

History of Spa Therapy in Karlovy Vary

SYMPHONIE ZDRAVÍ
HARFA

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Karlovy Vary

The largest spa-town in the Czech Republic



Cultural and historical phenomenon of worldwide significance.

Clients from over 80 countries all over the world.

Legend of foundation of town Karlovy Vary by Czech King and Roman Emperor Charles IV.- 1350



Karlovy Vary in history and today.

Architects: Josef Zitek, Fellner, Helmer



1840



2000



Grandhotel Pupp



Famous Clients of Karlovy Vary

Russian Tzar Peter I. 1711-1712, Johann Wolfgang Goethe,
Persian Shah Musaffer-eddin 1901, 1902 (4.6.- 9.7.),
Princess of Saudi Arabia Gomash, reformer Michail Sergejevitch Gorbatchow



Karlovy Vary - Genius Loci

Mineral springs– spa treatments history

Long lasting bathing in mineral water (1350 – 1520)

Dr Vaclav Payer 1522 – mineral water drinking cure

Dr David Becher 1725-1792 – complex spa treatment



Geyser, 2000 l/ min

Temperature 72°C

Mineralization 6,4 g/l



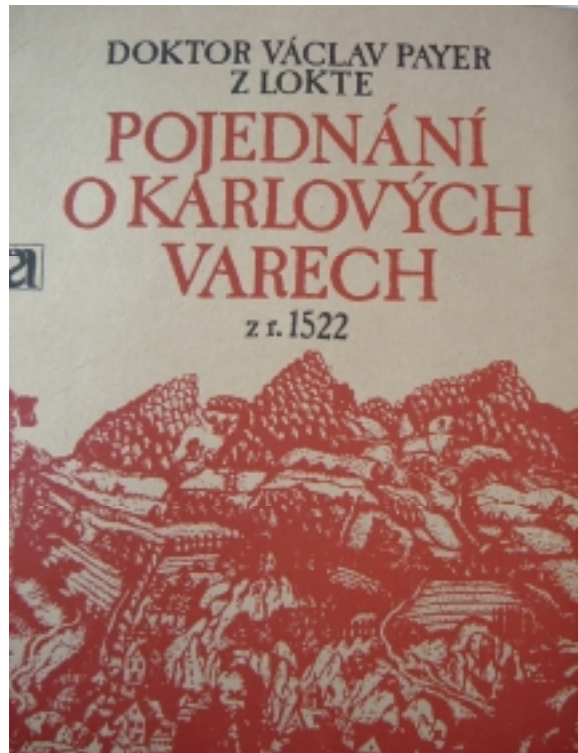
Karlovy Vary – the town of international meetings and conferences (33rd world congress of ISMH 1998)



Drinking cure– the base of Karlovy Vary spa therapy

- Indications:**
- disorders of alimentary system
 - disorders of metabolism (diabetes mellitus, obesity, gout)
 - disorders of kinetic apparatus and stress

70% of illnesses comes as a result of stress.



Grandhotel Pupp

tradition from 1701



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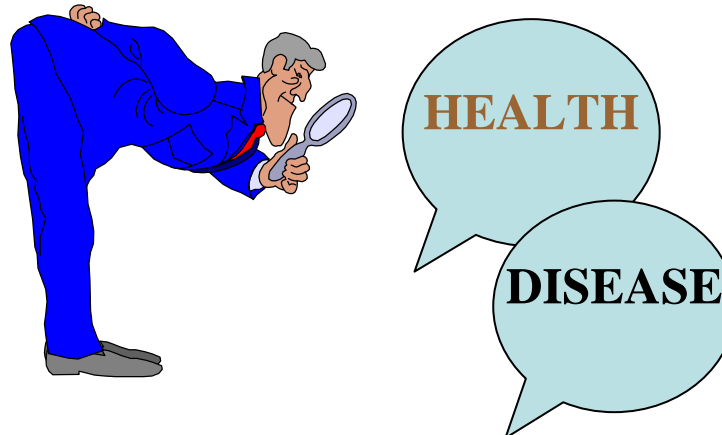
Spa Center Harfa
at the Grandhotel PUPP



Health....what is it?

