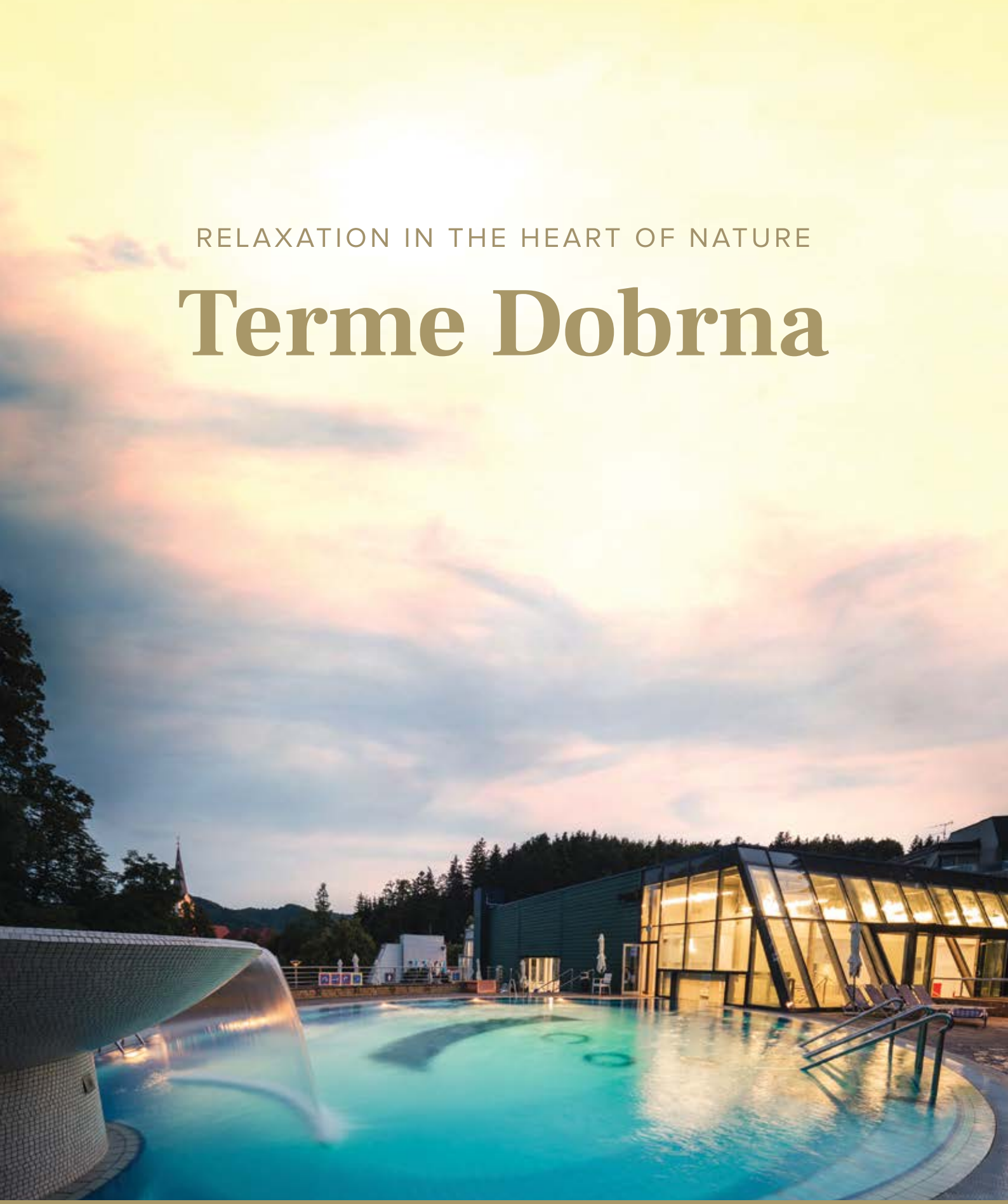
RELAXATION IN THE HEART OF NATURE

Terme Dobrna



— SINCE 1403 —

TERME DOBRNA

HOTELS, SPA & MEDICAL CENTRE

Index

ABOUT TERME DOBRNA 2

OUR LOCATION 4

ACCOMMODATION 6
- Hotel Vita **** 6
- Dependance Vila Higiea **** 7
- Dependance Hotel Park **** 8
- Boutique Hotel Dobrna **** 9
- Old Spa Centre 10

MEDICAL CENTRE DOBRNA MEDICAL 11
- Health is our guideline 11
- Natural healing factors 11
- Rehabilitation 13
- Specialist clinics 15

WELLNESS 17
- Saunas 17
- Thermal baths 18
- Swimming pools with thermal water 19
- Massage & Beauty centre La Vita Spa & Beauty 20

CULINARY 21

PACKAGES 22

ACTIVITIES 23
- Sports park, energy points, hiking, cycling 23
- Spa park 24

GENERAL MANAGER'S MESSAGE

Dear Guests,



We are aware that visiting Terme Dobrna Spa is a unique experience for everyone, which is why we make every effort to ensure you have a truly relaxing break and an unforgettable experience. As the oldest active Slovenian thermal spa, with a tradition of more than 610 years, our aim is to look ahead and become even better, not just dwell on our achievements.

Offering only the best to make your stay at Terme Dobrna Spa even better, we have prepared a catalogue in which you can read about our history, from the beginning to today. We believe that you will be inspired by it! In presenting our hotels, we aim to familiarise you with the varied services offered for excellent wellbeing and pampering, as well as exceptional culinary experiences. You are welcome to visit our spa park, where you can relax and get a new boost of energy, walk many paths in unspoilt nature, and visit the cultural and historic sights of Dobrna.

Our top-class health centre combines our several hundred years of experience in using natural healing factors and modern medical and rehabilitation procedures.

