



ensana

Oncology Recovery Retreat Programme

Rediscover Wellness: Your Path to Renewal After Cancer

After completing oncological treatment, the body and mind deserve the time and space to heal. Our Oncology Recovery Retreat offers exactly that – a serene programme (minimum stay of 7 nights), where people in remission can focus on rebuilding their strength in a supportive and tranquil environment.

Our spa waters' natural healing abilities, combined with medical expertise, help the body recover from chemotherapy and radiation treatments. We address the immediate effects of treatment and also help prevent future potential complications, all while restoring clients' energy and vitality.

Expertise That Inspires Confidence

The retreat programme in the spa town of Mariánské Lázně was developed in collaboration with leading medical experts, including the Faculty of Medicine at Charles University, the Institute of Spa and Balneology, and the Association of Medical Spas of the Czech Republic. Together, we've created a comprehensive programme that supports post-cancer recovery with professional care, medical expertise, and empathy.

The retreat focuses on helping individuals regain strength and restore balance after cancer treatment by:

- 1. Reducing tiredness**
- 2. Managing pain**
- 3. Treating conditions like lymphoedema**
- 4. Supporting healing**
- 5. Rebuilding physical and emotional strength**

Simply put, the programme aims to improve daily life while lowering the risk of cancer recurrence.

Care As Unique as You

Each person's experience with cancer is unique, which is why our treatment plan is tailored to every client's individual needs. It starts with a thorough medical examination, after which our doctors design a programme that combines the best of natural healing techniques, physical therapy, nutritional advice, and supportive treatments suited to individual requirements.

Elegant Retreats for Your Recovery Journey

While healing is the primary focus, comfort matters too. Our programme is available at several Ensana hotels in Mariánské Lázně:

- **Nové Lázně**
A grand historic spa hotel offering exceptional service and elegant surroundings. Its Superior and Junior Suites provide the highest level of comfort in a setting rich with architectural beauty and spa tradition.
- **Hvězda**
Ideally located in the heart of Mariánské Lázně, Hvězda combines comfort with convenience. Premium rooms and Junior Suites create a welcoming base close to the spa colonnades.
- **Imperial**
A peaceful retreat offering modern Superior Plus rooms. It's perfect for those seeking quiet and privacy during their recovery.



Everything You Need to Thrive

Your recovery journey deserves more than just a treatment - it deserves care that nurtures your whole self. From the moment you arrive, we make sure every detail of your stay supports your healing, comfort, and renewed strength.

Comfortable Accommodation

You'll stay in cosy, peaceful rooms designed to help you feel calm and at ease. Thoughtfully prepared nourishing meals, including breakfast, lunch and dinner designed to restore your energy and support overall recovery, contribute to healing from the inside out.

Personalised Medical Support

Your programme begins with a full medical assessment so we can tailor your treatment to your unique needs. Our doctors prescribe up to three evidence-based treatments per day, and your progress is carefully monitored with follow-up check-ups. 24/7 medical and nursing support ensures your safety and peace of mind throughout your stay.

Nutrition & Health Monitoring

Our nutrition experts assess your body composition and provide personalised dietary advice to support long-term health. We also monitor your progress through regular lab tests such as glucose, cholesterol, liver and kidney function, which helps us adapt the programme as your body heals.

Natural Healing Elements

You'll experience the benefits of our healing spa environment through mineral baths, dry gas therapy, therapeutic gas inhalations, and access to natural mineral water. Outdoor activities in fresh air complement your recovery by reconnecting you with nature's rhythm.

Building Strength & Resilience

To help you regain physical strength and mobility, we offer seven exercise sessions per week, combining physiotherapy and gentle movement in both individual and group formats. We further offer three specialised supporting therapies such as lymphatic drainage, oxygen therapy, paraffin hand treatments, and light therapy further reduce discomfort and promote circulation, leaving you feeling lighter, stronger, and more balanced.



Embracing Life Anew

Our Oncology Recovery Retreat Programme is designed to support individuals in rebuilding both physical strength and emotional wellbeing following cancer treatment. Through sustainable lifestyle interventions and a gradual reintroduction of physical activity, the programme aims to reduce the risk of recurrence and promote a return to fulfilling everyday life.

If you would like to learn more about how this programme could benefit you or someone you care about, please contact Ensana for further information: ✉ ml@ensanahotels.com ☎ [+420 354 631 114](tel:+420354631114) 🌐 <https://bit.ly/3HWtyx5>



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