- **HEALTH** ... optimal feeling of physical, psychical, and social well being and not only absence of the disease.... and piece of living god luck.....
- PHYSICAL DIMENSION OF THE HEALTH
- PSYCHICAL DIMENSION OF THE HEALTH
- SOCIAL DIMENSION OF THE HEALTH
- SPIRITUAL DIMENSION OF THE HEALTH
- **Where is the border between HEALTH and DISEASE ?**

BODY
MIND
HEART
SOUL



Body-Mind-Heart-Soul Technology

Change your living style in the spa from disharmony to harmony!!

- OBJECTIVE HEALTH.... The opinion of the specialist on quality of our health.
- SUBJECTIVE HEALTH.... Perception of feelings quality of own health
- ACTIVE HEALTH.... Effort to improvement of quality of own health –
optimal living style (nutrition, exercise, stress management, positive thinking, optimal social integration – family, friends, colleagues, etc).
- PASSIVE HEALTH.... only capacity utilization of genetic potential of quality our health.

Basic Factors Influencing Quality of Health During the Living Cycle

- genetic factors
- abnormal nutrition
- hypokinesia
- autoagressive habits (smoking, drugs, etc)
- chronic distress in living style
- quality of living conditions and social environment

**Actual cardinal problem of behavioral medicine:
How to change succesfully fixed risk factors in living style?**

Holistic Therapy!!!

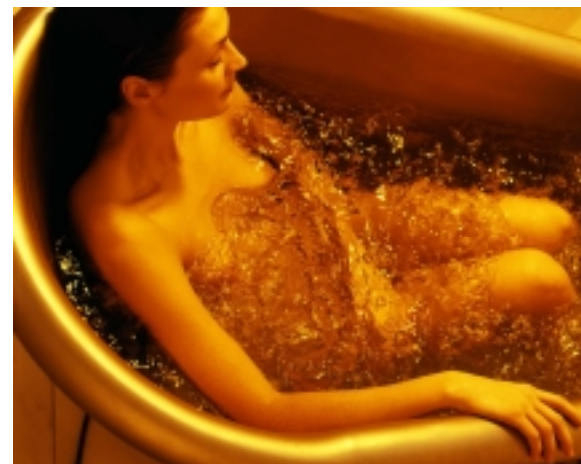
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**Spa Center Harfa
at the Grandhotel PUPP
60 treatments**

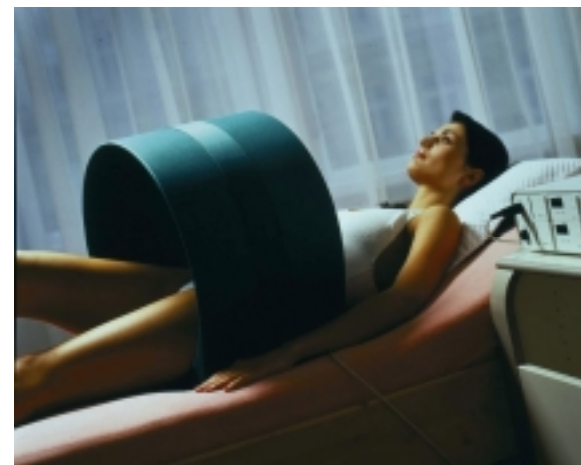


Mudbath

Pearlbath



Elektrotherapy Magnetotherapy



Thermotherapy- Mud packs



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Individual gymnastic



MASSAGE

Reflex-, classical-, under-water
massage, San tao

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Inhalation



CO₂ dry bath



Biopton lamp



Oxygentherapy

Endermology – LPG Systems, France

- Patented French technology
- World famous slimming and anti-aging treatment
- The only method to combat cellulite which was approved by FDA (USA)
- Used in the best clinics all over the world



Endermology – LPG Systems, France

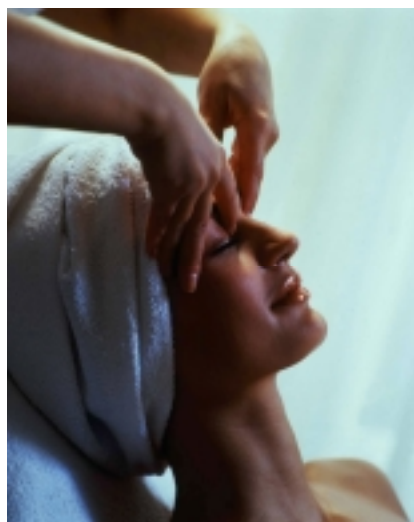
Highly effective
treating of:

