

# CARLO IV

WELLNESS & SPA



## spa

menu



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# BODY MASSAGES

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## Swedish

All-time favourite classic massage with light, medium or strong pressure.

60 min CZK 3 300

90 min CZK 4 100

## Deep tissue

Invigorating therapeutic massage using the strength of elbows and forearms.

60 min CZK 3 500

90 min CZK 4 400

## Lava stone

Detoxifying relaxing massage with hot lava stones.

60 min CZK 3 300

90 min CZK 4 100

## Aroma herbs

Essential oil massage for body and soul relaxing experience.

60 min CZK 3 300

90 min CZK 4 100

## Czech aroma therapy

This gentle relaxing anti-stress massage uses linden essential oil for the feeling of perfect relaxation of body and mind.

60 min CZK 3 400

90 min CZK 4 200

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# SPA ENHANCEMENTS

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## Body scrub

Relaxing exfoliation of your body for silky smooth skin.

30 min CZK 1 800

60 min CZK 2 700

## Head massage

Perfect anti-stress treatment to calm your mind.

30 min CZK 1 600

## Foot massage

Express recovery treatment for tired and achy feet.

30 min CZK 1 600

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*Visit our sauna before your massage. The heat softens the muscle tissues allowing for a deeper massage.*

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## FACIAL TREATMENTS

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### Sublime skin deluxe lift

Luxurious anti-aging treatment with double-peel, lifting mask and a gentle massage.

75 min CZK 4 400  
90 min CZK 5 000

### Recover aroma touch

Antioxidant nourishing treatment for radiant and healthy skin.

60 min CZK 3 500  
90 min CZK 4 300

### Deep cleanse

Manual pores cleansing followed by a purifying mask.

60 min CZK 3 500  
90 min CZK 4 300

### Gentlemen only

Energizing facial treatment for vital and healthy skin of all men.

60 min CZK 3 500  
90 min CZK 4 300

### Carlo IV signature

Customized facial treatment to suit the needs of oily, dry or sensitive skin.

60 min CZK 3 500  
90 min CZK 4 300

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## BODY TREATMENTS

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### Body strategist

Full body peeling followed by deep press bandages and anti-cellulite massage.

90 min CZK 4 500

### Tranquillity pro-sleep

Deeply calming full body treatment with aromatic essential oils applied to the body by special massage brushes.

60 min CZK 3 500  
90 min CZK 4 300

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*We offer exclusive memberships with interesting benefits.  
Please ask at our spa reception desk for more information.*

## Himalayan salt ritual

Unique detoxification treatment with salt scrub and wrap stimulates metabolism, relieves muscular tension and improves blood circulation. Recommended also during weight reduction programmes.

90min CZK 4 400

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## SPA PACKAGES

### Couples massage

Massage for two in couples treatment room (Swedish/Aroma/Lava).

60 min CZK 6 300

90 min CZK 7 800

### Spa essential

Our favourite package of classic Swedish massage and sixty-minute facial treatment.

120 min CZK 5 600

### Carlo IV journey

Body scrub followed by ninety-minute Swedish massage and sixty-minute facial treatment for your ultimate relaxation and well-being.

180 min CZK 7 800

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## ACTIVITY

### Yoga

Relax your mind and stretch your body.

Please book in advance,  
latest by 6:00 pm the day before.

60 min individual class CZK 900 / per person  
(1 – 4 people only)

### Personal trainer

Individual workout session to get you in shape.

60 min CZK 1 500 / 1 person

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*We use products by [ comfort zone ] for all body and facial treatments. Retail products from [ comfort zone ] are available at the spa reception.*

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## OTHER

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### Gift cards

Please contact Spa reception for current options of our gift cards.

### Private events and groups

Hold your event or enjoy our spa with a group of friends. For group inquiries of five and more people, please contact our Spa Manager at [th.le@nh-hotels.com](mailto:th.le@nh-hotels.com)

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### Safety

Our wellness meets the highest hygiene standards.

For your safe relaxation, please book your stay in the wellness area in advance so that we can follow the regulations for the permitted number of people in the relaxation zone and pool. The sauna is open without the use of a cooling pool, we kindly ask you to use the shower instead.

### Spa arrival

We recommend that you arrive at least 30 minutes prior to your appointment to allow time to change and complete a health questionnaire.

Please note that late arrivals will not receive an extension of the treatment.

### Cancellation policy

Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 24 hours will incur 50% charge. Cancellation on the day of the treatment or a no show will incur a 100% charge. A credit card number is required at the time of booking.

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## OPENING HOURS

8:00 – 22:00

Reserve your wellness area visit and treatment  
in advance at the Spa reception

Spa Reception Phone: +420 778 449 045

From your room dial: 4020

[spa.nhcollectionpraguecarloIV@nh-hotels.com](mailto:spa.nhcollectionpraguecarloIV@nh-hotels.com)

## SPA ENTRY

Visitors with booked treatment CZK 500 (2 hours)

Visitors CZK 1 600

## Carlo IV Wellness & Spa

Senovážné náměstí 13, 110 00 Praha 1

[www.carloivspa.com](http://www.carloivspa.com)