We believe that your thermal experience at Terme Dobrna Spa will be wonderful, one you will remember forever. Seeing satisfied and relaxed visitors, full of life energy and strength, is our greatest success.

Leon Tomašić,
General Manager of Terme Dobrna d. d.

Then and now…

Terme Dobrna is the oldest working Slovenian thermal spa with over 610 years of tradition.

In the very early days the mild climate without fog or cold winds attracted the first settlers. Then in prehistoric times, a fortified settlement was erected on the nearby hillock Gradišče. 500 Celtic coins found in archaeological excavations are a testimony to his early settlement. Archaeological findings also prove that Dobrna and its thermal water were well known by the Celts and Romans. The thermal spring was known by the first Slovenian settlers as well. They named the upper part of their settlement 'Toplice' (Spa) and the lower part 'Dobrna' after the pedunculate oak (in Slovene: 'dob'), which is characteristic for the wide surrounding area. The Dobrna spa and thermal spring were first mentioned in written records in 1403 when they became the property of Sigmund and Andrej Dobrnski. In 1624, a new era started for the spa.

Matija Gačnik erected the first health building and to commemorate this event, he had a marble plaque that still exists today, built into the wall above the swimming pool. With the Gačnik family becoming the owners of the spa, an era of prosperity began for Dobrna. By 1814, when the property came into possession of Franc Ksaverij Kajetan, the spa was already known far and wide. Baron Dienersberg tore down the old middle part of the Gačnik spa centre, built a new one and connected it to the side wings. In 1848, the spa was purchased by Count Ivan Hoyos who thoroughly tackled the landscaping and construction works. He built a new wing with a beautiful new spa hall, a chapel and a swimming pool for visitors and the poor. He also constructed other buildings and arranged paths and resting places in the park. In the vicinity of the enclosed spring, Hoyos had five individual baths constructed.

Hoyos ran the spa himself with the help of his wife. The most important person at the spa was the spa doctor – Dr Gustav Kottowitz, who issued the first spa tourist guide in 1850. There, he describes the healing properties of thermal water, discusses cases of extraordinary recoveries and the benefits that can be enjoyed by the guests. Around 1855, Dr Kottowitz constructed the Villa Kottowitz, today known as Villa Higiea. Count Hoyos was very enterprising but also thoughtless; unfortunately, even he did not know the amount of debts he had incurred. This is why he went bankrupt, and the spa was purchased by the Styrian country states in 1858. Despite his personal failure, Count Ivan Hoyos is recognised as the original founder of the current Dobrna spa. The country spa administration managed the property based on what Count Hoyos started and a new period of prosperity began for the spa. In 1872, the Swiss court was constructed, today known as Hotel Park. Due to the spa's sudden growth, a new modern hotel with a thermal swimming pool, a health centre, a restaurant, a café, and other rooms were built in 1979 on the green between the settlement and the spa complex.

Ever since the first findings, water from the Dobrna hot springs has been used for medical purposes to treat various diseases, to strengthen the body and to improve the overall physical and mental fitness of individuals and groups. Ever since 1542, thermal water has been used as an ideal means of treating gynaecological and urological illnesses, rheumatic and similar illnesses, as well as diseases and injuries of the motor system. This is how Terme Dobrna became known around the world for its healing effects and health benefits. The most notable guests included senior officials and important persons, including Maria Theresa, Bishop Anton Martin Slomšek, Louis Bonaparte (brother of Napoleon I), writer Karl May and Count Hoyosh.

Today, Terme Dobrna is a successful, modern and dynamic health resort and tourist centre, which combines the gifts of nature, tradition, hospitality, professionalism and contemporary medicine.

Terme Dobrna has a Diagnostic and Rehabilitation Centre, where we work with leading experts in the fields of gynaecology, urology, neurology, neurosurgery, orthopaedics, cardiology, psychotherapy, rheumatology and logopaedics. We help women and men in all stages of fertility and, at the same time, protecting them from the most common diseases.

We are also active in medical scientific development. Our Institute for Applied Research in Medical Rehabilitation (IARMR) cooperates with educational and research institutions, as well as the leading pharmaceutical companies.

In the tourism segment, we are recognizable by our offer of sustainable tourism. We specialize in seniors, couples and families with small children that are looking for peace, relaxation and a healthy way of life in pristine nature. We offer diversified accommodation and gastronomic experience, as well as a wide range of sports and leisure activities. All tourist offers are of course available to all who choose to visit for health reasons.

Being focused on sustainable tourism development and care for the preservation of the natural environment, Terme Dobrna is ranked amongst tourist providers holding the international Green Key eco and Slovenia Green Accommodation labels.











OUR LOCATION

Terme Dobrna in the heart of nature

Pristine nature, a peaceful environment, a rich cultural heritage of the countryside and clean air. This is Dobrna.

Dobrna lies at an elevation of 375 m in the northern part of the Celje basin between the slopes of Paški Kozjak and Pohorje. It is half way between the towns of Celje and Velenje, and only 14 km away from the A1 motorway Ljubljana–Maribor.

ROAD CONNECTION

Drive from the direction of Ljubljana or Maribor, leave the motorway at the exit Žalec–Arja vas and turn towards Velenje. In the village of Črnova, turn right towards Dobrna. After 4 km, turn left, pass the petrol station and after 2 km, you will reach Dobrna. Opposite the post office, turn left and you will see Terme Dobrna through the avenue.

PUBLIC TRANSPORT

Bus connections are possible from Celje or Velenje. The bus station is located in the centre of Dobrna and at the Terme Dobrna spa resort.

The closest railway station is in Celje, 20 km away from Dobrna. There is no direct railway connection to Dobrna, so a bus must be taken.

