

Je svet.

In je drugačen svet.

There is a world.

And there's a different world.



Terme Olimia
since 1966

”

50 let Terme Olimia

Ob jubilejih se ljudje običajno ozremo nazaj in premislimo, kaj smo v preteklosti storili, hkrati pa že kujemo načrte za prihodnost.

Pretekla dejanja nas navdajajo s ponosom in v veselje nam je sodelovati pri razvoju novih vsebin ob podpori olimske termalne vode, ki je dragocen vir narave.

V letu, ko praznujemo jubilejno petdeseto obletnico poslovanja, vam v reviji, ki je pred vami, predstavljamo Olimsko doživetje.

Prestopite svoje meje. Raziščite vsebine, ki so vam v Termah Olimia na voljo. Naj prebudijo vašo lastno pozornost, da bo tudi vam uspelo uresničiti vašo željo po dobrem zdravju in odličnem počutju.

Naj vam bo dobro, med nami in tudi sicer!

Florjan VASLE
direktor | General Manager

50 years of Terme Olimia

At anniversaries we tend to look back and think about what we did in the past, while making plans for the future at the same time.

The past deeds fill us with pride and we are happy to participate in the development of new contents, with the support of Olimian thermal water, which is a precious source of nature.

In the year of our fiftieth corporate anniversary, we are presenting you the Olimian experience in the magazine lying before you.

Step over your limits. Explore the contents, offered to you by Terme Olimia. Let them awaken your own attention, so that you as well may fulfill your desire for good health and excellent well being.

We wish you well, with us and in general.

Vasja ČRETNIK
prokurist | Procurator

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vsebina content

jubilejna izdaja | jubilee 1966 - 2016

Znane osebnosti
o Termah Olimia
*Famous people on
Terme Olimia*

8



Terme Olimia v
jubilejnem letu
*Terme Olimia in
the jubilee year*

14



Wellness
Orhidelia najboljši
že sedmo leto
*Orhidelia Wellness
the best for 7 years
in a row*

30



Toplica
dr. Cvetka Avguštin
*Terme
dr. Cvetka Avguštin*

52



57 O Centru zdravja
Olimia
Dr. Peter Kurila
*On the Olimia
Health Centre
Dr. Peter Kurila*



60 Selfness v Termah
Olimia
*Selfness in Terme
Olimia*



82 50 let termalnega
turizma
*50 years of thermal
water tourism*



90 Tukaj je
vsak dan lepše
Zdravko Počivalšek
*Every day it is
more beautiful
here*
Zdravko Počivalšek

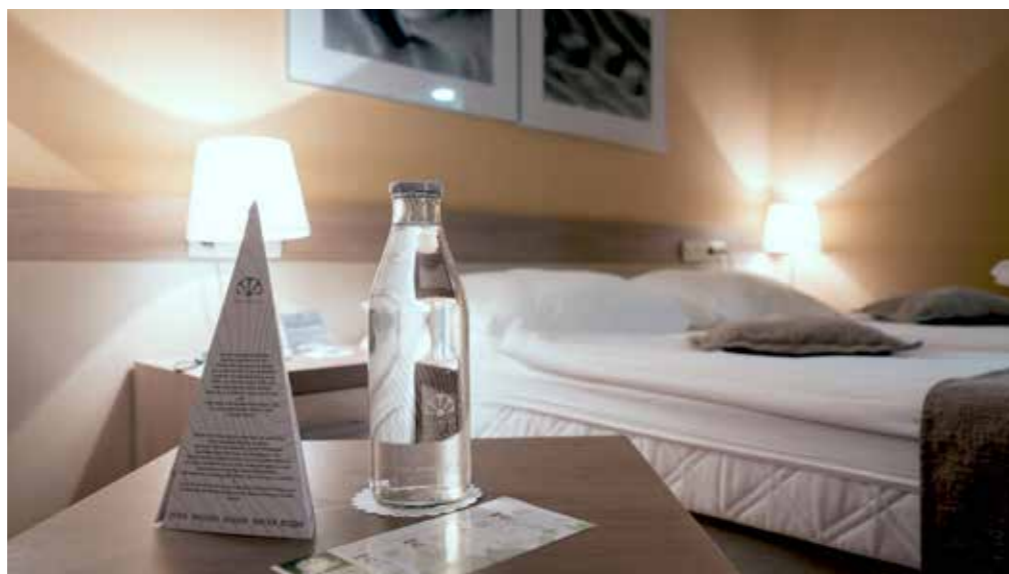


Olimska limonada s termalno vodo in lokalnimi zelišči.
Olimia lemonade with thermal water and local herbs.

Piškoti z olimsko vodo.
Biscuits with Olimia water.

V Termah Olimia gostom vsako jutro postrežemo v hotelske sobe termalno vodo. Na voljo pa imamo tudi pitnike, kjer si gostje lahko kadarkoli postrežejo olimsko vodo tudi sami.

In Terme Olimia we serve our guests thermal water to the rooms every morning. We also have drinking dishes available, where guests can take Olimian water by themselves.



Zgodba o VODI

The story about WATER

Naša zgodba je zgodba o termalni vodi, ki v Termah Olimia privre iz globin in je naravno zdravilno sredstvo. Ko se ji predajamo v bazenih, nas objema od zunaj, ko jo pijemo, nas boža od znotraj. Vedno pa krepi naše zdravje in dobro počutje.

Termalna voda privre na površje iz globine 520 m, njena temperatura je 44 stopinj Celzija. Bogata je s silicijem, ki je prisoten v vseh živih organizmih v zemeljski skorji in predstavlja takoj za kisikom drugi najpomembnejši element. V človeškem telesu je prisotnih od 5 do 7 gramov organskega silicija, a se ta vir s staranjem zmanjšuje.

Pri pomanjkanju silicija koža postane nagubana in neprožna, pojavi se celulit, lasje in nohti so krhki, lomljivi in brez leska, vezivno tkivo v arterijah, kitah in sklepkih je manj prožno, kosti in hrustanec pa krhki. Naš organizem silicija ne more tvoriti sam. Zato priporočamo pitje naše termalne vode, ki naj ne bo prehladna, vsako jutro.

Silicij ima tri nadvse pomembne lastnosti:

- Izredno velika sposobnost vezave. Nanj se vežejo voda, bakterije, virusi, strupi in plini. Zadostna količina silicija celicam omogoči boljše preskrbljenost z vodo. Na zunaj je to opazno kot napeta in sveža koža.
- Silicij je gradbeni element kolagena in elastana. Koža in vezivna tkiva postanejo prožnejša.
- Silicij ima pomembno vlogo pri transportu kalcija.

Our story is about thermal water, which in Terme Olimia springs from depths and is a natural healing agent. In the pools it embraces us from the outside and when drinking it, it caresses us from the inside. But it always strengthens our health and well being.

Thermal water springs to the surface from a depth of 520m, its temperature is 44 degrees Celsius. It is rich in silicon. Silicon is present in all living organisms in the earth's crust and represents the second most important element right after oxygen. From 5 to 7 gram of organic silicon are present in the human body, but this source diminishes through ageing.

For lack of silicon, skin becomes wrinkled and inflexible, cellulite appears, hair and nails are fragile, brittle and dull, the connective tissues in the arteries, tendons and joints are less flexible and bones and cartilage are brittle. Our organism is unable to produce silicon on its own. That is why we recommend the drinking of our thermal water. Especially every morning. The temperature should not be too cold, lukewarm.

Silicon has three characteristics of utmost importance:

- *Very high binding ability. It binds water, bacteria, viruses, toxins and gases. A sufficient amount of silicon allows the cells a better water supply. On the outside it is visible as tones and fresh skin.*
- *Silicon is a building element of collagen and elastane that help with elasticity of skin and connective tissue.*
- *Silicon plays an important role in the transportation of calcium.*






Lucija GUBENŠEK
manekenka | Model

Skrb za zdravje, lepoto in dobro počutje je tako zame kot za vsako manekenko zelo pomembno. V Termah Olimia pa je odlično poskrbljeno za hitro revitalizacijo tako telesa kot duha. Odlična, vitalna kulinarčna razvedrila, wellness v pravem pomenu in kombinacija selfnessa - navdušena sem. Vse najboljše za 50. rojstni dan.

The care for health, beauty and well-being is important for each supermodel. In Terme Olimia they take perfect care of a rapid revitalization of both body and mind. Excellent, vital culinary delights, wellness in the true sense and a combination with Selfness - I'm thrilled. Happy 50th birthday.



Po vsaki novi modni zgodbi si privoščim pobeg v Terme Olimia. So zagotovo moja prva izbira, ko se moram odmakniti, si nahraniti duha in ponovno vzpostaviti ravnovesje v mojem telesu. Le tako se lahko spet potopim v delo in dobim nove moči za nove podvige, ki jih uresničujemo z znamko SUSNYARA. Ta moj ritual obstaja že od mojih začetkov in še danes se spomnim, kako sem po predstavitvi svoje prve kolekcije RETROSPEKTIVA odšla naravnost v Orhidelio. Terme Olimia, hvala vam za vašo gostoljubnost, ob vaši 50. obletnici vam še naprej želim uspešno razvijanje vaših gostov.

Nina ŠUŠNJARA
modna oblikovalka | Fashion designer

After every fashion story, I make an escape to Terme Olimia. They are certainly my first choice when I have to retreat, nurture my spirit and restore the balance of my body. It is the only way to return to my work and gain new strength for new challenges, which I realize through the brand SUSNYARA. This ritual of mine has existed from the very beginning and I still remember how I went straight to Orhidelia, after the presentation of my first collection RETROSPEKTIVA. Terme Olimia, I thank you for your hospitality and for your 50th anniversary I wish you to keep pampering your guests successfully.



Anja RUPEL
glasbenica | Musician

Razvajanje, zdravje, lepota, zabava, narava, čudoviti ambient... vse to so Terme Olimia. Vsako leto boljše in lepše. Vse najboljše za prvih 50 let.

Pampering, health, beauty, entertainment, nature, beautiful ambience... all this is Terme Olimia. Better and more beautiful every year. Congratulations for the first 50 years.

”

Resnična lepota nima časovnih okvirjev. V največje zadovoljstvo mi je, da sem sama v službi lepote že od leta 1970, ko sem pričela s proizvodnjo kozmetičnih izdelkov. Na poslovni poti sem stkala mnoga dolgoletna prijateljstva in sodelovanja, še posebej pa cenim plodno sodelovanje s Termami Olimia, kjer ste prepoznali odličnost slovenske kozmetike in jo navdušeno promovirate svojim gostom. Ob jubileju vam iskreno čestitam in se veselim nadaljnega sodelovanja.

Danica ZORIN MIJOŠEK
ustanoviteljica Kozmetike Afrodita
Founder of Cosmetics Afrodita

True beauty does not have a time frame. It is my greatest pleasure to be in the service of beauty since 1970, when I started with the production of cosmetic products. I have forged many long-standing friendship and cooperations on my business journey and I especially appreciate the fruitful cooperation with Terme Olimia, which recognized the excellence of Slovenian cosmetics and is enthusiastically promoting it to your guests. At your anniversary I sincerely congratulate you and look forward to further cooperation.

“

Nina PUŠLAR
glasbenica | Musician

Terme Olimia mi nudijo prav tisto, kar potrebujem po seriji svojih koncertov #malodrugace - sprostitvev, razvajanje in mir. Tako se najbolje regeneriram in si napolnim baterije. Čestitke ob jubileju in še na mnoga razvajanja!

Terme Olimia are offering me just what I need after a series of concerts #malodrugace - relaxation, pampering and peace. This way I regenerate best and fill my batteries. Congratulations at the jubilee and to many more pamperings!

”

Tedensko v povprečju obiščem 2,5 države. Verjetno si ni težko predstavljati, da je takšen potovalni ritem zelo obremenjujoč za telo, zato poskušam redke proste vikende izkoristiti za sprostitvev in pogostokrat svoj mir najdem v Termah Olimia, saj je Wellness Orhidelia na vrhu moje lestvice krajev za oddih. Še na naslednjih 50!

On average, I visit 2.5 countries per week. As you can imagine, such travelling is very stressful for the body, which is why I try to take advantage the few weekends I am free to relax. I often find my peace in Terme Olimia, at Orhidelia Wellness, which is at the top of my list of relaxing places. Here's to 50 more years!

“

DJ UMEK



Marjan FABJAN

ustanovitelj in guru slovenskega juda, najboljši ženski trener za leto 2009 in 2015, izbran s strani Evropske judo zveze. Founder and guru of Slovenian Judo, best coach for females in 2009 and 2015, selected by the European Judo Federation

”

V Terme Olimia se pogosto vračamo, ker imamo pogoje za trening in organizacijo prvenstev izvrstne. Še posebej lahko pohvalim sodelovanje pri izvedbi Evropskega pokala v Judo. Termam Olimia čestitam ob praznovanju jubileja. Še tako naprej.

We often return to Terme Olimia because it provides such extraordinary conditions for practice and the organization of championships. In particular, we compliment you on your collaboration during the European Judo Cup. Congratulations to Terme Olimia on its anniversary. Keep going!

“

Terme Olimia

v jubilejnim letu
in the jubilee year

Vasja ČRETNIK
prokurist | Procurator

Florjan VASLE
direktor | General Manager

Terme Olimia v jubilejnim letu 2016. Kje ste pozicionirani v slovenskem in mednarodnem merilu?

Vsi kazalniki kažejo, da sodimo v sam vrh slovenskega termalnega turizma, nivo storitev vsako leto dvigujemo, zato se počasi lahko primerjamo tudi s termalnimi podjetji v sosednji Avstriji, katere so nam vzor.

Mislím, da smo v slovenskem merilu dobro pozicionirani predvsem zaradi odlične infrastrukture in visokega nivoja storitev, ki so ga prepoznali tudi naši gostje. Generalno percepcija turističnih storitev še vedno v veliki meri sledi rangiranju glede na veljavno kategorizacijo, vseeno pa je vse več tistih, ki znajo prepoznati dobre štiri zvezdice od povprečnih ali slabih in so za to pripravljene tudi več plačati. Postavili smo visoka merila na področju wellnessa, termalnih in medicinskih storitev, vendar se to v mednarodnem merilu še ne prepozna dovolj, zato se zavedamo, da nas tako kot samo državo Slovenijo čaka še veliko dela in pozitivne promocije na tujih trgih. Predvsem pa si želimo zadovoljnih gostov, ki so vedno najboljši promotorji neke turistične destinacije oziroma storitev.

Terme Olimia in their anniversary year 2016. Where are you positioned on the Slovenian and international level?

All indicators show that we belong in the very top of Slovenian spa tourism, we raise the level of services each year, so that slowly we can be compared with thermal businesses in Austria, which are predominating all others.

I think that in the Slovenian scale, we are well positioned, especially due to excellent infrastructure and the high level of services that was also recognized by our guests. The overall perception of tourist services still largely follows the ranking according to the applicable categorisation, however, there is a growing number of people who can differentiate a good four stars from average or poor and are willing to pay more for it. We set high standards in the field of wellness, spa and medical services, but internationally this is still not recognized enough, so we are aware that, as the country of Slovenia itself, there is still a lot of work ahead of us, as well as positive promotion in foreign markets and particularly satisfied guests, which are always the best promoters of a tourist destination or service.

Kaj vse je vplivalo na uspešen razvoj Term Olimia?

Na prvem mestu dobro načrtovane in racionalno izvedene investicije med letoma 2000 in 2010 z zmagovalno mentaliteto vodstva in željo postati najboljši. Če podrobneje razložim, na uspešen razvoj je vplivalo veliko dejavnikov, od vizionarskih začetnikov, ki so v termalni vodi videli priložnost, do v razvoj in drugačnost ter kvaliteto storitev usmerjenega dolgoletnega direktorja Term Olimia Zdravka Počivalška, ki je okrog sebe zbral ekipo predanih ljudi, ki so pomagali uresničevati njegovo vizijo razvoja. Ne nazadnje je pri tem pripomogla tudi lastniška struktura, ki je v obliki državnih skladov in podjetij podpirala ta razvoj in omogočila uresničitev vseh zamišljenih projektov.

Kakšne so številke danes? Koliko nočitev ustvarite, kolikšno je število kopalcev in v prid katerih gostov se nagiba tehtnica, domačih ali tujih?

Danes ustvarimo več kot 310.000 nočitev letno, pri čemer rastejo tako imenovane komercialne nočitve in padajo nočitve v kapacitetah, ki so v lasti podjetij, sindikatov, združenj, društev in posameznikov, na katere direktno nimamo vpliva, tako da je delež komercialnih storitev zrasel že na 2/3 vseh nočitev in dosegel že več kot 205.000 nočitev v preteklem letu. Z rastjo komercialnih nočitev se je spremenila tudi struktura gostov, tako da danes predstavljajo domače nočitve »le« še 45 %, medtem ko jih je pred 15 leti bilo več kot 75 %. Ob upoštevanju dejstva, da so nočitve rasle tudi absolutno, so to precejšnji premiki pri trženju storitev v tujini.

Kdo so tuji gostje, od kod prihajajo in kako jih uspete prepričati, da so vaše terme najboljša izbira za njihov oddih?

Med tujimi gosti so še vedno na prvem mestu gostje iz Italije, tik za njimi pa gostje iz Avstrije, vendar je ravno pri teh dveh trgih struktura gostov diametralno nasprotna, saj so prvi v veliki večini individualni gostje, medtem ko pri drugih prevladujejo organizirane skupine. Na tretjem in četrtem mestu sledijo gostje iz sosednje Hrvaške in Srbije ter gosti iz Nemčije. Predvidevamo, da je odločitev gostov za izbiro naših term kot lokacije njihovega dopusta splet več dejavnikov, na prvem mestu pozitivnih izkušenj gostov, ki so že bili pri nas (t. i. WOM – word of mouth), in inovativnih pristopov pri trženju, kjer v zadnjem času že več kot polovico vseh sredstev namenimo predvsem uporabi modernih digitalnih tehnologij, kjer v zadnjih letih beležimo strmo rast prihodkov.

Minulih petnajst let je bilo v Termah Olimia zelo investicijsko naravnanih. Terme so doživele velik razvojni preboj. Kaj vse se je zgradilo, obnovilo in kako so investicije vplivale na poslovanje?

Res je, da je bilo v minulih petnajstih letih ogromno vloženo v posodobitev kot tudi izgradnjo nove infrastrukture. Tako smo naredili nov Termalni park Aqualuna in ga v zadnjih letih z nekaj dopolnitvami in dodatnimi investicijami naredili še bolj atraktivnega. Prenovljen in razširjen je Wellness center Termalija, izgradil se je s Plečnikovo nagrado za najboljšo arhitektruro nagrajeni Wellness hotel Sotelia****s, ki je bil ravno prenovljen. Izgradili smo Wellness Orhidelia, ki je najsodobnejši in po mnenju gostov najboljši wellness v Sloveniji, za mnoge tudi v tem delu Evrope, obnovili in razširili smo Hotel Breza, izgradili garažo ... in še kaj bi se našlo. Vsekakor so ravno prave investicije, ki so bile ne le programske

What influenced the successful development of Terme Olimia?

In the first place, well-planned and rational investments made between 2000 and 2010 with a winning mentality of the leadership and a desire to become the best. If I explain further, I would say that it is a successful development outcome of many factors, from the visionary pioneers who saw an opportunity in thermal water, to the development and diversity, as well as the quality of the service-oriented longtime director of Terme Olimia Zdravko Počivalšek, who gathered a team of dedicated people helping us to realize his development vision. Also, last but not least, the ownership structure that supported this development and to attain all conceived projects in the form of state funds and businesses, has contributed as well.

What are the numbers today? How many nights do you realize, what is the number of bathers and in favour of which guests does the scale turn, domestic or foreign?

Today we make over 310,000 overnight stays in which so called commercial overnight stays are increasing, while overnight stays in capacities that are owned by businesses, syndicates, associations, societies and individuals are decreasing, on what we have no direct influence, so our share of commercial services has increased to 2/3 of all overnight stays and has reached over 205,000 overnight stays in the past year. With the increase of commercial overnight stays, the structure of guests has changed as well, so that today the percentage of domestic overnight stays amounts »only« to 45%, while 15 years ago, it was more than 75%. Considering the fact that overnight stays have absolutely increased, these are sizeable shifts in the service marketing abroad.