- Cellulite
- Overweight
- Anti-aging
- Body
Forming



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Cosmetic Saloon Harfa



Facial and whole-body cosmetic treatment for women and men

Pedicure, manicure

Parafin thermotherapy

Algae- whole body cosmetic treatment



Regulation Levels of Vegetative Functions of Organism

1. Regulation by Autonomic Nervous System and Medulla Oblongata.

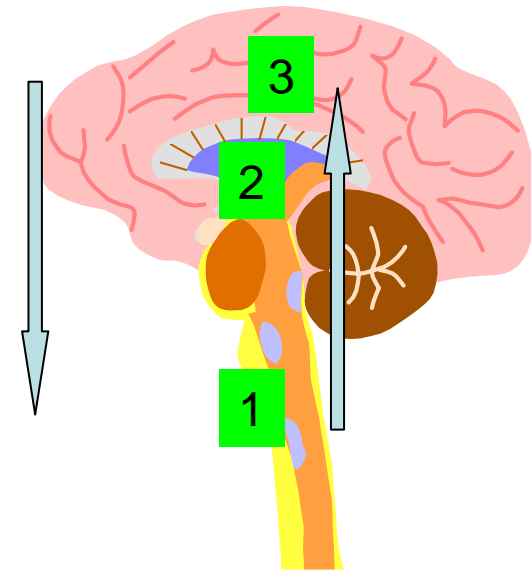
Phylogenetic oldest level ensuring function of organism in emergency state. Level of unconditioned reflex and simple instincts.

2. Regulation on the Level of Brain Stem

Area of hypothalamus, limbic system- instinctive and impulsive models of behavior, emotive behavior of organism. Association of neurovegetative and neurohumoral reactivity with instinctive and impulsive components of behavior.

3. Control Regulation on the Level of Brain Cortex

Input of signals from external and internal environment- processing and selection of appropriate holistic answer of organism- mental correction.



Integrative level of regulation- mutual connection (correlation) of all 3 levels of behavior regulation = BEHAVIOR

Neurovegetative Fundament of Health.

Comes from existence of 2 fundamental phylogenetical and evolutionally oldest reactions of organism, which allowed animals adaptation and survival.

- **STRESS REACTION**

Instinctive reaction on the feeling of danger – fight or break away

- **RELAXATION RESPONSE**

Instinctive reaction connected with feeling of security, gratification of instinctive components of behavior (relaxation, appeasement, quite sleep as a natural manifestation of relaxation response).

Both reactions are modulate by changes of autonomic nervous system and start other control mechanisms, effects thereby function of organism in connection to actual needs and conditions.