ORGANIZED TRANSPORT

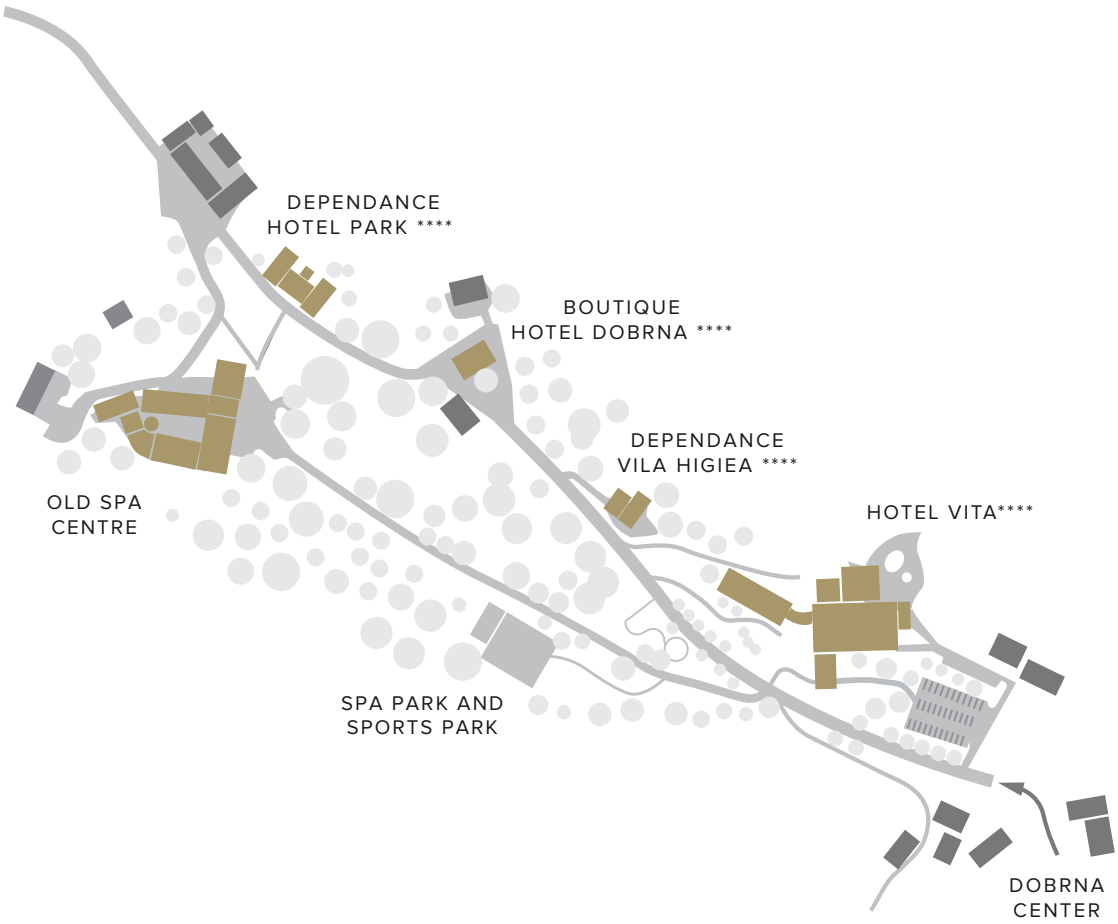
We arrange transportation to and from Terme Dobrna if you don't have your own means of transportation, or to the airport, bus or train station pick-up. For additional information call us on +386 3 78 08 110.

CLOSEST AIRPORTS (BY ROAD)

Jože Pučnik Airport, Brnik: 83 km
Klagenfurt Airport: 118 km
Graz Airport: 131 km
Vienna Airport: 327 km
Zagreb Airport: 178 km
Friuli Airport, Trieste: 201 km






DEPENDANCE
HOTEL PARK ****
BOUTIQUE
HOTEL DOBRNA ****
DEPENDANCE
VILA HIGIEA ****
HOTEL VITA****
OLD SPA
CENTRE
SPA PARK AND
SPORTS PARK
DOBRNA
CENTER

ACCOMMODATION

Hotel Vita ****

Hotel Vita is situated at the entrance to the Spa Complex.

During your stay, you will be inspired by wonderful nature, a spa park full of energy, numerous walking and cycling paths and the beauty of the area and its surroundings.

Hotel Vita is the newest of all the Terme Dobrna hotels, and it offers everything under one roof. The excellent cuisine will leave you greatly satisfied, and you can pamper yourself at the Massage & Beauty Centre La Vita Spa & Beauty, thermal water swimming pools, and the Sauna Land ("Dežela savn").

After your visit to our Medical Centre, you will feel great as you will know youMhave done something for your health. The hotel also provides seminar rooms.

ROOM AMENITIES

Telephone, TV, safety deposit box, mini bar, toilet, bathroom, hair dryer, and air-conditioning. Free Wireless internet access.

FACILITIES

- Central reception desk for all hotels
- Café and A la carte Restaurant with a wide range of desserts; dance evenings at weekends.
- Medicinal thermal water swimming pools and a nudist terrace.
- Sauna Land with a large sun terrace.
- Top-quality massage & beauty centre La Vita Spa & Beauty and hair care salon La Vita Hair Beauty.
- Medical Centre with natural therapies.
- Hotel restaurant.
- Seminar rooms.
- Fitness centre.
- Free internet access.







ACCOMMODATION

Dependance Vila Higiea ****

Vila Higiea was built in 1855 and has managed to keep its original and traditional touch in spite of the renovation work.

Hygiea was the goddess of good health – taking care of good health and well-being.

It boasts great comfort, which is further emphasised by the great views of the forests and the spa park. It is here that you can calm your mind and be thoroughly regenerated.