Who are the foreign visitors, where do they come from and how do you convince them that your spa is the best choice for their vacation?

Among foreign guests, Italian guests are still in the first place, tightly followed by guests from Austria, but it is precisely in these two markets where the structure of guests is diametrically opposed, as in the first, the vast majority are individual guests, while the other is dominated by organized groups. The third and fourth place are followed by guests from the neighbouring Croatia and Serbia and guests from Germany. We presume that the choice of our spa as their holiday location is a combination of several factors among which the first place certainly belongs to the positive experience of guests, who have been here before (so called WOM - word of mouth) and the innovative marketing approaches, where recently more than half of the funds were intended primarily for the use of modern digital technologies, where a sharp increase in revenue has been recorded in recent years.

The past fifteen years in Terme Olimia have been very investment-oriented. The spa has experienced a great developmental breakthrough. What was built, renovated and how did the investments affect business?

*It is true that in the past fifteen years a lot has been invested into renovation, as well as in building new infrastructure. We built the new thermal park Aqualuna and made it even more attractive in recent years with some amendments and additional investments. Termalija was renovated and expanded, we constructed the Wellness Hotel Sotelia****s, which received the Plečnik Award for architecture and has been renovated right now after 10 years; we built the Wellness Orhidelia - the most modern and, according to guests, the best wellness centre in Slovenia (while many guests also think in this part of Europe) for the seventh consecutive year, we renovated and expanded Hotel Breza,*

dobro strukturirane, pač pa tudi racionalno narejene, pripomogle k skokovitemu povečanju števila gostov.

Terme Olimia postajajo vedno bolj prepoznavne po razvoju selfness storitev. Kaj to pomeni in kako se na račun selfnessa spreminja struktura gostov?

Selfness pomeni skrb zase in se začne tam, kjer je wellness prekratek. V Termah Olimia gostom že nekaj časa nudimo holistično podporo na tej nujni poti samorazvoja, ob vitalni hrani, skrbi za dober spanec, celostnem pristopu pri fizioterapevtskih obravnava za boljše gibanje, med ostalim pa velik del posvečamo tudi energijskim vajam in 'mindfulness' vsebinam. Opažamo, da v zadnjem času vedno več ljudi prepozna nujnost tovrstnih vsebin, saj njihovo poznavanje in moč v današnjem hitrem tempu dejansko potrebujemo. Naši gostje so hvaležni za ponujene vsebine in se k nam radi vračajo, predvsem je ta trend opažen na dnevih za selfness, ki razveseljuje vedno več sledilcev. Zavedamo se, da je to tek na dolge proge. Iz tega razloga smo se na to pot odpravili najprej znotraj podjetja, dober primer sta npr. naš hišni ritual in kontinuirano izobraževanje. Namen selfnessa ni sprememba strukture gostov, temveč da prepoznajo Terme Olimia kot destinacijo, katera podpira samorazvoj in ponuja nekaj več.

Z odprtjem večnamenske športne dvorane ste postali vse bolj zanimivi tudi za športne ekipe. Kakšno mesto ima v Termah Olimia športni turizem?

Priprave športnikov in organizacija raznih prvenstev, turnirjev in športnih tekmovanj je vsekakor postal z izgradnjo večnamenske športne dvorane povsem nov segment trženja storitev Term Olimia, pri čemer to nikoli ne bo glavni fokus delovanja, ampak bolj podpora v terminih, ki jih siceršnji gostje ne polnijo toliko, in na drugem mestu kot priložnost za širjenje prepoznavnosti blagovne znamke Terme Olimia.

Del Term Olimia so tudi Terme Tuhelj. Kako poslujete v Termah Tuhelj in kako prepletate vašo ponudbo?

V Termah Tuhelj se je, podobno kot v Termah Olimia, v zadnjem desetletju veliko investiralo, kar nam sedaj omogoča rast in razvoj. Terme Tuhelj postajajo vedno bolj prepoznavne tako na območju Hrvaške kot na območju sosednjih držav. Čeprav je del storitev v Termah Tuhelj podobnih, se ponudbi vseeno dopolnjujeta, kar poskušamo izkoristiti predvsem pri trženju, saj lahko strankam, ki že vrsto let zahajajo v naše terme, ponudimo nov in nekoliko drugačen proizvod. Tudi sicer s ciljem bolj pestrega doživetja prepletamo ponudbo na način, da smo formirali pakete, ki vključujejo bivanje v obeh termah, ob tem pa vsem našim gostom, ki bivajo v enih ali drugih termah, omogočamo brezplačno kopanje v času bivanja v obeh kompleksih.

Vedno poudarjate dobro sodelovanje z lokalno skupnostjo. Kakšno je to sodelovanje, kaj našemu lokalnemu okolju ponujate vi in kaj lokalno okolje ponuja vam?

Res je! Z lokalno skupnostjo zelo dobro sodelujemo že mnogo let in delamo tako rekoč z roko v roki. Sami ocenjujemo, da je sodelovanje z lokalno skupnostjo vzorno in marsikdo v slovenskem turizmu nas ravno zaradi tako dobrega sodelovanja navaja kot primer dobre prakse sodelovanja turističnega gospodarstva in velike družbe, kot smo mi, z okoljem. Ne nazadnje to potrjuje tudi



built a garage ... and more. However, the right investments, which were not only well structured in their program, but also rationally made, have contributed to a rapid increase of the number of guests.

Terme Olimia is enjoying an ever better recognition by developing Selfness services. What does this mean and how is the structure of guests changing due to selfness?

Selfness means to take care of oneself and begins where wellness comes short. In Terme Olimia, we have been offering our guests a holistic support on this urgent path to self development for quite some time with vitality food, care for good sleep, a comprehensive approach in psychotherapeutic treatments for better movement and among other, we dedicate a great amount of time to energy exercises and to contents of 'mindfulness'. We have noticed that recently more and more people recognize the necessity of such content, for we actually need their knowledge and strength in today's fast pace. Our guests are grateful for the offered content and love to return to us. This trend has been noticed especially in the days of selfness, pleasing a growing number of followers. We are aware that this is a long run. This is why we first set on this journey inside the company. A good example, perhaps, is our house ritual and continuous education. The purpose of selfness is not to change the guest structure, but for Terme Olimia to be recognized as a destination that supports self development and offers 'something more'.

By opening the multi-purpose sports hall you become increasingly more interesting for sports teams. What place has sports tourism in Terme Olimia?

Preparation of athletes and organization of various championships, tournaments and sports competitions has by building a multi-purpose sports hall, certainly become an entirely new segment of marketing the services of Terme Olimia, though this will never be the main business focus, but rather a support in periods, which are otherwise not much filled with other visitors and further as a moment to spread the brand awareness of Terme Olimia.

Part of Terme Olimia are also Terme Tuhelj. How do you do business in Terme Tuhelj and how do you intertwine your offer?

Like in Terme Olimia, many investments have been made in Terme Tuhelj in the past decade, which now enable us growth and development. With its offer, Terme Tuhelj is becoming increasingly recognized as much in Croatia, as in the neighbouring countries. Despite the fact that part of the services in Terme Tuhelj are similar, the offers still complement each other and we are trying to take advantage of it, mostly in marketing, because this way we can offer clients, who have been coming to us for years, a new and somewhat different product. Even with the objective of a more varied experience, we are combining the offer in making packages that include stays in two spas while we allow all our guests who stay in either spa, free swimming during their stay in both complexes.

You always point out the good cooperation with the local community. How is this cooperation, what do you offer to our local surrounding and what can the local surrounding offer you?

It is true! We have been cooperating with the local community well for many years and are working, as to say, hand in hand. We estimate that the cooperation with the local community is exemplary and that many in Slovenian tourism state us precisely due to such a good cooperation as

nagrada slovenskih turističnih novinarjev Kristalni Triglav, ki smo jo v ta namen dobili v Občini Podčetrtek in Termah Olimia preteklo leto. Sodelovanje poteka na vseh nivojih, od ponujanja in vzajemnega promoviranja storitev pa vse do strateškega načrtovanja in predvsem skupne promocije doma in v tujini. Lokalno okolje nam ponuja dodatne in prepotrebne motive za prihod gostov, saj le ti prepoznajo, da Terme Olimia niso osamljen objekt, ampak da diha s celotnim okoljem, ki nudi dodatna doživetja in naredi njihov dopust bolj pester. Na drugi strani pa ravno Terme Olimia kot generator velikega števila turistov, ki iščejo dodatna doživetja in lokalne proizvode, pomagajo pri razvoju dodatne ponudbe v okolju.

Čemu vse pripisujete dobre rezultate poslovanja podjetja in kakšno vlogo pri vsem tem igrajo zaposleni?

Relativno dober rezultat je posledica več dejavnikov, med katerimi velja izpostaviti:

- pravočasen in racionalno izveden investicijski cikel med letoma 2000 in 2010, s pomočjo katerega smo dobro pripravljene na ekspanzijo v času, ko gospodarska kriza pojenja in se je pričela dvigovati gospodarska rast;
- inovativna, fleksibilna in ažurna ter z moderno tehnologijo podprta prodajna politika in delovanje na trgu;
- racionalizacija nekaterih stroškov;
- velika volja in motiviranost vseh zaposlenih za doseg dobrih rezultatov.

Naši zaposleni so »zlata vredni«, saj podobno kot general brez vojske tudi mi ne bi zmogli brez njih. Ob zavedanju slogana »Turizem smo ljudje« se nam za svetlo prihodnost podjetja ni treba bati. Na tem mestu se vsem zaposlenim in njihovim družinam zahvaljujem za vse nedelje, praznike, počitnice ter noči, ko morajo trdo delati, da lahko naši gostje brezskrbno uživajo in se razvajajo. Zahvaljujem se jim za vsak nasmeh in pozitiven izraz na obrazu, ki so ga deležni gostje.

In kaj se bo v Termah Olimia dogajalo v naslednjih letih?

V skladu s srednjeročnim načrtom razvoja podjetja smo v letošnjem letu temeljito prenovili in posodobili naš paradni Wellness Hotel Sotelia****s. V letu 2017 in 2018 načrtujemo izgradnjo oz. popolno prenovo obstoječega Wellness centra Termalija, ki je bil zgrajen v 90. letih in je še edini objekt starejše generacije, ki ruši koncept zaokrožene celote najboljših Term v Sloveniji oz. v tem delu Evrope. Z izgradnjo novega Wellness centra Termalija bi zaokrožili celovito ponudbo wellness storitev, saj smo na eni strani že sedmo leto zapored dobili nagrado za najboljši wellness (Orhidelia), ki tvori skupaj z Wellness hotelom Sotelia****s prestižno destinacijo za pare oz. za razvajanje, medtem ko nam na drugi strani v obdobju september–junij manjka ponudba za mladostnike oz. družine z otroki, ki predstavljajo v današnjem času pomemben delež kupne moči.

V Termah Tuhelj bomo posodobili bazene z novimi vodnimi atrakcijami, ga modernizirali in približali sodobnim vodnim parkom.

Prizadevali si bomo ohranjati primat v termalnem turizmu tako v Sloveniji kot zunaj naših meja, razvijati se in rasti ter imeti nosilno vlogo pri razvoju turizma na tem področju.

Z. I.

an example of good cooperation practice of tourist economy and a large company as ours with the environment. Nonetheless, this is also confirmed by the award of the Slovenian travel journalists - Kristalni Triglav, given to us for this purpose in the municipality Podčetrtek and Terme Olimia in the past year. The cooperation is taking place on all levels, from offering and mutual promotion of services, to strategic planning and most of all, joint promotion at home and abroad. The local environment offers us additional and overly needed motives for the arrival of guests, because they recognize that Terme Olimia is not just a single facility, but it breathes with its whole surrounding, offering them additional experiences and adding diversity to their vacation. On the other hand, the spa, as a generator of a large number of tourists, who are looking for additional experiences and local products, helps in the development of additional offer in the local surroundings.

To what do you attribute the good business results of the company and what role do employees play in it?

The relative good result is the consequence of various factors, among which the following are worth mentioning:

- *the timely and rationally implemented investment cycle between the years 2000 and 2010, with the aid of which we became well prepared for the expansion in the time, when the economic crisis is declining and economic growth began to rise;*
- *the innovative, flexible, up-to-date and supported by modern technology sales policy and operation on the market;*
- *rationalization of certain costs;*
- *the great will and motivation of all employees for achieving good results.*

Our employees are worth gold, since, like a general without an army, we could not do without them. Being aware of the slogan »Tourism are people«, we need not fear for the bright future of our company. At this point, I wish to thank all employees and their families, for all Sundays, public holidays, holidays and nights when they have to work hard so that our guests can enjoy a carefree and pampered stay. I thank them for every smile and positive expression on their face that they share with our guests.

What will be going on in Terme Olimia in the following years?

*In line with the medium-term plan of the company's development, we have thoroughly renovated and modernized our flagship Wellness Hotel Sotelia****s this year. For the years 2017 and 2018 we have planned the construction or a complete overhaul of the existing Wellness centre Termalija, which was built in the 90s and is still the only facility of the older generation that goes against the whole concept of the integral whole of the best spa in Slovenia, respectively in this region. By building the new Termalija, we would round up the comprehensive offer of services, since on one hand we have already received the award for the best wellness (Orhidelia) the seventh year in a row, which together with Wellness hotel Sotelia****s forms a prestigious destination for couples or for pampering, while on the other hand, we are missing an offer for adolescents or families with children, who nowadays represent an important share of purchasing power.*

In Terme Tuhelj we will upgrade the swimming pools with new water attractions, modernize it and bring it closer to modern water parks.

We will strive to maintain the primacy of thermal tourism in Slovenia and outside our borders, and to keep developing and growing, and have a key role in the development of tourism in this area.



Polnilnica za električna vozila

Charging station for electric vehicles

Družbena odgovornost podjetij v današnjem globalnem svetu postaja vedno bolj pomembna, saj tako vpliva na uspešnost poslovanja in povezovanja z okolico. Tudi v poslovanju Term Olimia in Term Tuhelj sledimo tej niti, saj so nam varstvo narave, skrb za zdravje in kvaliteta bivanja gostov na prvem mestu.

V sklopu praznovanja 50. obletnice poslovanja in v sodelovanju s podjetjem ECE d.o.o. je v sklopu garažne hiše postavljena polnilna postaja za električna vozila. Danes nas lahko obiščejo tudi gostje, ki so vozniki električnih avtomobilov in jim omogočamo enostavno upravljanje in koriščenje polnitve.

The social responsibility of companies is becoming more and more important in the modern global world, as this affects the performance and integration with the surroundings. The business of Terme Olimia and Terme Tuhelj is also following this thread, because the protection of nature, health care and the quality of the accommodation of guests is in the first place for us.

Within the 50th anniversary of business and in collaboration with the company ECE d.o.o., a charging station for electric vehicles has been placed in the area of the parking garage. Now drivers of electric vehicles can visit us as well and we are enabling them a simple handling and use of the charging station.

Wellness Hotel Sotelia★★★★s



Najprestižnejši hotel v Termah Olimia, ki je prejel tudi Plečnikovo nagrado za arhitekturo. V letu 2016 je revitaliziran, osvežen in gostom ponuja nove Delux apartmajske sobe z zasebnim wellnesom in masažnimi bazenčki ali vodnimi posteljami. Doživite v Wellness hotelu Sotelia★★★★s je arhitekturna poezija povezanosti z naravo. Razgibana struktura, zelene strehe in velike svetle površine ustvarjajo občutek posebnega razvajanja, ki v kombinaciji z wellness storitvami in odlično kulinariko omogoča izpolnitev želja.

The most prestigious hotel in Terme Olimia, which also received the Plečnik Award for Architecture. In 2016, it has been revitalized, refreshed and offers its guests new deluxe apartment rooms with private massage pools or water beds. The experience in the Wellness Hotel Sotelia★★★★s is architectural poetry of the connectedness with nature. The diverse structure, green roofs and large light areas create the feeling of special pampering, which in combination with wellness services and excellent cuisine, make dreams come true.

Hotelski sistem Hoteza

Sodoben in moderen dizajn aplikacije, ki deluje na različnih platformah, tako na hotelskih plazmah kot pametnih telefonih, tablicah, računalnikih, ponuja gostu vse potrebne informacije in povezano komuniciranje s ciljem hitrega pretoka informacij za zagotavljanje višje stopnje kakovosti storitev.

Hotel system Hoteza

An advanced and modern design of the application, which runs on different platforms on hotel plasmas, as well as on smart phones, tablets, computers and offers guests all the necessary information and integrated communication with the aim of a rapid flow of information to provide a higher level of service quality.





Kongresni center Olimia

Congress center Olimia

Wellness Hotel Sotelia****s



Kongresni center Olimia je bil v celoti tehnološko posodobljen in sedaj omogoča visokokvalitetno izvedbo dogodkov tudi za najzahtevnejše uporabnike. Sodobno zasnovan kongresni center Olimia z okoli 1200 m² uporabnih površin danes ponuja pet dvoran. Premične pregradne stene omogočajo modularno povečevanje ali zmanjševanje kongresnih površin. Tako lahko gostimo v največji kongresni dvorani do 350 gostov. V vseh posebno zvočno izoliranih dvoranah so na voljo sodobni multimedijski pripomočki in brezžični dostop do spletnih povezav. Z razporeditvijo notranje opreme (kino, pravokotna ali banketna, okrogla, šolska postavitev) lahko dvorane povsem prilagodimo željam in potrebam gostov.

The Congress centre Olimia has been completely technologically renovated and now enables high quality implementation of events, even to the most demanding users. The modernly designed Congress centre Olimia, with about 1200 m² of usable area, now offers five halls. Movable partitions allow a modular increase or decrease of congress surfaces. This way, we can now host up to 350 guests in the largest congress hall. In all special soundproof rooms all modern multimedia devices and wireless internet connections are available. Through the layout of the interior equipment (theatre, rectangular or banquet, round, scholar) we can completely adapt the halls to the needs and desires of our guests.

GRATIOLA & BASILICA

Wellness Hotel Sotelia****s



V prekrasnem ambientu restavracije in čudovitem razgledu na sosednje hribe boste uživali v vrhunski kulinarčni ponudbi kuharskih mojstrov. Vedno znova vas bodo presenetili z zanimivimi kombinacijami okusov, ki vas bodo pripeljali do vrhunskih gurmanskih užitkov.

In the beautiful ambience of the restaurant and stunning views of the neighboring hills, you will enjoy the excellent culinary offer of top chefs. Again and again you will be surprised with interesting combinations of tastes that will bring you to world-class gourmet delights.



Vinoteka Wine Store

VIRSTAIN

Wellness Hotel Sotelia****s



Uživajte ob bogatem izboru kakovostnih mirnih, predikativnih in penočih vin iz različnih slovenskih vinorodnih okolij v izjemnem interierju vinoteke Virstain. Vinoteka nosi simbolno ime po vinorodnem kraju Virštanj, iz neposredne bližine Term Olimia, kjer pridelujejo izvrstna vina.

Enjoy a wide selection of high-quality wines and sparkling wines from different Slovenian wine-growing regions in the exceptional Virstain Wine Store. The wine store is symbolically named after the wine-growing area of Virštanj, near Terme Olimia and known for its excellent wines.

Arhitekt

Architect



Dean LAH
arhitekt | Architect



V letu 2016 Terme Olimia praznujemo 50. obletnico poslovanja, Wellness hotel Sotelia**s pa 10. obletnico. Kako ste načrtovali njegovo revitalizacijo?**

Prenova, ki je ravnokar za nami, le nadaljuje in nadgradi osnovno zgodbo, ki smo jo začrtali pred desetimi leti. Hotel je namreč med gosti zelo dobro sprejet, njegovo izvirnost pa ne nazadnje potrjujejo tudi številne arhitekturne nagrade. Potrudili smo se, da je obdržal svoj prepoznaven značaj, ob tem pa smo ga nekoliko pomladili in dodali nekatere nove vsebine.

