



## Welcome in spring at the Santé Rehabilitation Centre with a 20% discount

**After a long winter it's necessary to recharge your energy, get the body back into condition and prepare for the summer. Massage or exercise with a physiotherapist is the ideal way to take some time out just for yourself and relax.** You can find the Santé Rehabilitation Centre at the Santé Pštrossova clinic (Pštrossova 24, Prague 1) and the Santé Brumlovka clinic (Želetavská 9, Prague 4). To make use of these services it's not necessary to be part of the Santé health programme, so bring your friends and colleagues with you. To make reservations, just call SANTÉ HOTLINE ☎1212, which is available 24 hours a day, 7 days a week. You can find more information at [www.sante.cz](http://www.sante.cz).



### Get rid of your spring fatigue and recharge your energy

**Flowin** – a totally new way of exercise, moulding the figure and improving the body's stability. Flowin is an exercise tool and training concept at the same time. It is composed of a large base – the training area and a series of small mats under the hands, feet, knees and elbows. You perform the exercises with the aid of rubbing a mat on the training area floor. The exercise, which is based on natural and fluent movements without jarring and burdening the joints, is carried out under the supervision of a physiotherapist.

**Zen Touch Shiatsu** – one of the most comprehensive and sophisticated massage systems leading to a total restoration of the body. Shiatsu massage uses the body's energy paths – the meridians, acupuncture and reflexive places, the principles of yin and yang and the five elements according to traditional Chinese medicine. Zen Touch Shiatsu is oriented toward thorough massaging of all the meridians and balancing the "full" and "empty" places on the body. In this way the energy flow is freed up and spiritual and bodily equilibrium and harmony established.

### More beautiful for your bikini

**Lymphodrainage** – effective help for problems with cellulite. Lymphodrainage is a massage whose task is to renew and increase the circulation of the lymphs and thereby bring about the correct functioning of the lymphatic system. It contributes to the regeneration and detoxification of the body, and has a positive influence on strengthening the immunity system and removal of swelling. You can choose between machine and manual lymphodrainage.

# SANTÉ

**Rolletic** – a massage tool which improves the skin cells and their activity in the relevant area with immediate effect. It greatly supports the metabolism of fatty tissues, accelerates the emptying of the surface veins and lymphatic vessels, and improves skin metabolism. After the massage there's a reduction in the size of the massaged part and disappearance of signs of cellulite. The rolletic strengthens the muscles and lifts the skin, supports blood flow and fortifies the hypodermis.

## Rest and relax

**Anti-stress massage of the head, décolletage and neck** – perfect freeing up of the muscles, supplies the epidermis with blood, and removes everyday stress, pain in the head and eyes. It builds up the feeling of spiritual well-being and overall physically and psychologically harmonises the body. The massage helps expunge toxins which accumulate in the skin and muscles.

**Chocolate massage** – a procedure which fundamentally tones and smoothes the epidermis and prevents ageing, it helps fight against cellulite, works benignly for the whole body and contributes to a good mood.

**Lava stone massage** – excellent relaxation which helps deal with nerves, stress and sleeplessness. On a physical level the heat of the stones help free up stiff and aching muscles, and cramp. It relieves the joints of pain, regulates digestion and accelerates the metabolism.

**Honey massage** – helps in stress and chronic illnesses, reduces the consequences of an unhealthy lifestyle and slows down the ageing of the complexion. It has excellent detoxification effects.

From 15<sup>th</sup> May, 2011 to 31<sup>st</sup> May, 2011 we're offering all Santé Rehabilitation Centre procedures with a 20% discount. Moreover, all clients who visit the Rehabilitation Centre during this period and place a completed stub in the box will be entered into a draw for 10 gift coupons for the Rehabilitation Centre, each with a value of CZK 1,500. The more visits you make, the higher your chances of winning!

## Join the draw for valuable prizes!

Name:

Address:

E-mail:

Telephone:

Place the completed stub in the box at the Santé Rehabilitation Centre reception. We will inform the winners by 30<sup>th</sup> June, 2011. A win is non-transferable, is not legally enforceable on the organiser and cannot be exchanged for cash.