HOLISTIC KINESIO - PSYCHO - NEURO -
ENDOCRINOLOGICAL REACTION OF ORGANISM

EFFECTS OF STRESS REACTION AND RELAXATION RESPONSE ON HUMAN ORGANISM

STRES

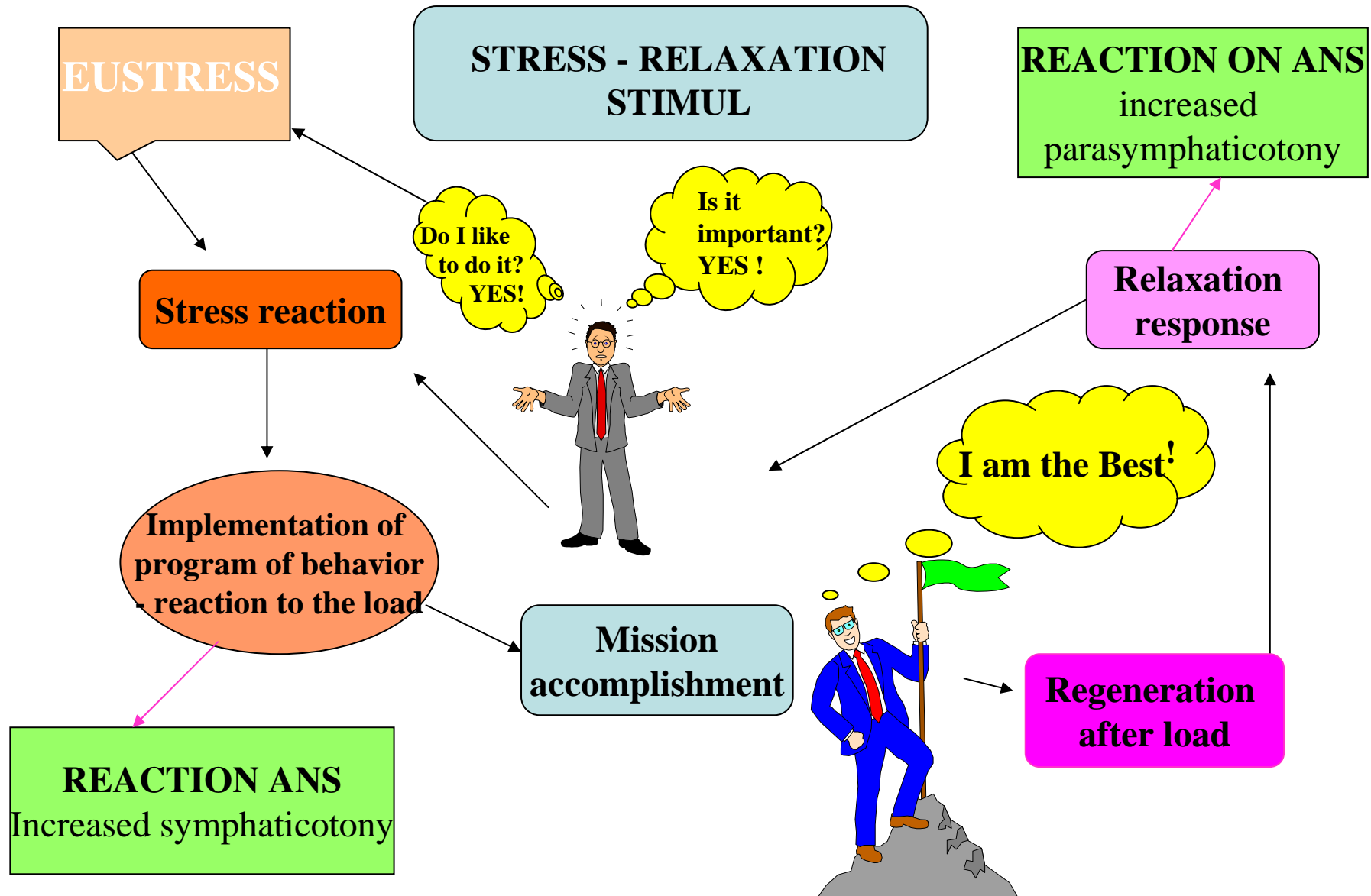
- ↑
 - ↑ syst. and diast.
 - ↑
 - ↑ frequency
 - ↑ flow
 - ↓ flow
 - ↑ tonus
 - ↑ quick waves
 - Tension, agresivity, fear
- Fight or break away

- Metabolism
- Blood pressure
- Pulse
- Respiration
- Vessels of skeletal muscles
- Vessels of internal organs
- Muscle tonus
- Brain cortex
- DEMONSTRATION OF BEHAVIOR