Razgibanost in umeščanje v prostor naravnega okolja je vaše vodilo. Menite, da nam narava vrača?

Wellness hotel Sotelia****s je umeščen med dva obstoječa hotela na gozdnem robu in ko smo ga začrtali pred več kot desetimi leti, je bilo osnovno vodilo hotel čim bolj zlit z naravnim okoljem, ki ga obdaja. Zelene strehe hotela se dvignejo iz pobočja, zvezno potujejo preko programa in se ponovno staknejo s pobočjem na drugi strani. Hotel tako na simbolni ravni ni le umeščen na gozdni rob, temveč kar vanj.

Kako ste se poigrali z barvami in zakaj?

Zgodba zlitja z naravo se nadaljuje tudi v notranjosti objekta. Stene javnega programa so obdane z enakimi elementi kot zunanja fasada, celoten hotel sloni na svetlobnih stebrih, obdanih s trstičjem. Prej močne barve notranjosti so se umaknile bolj mirnim, zemeljskim tonom, ki občutenje gostov še bolj povežejo z naravo. Nova je tudi drobna dekoracija, ki poskrbi za oblikovanje intimnejših kotičkov in je prav tako vsa izvedena z naravnimi materiali.

In 2016, Terme Olimia is celebrating their 50th anniversary of operation, the Wellness Hotel Sotelia**s its 10th anniversary. How did you plan its revitalisation?**

The recently concluded renovation is continuing and upgrading the basic story that we have started 10 years ago. The hotel is well received among guests and its originality is confirmed through numerous architecture awards. We have made an effort for it to keep its recognizable character, but we rejuvenated it a bit and added some new contents.

The dynamic and positioning into the natural environment is your guiding principle. Do you think, nature pays us back?

*Wellness Hotel Sotelia****s is located between two hotels at the edge of the forest and when we have designed it more than ten years ago, the basic principle was to merge the hotel with the surrounding natural environment as much as possible. The green hotel roofs are rising from the slopes, run continuously through the program and reconnect with the slope on the other side. This way, the hotel is not just placed at the edge of the forest on a symbolic level, but really into it.*

How did you play with colours and why?

The story of fusion with nature continues inside the building. The walls of the public program are covered with the same elements as the outer facade. The entire hotel is based on the pillars of light surrounded by reeds. The previously strong colours of the interior gave way to calmer, earthlier tones that connect the perception of the guests even stronger with the nature. Also new is the decoration that provides the design of the most intimate corners and that was also made with natural materials.

Posebno pozornost bodo gostje deležni pri koriščenju paketa Vino in čokolada, saj ste ustvarili tudi nov ambient za romantično nežnost v Termah Olimia.

Največja sprememba v nastanitvenem delu je opazna pri apartmajih. Ob celostni prenovi štirih luksuznih apartmajev v prvi etaži smo dodali štiri nove. Vanje smo preobrazili štiri končne velike sobe v nadstropjih in jih še dodatno obogatili. Gostje imajo v dveh tako na voljo lastno finko savno, v dveh pa jih pričaka vodna postelja. Vsi štirje novi apartmaji imajo v spalnici nameščeno tudi masažno kad za razvajanje v dvoje ter prostoren doživljajski tuš.

Tudi Wellness center Spa Armonia je polepšana, zdaj se gostje počutijo še bolj sproščene. Zakaj?

Preobrazbe so bili deležni tudi ostali deli hotela. Tako smo prenovili Wellness center SPA Armonia, v katerem smo ob menjavi tlakov, barv in dekoracije dodali masažna mesta, prostor za svetovanje in celostno osvežili tudi štiri velike masažne sobe, imenovane po štirih zemeljskih elementih. Največjo probrazbo je doživela "Voda", ki ob na novo oblikovanem whirlpoolu omogočata sproščanje v dvoje.

Ste ponosni na nagrade, ki jih je Wellness hotel Sotelia**s prejel na področju arhitekture?**

S ponosom opazujem zadovoljstvo gostov. Nagrade pa le potrjujejo pravilne odločitve.

Guests receive particular attention when taking the Wine & Chocolate package, because you have created a new atmosphere for romantic tenderness in Terme Olimia as well?

The biggest change in the accommodation part can be seen in the apartments. To the comprehensive renovation of four luxurious apartments in the first storey, we added four new ones. We transformed four large corner rooms in storeys and enriched them additionally. In two apartments, guests have a private Finnish sauna at their disposal, while in the other two a water bed awaits them. All four new apartments also have a massage bath in their bedroom for pampering for two and a spacious experiential shower.

The Wellness center Spa Armonia was beautified as well, now guests can feel even more relaxed. Why?

Other parts of the hotel were also part of the transformation. Thus, we renovated the Wellness centre SPA Armonia, where in addition to changing the pavement, colours and decoration, we also added massage spots, a counselling room and comprehensively refreshed four large massage rooms, named after the elements of the earth. The biggest transformation happened to the »Water« room, where now two massage tables await, enabling relaxation for two at the newly designed whirlpool.

Are you proud of the awards the Wellness hotel Sotelia**s received in the field of architecture?**

I watch the satisfaction of the guests with pride. The awards merely confirm the right decision.

Foto zgodba Deana Dubokoviča

*Photo story
of Dean Dubokovič*



Fotograf Dean Dubokoviča je eden izmed najpomembnejših slovenskih fotografov. V zadnjih petindvajsetih letih njegovega intenzivnega ustvarjanja, s svojimi podobami je krojil slovensko modno sceno, s svojimi portreti pa soustvarjal brstečo domačo celebrities kulturo. Dubokoviča ustvarjalna svoboda vodi od na videz preprostih, a potentnih trenutkov, do visoko stiliziranih posnetkov, na katerih glavno vlogo, kot pravi avtor sam, igrajo predvsem ljudje. Dela v zbirki in kot oprema Wellness hotela Sotelie****s so ravno tako plod dolgoletnega uspešnega sodelovanja, v katerega so vključeni oblikovalec Andrej Troha, fotograf Dean Dubokovič ter galerist Janeza Černe. Kot taka vnašajo v prostor posebno likovno kakovost ter zapeljejo opazovalčevo oko in vse njegove v čute v svet kakovostnih, ustvarjalnih likovnih podob.

*The photographer Dean Dubokovič is one of the most important Slovenian photographers. In the last twenty five years of his intensive creating, he shaped the Slovenian fashion scene with his images and co-created with his portraits the sprouting home celebrities culture. The creative liberty leads Dubokovič from seemingly simple, yet potential moments to highly stylized snapshots on which, according to the author himself, people play the main role. The works from the collection and as the equipment of Wellness Hotel Sotelie****s are also the result of years of successful cooperation, which includes the designer Andrej Troha, photographer Dean Dubokovič and gallerist Janez Černe. As such, they bring special artistic quality to the place and additionally seduce the viewers eye and all his senses in a world of high-quality, creative images.*



Wellness Orhidelia – Best Wellness 2010–2016



Wellness ORHIDELIA



”



Wellness Orhidelia je najprestižnejši del Terme Olimia. V vas bo prebudil ljubezen do vašega telesa in duha. Odkrili boste, da v olimski vodi ni le neskončne ljubezni matere narave, ampak je v njej utelešena tudi globoka tišina. Preplet zunanjih in notranjih bazenov, sveta savn in tematskih počivališč je prava arhitekturna poezija.

Wellness Orhidelia is the most prestigious part of Terme Olimia. It will awaken the love for your body and soul. You will discover that Olimian water does not contain only the endless love of Mother Nature, but it also embodies deep silence. The intertwining of indoor and outdoor pools, the sauna world and thematic resting places is a true architectural poetry.

Zlato RUDOLF
akademski kipar | Sculptor

Zlato Rudolf, akademski kipar je s prefinjenim občutkom za naravo, konkretno kiparsko bogato idejo, na prvi pogled z minimalističnim konceptom, s postavitvijo kiparskih skulptur dodal posameznim prostorom Wellness Orhidelia poseben prostorski občutek. Nekateri pravijo, da prostor nagovori, umetnik pa pravi, da odlično oblikovan prostor tudi zdravi.

Sculptor Zlato Rudolf has added a special, spatial feeling to the individual areas of Wellness Orhidelia with his sophisticated sense of nature, sculptured concrete ideas, seemingly minimalist concepts, and exhibition of sculptures. Some say that space can inspire, artists believe that perfectly designed space can also heal.




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Savna MOJSTRI

Sauna MASTERS



Luka LORGER
državni prvak
v vrtničenju zraka v savni 2014
National Sauna Air
Swirling Champion 2014

Robi JAVORNIK
savna mojster
Sauna Master



Benjamin LIPNIK
državni prvak v vrtničenju zraka v savni 2015
National Sauna Air Swirling Champion 2015



Veronika MLINARIČ
savna mojstrica | Sauna Master



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Hotel Breza★★★★

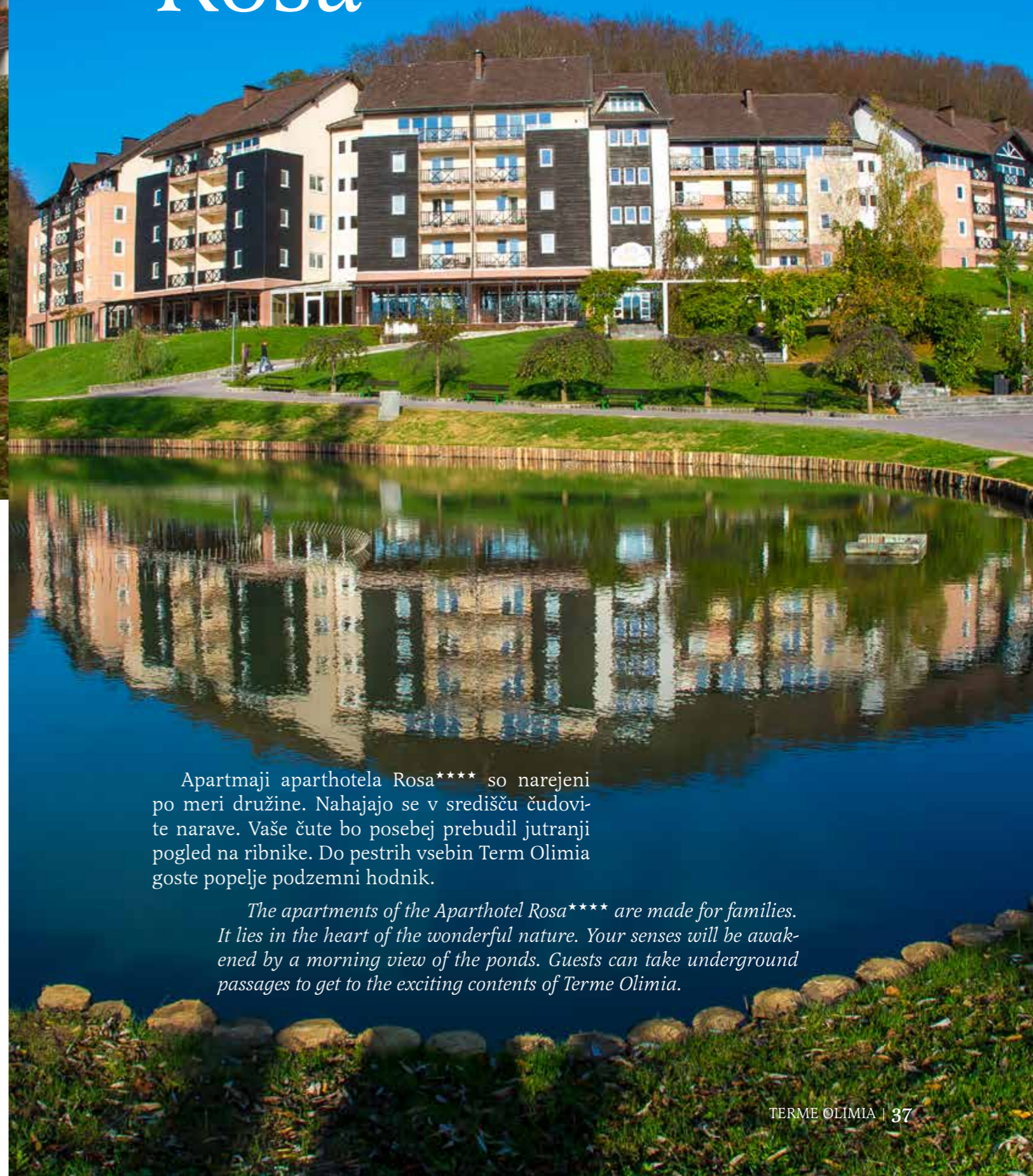


V hotelu Breza★★★★ zagotavljamo prijetno bivanje s pridihom domačnosti. Gostje lahko izberejo antialergijsko sobo ali apartmajsko sobo. V pritličju se nahaja sodoben Center zdravja Olimia in hotelski termalni bazen Vodian.

At Hotel Breza★★★★, we guarantee a stay with a touch of homeliness. Guests can also choose an anti-allergenic room or an apartment. On the ground floor you will find the modern Health centre Olimia and the thermal hotel pool Vodian.



Aparthotel Rosa★★★★



Apartmaji aparthotela Rosa★★★★ so narejeni po meri družine. Nahajajo se v središču čudovite narave. Vaše čute bo posebej prebudil jutranji pogled na ribnike. Do pestrih vsebin Terme Olimia goste popelje podzemni hodnik.

The apartments of the Aparthotel Rosa★★★★ are made for families. It lies in the heart of the wonderful nature. Your senses will be awakened by a morning view of the ponds. Guests can take underground passages to get to the exciting contents of Terme Olimia.

Apartmajsko naselje Lipa ★★★

Apartment village Lipa ★★★

Apartmaji v Vasi Lipa*** se nahajajo v neposredni bližini, v umirjenem zelenem okolišu Term Olimia. Kot nalašč za tiste, ki želijo upočasniti ritem, stran od hotelskega vzdušja, a še vedno dovolj blizu raznovrstnim sprostitvam, ki jih ponujamo v Termah Olimia.

*The apartments in Village Lipa*** are located in close vicinity of the calm green surroundings of Terme Olimia. Perfect for those who want to slow down, away from the hotel bustle, but still close enough to various relaxation offered by Terme Olimia.*



Kamp Camp Natura ★★★★★



V kampu Natura***** v bližini reke Sotle se boste zagotovo dobro počutili vsi, ki se radi gibate na svežem zraku, v zeleni naravi in aktivno preživljate svoj oddih. Gostom so na voljo počitniške parcele za šotore in avtodome, na voljo pa so tudi ljubke, lesene hiške. V kampu je igrišče za odbojko na mivki in tenis, okolica pa ponuja izvrstne priložnosti za pohodniške in kolesarske izlete. V neposredni bližini se nahaja Termalni park Aqualuna.

*Those of you who like to be active in the fresh air and green nature while on vacation will surely feel great in the Natura Camp***** near the Sotla River. As well as holiday plots for tents and campers, there are also lovely small wooden huts available. There is also a court for beach volleyball and a tennis court, while the surrounding area offers plenty of possibilities for hiking and cycling tours, as well as visits to the Aqualuna thermal park.*

Termalni park | *Thermal Park*

AQUALUNA

Najboljše kopališče med velikimi termalnimi kopališči.
The best pool complex from large thermal baths to the Thermal park Aqualuna.



Adrenalinska kača King Kobra je za nekatere izziv, za druge strah, za tretje užitek – edinstvena oblika tobogana, ki omogoča vratolomno vožnjo po dveh ceveh z vrhuncem padca osem metrov v globino s hitrostjo do 50 km/uro.

The adrenaline snake King Kobra is a challenge for some and fear for others, but for some it is pleasure – the unique shape of the slide allows a breathtaking race through two tubes, with the highlight of an eight meter fall into depth at a speed of up to 50 km/hour.



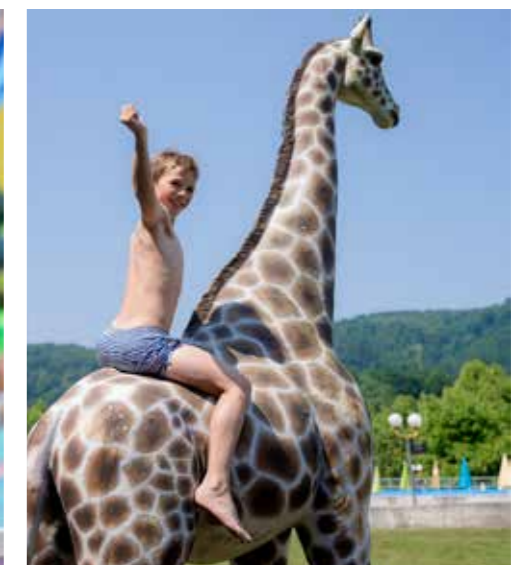
Jyodisen MURDAY
animator | Animation

Plavanje poživi telo in duha. Priporočamo najprej počasno prsno plavanje, nato tempo postopoma stopnjujete. Še posebej je plavanje koristno v termalni vodi.

Swimming refreshes the body and soul. It is recommended that you start with a slow breaststroke and gradually increase the tempo. Swimming is particularly beneficial in thermal water.

Obiskovalci Term Olimia najdejo pravo poletno osvežitev in zabavo v Termalnem parku Aqualuna, ki je z vodnimi atrakcijami in tobogani, živalmi naravnih velikosti, razporejenimi po celotnem kopalnem kompleksu, ter z bogatim animacijskim programom atraktivna poletna destinacija za vse generacije. Za najmlajše je zanimivo otroško vodno zabavišče Aqua Jungle, ki se razprostira na 550 kvadratnih metrih površine z več kot 70 vodnimi efekti in dodatki, ki omogočajo interaktivno igro.

Že pri vhodu vas pozdravijo velik slon in družina žiraf, na celotnem kompleksu pa se razprostira 100 afriških živali v naravni velikosti, ki predstavljajo tematsko obarvan Safari program.



Visitors of Terme Olimia will find a real summer freshness and fun in the Thermal Park Aqualuna, which with its water attractions and slides, as well as animals in natural size distributed throughout the bathing complex and extensive entertainment program, is an attractive summer destination for all generations. There is an interesting water complex for the youngest children that spreads over 550 square meters with more than 70 effects and accessories that enable interactive game play. A Safari themed program.

At the entrance you are welcomed by a big elephant and a giraffe family, while 100 African animals in natural size are scattered across the whole complex.

WELLNESS CENTER

Wellness centre

TERMALIJA

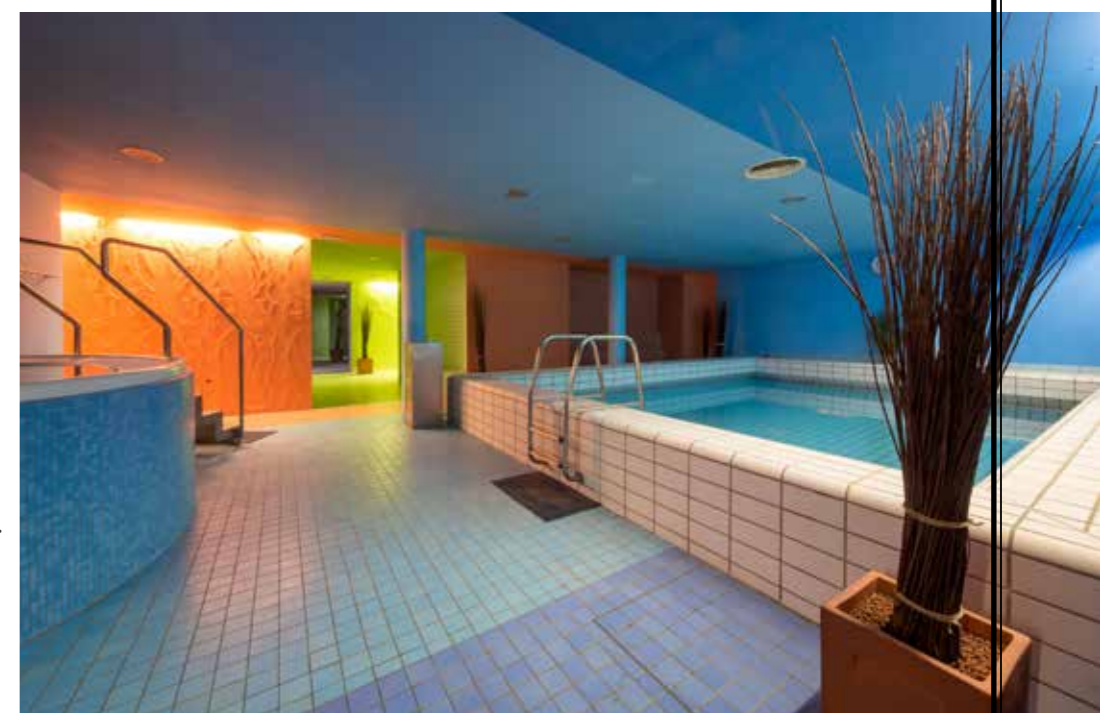
Wellness v sozvočju z naravo pomaga odkriti energijo in moč življenja. Harmonično zasnovani programi savnanja so namenjeni vzpostavljanju ravnovesja med zdravjem, lepoto in dobrim počutjem.