Vila Higiea is located approximately 50 m from Hotel Vita. It has a wedding ceremony hall, which is part of the Celje Administrative Unit.

Vila Higiea has a wine cellar where you can enjoy a wide range of Slovenian wines, local culinary specialities and a special Bacchus feast.

ROOM AMENITIES

Telephone, Wi-Fi, mini bar and bathroom with a shower and hair-dryer. The rooms on the first floor were renovated according to Feng Shui in 2007.

FACILITIES

- The main reception desk, restaurant, wellness with swimming pools, saunas and massages, and the Medical Centre are located in the nearby Hotel Vita (50 m away).
- The Vita Restaurant serves all meals.
- A wedding ceremony hall.
- A wine cellar for groups for special occasions, business lunches, dinners or corporate end-of-year parties.







ACCOMMODATION

Dependance Hotel Park ****

The hotel was built in 1872. Despite having undergone major renovation works, it has preserved its original architectural shape with the typical wooden ornaments and balconies.

It is located in the direct vicinity of the thermal spring and spa park, and approximately 300 metres from Hotel Vita.

The hotel is a starting point of many walking and hiking trails, making it a perfect spot for everyone who prefers an active break in nature. The guests who want to visit local attractions a bit farther away can rent small eco-friendly electric cars.

Hotel Park has received the international Green Key label and Slovenia Green Accommodation label.

Dependance Hotel Park even welcomes your pets (a limited number of rooms; pets are not allowed in the restaurant).

ROOM AMENITIES

TV, telephone, toilet, bathroom, hair-dryer, and rooms in the attic have air-conditioning. Free wireless internet access is also available in the rooms.

FACILITIES

- Hotel reception desk at Hotel Vita
- Restaurant (buffet meals)
- Common area
- Sauna Studio Tisa – individual saunas and relaxation areas.
- Free wireless internet access
- The wellness with swimming pools, saunas and massages and the Medical Centre are located in the nearby Hotel Vita (300 m away)







ACCOMMODATION

Boutique Hotel Dobrna ****

Built in 1826, Boutique Hotel Dobrna has hosted the eminent from far afield for nearly a century.

Renovated in 2020 as a boutique hotel, it keeps its architectural image from when it was first built and tells the story of Terme Dobrna Spa's rich history.

This four-star hotel provides guests with intimacy and comfort in its thirteen charming deluxe rooms; it has a charming breakfast area and offers room service.

The sounds of the forest and the proximity to the spa's park are inspiring and calming for the body and mind at the same time.

ROOM AMENITIES

Telephone, TV, safety deposit box, minibar, toilet, bathroom, hairdryer, free wireless internet; free parking near the hotel.

FACILITIES

- Breakfast area
- Room service
- Electric car transportation to Hotel Vita
- À la carte restaurant and coffee bar in Hotel Vita
- Free parking nearby
- Wireless internet
- The main reception, hotel restaurant, wellness with swimming pools, saunas, massage treatments and medical centre are located in the nearby Hotel Vita (150 m away).







ACCOMMODATION

Old Spa Centre

Built in 1624, the Spa Centre is the central and oldest building in the spa resort.

Today's building originates from the time the spa resort was established. Through its development, the building has witnessed much renovation and addition. Due to its architectural and design properties it is protected as a heritage settlement.

This building has been the heart of the spa resort for centuries because of its thermal spring with healing, mineral-rich thermal water. Its beneficial properties were appreciated by its many visitors centuries ago, amongst them Louis Bonaparte, Napoleon I's brother, who stayed at Dobrna in 1809 with other soldiers wounded in French-Austrian battles.

Today, the Spa Centre, with its majestic hall from 1847, is the scene of elite cultural and entertainment events, whilst further enjoy its unique body and mind pampering in the marble thermal baths preserved from 1874.







MEDICAL CENTRE DOBRNA MEDICAL

Health is our guideline

In our Diagnostic and Rehabilitation Centre, you will be taken care of by first class doctors and medical staff with the support of certified physical therapists who will provide you with individual, discreet and professional treatment to help you obtain the best results in gynaecology, urology, neurology, neurosurgery, orthopaedics, cardiology, psychotherapy, rheumatology and logopaedics.

We help men and women in all stages of fertility, and at the same time protect them from the most common lifestyle diseases. We are known as the leading centre offering help with reproductive system disorders, infertility and incontinence, and diagnostics in the field of gynaecological and urologic diseases in connection with oncology and neurologic conditions.

We are also active in medical science development. Our Institute for Applied Research in Medical Rehabilitation (IARMR) cooperates with educational and research institutions, as well as the leading pharmaceutical companies.

Terme Dobrna has **three natural healing factors approved by the Slovenian Ministry of Health**: thermal water, mud (fango) and turf.

THERMAL WATER

The ancient Celts and Romans already knew the warm spring water in Dobrna. In the year 1403, the water was used the first time for health purposes. Since the year 1542, the thermal water in Dobrna is known as an ideal means in treating gynaecological and urological illnesses, rheumatic, and illnesses similar to rheumatism, for healing diseases and motor system injuries.

Due to the calcium ions the water contains, the Dobrna thermal water acts as anti-inflammatory, and anti-allergy with all chronic inflammation of the digestion and urinary organs. It as well accelerates the purging of water from the body. Indirectly it helps in discharging kidney stones and gallstones from the body.

The alkaline thermal water with a temperature at the source of around 35 to 36,5 °C, and contains adequate amounts of calcium, magnesium, and hydrogen carbonate is the main healing factor in the Dobrna spa.