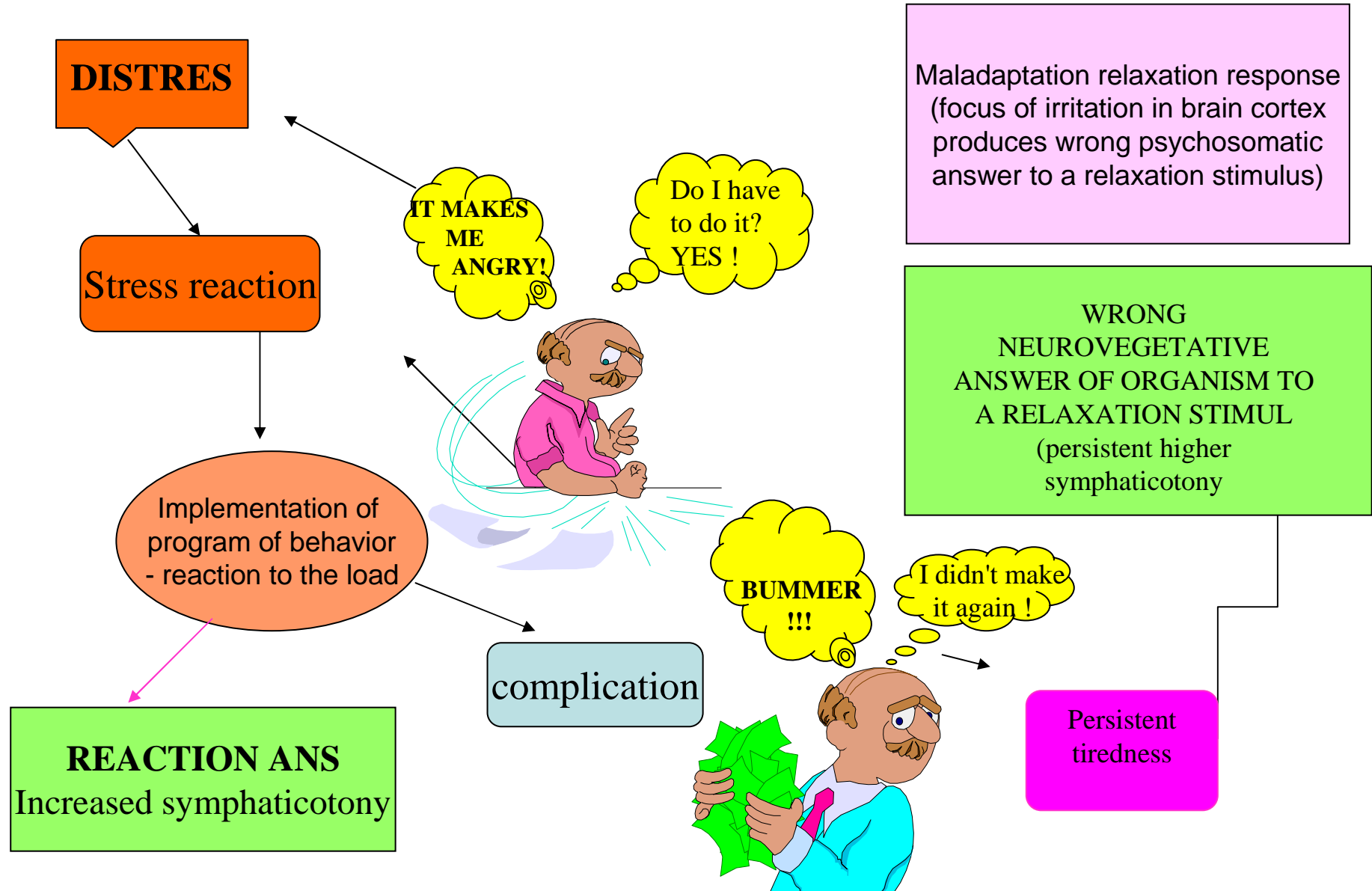
RELAXACE

- ↓
 - ↓ syst., diast.
 - ↓
 - ↓ frequency
 - ↓ flow
 - ↑ Increase of flow
 - ↓ tonus
 - ↑ slow waves
 - Peace, Well-being, Security
- Relaxation, Regeneration

HEALTH - EUSTRESS

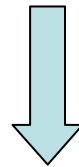


Influence of chronic DISTRESS

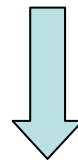


METHOD OF SPECTRAL ANALYSIS OF HEART RATE VARIABILITY

noninvasive method of evaluation functional changes of autonomic nerve system



Gives information on functional changes of autonomic nervous system modulated by sympathetic and vagus.

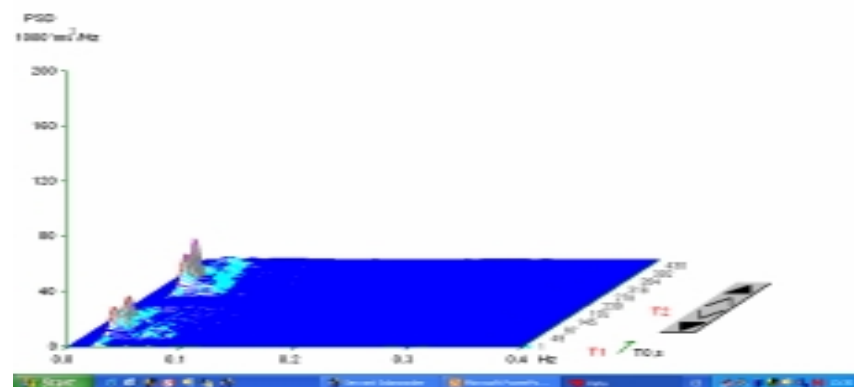
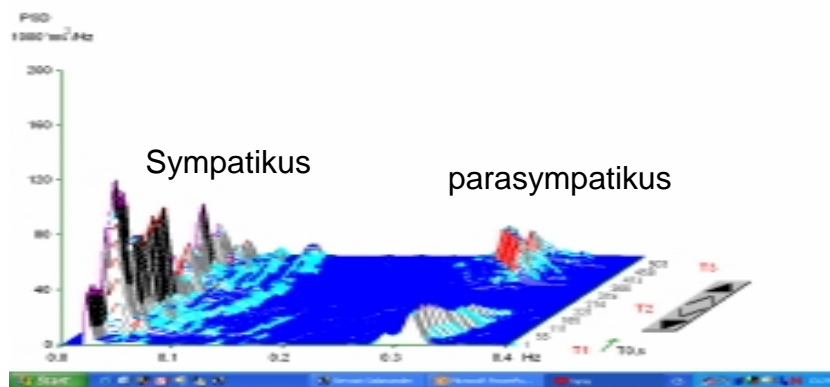