The wellness centre helps you discover the energy and power of life in harmony with nature. Harmonious sauna programmes are aimed at finding a balance between health, beauty, and well-being.



Razgiban kompleks Wellness centra Termalija z vodno oazo, največjim Savna svetom v Sloveniji ter Spa & Beauty centrom z edinstvenimi wellness tretmaji ter atraktivnim barom v bazenu.

A dynamic complex of the Wellness centre Termalija with a water oasis, the largest Sauna world in Slovenia, Spa & Beauty Centre with unique spa treatments and an attractive bar in the pool.





Barski stolček
v bazenu!?

Zakaj pa ne!
A bar stool in the pool!?
Why not!

Ali ste vedeli, da imajo Terme Olimia kar dva bara v termalni vodi? Tudi med plavanjem si lahko privoščite osvežilen napitek, kavo ali sladoleđ. Bar Amita v Well-ness-u Orihidelia in Aqua bar v Wellness centru Termalija.

Did you know that Terme Olimia has the Amita Bar in Wellness Orihidelia and the Aqua Bar in Wellness Centre Termalija where you can enjoy a fresh drink, coffee and ice cream whilst swimming?

**MINISTER ZA ZDRAVJE OPOZARJA: PREKO-
MERNO PITJE ALKOHOLA ŠKODUJE ZDRAVJU!**

Čudežna preobrazba
utrujenih nog
*Miraculous transformation
of tired feet*

Hoja po oblakih
Walking on clouds

Hišna masaža
Unique Olimian massage

To ni zgolj masaža stopal, ampak poseben enourni ritual, ki prebudi vaše noge in telo. Vsi, ki sicer poznate masažo stopal, se pripravite na presežek.

This is not just a foot massage, but a special one-hour ritual that awakens your legs and body. All who otherwise know foot massage, get ready for excess.



masaža
massage

Vitae

Hišna masaža
Unique Olimian massage

Je masaža celega telesa, ki vključuje več masažnih tehnik, med drugim japonski shiatsu in kitajsko tui - no. Poseben poudarek namenjamo hrbtenici in ramenskem obroču.

It is a full body massage that includes several massage techniques, among other things, Japanese Shiatsu and the Chinese Tui - no. Special emphasis is given to the spine and shoulders.

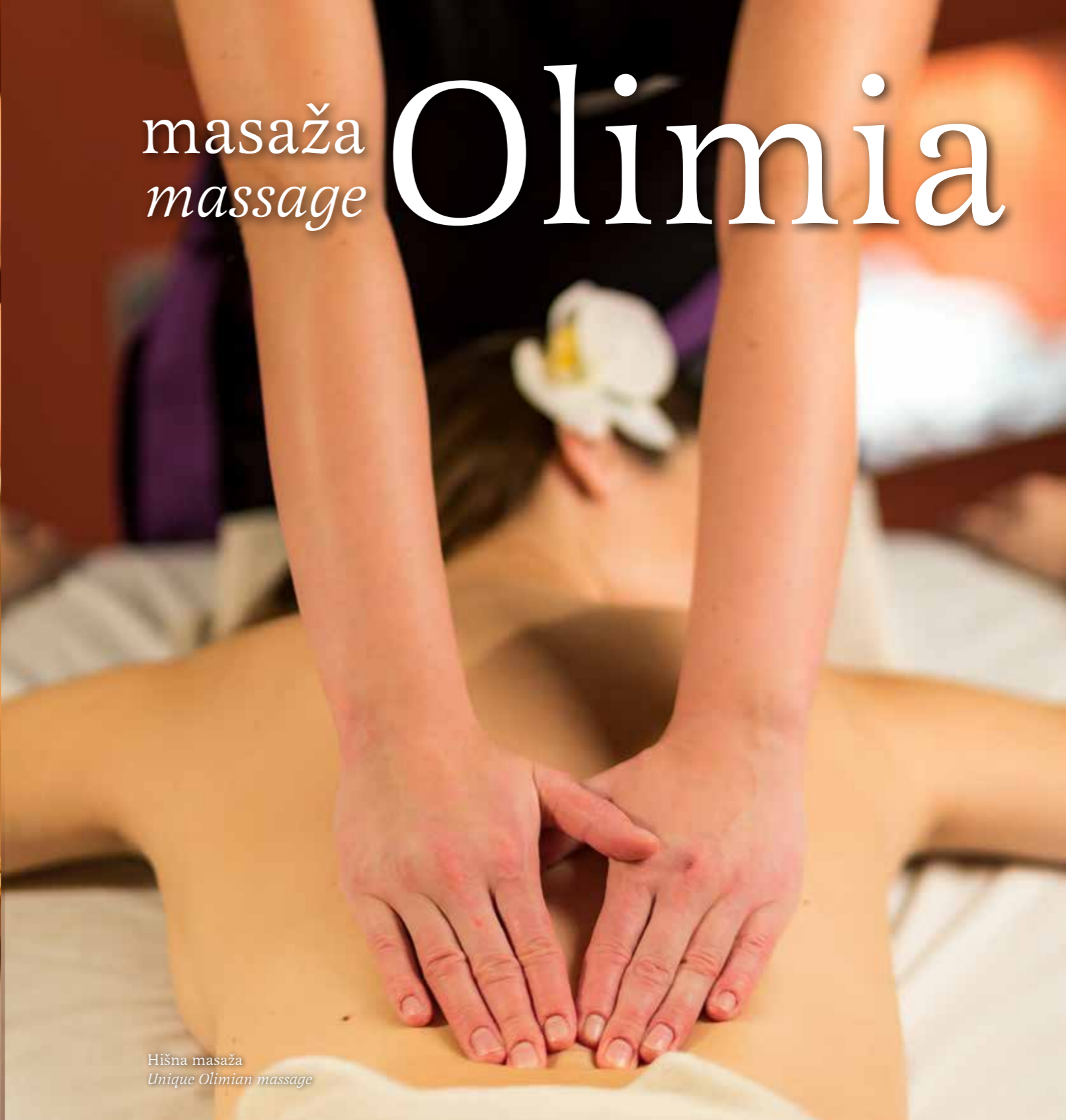


Hišna masaža
Unique Olimian massage

masaža
massage
Armonia

Dotik celotnega telesa, ki temelji na dolgotrajnih izkušnjah naših terapevtov. Ob kombiniranju olimskega medu ter olja iz izvlečkov domače zeliščne tradicije dosežemo izjemno sprostitev, terapevtsko in energijsko harmonijo telesa.

A touch of the whole body, based on longterm experience of our therapists. By combining Olimian honey and oil, made of extracts of homemade herbal tradition, we achieve an incredible relaxation, therapeutic and energetic harmony in our body.



Hišna masaža
Unique Olimian massage

masaža
massage **Olimia**

Recept hiše. Edinstvena masaža, ki je plod znanja vrhunskih maserjev in fizioterapevtov. Je rezultat celostnega razumevanja človeškega telesa in uravnovešanja Yina in Yanga.

House recipe. A unique massage, which is the fruit of the knowledge of the best masseurs and physiotherapists. It is the result of a holistic understanding of the human body and balancing Yin and Yang.

Center zdravja Olimia

Health Center Olimia



Ekipa Centra zdravja Olimia
Health center Olimia team



V Centru zdravja Olimia povezujemo tradicionalno znanje z veščinami sodobne manualne medicine v učinkovite terapevtske tehnike, združene v Olimski pristop za rehabilitacijo hrbtenice. Usmerjeni smo v korekcije napačnih gibalnih vzorcev in mišičnih neravnovesij, saj edini v Sloveniji zaposluje certificirane fizioterapevte s kombinacijo veščin po metodah DNS, Maitland in Cyriax in smo tako pogosto zadnje upanje pacientov pred odločitvijo za operativne posege.

Za spopadanje z artrozami nudimo trenutno najboljšo podporo - MBST celično magnetno resonančno terapijo in učinkovito odpravljamo simptome okvare živcev in zamašenih arterij v nogah, ki so lahko posledica sladkorne bolezni. Ob različnih sprostivnih tehnikah, pitju in kopanju v termalni vodi, ki dokazano podpira naravno Ph ravnovesje, boste že v nekaj dneh občutili razliko.

Marko BUVAČ
fizioterapevt | Physiotherapist



Edita ŠOLMAN
fizioterapevka | Physiotherapist

In the health centre Olimia we combine traditional knowledge with skills of modern manual medicine into effective therapeutic techniques, joined into a Olimian approach to spine rehabilitation. We are focused on correcting erroneous movement patterns and muscle imbalances, since we are the only one in Slovenia to employ certified physiotherapists with a combination of skills according to the methods DNS Maitland and Cyriax and so we are often the last hope for patients before deciding on surgical procedures.

We are currently offering the best support in dealing with arthritis - MBST Magnetic Resonance Therapy and are effectively eliminating the symptoms of nervous damage and blocked leg arteries, which can result from diabetes. Through various relaxation techniques, drinking and bathing in thermal water, which is proven to support the natural pH balance, you will feel the difference in only a few days .



“Toplica” Terme

Dr. Cvetka AVGUŠTIN
Center zdravja Olimia | Health Centre Olimia

Harine Zlake. Toplice. Atomske toplice. Terme Olimia. Toplica - termalna voda. Ko jo ljudje ob zaključevanju zdraviliškega zdravljenja v ambulanti hvalijo, jim pogosto odvrnem, da sem vesela zanje, ker jim olimska termalna voda tako dobro dene. Da smo pa ljudje različni in da si vsak pravzaprav izbere svojo vodo, svoje toplice, ki mu najbolj prijazno.

In kako je z mano in to ekstra Toplico? Pravim, da me je izbrala, ker se večji del svojega delovno-aktivnega obdobja družim z njo.

Na Toplice me je že kot predšolsko deklico jemal na izlet z vlakom dedek. Takrat je veljalo, da so kopeli v termalni vodi in blato nad reko Sotla, s katerim so se odrasli mazali ter tako pregnali bolečine iz sklepov, kožne izpuščaje, utrujenost, za nas otročad nevarne, premočne. Tako smo se otroci družili in skrivali pred soncem pod oblačili odraslih, ki so jih razgrnili preko vej grmovja, ki je raslo ob Sotli. Bilo je posebno, veselo, toplo ...

Na drugačen način posebno je bilo, ko so me ob zaključku študija iz Atomskih toplic povabili v ambulanto. Bili so brez zdravnika. Jaz pa brez službe. 1985. Neizkušena. Osnovne zakonitosti fizikalne in rehabilitacijske medicine sta mi začetnici nesebično predajala dr. Karli Lipovec v Dobrni in prim. dr. Ruža Janežič Ačimović na ZRI Soča in Ljubljani. Pa se je začela. Medicina v praksi. Sama s skromno ekipo fizioterapevtov, bolničark in maserjev.

Na zdraviliško zdravljenje v Atomske toplice je zdravstvena zavarovalnica takrat napotovala ljudi z revmo ali s kroničnimi nenalezljivimi kožnimi boleznimi. Tisti, ki so takrat prihajali kot samoplačniki, so imeli najpogosteje bolečine v sklepih ali pa moteno vensko cirkulacijo spodnjih udov in so prinašali rane. Odvisno od velikosti in globine le-teh so se med namakanjem v primerno ohlajeni termalni vodi prej ali slej vse rane izboljšale, mnoge celo zacelile, bolečine v sklepih pa izzvenele. Takrat še ni bilo bioloških zdravil. Tako so bolniki z revmatološkimi obolenji prihajali izjemno funkcionalno ovirani, pri bolnikih z luskavico pa praktično razen obraza ni bilo kože brez značilnih kožnih sprememb. To je bilo obdobje številnih individualnih kopeli v termalni vodi, oblog zdravilnega blata, gnetenja parafina, ultrazvoka in UKW-ja. Pa seveda skupinskih vadb v telovadnici in v bazenu s termalno vodo. Zdraviliško zdravljenje je takrat trajalo tri tedne in kadar sem pri bolniku ocenila, da bo v dodatnem tednu zdravljenja funkcionalno stanje še napredovalo, je zdravstvena zavarovalnica

Harine Zlake. Toplice. Atomske toplice. Terme Olimia. Toplica - thermal water. When people start to praise it while finishing their spa treatment in the clinic, I often reply that I am happy that the thermal water from Terme Olimia benefits them so well. But also that people are different and that actually each person chooses their own water and spa, which suits them most.

And how are things with me and this special thermal water. I say that it chose me and that I am spending the greater part of my professional life with it.

My grandfather took me to visit the spa by train already when I was a pre-school girl. Because back then it was deemed that bathing in thermal water and the mud over river Sotla, which adults were applying to themselves to remove pain from the joints, skin rashes, fatigue, was dangerous and too strong for us children. So children were socializing and hiding from the sun under the clothes of the adults, spread over branches of bushes that were growing next to the Sotla. It was special, merry, warm....

It was a different kind of special, when at the end of my studies, I was invited to the clinic in Atomske toplice. They had no physician. I had no job. 1985. Unexperienced. The basics of physical medicine and rehabilitation have been transferred to me, the beginner, selflessly by Dr. Karli Lipovec in Dobrna and Chief physician Dr. Ruža Ačimović at ZRI Soča in Ljubljana. So it began. Medicine in practice. Alone with a modest team of physiotherapists, nurses and masseurs.

Back then, the insurance company was sending people with rheumatism or chronic non-infectious skin diseases for a spa treatment to Atomske toplice. Those who came paying themselves, usually had pain in joints or a disturbed venous circulation of the lower limbs and were carrying wounds. Depending on the size and depth of the later, all wounds got better during the soaking in an adequately cooled thermal water, many even healed, while the joint pain faded. In those days there was no biological medicine. Thus, patients with rheumatic diseases came very functionally impaired and patients with psoriasis practically had no skin without characteristic skin lesions, except for the facial skin. This was a period of a number of individual thermal water baths, covering with healing mud, kneading paraffin, ultra sound and UKW. And of course, group workouts in the gym and in the thermal water pool. The spa treatment back then lasted 3 weeks and when I evaluated for a patient that within an additional week of therapy, the functional status will progress even further,



moj predlog tudi podprla. To je bil tudi čas, ko so delavci iz različnih podjetij prihajali k nam na tako imenovani aktivni oddih. Učili smo jih ciljanih telesnih vaj in jim odkrivali dobrobiti termalne vode in zdravilnega blata. V tem obdobju smo tudi plodno sodelovali z osnovno šolo Podčetrtek, saj se nam je zdelo nesprejemljivo, da bi otroci iz našega neposrednega okolja razvili slabe držbe in posledično težave z gibali. Pri urah telovadbe sem ocenjevala telesno držo četrtošolcev, fizioterapevti pa so otroke s slabimi držami kar v šoli učili korektivnih vaj. Takrat smo v zdravstvu Atomskih toplic organizirali tedensko dermatološko in revmatološko specialistično ambulanto. V tem času smo mladi zdraviliški zdravniki imeli vsakršno podporo, seveda ob primernem strahospoštovanju, v starostah slovenske balneologije - prof. Križniču, ki je deloval na Dobrni, prof. Franoviču iz Čateških toplic in prof. Završniku iz Rogaške Slatine - ob rednih srečanjih vseh zdraviliških zdravnikov na Skupnosti slovenskih zdravilišč v Celju. Kmalu mi je vodstvo Atomskih toplic odobrilo specializacijo iz interne medicine. Samoumevno je bilo, da sem za mentorstvo prosila dr. Mojco Golja Kos iz revmatološke klinike v Ljubljani. To je bilo naporno obdobje, saj sem večji del tega časa, ob predpisanem »kroženju« v drugih zdravstvenih ustanovah in učenju, tudi delala v sprejemni ambulanti v toplih. Bližje ko sem bila specialističnemu izpitu, bolj sem pri vodstvu navijala, da dopolnim zdravstveno službo z diagnostiko: cikloergometrom, UZ ... Neuspešno. Deloma sem razumela, da bi bilo ob tako velikem naboru diagnostičnih možnosti v bližnjem zdravilišču v Rogaški Slatini vlaganje v tovrstno opremo na nek način nesmiselno. Zaključek: odhod iz Atomskih toplic.

Po izjemno kratkem obdobju v bolnišnici Celje, ob zaključevanju specialističnega staža, se je vame vedno bolj zajedala misel, da smo internisti »čudni«. Zakaj? Zaradi

the health insurance company supported such a proposal. This was also the time when workers from different companies came to us for the so-called active relaxation. We taught them targeted physical exercises and showed them the benefits of thermal waters and healing mud. In this period, we also had a fruitful collaboration with the primary school in Podčetrtek, since we found it unacceptable that children from our direct surrounding would develop a bad posture and consequently, motoric problems. During the hours of physical exercises, I was assessing the body posture of fourth graders, while physiotherapists taught corrective exercises to children with bad posture at school. In that time we organized in the health Centre of Atomske toplice, a weekly dermatological and rheumatologic specialist clinic. In those days, we young spa physicians had every support, of course with the appropriate awe, in the elders of Slovenian balneology - prof. Križnič, who was working in Dobrna, prof. Franović from Čateške toplice and prof. Završnik from Rogaška Slatina - having regular meetings with all health practitioners in the Community of Slovenian Spas in Celje. Soon the management of Atomske toplice approved my specialization from intern medicine. It was logical that I asked Dr. Mojca Golja Kos from the rheumatology clinic in Ljubljana for mentorship. This was a demanding period, for most of the time I was, in addition to the prescribed »circling« in other medical institutions and studying, also working in the reception clinic of the spa. The closer I came to the specialist exam, the more I tried to convince the management to complement the medical service with diagnostics: a cycle ergometer, ultra sound ... Unsuccessfully. But I was able to accept with reason that having such a wide range of diagnostic possibilities in the nearby spa in Rogaška Slatina, an investment in such equipment was in a way pointless. Conclusion: I had to leave Atomske toplice.

After an incredibly short period in the hospital of Celje, in



silne subspecializacije. Bolj izjema kot pravilo je namreč bilo celostno obravnavanje bolnikov. To je bilo hkrati obdobje, ko se je začelo glasno govoriti o preventivi v interni medicini. Uspešno sem opravila specialistični izpit iz interne medicine in poiskala nov izziv na takratnem regijskem Zavodu za zdravstveno varstvo v Celju. Na socialni medicini. Mnogi zdravniki, ki delujejo v kurativni medicini, imajo tiste, ki delujejo v preventivnih medicinskih strokah, za administrativne delavce. Sama socialne medicine nisem nikoli doživljala tako. Še več: trdim, da sem se največ medicine naučila ravno med opravljanjem specialističnega staža iz socialne medicine. Zagotovo pa sem šele ob odkrivanju priložnosti, ki so jih prezrli kolegi med delom v ambulantah, dojela poslanstvo medicine: z znanjem stoj posamezniku ob strani in ga podpri pri odkrivanju lastnih zmožnosti za ohranjanje, krepitev in vračanje zdravja. Trdim, da gre za filigransko delo, ki pa zaradi rezultatov, ki jih prinaša, zasluži zdravnikov trud. To spoznanje in znanja, pridobljena med enoletnim študijem neprofitnega managementa s štipendijo WHO na Dunaju, ter takratna širša politična zadržanost glede izboljševanja javnega zdravja v Sloveniji so me delali nezadovoljno, saj kljub izjemnemu trudu ekipe, ki sem jo vodila, ni bilo želenega odmeva v skupnosti.