Composition of thermal water:

Component	**g/l**
Lithium	0,000005
Sodium	0,00393
Magnesium	0,0210
Aluminium	0,000014
Zinc	0,000034
Nitrate	0,00142
Hydro phosphate	0,00005
Potassium	0,0744
Calcium	0,00093
Chloride	0,00110
Sulphate	0,0179
Copper	0,000016
Iron	0,000026
Hydrogen carbonate	0,3186



FANGO

Fango is anorganic peloid made from the volcanic rock bentonite and thermal water.

Fango has a thermal and mechanical effect: heated to 40-45°C, it accelerates metabolism, healing and reparatory processes in tissues, and softens and reduces tissue growth and scars.

Our fango wraps and baths are recommended for pain in the joints, spine, back and muscles, and rheumatic disease. It helps with metabolism, promotes sweating and eliminates waste substances, thereby promoting body detoxification.

TURF

Turf is organic peloid. It consists of the decayed remains of plants, containing low dosages of oestrogens.

Turf has thermal, chemical and mechanical effects. Mixed with water and heated to 40-45°C, it accelerates healing processes in the body and improves metabolism.

As with fango, turf reduces and softens tissue growth and scars. Turf baths promote the described functions of the body and strengthen its defence abilities, mitigating reduced joint flexibility, and rheumatic and degenerative pain.

MEDICAL CENTRE DOBRNA MEDICAL

Rehabilitation

ONCOLOGY REHABILITATION (GYNAECOLOGY AND UROLOGY)

We do not treat cancer in Terme Dobrna. However, our mission is to provide the best quality of life for our patients. We offer a selection of therapies that will speed up your recovery. The treatments are set specifically for each individual, taking into consideration their needs, health, the basic treatment of the disease, possible contraindications, etc. The rehabilitation programme is agreed upon between you and a specialist doctor who will advise you on the appropriate therapy plan.

REHABILITATION AFTER INFLAMMATORY RHEUMATIC DISEASE AND DEGENERATIVE JOINT RHEUMATISM

Ever since Dobrna was first mentioned as a spa location in 1403, turf, thermal water and fango as fundamental balneological factors have been used in its rehabilitation therapy pursuant to various rheumatic diseases. Our physical therapists are trained to perform fascia relaxation therapy, which significantly improves the situation. We are one of the few therapeutic centres applying fango and turf directly on the body, which not only warms tissue, but also gives the body an opportunity to absorb their healing ingredients. Our distinctive feature is natural, chlorine-free healing water directly from the source, suitable for patients with psoriasis, sensitive skin and other skin disorders. A specialist internist-rheumatologist works alongside our physical therapists to provide comprehensive individual rehabilitation programmes.

REHABILITATION AFTER INJURIES AND SURGERY ON MOTOR SYSTEMS WITH FUNCTIONAL DISABILITY

We were the first spa resort to host an arthroscopic congress, and continue to develop state-of-the-art rehabilitation treatment post arthroscopic and other complex surgery pursuant to injury to the motor system, cervix, lumbar spine, hip and knee joints, elbows and the shoulders. In addition to manual techniques that are individually adapted for each patient, we use the latest and best technology intended for the rehabilitation of athletes. Rehabilitation is multidisciplinary and facilitated by a physical therapist in close cooperation with attending surgeons, who are specialists in neurosurgery, orthopaedics and traumatology.

NEUROLOGICAL REHABILITATION

We have developed a specialized programme for neurological rehabilitation which is targeted at patients who have suffered a stroke or those in the initial phase of multiple sclerosis. Our holistic approach includes occupational therapy carried out by certified physiotherapists and occupational therapists. Patients who suffered injuries of the brain speech centre can work with a clinical speech therapist. The treatment is supervised by a specialist physiatrist and a specialist neurologist.









REHABILITATION OF PATIENTS WITH LYME BORRELIOSIS

Patient rehabilitation is highly specific, individualised and comprehensive. After completing treatment with antibiotics, patients usually don't have the necessary social and medical support. Our approach to the rehabilitation of patients with Lyme borreliosis is comprehensive; after identifying inappropriate antibiotic treatment, we identify the associated diseases that are transmitted to a person by a tick; this is followed by treatment for immune insufficiency, chronic infection and inflammation, hormonal balance, fatigue, and sleep disorder; all accompanied by dietetic measures and educational events. Patients are detoxified, then treated for intestinal permeability and mitochondria function renewal in tandem with psychotherapy and resocialisation.

REHABILITATION OF PATIENTS WITH SLEEP DISORDER

A specialist doctor will diagnose sleep disorder type, analyse your sleep, properly inform you of options to improve sleep quality and recommend support, with and without medicaments. Sleep disorders are not only a matter of neurologic consequence; often, they are a matter of chronic infection, inflammatory disease, hormonal imbalance and short-term and long-term psychophysical functional disorder, or simply because of inappropriate modern life tempo. A multidisciplinary approach includes a doctor specialising in neurology, neuropsychiatrist, psychotherapist, neurophysiologist, and infectologist.

PHYSIOTHERAPY

Physiotherapy is a rehabilitation programme focusing on methods and techniques of diseases and injuries treatment. The treatment renews, heals and preserves the locomotor system, musculoskeletal system and degenerative and chronic diseases. The goal is to establish and restore optimal movement functions and improve the quality of life. In order to ensure the highest quality of treatments, we have gathered together the most qualified physiotherapists distinguished by their expertise and individual approaches. Using the state of the art manual methods, techniques and equipment, they make sure the solution to your problems is reached quickly and is effective and long lasting.

BALNEOTHERAPY

Balneotherapy, treatment with thermal water and peloids, relieves pain and medical conditions, and strengthens the immune system. All of the natural resources can be found in Terme Dobrna, which is a special advantage, because they can be obtained in pristine nature under controlled conditions.