Result of analysis is graphical and numerical projection of activity of sympathetic and parasympathetic in frequency band 0,01 . 0,5 Hz

Graphic Results of Analysis Heart Rate Variability



We explore reaction of autonomous nervous system in supine orthostatic position and supine position. Length of each interval is 300 beats

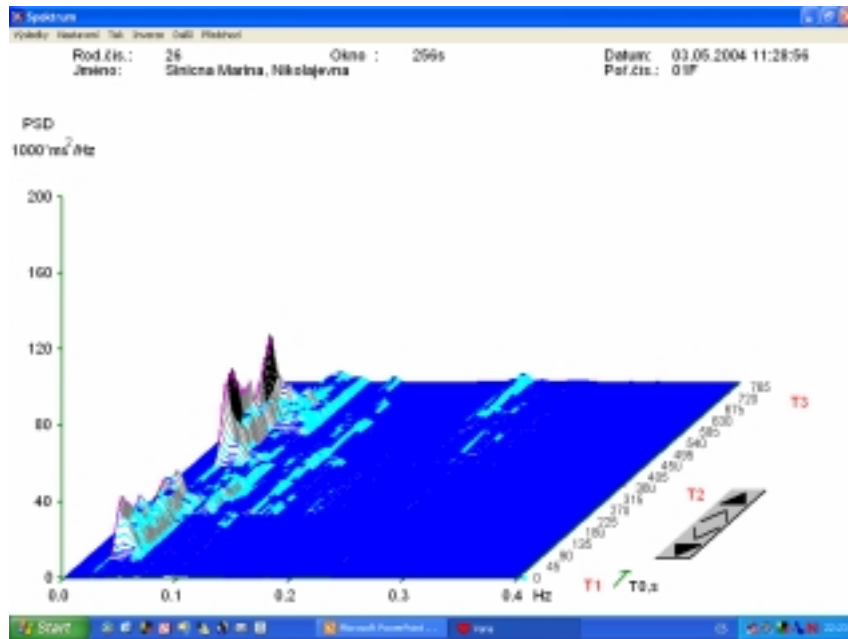


Normal activity of autonomic nervous system

Diabetic autonomic neuropathy

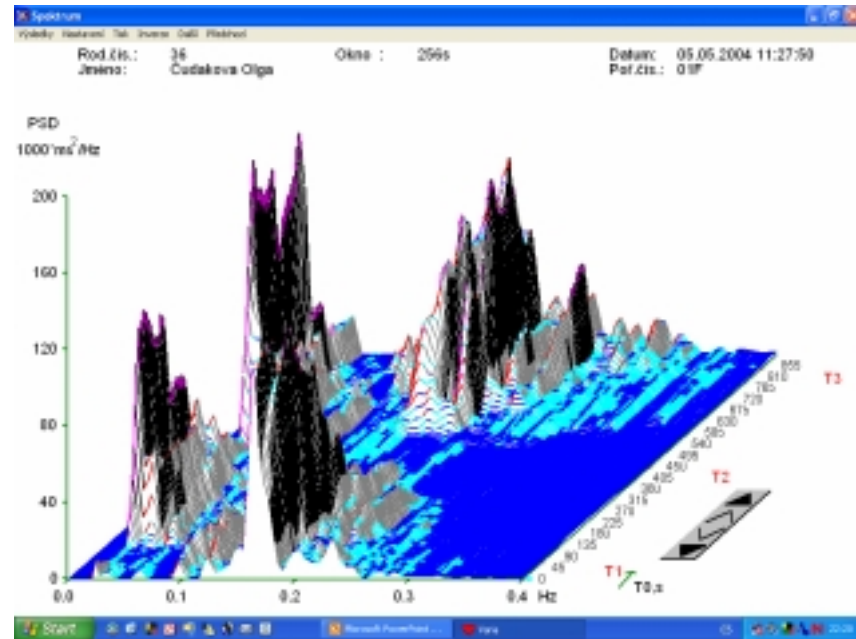
Cardial age - Influence of Chronic Psychological Stress and Psychological Well-Being