Pa so v Atomskih toplicah spet potrebovali zdravnika. Povabila sem bila vesela. Leta 2000. Do tedaj sem že doumela, kaj je poslanstvo zdravnika, in vedela, da so terme praktično v vseh zgodovinskih obdobjih usmerjale kulturo bivanja posameznika, naroda.

Zanimiva so pisanja o kopianju in namenu kovanja. Kopeli naj bi imele namreč dvojni regenerativni učinek. Prvi se dogaja na nivoju posameznika, drugi na nivoju družbe. Kopeli so za posameznika v prvi vrsti tudi akt higienškega očiščenja telesa. Drugi, gotovo pomembnejši

finishing my specialist internship, I increasingly played with the thought that we internists are "weird". Why? Because of the powerful sub-specialization. Because a holistic treatment of the patient was rather an exception than a rule. This was also the time when people began to talk aloud about preventive in the internal medicine. I successfully passed my specialist exam from internal medicine and found a new challenge at the former Regional Institute of Public Health in Celje. In social medicine. Many physicians who work in the curative medicine, deem those, working in the preventive medicinal branches as administrative workers. Personally, I never experienced social medicine this way. Furthermore: I claim that I learned most medicine right during serving the specialist internship from social medicine. Certainly, only at discovering the opportunities that were overlooked by colleagues while working in clinics, I realized the mission of a medic: to stand by individuals and support them in the discovery of their own ability to maintain, strengthen and regain health. I claim that it is a filigree work, which is, due to the results it brings, worth the effort of the physician. This knowledge and skills acquired during the one-year study of non-profit management with the WHO scholarship in Vienna and the general political reservations regarding the improvement of public health of that time in Slovenia made me unhappy, because despite the considerable efforts of the team that I led, there was no desired echo in the community. However, Atomske toplice needed a physician once more. I was glad for the invitation. In the year 2000. Until then, I have come to realize what the mission of a physician is and knew that spas guided the culture of living of individual nations in nearly all historical periods.

Interesting are the writings on purposes of swimming and bathing. Baths are supposed to have a dual regenerative effect. The first is on an individual level, others at the collective level. For the individual, baths are primarily an act



del, regeneracija, pa je pomemben tudi za družbo: med kopianjem v »javnih« kopalščih se posameznik tudi okrepeča in osveži, pomiri oziroma sprosti in postane dovzetenjši, sprejemljivejši za soljudi in zase. Pri srcu mi je bilo toplo, saj sem vedela, da mi bo ob podpori direktorja Počivalška in zavzetih delavcev v zdravstvu dano uresničiti marsikatero idejo, in verjela sem, da je najzlahtnejše darilo, ki ga lahko damo ljudem, iskrena pozornost. To je bilo izjemno dinamično obdobje. Atomske toplice so postale Terme Olimia, na trgu vse bolj prepoznavane tudi med zdravimi, ki so k nam prihajali na krajše oddihe. Tudi bolniki, napoteni na zdraviliško zdravljenje, so z nami po novem ostajali le 14 dni in nič več tri tedne. Med njimi je iz leta v leto več tistih, ki prihajajo zaradi degenerativnih boleznih in vse manj tistih z revmatičnimi boleznimi. Zdravstveni oddelek se je med mojim službovanjem v Celju razširil in opremil s sodobnimi terapevtskimi aparaturami. Zdaj nisem bila več edina zaposlena zdravnica. Pomemben del časa sem namenjala razvoju storitev za vse goste, ki so prihajali v Terme Olimia. Že leta 2002 smo organizirali samostojen masažni center Rosa, kjer smo gostom, ki niso imeli zdravstvenih težav, obljubljali radost, odličnost, sproščenost in aromo. Ta center je bil pravzaprav zametek velikega Wellness centra, ki smo ga razvili ob prenavljanju in širitvi bazenov in savn v Termaliji leta 2004. Tam smo prvi v Sloveniji gostu ponudili možnost doživetja hamama. Opisovali smo ga kot izlet v vzporedno dimenzijo, ki jo oblikujeta vedrost in harmonija. Prodajni hit pa je ob odprtju wellnessa postala kopel v čokoladi. Nič čudnega. Sestavine čokolade kožo nahranijo in obnovijo, ter upočasnjujejo procese staranja, hkratna aromaterapija prežene čustvene blokade, prosto lebdenje v prijetno ogreti vodni postelji pa omogoči globoko sprostitve. V veliko veselje mi je bilo uvajanje steklenice dnevno sveže nalite izvirske termalne vode v vsako hotelsko sobo in snovanje vsebin wellness centra v hotelu Sotelia.

V tem času smo se v zdravstvu začeli opredeljevati za temo, ki bi se je poglobljeno lotili, saj smo že imeli terapevta, ki je obvladal funkcionalno obravnavo gibal po Ciriaxu. Nihali smo med ramenskim sklepom, športniki, pa ... smo izbrali hrbtenico. Ta je stebel zdravja v šolski, še bolj pa v tradicionalnih medicinah, ki so mene osebno začele vedno bolj vznemirjati. Hrbtenica je sodobna tema. Zahteva kompleksen pristop. Zahteva učenje. Koordinirano. Sistematično. Ta program je prevzel in razvijal zdravnik Peter Kurila. Resnice

of a hygienic purification of the body. The other, certainly more important part of regeneration is also important for the society: while bathing in "public" baths, the individual also refreshes and strengthens, calms or relaxes and becomes more susceptible, more acceptable for the people around them and for themselves.

It warmed my heart, for I knew that with the support of director Počivalšek and the engaged health workers, I would be able to realize many ideas and I believe that the most precious gift we can give to people is sincere attention. This was an incredibly dynamic period. Atomske toplice became Terme Olimia on the market and increasingly recognizable also among healthy people, who came to us on short vacations. Also patients, sent here for spa treatment, now stayed with us only for 14 days and no longer three weeks. From year to year, there are more of those among them who come because of degenerative diseases of the locomotor system and fewer of those with rheumatic diseases. During my tenure in Celje, the health department expanded and became equipped with modern therapeutic apparatus. I was no longer the only employed physician. I dedicated an important part of the time to the development of services for all guests that came to Terme Olimia. Already in 2002, we have organized the independent massage Centre Rosa, where guests, who did not suffer from any medical problems, were promised joy, excellence, relaxation and aroma. This center was actually the very beginning of the large Wellness Centre, which was developed when revising and expanding the pools and saunas at Termalija in 2004. We were the first in Slovenia to offer guests the opportunity of a Hamman experience. We described it as a trip to a parallel dimension, formed by serenity and harmony. The sales hit at the opening of the wellness has become the chocolate bath. No wonder. The ingredients of chocolate nourish the skin and restore and slow down the aging process, while the simultaneous aromatherapy banishes emotional blockages, free floating in the comfortable warm water bed and enable deep relaxation. It was my great pleasure to introduce bottles of daily freshly poured thermal spring water in every hotel room and to design the content of the wellness center in the Hotel Sotelia.

In the meantime, the medicine began to identify a subject that we would have addressed in depth, since we already had a therapist who has mastered functional treatment of the locomotor system according to Ciriax. We were choosing between the shoulder joints, athletes, but ... soon we chose the spine. It is the pillar of health in scholar medicine and even more so in traditional medicines, which increasingly began to

v zvezi s hrbtenico so nam odkrivali strokovnjaki praške rehabilitacijske šole. Prihajali so k nam. Tako je hkrati rasla vsa strokovna ekipa. V slovenski prostor smo uvedli DNS. Učinkuje. Vedno ko se posameznik odloči in začne živeti navodilo za uporabo hrbtenice, ki mu ga predajo usposobljeni olimski fizioterapevti. Ob prenovi zdravstva leta 2009 smo prvi v Sloveniji uvedli terapijo artroz z MBST.

Prevenција bolezni in regeneracija telesnih tkiv sta temi, ki sta me zaposlovali in vodili pri opremljanju zdravstvenega oddelka, izbiri sodelavcev in izobraževanj ter razvoju vsebin, namenjenih vsem gostom Terme Olimia. Menim, da sta ključni usmeritvi medicine bodočnosti. Vem, da je olimski pristop k zdravju holističen. Nimamo ovir pri sprejemanju pristopov, ki vračajo oziroma krepijo zdravje in vitalnost. Kombiniramo znanja sodobne medicine s tradicionalnimi, deloma že pozabljenimi terapevtskimi metodami. Naš pristop je izrazito individualen. Vodi nas en sam cilj: trajnostno čvrsto zdravje in revitalizacija. Tega pa dosegamo z aktivnim sodelovanjem vključenih v posamezne postopke. S sodelavci v zdravstvu smo razvili inovativne programe za izboljšanje gibljivosti sklepov in hrbtenice, naravne pristope k oblikovanju telesa, ki jih dopolnjuje okusna in vitalnost podpirajoča hrana in katerih osnova je termalna voda. Spremembe v počutju, ki jih ljudje doživijo pri nas, so kronične. Pomemben del olimskega pristopa je namreč kultiviranje pozornosti, krepitev samozavedanja.

Pri vseh šumih modernega sveta je zelo lahko izgubiti stik s samim seboj. Zato je skrb zase zelo otežena. V Termah Olimia pa ljudem z veseljem stojimo ob strani, ko odkrivajo same sebe. Vsakdo med nami mora namreč najti sebe, da bi lahko svetu ponudil vse, kar je, ter od sveta vzel tisto, kar potrebuje. To je ta občutek polnosti. To je selfness.

Človeka vse življenje obdajajo številne in različne vrste vod. V Termah Olimia pa privre iz globin prav posebna voda. Že tisočletja sprejema tegobe ljudi, ki se ob njej ustavljajo, pa ostaja bistra, nežna. Pobožati zna telo od zunaj in znotraj ... V olimski termalni vodi ni le neskončna ljubezen matere narave, ampak je v njej tudi globoka, sanjska tišina. Ko se ji predajamo v bazenih, nas objema od zunaj, ko jo pijemo, nas boža od znotraj. Vedno pa krepi naše zdravje in dobro počutje.

Terme Olimia in jaz?

Bilo je veselo, posebno in toplo. Grela me je srčnost ekipe, s katero sem delala, veselilo me je zaupano delo in veljam za »posebno«.



trouble me. The spine is a modern topic. The spine requires a complex approach. The spine requires learning. Coordinated. Systematic. This program was taken over and developed by Doctor Peter Kurila. The truth in relation to the spine was revealed to us by experts of the Prague rehabilitation school. They came to us. Thus, at the same time, the whole professional team grew. We introduced the DNS method into Slovenian space. It works. Every time an individual decides and begins to live according to the spine user manual, given to him by trained physiotherapists of Olimia. At the renewal of the health care in 2009, we were the first in Slovenia to introduce the treatment of arthrosis with MBST.

The prevention of disease and regeneration of body tissues are the topics that occupied and guided me in equipping the health department, in the employee selection, the training and the development of facilities available to all guests of Terme Olimia. I believe that these are the key directions of future medicine. I know that the approach to health in Terme Olimia is holistic. We have no barriers to adopting approaches, which recover or enhance health and vitality. We combine knowledge of modern medicine with traditional, partially already forgotten therapeutic methods. Our approach is highly individual. It leads us to one goal: sustainable robust health and revitalization. However, this is achieved through the active participation of those involved in individual procedures. With colleagues from the health sector, we have developed innovative programs to improve the mobility of joints and the spine, natural approaches to the body, complemented by delicious and vitality supportive food, which are based on thermal water. Changes in mood that people experience with us are chronic. An important part of the Olimian approach is namely the cultivation of attention, the strengthening self-awareness.

In all the noise of the modern world it is very easy to lose touch with yourself. Therefore, self-care is actually very difficult. But in Terme Olimia we gladly stand by the people's side as they discover themselves. Each of us needs to find themselves, to be able to offer the world everything you took from the world and what you need. This is the feeling of fullness. This is selfness.

Human life is surrounded by numerous and different types of water. In Terme Olimia very special water wells up from the depths. For millennia it has been receiving ailments of people who stop at it, yet it remains clear and gentle. It knows how to caress the body from the outside and inside... The Olimia thermal water is not only the endless love of Mother Nature, but it is also a deep, dreamy silence. When we indulge in swimming pools, it hugs us from the outside and when we drink it, it caresses from the inside. Yet, it always strengthens our health and well-being.

Terme Olimia and I?

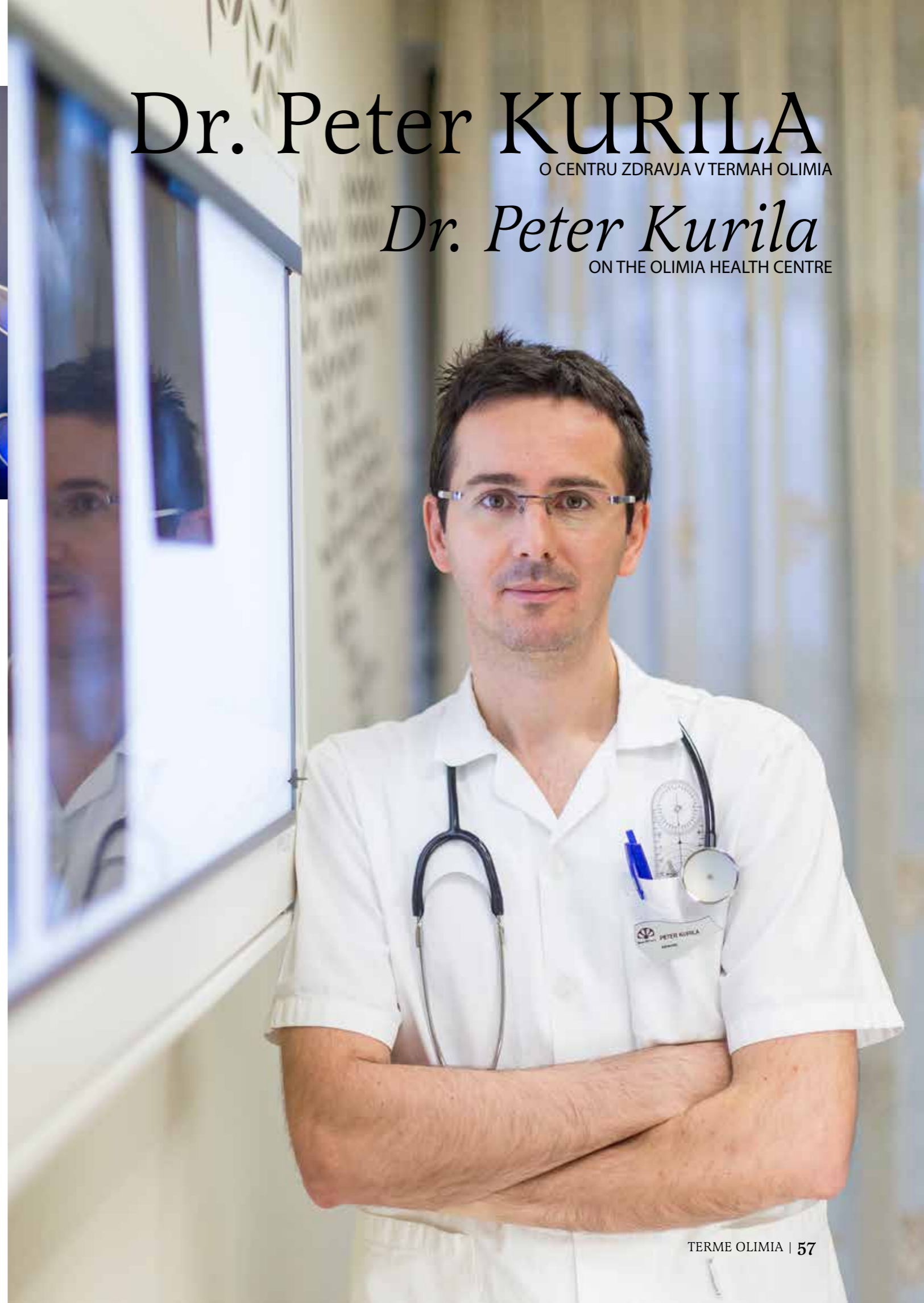
It was merry, special and warm. I was warmed by the determination of the team I worked with, the entrusted work made me happy and I was deemed "special".

Dr. Peter KURILA

O CENTRU ZDRAVJA V TERMAH OLIMIA

Dr. Peter Kurila

ON THE OLIMIA HEALTH CENTRE



Dr. Peter Kurila, specialist fizikalne in rehabilitacijske medicine, je vodja Centra zdravja v Termah Olimia. Poleg osnovnega poslanstva zdravnika poudarja primarno preventivo, ki je, kot zagotavlja, cenejša in učinkovitejša od kurative. V Sloveniji je edini certificiran zdravnik za metodo DNS. Poleg te metode zna priporočiti in izvesti tudi druge terapije, ki zajemajo ves gibalni sistem, najbolj pa je specializiran za težave s hrbtenico. Ponaša se še z evropsko licenco iz fizikalne in rehabilitacijske medicine (fiziatrije) in z opravljenim izpitom iz Manualne medicine ter se kot edini fiziater v Sloveniji poglobljeno ukvarja s periferno vaskularno rehabilitacijo pri pacientih z ishemijsko spodnjih udov zaradi ateroskleroze in tudi pri sladkornih bolnikih s polinevropatijo in ranami. Kako skupaj s sodelavci Centra zdravja Olimia s predanostjo in znanjem dosega zavidljive rezultate, nam razkriva v pogovoru.



Dr. Peter Kurila, specialist in physical medicine and rehabilitation, is the head of the Health Centre in Terme Olimia. In addition to the basic mission of a physician, he emphasized primary preventive, which, according to him, is cheaper and more efficient. He is the only DNS method certified physician in Slovenia. In addition to this method, he is able to recommend and carry out other therapies that include the whole locomotor system, while he mostly specializes on back problems. He has an European licence for physical medicine and rehabilitation (physiatry), a certificate for manual medicine and as the only physiatrist in Slovenia, he is engaging in peripheral vascular rehabilitation in patients with ischemia of the lower limbs due to atherosclerosis and also in diabetic patients with polyneuropathy and wounds. How he has achieved notable results together with colleagues of the Health Centre Olimia with dedication and expertise, he reveals in this interview.

Ob besedi Terme Olimia marsikdo takoj ob termalni vodi pomisli na zdravje. Kakšne zdravstvene storitve nudite in kako so se slednje nadgrajevale z leti?

Ljudje ob besedi Terme Olimia najprej pomislijo na wellness in počitek, vendar se postopoma zavedanje, da so tukaj na voljo tudi zdravstvene storitve, povečuje. Poleg pacientov s področja dermatologije in revmatologije se je pred dobrimi desetimi leti pričelo povečevati število pacientov z zahtevnejšimi zdravstvenimi težavami in pacientov po operacijah hrbtenice. Letno rehabilitiramo več kot 300 pacientov po operacijah hrbtenice, kolkov, kolen.

Zdraviliško zdravljenje je bilo tisto, s katerim se je začelo. Danes je zdraviliško zdravljenje le eden izmed segmentov, ki ga lahko najdemo v vašem Centru zdravja v Termah. Kdo vse prihaja k vam?

Najprej je tu rehabilitacija pacientov, ki imajo težave z gibalno. V največji meri gre za bolnike po operacijah hrbtenice, kolkov in kolen ter obrabo sklepov. Naslednji zelo pomemben segment, na katerem v zadnjih letih intenzivno delamo, so programi za diabetike. Poskrbimo predvsem za preventivo in diagnostiko ter terapije, povezane z zapleti, ki jih povzročata sladkorna bolezen. Smo edini v Sloveniji, ki imamo razvit program zdravljenja z ogljikovim dioksidom ali tako imenovano carboxi terapijo, ki bistveno izboljšuje prekrvavitve.

Kakšne metode zdravljenja uporabljate?