OCCUPATIONAL THERAPY

Our specialists work with individuals and groups to improve the quality of life, health, safety and integration of individuals, and integration into the environment. Each individual is treated comprehensively and holistically, taking into consideration their values and home and work environment, irrespective of their deficits and limitations. Natural healing air, unspoiled nature and natural factors have been proven to help with the therapy.

MEDICAL CENTRE DOBRNA MEDICAL

Specialist clinics

GYNAECOLOGICAL CLINIC

In the self-funding gynaecological clinic, led by Mariusz Kosi, M.D. Gynaecology and Obstetrics, we treat gynaecological inflammations, infertility, climacteric disorders and breast diseases. For gynaecological examinations, we use modern ultrasonic diagnostics in 3D, 4D and 5D techniques for the most precise scans. In the gynaecological surgeries, we use TVT-O and mini-sling tapes to treat urinary incontinence. We also do vaginal and laparoscopic surgeries for the correction of pelvic floor failure.

FERTILITY CLINIC

The clinic offers a complete diagnosis of the causes of problems in conceiving. We organize the entire treatment process with assisted reproductive techniques. Our unique therapies in fertility treatment, natural factors and relaxation techniques will prepare you for medically assisted treatment. We make sure to provide optimum conditions in the most critical moments after artificial insemination in order to ensure successful treatment.

UROLOGY CLINIC

The urology clinic treats patients suffering from urinary and prostate problems. We carry out comprehensive and preventive examinations, diagnose the disease, and suggest appropriate treatment. We use the most advanced ultrasound and transrectal ultrasound technology, biochemical laboratory examinations and uroflowmetry.

NEUROLOGY CLINIC

Neurology is a clinical medical science that deals with the diagnosis and treatment of diseases affecting the nervous system and muscles. Most patients visit neurology clinics because of headaches, back and muscle pain, dizziness, gait abnormality, motor dysfunction and problems with mental abilities. In the neurology clinic in Dobrna Medical, led by Iwona Ewa Kosi, M.D., you will receive a quick professional and thorough examination and treatment.

NEUROSURGICAL CLINIC

In the neurosurgical clinic we treat diseases and problems involving the nervous system – brain, spinal cord and peripheral nerves. Our neurosurgeon examines each patient and decides whether surgical treatment is needed, and, if necessary, carries out the treatment.

CLINIC FOR CONSERVATIVE TREATMENT OF URINARY INCONTINENCE

The exclusive knowledge of our specialists allowed us to open the first clinic for preventive and conservative treatment of female urinary incontinence in Slovenia. Applying the latest methods, we will help you to successfully relieve and overcome this problem of modern times.

CARDIOLOGICAL EXAMINATIONS AND DIAGNOSTICS

In the cardiology clinic, we perform specialist examinations of the heart and other examinations that give us a comprehensive assessment of cardiac function, which allows us to diagnose the medical condition and suggest appropriate treatment procedures.

ORTHOPAEDIC CLINIC

The self-funding orthopaedic clinic in Terme Dobrna carries out examinations in the field of orthopaedics. We specialize in problems with the hips, knee joints and feet. We advise our patients on orthopaedic surgery and physiotherapy procedures. When needed, our clinic also applies antiinflammatory infiltration.

SPECIALIST RHEUMATOLOGY CLINIC

Rheumatic disease is a common type of autoimmune disease, usually affecting older people, but unfortunately also seen in children. Rheumatic disease and degenerative rheumatic





modification cause joint swelling and deformation, resulting in pain in the joints and difficult movement. The rheumatology clinic treats the following conditions: osteoarthrosis, and painful arms, heels, feet, hips and backs, fibromyalgia, gout, psoriatic arthritis, Raynaud syndrome, rheumatoid arthritis, and system sclerosis.

SPECIALIST CLINIC FOR CLINICAL LOGOPAEDICS

After brain stroke, a common consequence of which is aphasia, a speech and language disorder, it is important for patients to visit a logopaedist in the context of rehabilitation programmes. The aim of logopaedic treatment is to promote and improve the ability to communicate, enhance the preserved and develop new abilities to communicate, and advise and educate those close to the patient to encourage communication and help the patient. Our clinic has a personal and in-depth approach, and at the same time, it helps understand, face and solve your problems.

PSYCHOTHERAPY CLINIC – COUNSELLING

In the quiet, relaxing and private environment of our psychotherapy clinic, you can openly talk to someone who will listen, help and advise you. Our renowned psychotherapist Leonarda Lunder, M.D., uses a personal in-depth approach to understand your problems, which allows her to help you face and solve them.

ULTRASOUND DIAGNOSTICS AND LABORATORY

Because of its harmless, reliable and fast method of screening of soft tissue, ultrasound diagnostics has replaced many harmful examinations. In Terme Dobrna, we use the most modern ultrasound diagnostics equipment based on innovative technology for capturing high-quality images. Our professional team carries out examinations and clearly explains the test results.

CLINIC FOR THE DIAGNOSIS AND TREATMENT OF LYMPHEDEMA

Lymphedema is a condition of an inadequate function of the lymphatic system, which shows as a swelling of the soft tissue because of the protein-rich extracellular fluid. Our highly educated doctors and physiotherapists hold certificates for the implementation of an integrated treatment of lymphedema by the Dr Vodder Method, which is still the most effective method for treatment in the world.

SPECIALIST INFECTION CLINIC

The clinic focuses on giving second opinions in the field of infections, tick-borne disease and that transmitted by other animals, fever of unknown origin, increased inflammation parameters or increased sedimentation rate, travellers' diseases, rare disease of unknown cause, chronic fatigue syndrome, and fibromyalgia syndrome. A specialist doctor will ascertain cause, determine suitable therapy, and recommend further preventive and vaccination treatment.