Chronic psychological stress



Woman: real age 42,5 years
cardial age 61,7 years

High Quality of Health and
psychical well-being



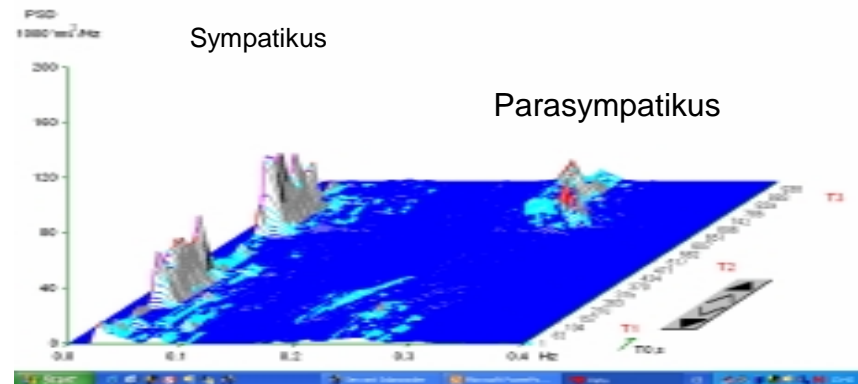
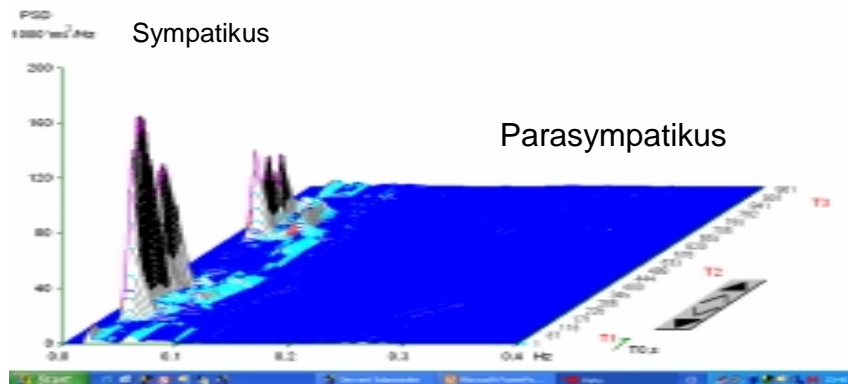
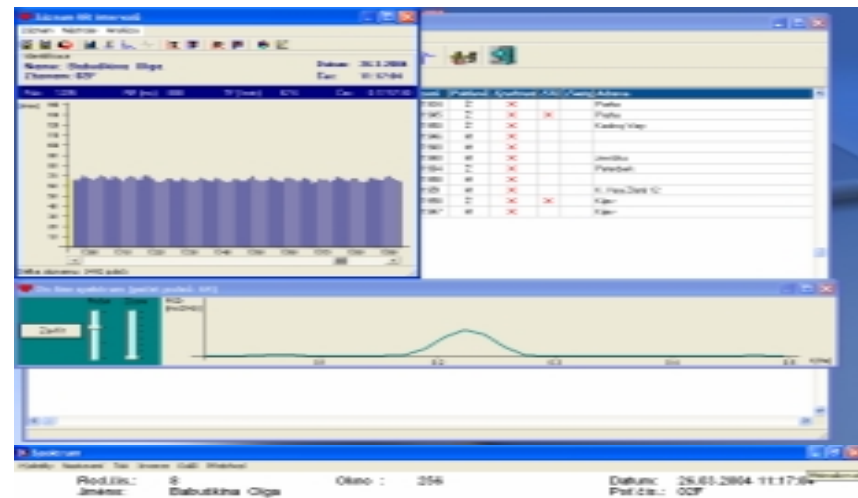
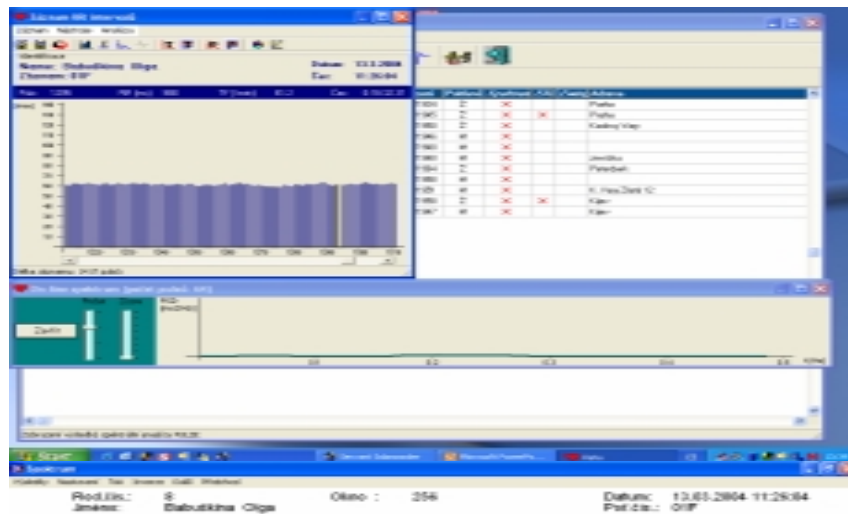
Woman: real age 44,5 years
cardial age 30,9 years