Pri nas izvajamo stacionarno rehabilitacijo in ambulantno fizioterapijo za paciente, ki k nam prihajajo od doma. Fizioterapija zajema uporabo metod fizikalne terapije, kinezioterapijo – zdravljenje z gibanjem: pasivnim, aktivnim ali asistiranim s pomočjo fizioterapevta. Poglavitni del tovrstne rehabilitacije je najprej individualno delo fizioterapevta s pacientom – roke fizioterapevta na pacientu. In na tem področju obravnave smo v zadnjih desetih letih naredili velik strokovni premik.

When hearing words Terme Olimia, many people, right after thermal water, think of health. What medical services do you offer and how have you been upgrading these over the years.

When hearing the words Terme Olimia, people first think of Wellness and rest, but the awareness that medical services are available here as well, is gradually increasing too. In addition to patients from the area of dermatology and rheumatology, ten years ago the number of patients with more complex health issues and patients after back surgeries started to increase. This way, we now annually rehabilitate over 300 patients after surgeries of the spine, hips and knees.

It all started with medical spa treatment. Today, the medical spa treatment is only one segment of health to be found in your Health center in Terme Olimia. Who comes to you?

First there is the rehabilitation of patients, who have problems with moving. Mostly, these are patients after spinal, hip or knee surgery and wear of joints. The next very important segment, which we have been intensively working on in the past few years, are programmes for diabetics. We are especially taking care of the preventive, diagnostics and therapies, connected to complications caused by diabetes. We are the only ones in Slovenia with a developed program of treatment with carbon dioxide or a so-called carboxy therapy, which significantly improves blood flow.

Which methods of treatment do you use?

We are performing stationary rehabilitation and outpatient physiotherapy for patients who come to us from home. Physiotherapy involves the use of methods of physical therapy, kinesiology - movement therapy: passive, active, or assisted with the help of a physical therapist. The main part of this type of rehabilitation is firstly individual work of the physiotherapist with the patient - hands of the physiotherapist on the patient. And in this area of treatment, we have made a great profes-

Strokovna ekipa Centra zdravja Olimia se namreč že vrsto let udeležuje izobraževanj v svetovno priznanih rehabilitacijskih centrih. To znanje z veseljem prenašamo vsem našim pacientom in jih pri tem želimo spodbuditi, da za zdravje svoje hrbtenice poskrbijo tudi doma. Naš pristop temelji na spoznanjih sodobne manualne medicine s poudarkom na Praški šoli rehabilitacije in dinamični nevro-muskularni stabilizaciji (DNS), ki jo nadgrajujemo s terapijami na najbolj dovršenih napravah za naravno spodbujanje regeneracije. Smo edino zdravilišče v Sloveniji, ki uporablja to izjemno učinkovito metodo. Naši terapevti so se izobraževali še na področju cyriaksove otropletske medicine ter po metodi Maitland. Z vsemi temi metodami znamo celostno obravnavati pacienta in ne poskrbimo le za pasivno terapijo, ki odpravlja bolečino za kratek čas, ampak pacientu ponujamo program, s katerim dolgoročno odpravi svoje težave. S kombinacijo aktivnih metod s pasivnimi dosežemo resnično izjemne rezultate, ki jih spremljamo z mednarodno priznanimi lestvicami, v primeru terapij za hrbtenico z metodo **Back pain index (BPI)**. Smo edino zdravilišče v Sloveniji, ki sistematsko vodi uspeh svojega dela z ocenjevalnimi lestvicami. Tako točno vemo, za kakšen odstotek se lahko izboljša pacientovo stanje v dveh tednih zdraviliškega zdravljenja. Pri kolkih je to 37-odstotno izboljšanje, pri kolenih 44-odstotno in pri hrbtenici 27-odstotno. Ob zaključku zdravljenja pacienti dosežajo odličen funkcionalni rezultat s popolno neodvisnostjo pri izvajanju vseh osnovnih dnevnih aktivnosti že osem tednov po operacijah. Vse to potrjuje, da danes s svojo strokovnostjo in predanostjo na področju fizioterapevtskih rehabilitacij dosežemo nadpovprečne rezultate in želimo postati sinonim za nadstandardno fizioterapevtsko storitev. Pred dvema letoma smo uvedli še nekaj laboratorijskih storitev, analize krvi in urina za določene parametre, kot je analiza krvi na homocistein in pa lipoprotein A. Te analize nam omogočajo ocenjevanje parametrov določenih snovi v krvi, ki so rizični dejavniki za obolenja, kot so rak, sladkorna bolezen, ateroskleroza in posledično tudi možganska ali srčna kap.

Kdo vse sestavlja vaš zdravniški team v Centru zdravja Olimia? S katerimi zdravniki sodelujete.

Z nami še vedno sodeluje naša upokojena zdravnica Cvetka Avguštin, sodelujemo pa še s specialisti ortopedi in nevrokirurgi, ki pri nas opravljajo specialistične preglede.

Kakšno vlogo ima pri zdravljenju voda?

Voda v Termah Olimia je izjemna po sestavi predvsem zaradi vsebnosti silicija, ki je pomemben za regeneracijo in tvorbo kolagena, ki ga najdemo v vseh tkivih in tudi hrustancu. To je v bistvu indikacija tukajšnjega zdraviliškega zdravljenja težava z lokomotornim sistemom, saj je ta voda pomembna za regeneracijo kože, podkožja, mišic ovojnic, kit in hrustanca. Silicij je pomemben tudi pri integraciji kalcija v kosti. Primer: če gre kalcij v kri in nima silicija, se kalcij ne bo vezal na kosti. Silicij je pomemben še pri razstrupljanju telesa (odplavljanju težkih kovin iz telesa in aluminija iz krvi). Zadnjih petdeset let namreč živimo v obdobju aluminija, ki je povsod prisoten in je resna grožnja predvsem zaradi nevroloških obolenj. S pomočjo silicija in naše vode pa se telo lažje znebi aluminija. Tako naša voda po sestavi ni le erotrokarbonat magnezija in kalcija, tako kot je bila na začetku promovirana, ampak so zdravilni učinki te vode predvsem v tem, da vsebuje silicij in da je minimalno radioaktivna. Govorimo o enkrat višji radioaktivnosti kot je radioaktivnost zraka, njena pozitivna lastnost pa je tudi stimulacija metabolizma v krvi.

Z. I.

sional advance in the last ten years.

The team of experts of Olimia Health Centre has been attending courses in the world-renowned rehabilitation centers for several years. We are pleased to transmit this knowledge to all our patients and in this we want to encourage them to also take care of the health of their spine at home. Our approach is based on knowledge of modern manual medicine with an emphasis on the Prague school of rehabilitation and dynamic neuromuscular stabilization (DNS), which is being upgraded with therapies on the most sophisticated devices to promote natural regeneration. We are the only resort in Slovenia using this extremely effective method. Our therapists are trained in the fields of medicine and Cyriaks orthopedic medicine and the Maitland method. With all these methods we can holistically treat the patient and not only provide passive therapy that eliminates the pain for a short time, but offer the patient a program that eliminates their problems on a long-term. With the combination of active and passive methods, we are achieving truly outstanding results, which are monitored by internationally recognized scales, in the case of spinal therapies with the method **Back pain index (BPI)**. We are the only resort in Slovenia, which systematically keeps the success of their work with grading scales. So we know exactly to what percentage can we improve the patient's condition within two weeks of spa treatments. For hips, it is an 37% improvement, for knees 44% and the spine 27%. At the end of the treatment, patients achieve an excellent functional outcome with complete independence in carrying out all basic daily activities already eight weeks after surgery. All this confirms that today, with our professionalism and dedication in the field of physiotherapy rehabilitations, we are achieving above-average results, and we want to become a synonym for a high-standard physiotherapy service. Two years ago, we introduced some laboratory services, analyzes of blood and urine for certain parameters such as the analysis of blood homocysteine and lipoprotein A. However, these analyzes enable us to assess the parameters of certain substances in the blood, which are risk factors for diseases such as cancer, diabetes atherosclerosis and consequently brain or heart attack.

Who composes your medical team in the Health center Olimia? Which doctors participate.

Besides me, our retired physician Cvetka Avguštin is still collaborating with us, but also orthopedic specialists and neurosurgeons, which perform specialist examinations.

What is the role of thermal water in the process of healing?

The water in Terme Olimia has an outstanding composition mainly due to the presence of silicon, which is important for the regeneration and production of collagen and which is found in all tissues and cartilage. It is basically an indication of this spa treatment of problems with the locomotor system, because this water is important for the regeneration of skin, subcutaneous tissue, muscle membranes, tendons and cartilage. Silicon is also important for the integration of calcium in the bones. Example: "If there is calcium in the blood and no silicon, the calcium will not bind to the bone." Furthermore, silicon is important for the detoxification of the body (flushing heavy metals from the body and aluminum from the blood). In the last fifty years, we have been living in the era of aluminum, which is omnipresent and a serious threat in particular to neurological diseases.) Using silicon and our water, the body will get rid of the aluminum more easily. Thus, our water is not only erotrokarbonat magnesium and calcium in its composition, as it was initially promoted, but the therapeutic effects of this water lie in the fact that it contains silicon, and that it is least radioactive. We are talking about radioactivity 1 x higher than the radioactivity in the air and its positive task is the stimulation of the metabolism in the blood.

SELFNESS



Selfness je celostno spreminjanje navad in posledično samega sebe. Koncept selfness uporabe in strategije razvoja v Termah Olimia kot turistične ponudbe pomeni spodbujanje in učenje naših gostov za kakovostnejše življenje – kako se sprostiti, kako se ljubiti, kako se poslušati, kako se razvijati, kako biti uspešnejši pri svojem delu in v zasebnem življenju ter kako sprejeti sebe in vase tudi verjeti. Je del našega spreminjanja in je vključen v vsako našo storitev in vse naše aktivnosti. Z zavezanostjo selfnessu hkrati spreminjamo organizacijsko kulturo podjetja, kar pomeni, da se zavedamo, da se zgodba začne pri nas zaposlenih. Le tako lahko bolj pristno in kvalitetno prenašamo znanje tudi na naše goste. Gostje, ki doživijo izkušnjo selfnessa v Termah Olimia, se k nam radi vračajo.

Vsi selfness programi v Termah Olimia imajo skupni cilj. Zastavljeni so tako, da spremljajo posameznika pri odkrivanju najboljšega v njem samem in ga spodbujajo pri ponovnem vzpostavljanju ravnotežja med fizično, čustveno in duhovno ravnjo. Izvajalci programov z gosti vzpostavijo osebni, partnerski odnos, saj je prav zaupanje ključnega pomena za doseganje rezultatov. Vse poteka sproščeno, ob gibanju, zabavi in učenju, nevsiljivo in počasi, vendar ob odločitvi za spremembo.

Selfness is comprehensive changing of habits and consequently, of oneself. The concept of the use and development of selfness in Terme Olimia as a tourist offer means encouragement and teaching of our guests for a better living – how to relax, how to love oneself, how to listen to oneself, how to develop, to be more successful at work and private life and how to accept oneself and how to believe in oneself. It is part of our changing and is integrated into our services and activities. By committing to selfness we are also changing the organisational culture of the company, meaning that we are aware that the story begins with us, the employees. Only then can we bring this knowledge to our guests more genuinely and with higher quality. Guests, who experience selfness in Terme Olimia, love to come back to us.



All selfness programs in Terme Olimia have a common goal. They are set in a way that monitors individuals in discovering the best in them and encourages them in restoring the balance between the physical, emotional and spiritual level. The performers of the program establish a personal, partnership with the guests, because trust is the key to achieving results. Everything happens in a relaxed way, with movement, fun and learning, unobtrusively and slowly, but with the decision to change.



Hišni ritual

The House ritual

Hišni ritual je trminutni obred za pozitiven začetek dneva in hkrati tudi del selfness koncepta. S hišnim ritualom povabimo goste, naj se nam pridružijo in okrepijo svojo čuječnost. Ritual je preprost, zabaven, ne odvzame preveč časa, saj ga gostje lahko izvajajo kjer koli - v hotelski sobi, na recepciji hotela, na bazenu... pomembno je le, da se v teh treh minutah posvetijo sebi in pozitivnim mislim. Gre za skrbno načrtovane vaje, ki spodbujajo kroženje vitalne energije in aktivirajo vse celice. Obred ne zahteva nobene telesne pripravljenosti, gosti pa se po le nekaj dneh počutijo bolje in v nov dan vstopijo srečnejši in zadovoljnejši.

The House ritual is a three minute ritual for a positive start of the day and also part of the selfness concept. With the house ritual we invite guests to join us and strengthen their attentiveness. The ritual is simple, fun, does not take much time, because guests can perform it anywhere - in the hotel room, at the reception, at the pool ... the important thing is that they dedicate these three minutes to themselves and to positive thoughts. It is all about carefully planned exercises that support the circulation of vital energy and activate all cells. The ritual does not require any physical condition, but guests already feel better only within a few days and start the new day happier and with great satisfaction.



Stojimo zravnano, sproščeno. Nogi razmaknimo v širino bokov, kolena rahlo pokrčimo, kolke in ramena spustimo, brado povlečemo k sebi. Krožimo z rameni tako, da ramena dvignemo navzgor proti ušesom, jih povlečemo nazaj, navzdol in naprej. Ko krožimo, dihamo sproščeno.

Let us start by standing up tall and relaxed. Legs are hip distance apart, knees slightly bent, hips forward and shoulders relaxed. Pull the chin towards your neck so it does not stick forward. Relax the abdominal muscles and take a couple of relaxed breaths. Roll your shoulders, start by pulling them up towards your ears, then back, down and forwards. Make big circles in your own rhythm. Feel the muscles from your neck all the way down to the middle of your back. Breathe easily while rolling your shoulders.

Stopimo malo širše od širine kolkenov. Eno nogo iztegnemo naprej, drugo pokrčimo. Poravnamo medenico. Stopalo iztegnjene noge povlečemo k sebi in naredimo gib, kot bi želeli sedeti na stol. Zadržimo položaj in dihamo sproščeno. Nogi zamenjamo in vajo ponovimo. Gib nekajkrat ponovimo.

Now move your feet a bit further apart. Move one foot forward and the other backward. Straighten the pelvis. The front leg is straight and the back leg is slightly bent. Pull the foot of your front leg towards your body. Move as if you want to sit down in a chair. Do not bend your back. Feel a slight stretch in the back of your thigh. Hold the pose and focus on breathing. Breathe easily.

Stopimo v širino bokov, roki dvignemo v višino sončnega pleteža, zapremo oči ter dihamo sproščeno in umirjeno. Zahvalimo se sebi, ker smo si znali vzeti čas zase.

Step hip distance apart, raise your hands to solar plexus and close your eyes. Your breathing should be relaxed and easy. Thank yourself for taking this time for yourself.

Spustimo roki, odpremo oči. Nasmejnimo se sebi in hvaležno stopimo v dan, ki je pred nami.

Let down your hands and open your eyes. Smile and gratefully step into the day that is waiting for us.

Šest zdravih zvokov

Six healing sounds

Šest zdravih zvokov je priljubljena starodavna dihalna tehnika, pri kateri s posameznim zvokom pozitivno vplivamo na posamezni organ. Tako izločimo čustveno napetost, težko zastalo energijo in ustvarimo prostor za svežo, lažjo vibracijo.

Kako se izvaja?

Vsak zvok izvedemo nežno ter ga trikrat ponovimo, vdihnemo skozi nos in izdihnemo skozi usta ter pozornost ob zvoku namenimo posameznemu organu.

Komu je namenjena, kakšne težave rešuje?

Namenjena je vsakomur, ki si je pripravljen vzeti čas zase in ga nameniti podpornemu delovanju posameznih organov.

Six healing sounds is a popular ancient breathing technique in which we positively effect individual organs with individual sounds. This way we can eliminate emotional tension, heavy, stale energy and make room for a fresh, lighter vibration.

How is it done?

We carry out each sound gently and repeat it three times, by breathing in through the nose and breathing out through the mouth while concentrating on the respective organ when making the sound.

Who is it for/which problems does it help with?

It is intended for everyone, who is willing to take time for themselves and dedicate it to the supportive function of individual organs.



Zdravo mišljenje, zdravo telo. Poskrbimo za ravnovesje našega duhovnega in telesnega zdravja.

Healthy mind, healthy body. Try to find a balance between your spiritual and physical health.

Edita ŠOLMAN
fizioterapevtka
Physiotherapist



Glasba ima moč. Zavrtite si svojo najljubšo pesem ter plešite in pojte iz vsega srca. Lahko pa prisluhnete podvodni glasbi v glasbenem bazenu Wellness Orhidelia.

Music has a special power. Put on your favorite song and dance and sing with all your heart. You can also listen to the underwater music in the Wellness Orhidelia musical pool.

Mateja BOBEK
animatorka
Animation

Zdravilna energija dreves

The healing energy of trees

Gozd je naravno okolje, ki nam nudi neizčrpno zdravilno energijo. Čudovit občutek življenja gozda vas bo odpeljal v osrčje vas samih; lažje in globlje boste razumeli sami sebe in našli svojo resnično moč. Vstop v kraljestvo dreves je čudovit način za ponovno povezavo z življenjsko silo v nas in okoli nas. Terme Olimia so same po sebi obkrožene z gozdom, kamor se boste ob spremstvu osebe, usposobljene za izvajanje primernih vaj neposredno ob drevesih, vrnili v svoje okolje z obnovljeno življenjsko energijo.

Kako se izvaja?

V območje gozda se vstopi v miru in tišini, na mehki naravni podlagi izvedemo vaje za pretočnost življenjske energije z ozaveščenim dihanjem ter kratko meditacijo ob objemu dreves.

Komu je namenjena, kakšne težave rešuje?

Namenjena je vsakomur, ki želi v sebi začutiti mir, vzpostaviti stik s samim seboj, v izjemno vzpodbudnem okolju, okolju z neomejeno zdravilno energijo.



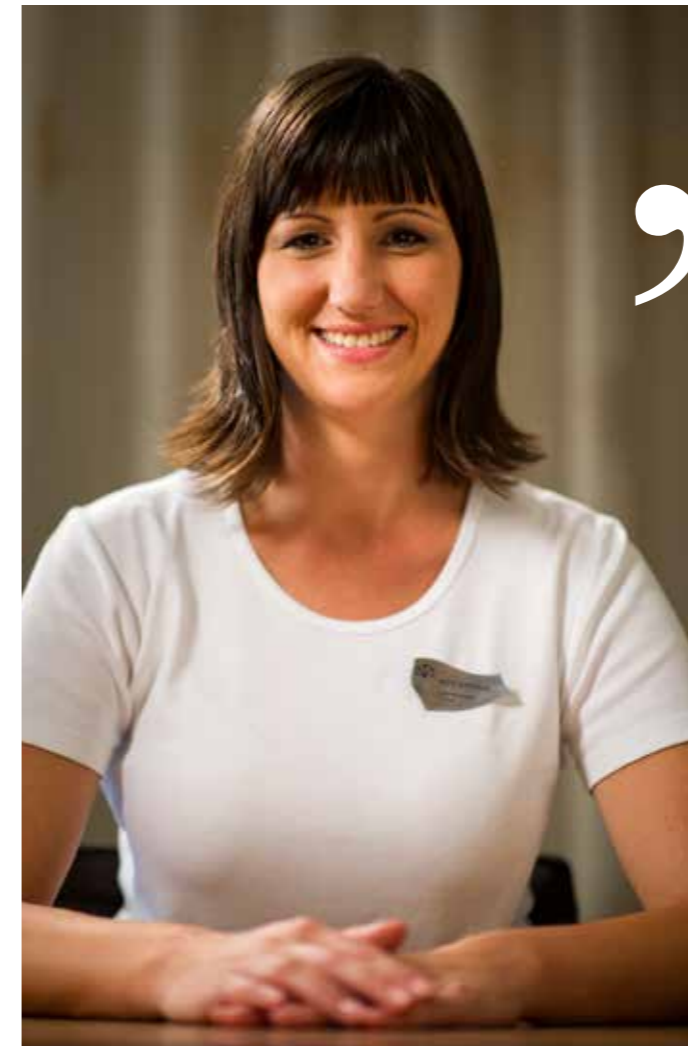
The forest is a natural environment that offers us endless healing energy. The wonderful feeling of the life of the forest will take you into the heart of yourself; you will begin to understand yourself better and deeper and find your true power. The entrance into the kingdom of trees is a wonderful way to reconnect with the life force within and around us. Terme Olimia itself is surrounded by forests, where you will be accompanied by a qualified person for the performance of appropriate exercises in the company of trees, then return to your environment with renewed life energy.