WELLNESS

Saunas

The swimming pool complex on the 3rd floor of Hotel Vita includes a sauna complex with a wide selection of steam and Finnish saunas, as well as additional Kneipp programmes.

Getting close to the tradition of relaxation and body cleansing in our land of peace, refreshment and relaxation will have the same beneficial effect on you as the energy of positive crystals. A selection of crystals after which our saunas are named represent a short introduction into the crystal land of minerals hidden in the earth.

OUR SAUNA COMPLEX INCLUDES

- Finnish sauna with crystal therapy
- Finnish sauna with chromotherapy
- Steam sauna with salt
- Steam sauna
- Infra cabin
- Ice cave
- Finnish sauna – cottage
- Fresh air centre
- Classic showers
- Massage pool
- Cooling pool
- Kneipp surprise showers
- Kneipp basins
- Warm-cold Kneipp path
- Rest area
- Drinking water fountain
- Half-sitting heated bench
- Massage
- Vitamin bar
- Outdoor terrace







WELLNESS

Thermal baths

Thermal water has a relaxing effect on the body and soul, especially due to the medicinal effects of thermal water. The Celts and Romans, as well as many famous figures resorted to our thermal water to improve their health.

The Spa Centre's the thermal marble baths have preserved their original form since 1874, and are an attraction well worth making a stop for; their healing thermal water flow straight from the spring, providing a genuine form of relaxation.

Our thermal baths are available at Hotel Vita, where you will enjoy wonderful moments with your loved ones.

THERMAL BATHS IN THE OLD SPA CENTRE

classical thermal bath
- Thermal detox bath
- Thermal bath with sodium bicarbonate
- Cleopatra's thermal bath
- Romantic thermal bath
- Thermal bath with essential oils

THERMAL BATHS IN HOTEL VITA:

- Baths for couples – 4 seasons
- La Vita relaxing 60 minute romantic bath with a romantic dinner







WELLNESS

Swimming pools with thermal water

Swimming in the thermal water pools will fill you with positive energy, while the underwater massage and whirlpools will invigorate you.

You and your children will always remember our great indoor and outdoor pools. The swimming pool complex is situated on the third floor of Hotel Vita.

WATER TEMPERATURE IN POOLS WITH HEALING THERMAL WATER IN HOTEL VITA

- Indoor pool with a temperature of 32 °C
- Outdoor pool with a temperature of 28 to 29 °C
- Indoor children's pool with a temperature of 32 °C
- Outdoor children's pool with a temperature of 32 °C
- Whirlpool with a temperature of 35 to 36 °C

THE SWIMMING POOL COMPLEX INCLUDES

- Indoor pool and indoor children's pool
- Indoor whirlpool
- Outdoor pool and outdoor children's pool with a slide
- Sun terrace
- Terrace bar with a selection of cocktails, refreshing drinks, warm and cold snacks (meals also offered in the hotel restaurant and café)







Massage & Beauty centre La Vita Spa & Beauty

A unique assortment of body and facial treatments, intoxicating fragrances, pleasant lighting and the skilled hands of our therapists will become an indispensable part of your pampering and satisfaction.

MASSAGE AND RITUALS

When seeking relaxation and inner harmony, a massage is the right answer. It restores inner harmony as it relaxes you, has a therapeutic effect, and gives you energy. A massage has been proven to improve health by reducing fatigue and the level of stress hormones, strengthening the immune system, lowering the frequency of headaches, soothing pain in the back, decreasing muscular tension, soothing depression, and improving skin health and flexibility of the body.

We offer you:
- Thai massage,
- Relaxing foot massage,
- Berber body massage,
- Classical massage,
- Aromatherapy massage.

AYURVEDA TREATMENTS

Ayurveda is an old system of traditional medicine. It emphasises the importance of an individual and their uniqueness.

Treatments:
- Abhyanga,
- Padabhyanga,
- Indian head massage.

FACE AND BODY CARE

Facial care will provide natural protection to your skin; it will cleanse it, restore its smoothness and balance, and also nourish it.

Beauty treatments:
- Facials
- Eyebrow and eyelash beauty treatment,
- Make-up,
- Hand care,
- Paraffin hand mask,
- Classical and Medical pedicure,
- Body scrub,
- Depilation.

BODY SHAPING AND FACIAL REJUVENATION

To preserve and regain vitality and youthful appearance, we have prepared treatments and programmes that quickly and simply help eliminate facial and bodily imperfection.

Treatments:
- Lifting effect,
- Diamond microdermabrasion,
- Drainage,
- Alpha Oxy Spa capsule,
- Tanita body compositon analyser.





CULINARY

Local, traditional and healthy

It is simply amazing how our chefs always create gastronomic masterpieces that bring back memories of the past and wake up even the laziest of your taste buds.

All the dishes are prepared from top-quality local and seasonal ingredients, combining the tradition and modern healthy food preparation guidelines. Whether you prefer Slovenian or foreign cuisine, you will definitely be satisfied. Selected white or red house wines will give the final touch to your unique gastronomic experience.

CAFÉ & RESTAURANT MAY

The elegant Café & Restaurant May provides wonderful views of nature and its green forests. It is simply the perfect place to enjoy spending time with your friends and indulging in great cuisine that is selected and prepared using traditional recipes and served with top quality Slovenian wines.
The Café & Restaurant May has a rich evening entertainment programme. Fridays and Saturdays are reserved for live dance music.
The Café & Restaurant May also offers daily fresh house desserts and cakes made with seasonal ingredients. We are famous for our desserts. We accept orders for cakes for various occasions: birthdays, weddings, celebrations, baptism, communion, confirmation, etc.

RESTAURANT NAPOLEON

An à la carte menu is available at the Club Restaurant Kamin on the 1st floor of Hotel Vita. The restaurant is modern and attractively furnished. It caters for individuals, couples and small groups. The club atmosphere is ideal for business meetings or events where discussions continue with networking accompanied by top-quality food, wines and end at the fireplace with cognac.

