov
  - other possibilities (Germany): Leipzig 179 km, Berlin 310 km, Munich 315 km, Frankfurt 405 km

- By TRAIN
  - the closest train stations are: Ostrov nad Ohří - about 7 km, Karlovy Vary – about 20 km, Cheb - about 60 km

- By CAR
  - the closest border crossings are at: Boží Dar - Oberwiesenthal, Vojtanov - Schönberg, Aš - Selb, Pomezí - Schirnding, Svatý Kříž - Waldsassen.

TRANSFERS A

Prices in EUR (per person)
Ostrov - Jáchymov and back EUR 12,-
Karlovy Vary - Jáchymov and back EUR 20,-
TRANSFERS B  (max. 3 persons)

Prices in EUR (per car)
Prague (Airport) - Jáchymov and back  EUR 150,-
Leipzig (Airport) - Jáchymov and back  EUR 230,-
Berlin (Schönefeld Airport) - Jáchymov and back  EUR 355,- (per car)
Munich (F.J. Strauss Airport) - Jáchymov and back  EUR 375,-
Frankfurt a/M (Airport) - Jáchymov and back  EUR 480,-

(Valid only for client arrivals and departures)
Individual transport may be ordered - prices by agreement.

9. PARKING

Supervised car parks are located on spa premises at the Radium Palace, Akademik Běhounek, Curie and Praha Hotels. We recommend that you make a parking reservation in advance of your arrival.

10. NOTES

• Praha Spa Hotel:  5th floor without lift = EUR 2 discount per person per day, spa procedures are provided at the CURIE Hotel.

• Elektra Spa Hotel:  spa procedures are provided at the Curie Hotel, meals are served at the CURIE-PRAHA complex

• Astoria Spa Hotel:  spa procedures are provided at the Agricola Spa Centre, meals are served in the CURIE-PRAHA complex

• Lužice Spa Hotel:  spa procedures are provided at the Agricola Spa Centre, meals are served in the CURIE-PRAHA complex

• Half board:  available with all the spa stays (breakfast & lunch or breakfast & dinner). There is a EUR 6 discount per person per day.

• The spa fee is included in the price for the stay.

• Extra charge for changing room requested by the client :  CZK 200

THE ARRIVAL AND DEPARTURE DAY IS COUNTED AS ONE DAY.

The services offered begin with dinner on the day of arrival and end with lunch or a breakfast/lunch packet on the departure day.

Check-in:  from 2:00 pm
Check-out :  till 11:00 am

During the Christmas and New Year periods we offer special programmes with special rates.

Léčebné lázně Jáchymov a.s. company reserves the right to adjust the prices depending on the current EUR to CZK exchange rate and fluctuations in the rate of inflation. Prices of services already confirmed are binding. If a stay stretches over two seasons the price is calculated according to the precise number of days in each season, where the arrival date is deemed as the first day. In case a double room is booked for a single guest, there is a surcharge for the non-occupied bed at 50% of the hotel’s rate. Extra beds possibility very limited.
APPLICATION FORM

FIRST NAME: .......................................................... SURNAME: ..........................................................
DATE OF BIRTH: ..........................................................
STREET: ...................................................................... TOWN: ......................................................................
ZIP CODE: .............................................................. STATE: ...............................................................
PHONE/FAX: ............................................................ E-MAIL: .............................................................
DATE OF ARRIVAL: ............................................. DATE OF DEPARTURE: ....................................
SPA HOUSE: ...........................................................
ROOM: [ ] Single room [ ] Double room
CATEGORY: ............................................................
PROGRAMME:
[ ] Complete spa Treatment
[ ] Jáchymov Radon Treatment
[ ] Hotel accommodation/Accommodation of the accompanying person
[ ] Other programme
VITAL WEEK
[ ] Regeneration for Seniors
[ ] Aktive Regeneration
[ ] Sport Vital
[ ] Beauty Vital
[ ] Aqua Vital

PARKING: [ ] YES [ ] NO

OTEHR REQUIREMENTS: ........................................................................................................

DATE: ............................................................................................................................

SIGANTURE

RESERVATION AT INDIVIDUAL HOTELS:

www.almasahat4arab.com
THE FIRST RADON SPA IN THE WORLD

Altal Medical And Spa Services In The Czech Republic
Mr. Eihab Altal
Mobil : +420 776 755 556,Fax: +420 417 532 266
e-mail: info.spa.cz@gmail.com
www.almasahat4arab.com

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