How it is done?

You enter the forest area in peace and quiet, the exercises are performed on soft natural ground to enable the flow of life energy with conscious breathing and a brief meditation in the embrace of the trees.

Who is it for/which problems does it help with?

It is intended for everyone who wishes to feel inner peace, to reconnect to oneself in an extraordinarily encouraging environment, an environment with unlimited healing energy.



Mojca REŠEK
vodja fizioterapije
Head of physiotherapy



Kadar je možno, hodite bos! Veliko hodite bos! Doma, po hiši, stanovanju ali zunaj, na piknikih, ob igranju z otroki, opravljanju hišnih opravil ... Veliko je priložnosti, samo spomniti se moramo, da bosa hoja stimulira naravno oblikovanje stopala in s tem poravnava celotnega telesa.

Whenever possible, walk barefoot. Walk barefoot a lot! At home, in the house, the apartment or outside at picnicks, when playing with children, doing house chores... There are many opportunities, we only have to remember that walking barefoot stimulates the natural formation of the foot and with it, the alignment of the whole body.

Vsak dan vsaj pol ure hodite zunaj. Tudi to lahko opravite bos. Tako se boste ne le nahajali svežega zraka in aktivirali telo, temveč tudi razbremenili glavo.

Walk outdoors every day for at least half an hour. You can do this barefoot as well. This way, you will not only breathe fresh air and activate your body, but also clear your head.

Vstajanje s postelje naj bo preko boka v sedeč položaj.

Lahko ležite v katerem koli položaju, ko pa želite vstati, najprej pokrčite noge. S pokrčenimi nogami se obrnete na bok. Lahko se malo približate robu postelje.

Obe roki sta pred telesom. Zgornja roka je v višini glave, spodnja roka je naslonjena na nadlakt. Vstajamo tako, da istočasno nesemo stopala preko roba postelje in trup z roko odrinemo od postelje. Zgornja roka nas dvigne do te višine, da lahko naslonimo na komolec spodnje roke in se odrinemo do sedečega položaja.

Pri tem vstajanju uporabljamo moč rok in težo nog, ki jih uporabljamo kot protiutež za telo. Tako varujemo hrbtenico.

Getting out of bed should be over the hip into a sitting position.

You can lay in any position you like, but when you want to stand up, bend your legs first. With bended knees, turn to the side. You can get closer to the edge of the bed.

Keep both arms in front of your body. The arm above is at head's level, the arm below is resting on the upper arm. We get up in a way that we take both feet over the bed's edge simultaneously and push the body from the bed with our arm.

The arm above lifts us to such a height that we can lean on the elbow of the arm below and push ourselves into a sitting position. In this way of standing up, we use the strength of the hand and the weight of the legs, which are used as a counterweight for the body. This way we protect the spine.

V gozd vabimo tudi šolarje in mladostnike.

Naj tudi vaš otrok spozna kaj vse ponuja gozd v tem letnem času in zakaj je potrebno naravno okolje poznati in varovati. Naj se nauči uživati na prostem, opazovati in izkusiti naravo. V gozdu ni WIFI povezave, pa se vseeno povežemo. S sabo, s skupino in predvsem z naravo.

We would also like to invite school children and adolescents into the forest.

Let your child learn, what the forest has to offer in this time of the year and why it is important to know and to protect the environment. Let them learn to have a good time outdoors, to observe and experience nature. There is no WIFI connection in the forest. But we all connect. With each other, with the group and most of all, with nature.

Ali ste vedeli?

Did you know?



ALI STE VEDELI, da lahko gostje v Wellness hotelu Sotelia****s izbirajo vonj sobe?

Gostje, ki koristijo določene pakete, imajo možnost izbire najljubšega vonja v sobi. Na voljo so vonji naravnih eteričnih olj mete, vanilje, sivke, timijana in čokolade. Pred prihodom gostov sobo odišavimo z izbranim vonjem.

DID YOU KNOW that the guests of Wellness hotel Sotelia****s can choose the scent of their room?

Guests, who book certain packages, have the option to choose their favourite scent for their room. Available are fragrances of natural essential oils of mint, vanilla, lavender, thyme and chocolate. Prior to the guest's arrival, we perfume the room with the chosen fragrance.



ALI STE VEDELI, da imamo v Termah Olimia bar vzglavnikov?

Zavedamo se, da je globok in krepilen spanec bistvenega pomena za dobro počutje človeka. Dober počitek enostavno sodi k doživetju bivanja v Termah Olimia. Za hotelske goste smo skrbno izbrali posteljnino iz naravnih materialov ter odeje in vzglavnike, primerne tudi za alergike. Tako je gostom na voljo izbor vzglavnikov za sproščujoče in poživljajoče spanje.

DID YOU KNOW that Terme Olimia has a pillow-bar?

We are aware that a deep and restorative sleep is essential for the well being of a person. A good rest simply belongs to the experience of staying in Terme Olimia. For our hotel guests, we have carefully selected linens made of natural materials and blankets and pillows suitable for people with allergies. Thus, our guests can choose from a selection of pillows for relaxing and invigorating sleep.



ALI STE VEDELI, da kot gost lahko prejmete darilo - čaj olimskih patrov?

Gostje, ki koristijo določene vsebinske pakete, dobijo ob prihodu v hotelsko sobo grelnik vode, pribor za pitje čaja in vrečko zdravnega olimskega čaja z uporabnimi nasveti za pitje čaja. Ob odhodu gost prejme kot darilo vrečko olimskega čaja.

DID YOU KNOW that as a guest, you receive a gift - tea of the Olimian Fathers?

Guests, who book certain content packages, receive upon arrival in their room a water heater, tea drinking accessories and a bag of healing Olimian tea with useful advice on drinking tea. Upon departure, the guest receives the gift of a bag of Olimian tea.



ALI STE VEDELI, da si lahko iz mini bara hotelske sobe postržete tudi z zdravimi prigrizki?

Izbira izdelkov v mini baru poleg klasične ponudbe ponuja tudi zdrave prigrizke in napitke, kot so kokosova voda, žitne oziroma sadne ploščice, naravna energijska pijača, mandlji, bučnice, sončnice in temna čokolada.

DID YOU KNOW that you can also choose healthy snacks from the minibar in the hotel room?

The selection of items in the minibar, in addition to the traditional supply, also offers healthy snacks and beverages such as coconut water, cereal or fruit bars, natural energy drinks, almonds, pumpkin seeds, sunflower seeds and dark chocolate.



ALI STE VEDELI, da se v Wellness hotelu Sotelia****s v hotelskih kopalnicah nahaja tudi BIO kozmetika?

Vsa hotelska kozmetika je izdelana brez parabenov in silikonov. Embalaža je izdelana iz recikliranega materiala. Obstaja tudi linija bio hotelske kozmetike, ki jo dobi gost pri koriščenju posebnih vsebinskih paketov.

DID YOU KNOW that in the hotel bathrooms in the Wellness hotel Sotelia****s, you can also find ORGANIC cosmetics?

All hotel cosmetics are paraben and silicon free. The package is made from recycled materials. There is also collection of organic hotel cosmetics the guest receives upon taking special content packages.

VITALNA hrana

VITALITY food



Vesna JARNEVIĆ
vodja kuhinje | Head chef

Prisluhnili smo potrebam gostov in razvili koncept vitalne prehrane, po katerem hrano pripravljamo s posebno skrbnostjo ter s pravilnim kombiniranjem hranilnih elementov.

Hrana za vitalnost je v naših restavracijah označena s simbolom jabolka. Pripravljena je iz nizkokaloričnih sestavin, z malo začimb in maščob.

Veliko pozornosti namenjamo tudi pripravi hrane pred gostom v t. i. show cookingu. Gost tako lahko sam kombinira sestavine, se ob tem posvetuje z kuharji, jed pa je na koncu pripravljena samo zanj, po njegovem okusu in povsem sveža.

We listened to the needs of the guests and developed a concept of a vital diet, according to which food is prepared with special care and with the right combination of nutritional elements.

The vitality food in our restaurants is marked with an apple symbol. The food is prepared from low calorie ingredients with few spices and fats.

Much attention is paid to the preparation of food in front of guests by so called show cooking. This way, guests can combine ingredients by themselves, consult the cooks and at the end, the dish is prepared just for them, to their taste and completely fresh.



»Dobra hrana naredi čas, oblikuje spomine.«

“Good food makes time, shapes memories.”



Presna borovničeva torta po olimsko

Raw Blueberry Cake



Torta je brez dodanih sladkorjev ter vsebuje vlaknine in priporočljive vrste maščob.

The cake has no added sugars and contains fibers and recommended types of fat.

Jed ima veliko vlaken in dovolj beljakovin, da lahko služi kot samostojna jed.

This dish has a lot of fiber and enough protein to serve as an independent dish.

- solata ledenka
- 100 g piščančjih prsi
- 1 manjša bučka
- 1 korenček
- zelena paprika
- jogurtov preliv (jogurt, sol, poper, limonin sok, olivno olje)
- Iceberg salad
- 100 g chicken breast
- 1 small zucchini
- 1 carrot
- Grenn bell pepper
- Yoghurt dressing (yoghurt, pepper, salt, lemon juice, olive oil)

Solato očistimo in zrežemo na 1 cm debele rezance. Ostalo zelenjavo očistimo in zrežemo na tanke rezance. Piščanca zrežemo na tanke rezance. Vse sestavine popečemo v ponvi z malo repičnega olja. Ponev odstavimo in počakamo 5 min, da se hrana v njej ohladi. Vse sestavine zmešamo s solato in prelijemo z jogurtovim prelivom.

Wash and cut the salad into 1 cm wide strips. Wash and cut the remaining vegetables into thin strips. Cut the chicken breast into strips. Roast all ingredients in a pan with a little rapeseed oil. Remove the pan from the stove and wait 5 min for the food to cool. Mix all ingredients with the salad and season with yoghurt dressing.

- Testo:**
- 250 g orehov
 - 75 g dateljnov

- Nadev:**
- 300 g indijskih oreščkov
 - 150 g dateljnov
 - 30 g kokosovega masla
 - 220 g borovnic
 - 1 banana
 - vanilin sladkor

Testo: Orehe in dateljne dobro zmeljemo in potlačimo v model za torto.

Nadev: Vse sestavine v mešalniku dobro zmešamo v fino maso. Nadev razmažemo na pripravljeno testo. Ohladimo vsaj 2 uri in postrežemo.

Dough: grind the walnuts and dates well and press the mixture into the bottom of the spring-form pan.

Filling: blend all ingredients in your blender until very smooth. Pour the mixture on the prepared crust. Refrigerate for at least 2 hours and serve.

- Dough:**
- 250 g walnuts
 - 75 g dates

- Filling:**
- 300 g cashew nuts
 - 150 g dates
 - 30 g coconut oil
 - 220 g blueberries
 - 1 banana
 - Vanilla sugar

Poletna vitalna solata

Vital summer salad



Za razstrupljanje Detox drink

- približno 100 g ananasa
- 1 kozjansko jabolko
- 5 kolobarjev olupljenega ingverja
- Ca. 100 g pineapple
- 1 apple
- 5 rigns of peeled ginger

Napitek spodbuja ustrezno delovanje naših vitalnih organov.

The drink encourages the function of our vital organs.

Vse sestavine zmeljemo v mešalniku in postrežemo v visokem kozarcu. Za boljšo presnovo se priporoča, da je toplota napitka okoli telesne temperature.

Blend the ingredients in your blender and serve in a high glass. For better metabolism it is recommended that the drink's temperature is around body temperature.

Olimski zelenko Olimian green

- 1 glava zelene solate
- 3-4 stebri kodrolistnatega ohrovta
- 3-4 stebila zelene
- 1 šopek peteršilja
- 2 olupljeni limoni
- 1 zeleno jabolko
- 1 palec svežega olupljenega ingverja
- 1 čajna žlička zelenih alg

Zelena barva je barva narave, njene rodovitnosti in življenjske energije. Razumljivo, zelena živila v sebi skrivajo pravo zakladnico vitaminov, mineralov ter antioksidantov in so nepogrešljiva pri razstrupljanju in razkisanju organizma ter obnavljanju telesne energije. Zelena solata, zelena in ohrovt učinkovito razstrupljajo človeški organizem z vezavo strupenih snovi v črevesju in s spodbujanjem aktivnosti jeter, med drugim pa delujejo blagodejno tudi na prebavo. Peteršilj pomaga pri izločanju vode iz telesa, ingver pa velja za najmočnejši rastlinski antioksidant, pomaga pri zgagi, slabi prebavi in bruhanju ter preprečuje slabost med potovanjem. Med drugim spodbuja krvni obtok, pomaga pri vnetem grlu, sprošča periferno ožilje, krepi izločanje slin, ugodno deluje na jetra, zmanjšuje holesterol in ima antiseptične lastnosti.

- 1 green lettuce
- 3-4 stems of kale
- 3-4 stems of cellery
- 1 spring of parsley
- 2 peeled lemons
- 1 green apple
- 1 inch of fresh peeled ginger
- 1 tea spoon of green algae powder.

Spring is the time for body detoxification after the heavy winter food. Green foods are especially welcome. Green is the colour of nature, its fertility and life energy. It is understandable that green foods bear a real treasury of vitamins, minerals and antioxidants and therefore are indispensable for the detoxification and deacidification of the organism and for restoring physical energy. Green lettuce, cellery and kale effectively detoxify the human organism by binding toxic substances and stimulating the function of the intestine and the liver, and among other, have a soothing effect on digestion. Parsley helps in the excretion of body water, ginger is deemed as the most powerful plant antioxidant, as it helps relieve heartburn, indigestion and vomiting and even prevents nausea during travel. Among other things, it stimulates blood circulation, helps with inflamed throat, relaxes peripheral blood vessels, enhances the secretion of saliva, has a beneficial effect on the liver, reduces cholesterol and has antiseptic properties.

Hiša vin Emino



KJE JE DOBRO DOMA

Poskusite najboljše iz sončnih vinogradov

V Hiši vin Emino živimo za vina. Naši kletarji in sommelierji vas bodo popeljali po hiši vin in vam približali sorte, karakteristike in posebnosti vin. Z veseljem vam bomo postregli z izbranimi buteljčnimi belimi in rdečimi vini Emino, peninami in odprtimi vini.



Degustacije

Okusite kulinarčno tradicijo

Poleg vrhunskih vin iz šmarsko-virštanjanskega vinorodnega okoliša vam bomo postregli s tradicionalnimi obsoteljskimi in kozjanskimi specialitetami. Obujamo kulinarčno zakladnico naših prednikov in jim dodajamo pridih sodobnosti.

Izbrana kozjanska kulinarika



Nakup vin

Vrhunska in kakovostna vina iz Hiše vin Emino združujejo harmonijo sončnih vinogradov in sodoben pristop, ki z vsako steklenico zadovolji še tako zahtevne poznavalce. V naši prodajalni v Hiši vin Emino jih lahko poskusite in z veseljem vam bomo svetovali pri nakupu.



Podčetrtek je prepoznavna turistična destinacija

Podčetrtek is a recognizable tourist destination

Peter MISJA

župan Podčetrčka | Mayor of Podčetrtek



FIJET SLOVENIJA 2015 – Terme Olimia in občina Podčetrtek sta prejela kristalni Triglav za vidne dosežke v slovenskem turizmu.

FIJET SLOVENIJA 2015 – Terme Olimia and the municipality Podčetrtek received the award kristalni Triglav for visible achievements in Slovenian tourism.

Ko so nekateri domačini pred 50 leti in več sanjali, da bi s toplo vodo, ki je prihajala iz pečine, nekaj naredili, je marsikdo pomislil, da je zgodba nemogoča in neuresničljiva. Vendar je zaradi ustvarjalnih ljudi, ko so se povezali v TD Podčetrtek, nastal prvi bazen in prišli so prvi gosti. V nadaljevanju so uspeli pridobiti investitorja, takratne jugoslovanske železnice, in zgodba se je začela.

V zadnjih letih se je po zaslugi razvoja Term Olimia spremenil tudi odnos do turizma. Ustvarjati so se začela nova podjetja in destinacije, lokalna skupnost je sprejela izziv in se aktivno vključila v razvoj kraja in turizma. Zaposlitve in rast v turizmu so se povečale. Danes je Podčetrtek med najbolj prepoznavnimi turističnimi destinacijami ne le v Sloveniji, temveč tudi širše.

Medtem ko smo v lokalni skupnosti zgradili veliko infrastrukture: kolesarske steze, igrišča, dvorane, se je v kraju razvila tudi turistična infrastruktura tako Term Olimia kakor tudi ostalih ponudnikov.

Povezanost destinacije pa prinaša veliko dodanih vrednosti. Priznanja se kar vrstijo (Podčetrtek je po mojem mnenju edini kraj, kjer sta sosednja kraja Podčetrtek in Olimje dobila zlato priznanje Entente Florale za urejenost). Največje priznanje pa je čedalje več zadovoljnih gostov, ki prihajajo k nam.

V 50 letih razvoja Term Olimia se je v kraju zgodilo veliko. Zato so zaslužni ljudje, ki so dali v kraj vso svojo energijo in ki so s povezanostjo znali narediti nemogoče: mali nepomemben kraj spremeniti v odlično turistično destinacijo.

S hvaležnostjo in ponosom se spominjamo preteklosti in z optimizmom zremo v prihodnost.

When 50 years ago a few locals dreamed about doing something with the warm water that sprang from the cliff, many thought the story was impossible and beyond reach. But due to some creative people, who joined into TD Podčetrtek, first pool was built and the first guests came. Later they managed to get an investor, the former Yugoslav Railways, so the story began.

In the past few years, due to the development of Terme Olimia, also the attitude towards tourism has changed. New enterprises and destination have been created, the local community accepted the challenge and got actively involved into the development of the place and the tourism. Employment and growth in tourism have increased. Today, Podčetrtek is among the most distinctive tourist destination not only in Slovenia, but also broader.

While we have built a lot of infrastructure in the local community: from bike trails to playgrounds, halls, a local tourist infrastructure has developed both in Terme Olimia, as well as in other providers.

The connectivity of the destination brings a lot of added value. Acknowledgements are lining up (Podčetrtek, in my opinion, is the only place, where the neighbour towns Podčetrtek and Olimje received the golden prize Entente Florale for Landscapes). The biggest prize however, are more and more satisfied guests that come to us.

In 50 years of development of Terme Olimia, a lot has happened in the place. The credit for this goes to the people who put all their energy into the place and together were able to do the impossible: to turn a small insignificant place into an excellent tourist destination.

We are remembering the past with gratitude and pride and look into the future with optimism.

Spoznajte priložnosti v čudoviti okolici

*Discover the opportunities
in a wonderful surrounding*

ČOKOLADNI BUTIK SYNCERUS SYNCERUS CHOCOLATE BOUTIQUE

Praline, grioti, trufleji, ganašaji, čokoladne tablice, kandirano sadje, krokanti, figurice...ročno izdelane čokoladne dobrote. Narejene z ljubeznijo blagovne znamke Syncerus iz Olimja.

Pralines, griottes, truffles, ganache, chocolate bars, candied fruit, brittles, figurines... delicious, handmade chocolate confectionery made with love by Olimje's Syncerus.

www.syncerus.si



DOMAČIJA IN PIVOVARNA HALER HALER HOMESTEAD

Streljaj od Podčetrka, v neposredni bližini Terme Olimia, se razprostira dolina, kjer zagotovo ne morete zgrešiti poznane pivovarne, v kateri varijo svetlo in temno pivo. Poznani pa so tudi po odlični kulinariki.