Chronic Stress

Effect of 14 days anti-stress program on changes of activity of autonomic nervous systems

Pre – real age 44,2 years,
cardial age: 69,7 years

After 14 days – real age 44,2 years
cardial age: 45,6 years

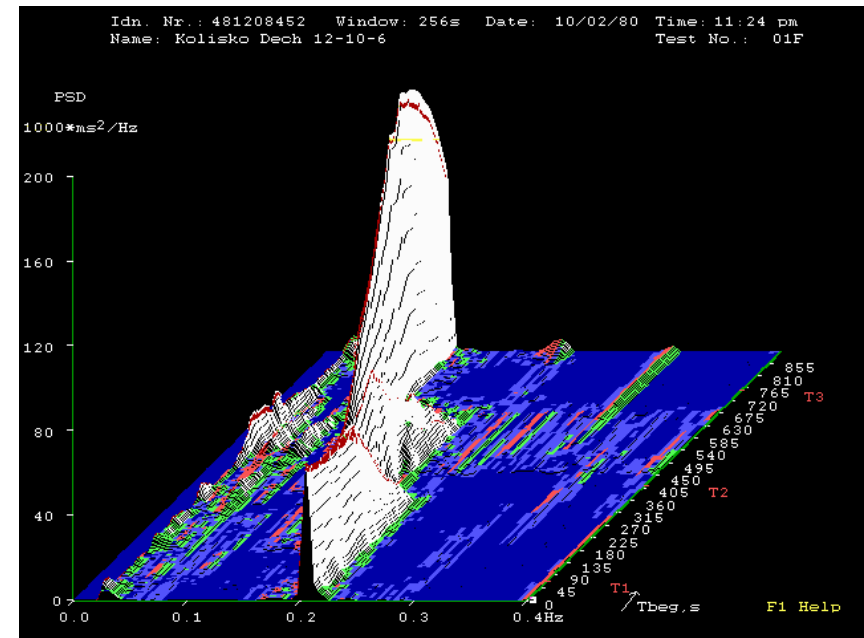


Psychosomatic Techniques and their Influence on Changes of Functional State of Autonomic Nervous System

- *Influence of breathing*

Deep, quite, rhythmic breath increases proportion of activity of parasympaticus.

It leads to reflex change of organism from stress into a state of relaxation response.



Promenades in Karlovy Vary – part of the treatment

2 200 hectares of forests on the hills surrounding the town



VIP clients of Spa Center Harfa



2000, 2004
President Václav Havel



2002
Michail S. Gorbatchew



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2002
Michail Sergejevic
Gorbatchew

**Thank you for
your attention!**