WINE CELLAR

The wine cellar under Vila Higiea offers a pleasant atmosphere with wooden benches and tables with a large old wine press and rough-cast walls. Selected Slovenian wines can be served with various dishes and snacks.
We offer the Bacchus feast where you can eat, drink and enjoy your culinary experience in the Ancient Roman style.

The wine cellar has a capacity of 15 to 45 persons. It is intended for celebrations, business meetings, small events and organized groups.





PACKAGES

Relaxation and adventure in the heart of nature

With an ear for all generations and their particular wishes, we have prepared a wide range of packages, intertwining our rich spa resort tradition, exceptional unspoilt nature and modern approaches to comfort.

A break in the heart of nature with thermal pampering and relaxation is pleasant during every season, so choose seasonal packages and experience Dobrna's magic in all its colour. Based on natural healing factors, accommodation in an oasis of relaxation and peace combined with the latest treatments, we have prepared body revitalisation, detoxification, health improvement and preservation packages.

For those seeking romance, we include a welcome drink, a wellness service for two, and a candle lit dinner with live music in our accommodation packages.

Holidays are reason enough, a good excuse for a family break with a rich animation programme for children and parents alike away from their everyday lives.

We haven't forgotten seniors wishing to spend their breaks in a carefree and healthy manner; packages for seniors include health and well-being services, and free health lectures during their stay.

We also have programmes for companies which want to enable their employees to be more successful and productive in the long-run and promote healthy lifestyle.









ACTIVITIES

Spend your leisure time in green heaven

Thanks to its location in the natural environment, Terme Dobrna is perfect for everyone who wants to spend free time in a green and clean place.

Embraced by trees and lush vegetation, you will find places for relaxation and activity. Walking through the 200-years old spa park and visiting energy points will improve your wellbeing and fill your body with new energy; a diverse forest trim trail providing exercise stations to improve your strength and flexibility progresses from the park.

Many walking and cycling trails start in front of the hotels, progressing through the hilly terrain between torrential Dobrnica stream and Paški Kozjak. The sports park offers many sports options, such as tennis, table tennis, volleyball, lawn bowls and Nordic walking.

In the surrounding area, you can visit buildings of historic significance, such as Kačji grad (Snake Castle), Novi grad (New Castle), and Dobrnica Mansion or Gutenek, where knights, noblemen and counts lived from the 13th century.
The remains of mills more than 300 years old are found in the valley; you can visit best preserved Vovko Mill, which is more than 450 years old; in the past, this mill was used to grind cereal for the noblemen of Snake Castle.

Some attractions are ecological electric vehicle accessible: a wonderful experience for every visitor.









ACTIVITIES

Spa park

The arrangement of the spa park in Dobrna dates back approximately to 1820.

The owner of the spa at the time – Baron Franc Ksaverij Kajetan Dienersberg – arranged the chestnut avenue, which connects the spa complex with Dobrna in a straight line.
North of this axis at the time were farmlands, mostly held by the Novak family. They successfully connected their farming activities with catering, and regularly attracted the spa guests. South of this axis, a lawn slowly gave way to the forest. Between the avenue and the northern path that wound from the bottom of the low hillocks towards the Novak lands was at first a levelled grassy surface broken only by the channel of the then unruly Topliški potok (Spa Stream). However, within the next few decades, new parks and pleasure grounds emerged within the spa hollow. The surrounding area of the new spa buildings continued to be arranged as a park, and by mid century, an organized system of gardens was connected to the main park axis.

The years 1847 and 1848 proved to be excellent, as the management of the spa was taken over by Count Hoyos. In the woods above the spa stream, an extensive network of paths with smaller and larger circular flower beds was arranged. In the 1870s, when the spa grew almost to today's extent, flower beds joined the stands of trees, especially along the Lawn House and Hotel Park.

In the further development of the park, we encounter an increasing emphasis of a combined system of communication. The stands of trees are complemented with groups of decorative shrubs and flower beds; the once monochromatic green is transformed into a colourful pallet of flower carpets with selected accents of trees and fruit bushes, all on a pervading background of hundredyear-old trees.

Due to the different kinds of growth, especially the trees, a walk through the Dobrna park offers unimagined experiences in any season to all nature lovers. Apart from the wild chestnuts that are predominant everywhere, there are also maple, birch, catalpa, cypress, weeping European copper beech, blue spruce, sycamore, white poplar, bitter oak, 'dob' oak, yew, American arborvitae, asunaro, western hemlock, etc. There are a lot of everyday local trees, but some trees deserve special attention. There is a white poplar near the spa centre boasting a circumference of 515 cm, and is the third largest among the known poplars in Slovenia. Close behind it, there is a sycamore near the Hotel Park with a circumference of 464 cm, and a cypress in the middle of the park with a circumference of 280 cm. There is enough beauty to satisfy even the most pampered lovers of tamed nature.



— SINCE 1403 —

TERME DOBRNA

HOTELS, SPA & MEDICAL CENTRE

Issued by: Terme Dobrna d.d., Dobrna 50, 3204 Dobrna, Slovenia
Representative: Leon Tomašić
Issue year: 2019
Editorial board: Leon Tomašić, Andrej Eržen, Branko Šibanc, Andrej Klanjšek, Nina Čokl
Design and layout: K2 design, Kaja Košar s.p.
Print: Tiskarna Kaučič
Circulation: 1000 copies
The publication is issued for promotional purposes and is free of charge.

Terme Dobrna d.d.
Dobrna 50, 3204 Dobrna, Slovenia
T: +386 3 78 08 110
E: info@terme-dobrna.si

www.terme-dobrna.si