A stone's throw from Podčetrtek in Terme Olimia's immediate vicinity lies a valley that is home to a famous brewery where excellent dark and light beers are brewed. The homestead is also renowned for its superb cuisine.

www.haler-sp.si



DOMAČIJA JELENOV GREBEN JELENOV GREBEN HOMESTEAD

Na grebenu, pod skrivnostno Rudnico, le nekaj deset metrov nad samostanom, vas pričakajo jeleni damjaki in mufloni, če pa so morda zadržani, jih prikliče gospodar z ljubkovalnim imenom: "Pikaaaa, Pikiiii...". Jelenjad se prosto giblje na okoli 8 hektarov velikem ograjenem gojišču.

On a ridge under mysterious Rudnica Hill, merely a few tens of metres above the monastery, you are greeted by fallow deer and mouflons. When they seem too shy, the manager calls them by their pet names: "Pikaaaa, Pikiiii". The deer are free to move around in the homestead's 8-hectare fenced grounds.

www.jelenov-greben.si



GOSTIŠČE, VINARSTVO IN GOLF AMON GUESTHOUSE, WINERY AND GOLF AMON

Družinsko vinarsko podjetje Amon je najstarejše v Sloveniji. V njihovi kleti dozoreva širok izbor virštanjskih vin, bogatijo pa jo tudi žlahtna predikatna in arhivska vina. Slovijo tudi po odlični kulinariki in igrišču ter vadišču za golf.

Family business Amon Olimje is the oldest vintner of its kind in Slovenia. Its wine cellar contains a wide range of Virštanj wines, as well as other fine high-quality and vintage wines. The company is also renowned for its superb cuisine and golf course.

www.amon.si

KOZJANSKI PARK in GRAD PODSREDA KOZJANSKO REGIONAL PARK AND PODSREDA CASTLE

Kozjanski park je eno najstarejših in največjih zavarovanih območij v Sloveniji. Izredno visoka stopnja biotske pestrosti je bila podlaga za uvrstitev Kozjanskega parka med najpomembnejša naravovarstvena območja NATURA 2000, ki se ponaša s statusom biosfernega območja.

Grad Podsreda je eden redkih kulturnih spomenikov romanske dobe, ki je v zadnjih tridesetih letih iz skoraj propadajočega stanja skozi celovito prenavo postal pomemben nosilec kulturne, promocijsko-izobraževalne, družabne in turistične ponudbe v tem delu Slovenije.

Kozjansko Park is one of Slovenia's oldest parks and its largest protected area. A high degree of biodiversity the basis for placing it, with its status of biosphere reserve, amongst the most important nature reserves in NATURA 2000.

Podsreda Castle, one of the very few existing Romanesque monuments, has been extensively renovated over the last three decades, and is one of the most important cultural institutions in this part of Slovenia, offering cultural, promotional, educational, social, and tourist activities.

www.kozjanski-park.si



HIŠA VIN EMINO | WINE HOUSE EMINO

Za vrhunska in kakovostna vina iz Hiše vin Emino velja posebna harmonija – v njih se pretaka kulturno izročilo Obsotelja in Kozjanskega, vtkano v izbrano ponudbo kapljic iz vinogradov, obsijanih od tisočerih poljubov sonca. Pridelanih s skrbnostjo in ljubeznijo do tisočletne vinske tradicije. In prežetih z mislijo na izbrane trenutke nazdravljanja posebnim dosežkom.

Emino Wine House's excellent, high-quality wines preserve a special harmony, Obsotelje and Kozjansko's cultural heritage embedded in their offering of wine drops from vineyards lit up by a myriad of sun kisses, a thousand-year-old wine tradition of care and love nurturing liquid bounty imbued with special reminiscence of toasting special achievements.

www.emino.si



Kozjanski narodni park

Kozjansko Regional Park

MINORITSKI SAMOSTAN OLIMJE OLIMJE FRANCISCAN MONASTERY

Minoritski samostan Olimje in baročna romarska cerkev s črno-zlatimi oltarji ter ena od najstarejših lekarn v Evropi, kjer imajo tamkajšnji patri v njihovi prodajalni z zeliščnimi pripravki »ročco« za vsako tegobo.

Olimje's Franciscan Monastery houses a Baroque pilgrimage church with black and gold altars and the oldest pharmacy in Europe, where the friars offer herbal remedies for every ailments.

www.olimje.net



CESTNI VLAKEC HLAPON | ROAD TRAIN HLAPON

Izleti s cestno turističnim vlakcem v bližnjo okolico: v Olimje, Rogaska Slatina in po vinski-turistični cesti. Možen najem vlakca za skupine do 40 oseb.

Trips by tourist road train to Hlapon's surroundings: Olimje, Rogaska Slatina or the wine tourist route; It's possible to book the train for groups of up to 40 people.

www.turizem-podcetrtek.si



PAVILJON KAKTEJ | THE PAVILION OF CACTI

Paviljon kaktej je edinstvena zbirka preko 7000 kaktusov in sočnic z vsega sveta, ki jo je gospod Zvonko Čoh zbiral in sestavljal več kot 40 let.

The Pavilion of Cacti, a unique collection of more than 7,000 cacti and succulents from all over the world, was developed by Zvonko Čoh over a period of more than 40 years.

www.rogaska-tourism.com



MUZEJ NA PROSTEM ROGATEC ROGATEC OPEN AIR MUSEUM

Zaradi izjemnih lastnosti (kulturnih, etnoloških, krajinskih in zgodovinskih) ima izjemen pomen za celotno Slovenijo in je bil leta 1999 razglašen za kulturni spomenik državnega pomena. V njem je predstavljeno življenje kmetov in obrtnikov v 19. stoletju in na začetku 20. stoletja, predvsem s pobočij Boča, Donačke gore in Macelja.

Rogatec Open Air Museum, which exceptionally characterises Slovenia's cultural, ethnological, natural and historical importance, both domestically and globally, was declared a cultural monument of national importance in 1999. The museum is devoted to the lives of Slovenian farmers and craftsmen in the 19th and early 20th Century, especially those settled on the slopes of Boč, Donačka Gora and Macelj.

tic.rogatec@siol.net



Terme Olimia so lep primer celovite vpetosti turistične ponudbe v lokalno okolje. V Kozjanskem parku smo, razen izredne pozornosti do gostov, zelo veseli okoljske osveščeniosti Terme Olimia, ki se kaže v skrbi za termalno vodo, ogrevanju z biomaso in vpetostjo objektov in okolice v krajinske značilnosti. Ob okroglem jubileju čestitamo in nazdravljamo vsem, ki so kreirali uspehe Terme Olimia in seveda želimo uspehov in dobrega medsebojnega sodelovanja tudi vnaprej.



Mag. Teo Hrvoje ORŠANIČ
direktor, Kozjanski park
Director of the
Kozjansko Regional Park

Terme Olimia is a nice example of the complete integration of tourism into the local environment. We at the Kozjansko Regional Park respect the attention guests receive at Terme Olimia and are also very happy about the environmental awareness at Terme, which manifests in the care for thermal water, biomass heating and the integration of buildings and surroundings into the regional landscape. At this jubilee, we would like to congratulate and salute everybody who helped create the success of Terme Olimia. We wish them many successful years and look forward to good cooperation in the future.



RADGONSKE GORICE
since 1852

SREBRNA RADGONSKA PENINA

Polsubo 0,75 L

Laški rizling, šipon, Chardonnay

Pravimo ji tudi penina slovenskih src, saj po njej Slovenci posežemo največkrat. Tradicija in prepoznavnost jo umeščata v slovenske domove, njen mladostni videz in okus pa jo uvrščata tudi med penine ženskih src in mlade generacije. Nežno rumena barva z zlatimi odtenki kar kliče po užitkih, ki jih s svojimi tihim šumenjem zagotavlja vsaka sveže odprta steklenica.

Temperatura serviranja: 6 – 8°C

Enolog priporoča: hladne predjedi, testenine s sirnimi prelivi, piščančje meso, sestavljene solate, sladice, sadje, priprava sorbetov, ...

Kje poskusiti: hišna penina, ki jo lahko naročite v vseh gostinskih lokacijah Term Olimia.



TRAMINEC

Polsladko 0,75 L

Tisti, ki ga poznamo po pridevku »s črno etiketo«, Tisti, ki so ga pili že naši dedje, babice, očetje in mame, in ga tudi v naša srca usidrali kot tistega »tapravega«. Ki je na vonju intenziven in spominja na divje vrtnice. Ki je širokega telesa, z dolgim odhodom. S pravo harmonijo v okusu, ki se zrcali na zadovoljnih obrazih, ko srknejo požirek in ga pustijo spolzeti po grlu ...

Temperatura serviranja: 10 – 12°C

Enolog priporoča: gosja jetrca, razne paštete, sladice iz orehov, prekmurska gibanica, palačinke z orehi, praženec

Kje poskusiti: hotelske restavracije Sotelia in Breza ter gostišče Lipa.



HUGO

HUGO je aromatizirana pijača na osnovi penine. Njegovo osnovo predstavlja penina, pridelana po tankovski oz. metodi Charmat, pri kateri prevladuje sorta Sauvignon in še nekatere tipične sorte vinorodnega okoliša Štajerska Slovenija. V kletih Radgonskih goric so ji kot edini dodali svežo noto naravnega bezgovega sirupa, ki pričara prijeten in nežen bezgov okus. Lahkotnost pijače se odraža v nizki alkoholni stopnji 4,5 % Vol., mehurčki pa HUGU dajejo dodatno svežino.

Temperatura serviranja: 6 – 8°C

Enolog priporoča: aperitiv, sladice ...

Kje poskusiti: aperitiv bar v hotelu Breza, Aqua bar v Wellness centru Termalija.



ZLATA RADGONSKA PENINA

Subo 0,75 L

Chardonnay

Penina, ki zadovolji izbrane okuse. Suha, ki preseneča z radoživostjo in svežino. V vonju in okusu nas omamljajo sadne note in lagodni spomini na travnik pomladnih cvetic. Za njimi se prikrađejo značilne a nežne note po kruhu in praženem, s čimer se okus zapolni in se penina izkaže v vsem svojem sijaju.

Temperatura serviranja: 6 – 8°C

Enolog priporoča: aperitiv, morski sadeži, ribe, perutnina, testenine s šunko ali lahkimi omakami, omlete, ...

Kje poskusiti: Wellness hotel Sotelia.



Radgonske gorice d.d.
Dom penine
Jurkovičeva 25
9250 Gornja Radgona

T: 02 564 85 50
info@radgonske-gorice.si

www.radgonske-gorice.si

Kjer noben dan v letu ni izgubljen

Where no day of the year is lost

”



Greta KOKOT RAJKOVIČ
programska direktorica
Štajerskega vala
Programme Director Štajerski val

Terme Olimia, once Atomske toplice, were always known as a good host and connoisseur of different service providers and products from the local surroundings. They knew how to combine the exceptional healing properties of the water from thermal springs with the environment and together offer only the best, as much for the guests from near and far, as for locals.

The media were also part of their hospitality. Radio Štajerski val (formerly known as Radio Šmarje pri Jelšah) has collaborated with the resort in the organisation of various events and meetings, among others, we have also brought radio colleagues from all over Slovenia. The co-workers of local and regional radio stations were meeting every year at different radio festivals, always organized by another radio station. In 1996, it was the turn of Štajerski val. Naturally, we organized the festival in Terme Olimia. The festival lasted for three days, all radio colleagues and festival guests enormously enjoyed the hospitality of the host and the program, we have created together. The joint comment of the radio colleagues from the participating stations was that this has been the best festival until then, mostly because of the exceptional hospitality and quality offer. We are convinced that after that, they have returned to Terme Olimia for bathing or visiting these beautiful surroundings or perhaps, even to organize some business meeting themselves.

There are many joint stories of the radio and the resort, but the most important common point of both is - active involvement in the local area. Throughout the whole history of Terme Olimia, many locals of different profiles have found work there and local manufacturers and service providers have also found their chance. After all, tourism are people, as much in the role of hosts, as in the role of guests and this is something they are very well aware of in Terme Olimia. Radio Štajerski val will gladly keep reporting about successful stories of connections and hospitality in Terme Olimia.

We from radio Štajerski val would like to congratulate the management of Terme Olimia and all of its employees for the 50th jubilee of their operation and wish lots of success for the future. To many more stories about restoring health and friendly meetings in Terme Olimia.

Terme Olimia, nekoč Atomske toplice, so bile od nekdaj znane kot dober gostitelj ter povezovalac ponudnikov različnih storitev in izdelkov iz lokalnega okolja. Izjemne lastnosti zdravilne vode iz termalnih vrelecev so znali spojiti z okoljem in skupaj ponuditi le najboljše, tako za goste od blizu in daleč kot tudi za domačine.

Njihovega gostoljubja smo bili deležni tudi mediji. Radio Štajerski val (nekoč Radio Šmarje pri Jelšah) je s toplicami večkrat sodeloval pri organizaciji različnih dogodkov in srečanj, med drugim smo sem pripeljali tudi radijske kolege iz vse Slovenije. Sodelavci lokalnih in regionalnih radijskih postaj smo se namreč vsako leto srečevali na radijskih festivalih, ki jih je vsakič organizirala druga radijska postaja. In leta 1996 je bil na vrsti Radio Štajerski val. Seveda smo festival organizirali v Termah Olimia. Festival je trajal tri dni, vsi radijski kolegi in gostje festivala so izjemno uživali v gostoljubju gostitelja in programu, ki smo ga skupaj pripravili. Skupen komentar radijcev sodelujočih radijskih postaj je bil, da je bil to do takrat najboljši festival, predvsem zaradi izjemnega gostoljubja in kakovostne ponudbe. Prepričani smo, da so se po tem obisku Term Olimia še večkrat vrnili na kopanje in na potep v te lepe kraje ter morda tudi sami tukaj organizirali kakšno poslovno srečanje.

Skupnih zgodb radia in zdravilišča je še veliko, a najpomembnejša je skupna točka obeh - aktivno delovanje v lokalnem okolju. Skozi celotno zgodovino Term Olimia je v njih našlo delo veliko domačinov različnih profilov, svojo priložnost pa so dobili tudi številni lokalni proizvajalci in ponudniki storitev. Navsezadnje smo turizem ljudje, tako v vlogi gostiteljev kot tudi gostov, in tega se v Termah Olimia zelo dobro zavedajo. Na radiu Štajerski val bomo še naprej z veseljem poročali o uspešnih zgodbah povezovanja in gostoljubja v Termah Olimia.

Vodstvu Term Olimia in vsem zaposlenih ob 50. jubileju delovanja radijci Štajerskega vala čestitamo in želimo veliko uspeha tudi v prihodnje. Na še veliko iskrenih zgodb o povrnitvi zdravja in prijaznih srečevanjih v Termah Olimia.

Minister za zdravje opozarja:
Prekomerno pitje alkohola škoduje zdravju!



»Steklarna Rogaška je ena vodilnih in največjih steklarn v svetu. Razvoj in napredek zagotavlja z inovativnostjo in kakovostjo kristalnih izdelkov že od same ustanovitve. Z lastno blagovno znamko Rogaška predstavlja večstoletno tradicijo in je danes prepoznavna predvsem po modernih oblikah in prvovrstnih kristalnih izdelkih. Vsak izdelek je odraz človeške roke, ki združuje uporabnost, ustvarjalnost in umetnost. V vsem svojem sijaju le-ti danes krasijo že marsikatero palačo, svoj sloves pa dokazujejo v elitnih trgovinah po celem svetu.

V sodelovanju s svetovno znanimi oblikovalci so nastale kolekcije daril, unikatov, umetnin ... Vsaka izmed teh predstavlja sožitje človeka z naravo in je popoln izbor za moderen življenjski slog.

V znamenju naravnih elementov so tako izdelane štiri skodelice: Zemlja, Voda, Zrak in Ogenj. In ker se v vsakem od nas skriva vsaj eden, si lahko prav vsak izbere svojo.

V sodelovanju z vrhunskimi enologi in sommelierji je razvita Serija Expert - nabor kozarcev in dekanterjev, kjer je oblika prilagojena značilnostim različnih sort vina. Žlahtnost in resnično kakovost vina je mogoče okusiti le v kozarcu prave oblike in vrhunske kakovosti.

Za ljubitelje plemenitosti se že vrsto let izdeluje kolekcija Aleksander, ki simbolizira brezčasnost. Je spoj kulture, dediščine in ugleda, ki so ga Rogaški pripisali obiski visokega evropskega plemstva že v 17. stoletju. Razkošni izdelki z bogatimi brusi, ki jih lahko krasi tudi pozlata, spominjajo na moč, spoštljivost in slavo.

Izmed vseh kolekcij bi lahko omenili prav vse, saj vsako oblikujejo vrhunski strokovnjaki, ki čudovitost rogaškega kristala postavljajo v sam svetovni vrh.«

»The glassworks Rogaška is one of the leading and biggest glassworks worldwide. Its development and advancement has been ensured through innovation and quality of crystal products from the foundation. Their own brand »Rogaška« represents a hundreds of years old tradition and is nowadays recognized mostly for the modern shapes and first class crystal products. Each product is a reflection of the human hand, combining utility, creativity and art. In all their glory, these nowadays decorate many palaces and prove their fame in elite stores around the world.

In collaboration with world famous designers, whole gift collections, unique pieces, artworks ... have come to existence. Each of them represents the coexistence of man and nature and is the perfect choice for a modern lifestyle.

In the name of natural elements, four cups have been made: Earth, Water, Air, and Fire. And since at least one of them is hiding within us, everyone can pick their own.

In collaboration with top enologists and sommeliers, the Expert Series has been developed - a set of glasses and decanters, where the shape is adapted to the characteristics of different varieties of wine. The nobility and genuine quality of a wine can only be tasted in a glass of proper shape and top quality.

For lovers of nobility, the collection Aleksander has been made for years, symbolizing timelessness. It is a junction of culture, heritage and reputation, already given to Rogaška by the visits of high European nobility in the 17th century. The luxurious products with rich grinds that can also be adorned with gilding, remind of power, respect and glory.

We could name all of the collections, for each has been shaped by top experts, who put the marvel of the Rogaška crystal on the very top in the world.«

Valerija KOVAČ
Steklarna Rogaška



CRYSTAL
AMBIENCE | 
ROGASKA



Poroke v
TermahOlimia
*Weddings
in Terme Olimia*

**Sanje niso nikoli
prepovedane.**

Sanjajte, sanjajte o svojem sanjskem dnevu. In ko sanje postanejo resničnost ... je VAŠ SANJSKI DAN V TERMAH OLIMIA. Doživite lepoto trenutka v dvoje, ujetega v romantično nežnost Terme Olimia.

***Dreams are never
forbidden.***

Dream, dream about your perfect day. And when dreams come true ... it is YOUR PERFECT DAY IN TERME OLIMIA. Experience the beauty of the moment together, captured in the romantic tenderness of Terme Olimia.

50 let termalnega turizma

50 years of thermal water tourism

Praznovanja so eden izmed tistih mejnikov, ki nas usmerjajo skozi čas in nam dajejo občutek vpetosti v širšo družbo. Terme Olimia so z vami že 50 let. Vodni vrelci so v te kraje že pred štirimi stoletji privabljali zdravja željne obiskovalce. Pomembnost termalne vode pa je skupaj s strokovnjaki dokazal domači župnik Friderik Strnad že leta 1935. Mnogi se še spominjajo prvega lesenega bazena, saj je od takrat minilo 50 let. Leta 1966 so bile tako imenovane Atomske toplice uradno tudi odprte. In danes? Terme Olimia se s storitvami na področju sprostitve, oddiha, zdravja, lepote in dobrega počutja uvrščamo v sam vrh termalnega turizma v regiji.

Celebrations are one of those milestones that guide us through time and give us a sense of engagement in the wider society. Terme Olimia with you for 50 years. The Water springs have already attracted health-seeking visitors to the villages four centuries ago. The importance of thermal water has been proved by the local priest Friderik Strnad together with experts in 1935. Many still remember the first wooden pool, because 50 years have passed since then. Thus in 1966 the so called Atomske toplice were officially open. And now? Terme Olimia with services in the area of relaxation, rest, health, beauty and well being, are placed in the very top of thermal tourism in the region.

Razvojni mejniki | Milestones in Development

Zgrajen prvi leseni bazen
The first wooden pool was built

1966

1976

Zgrajen hotel Atomske toplice, ki je bil obnovljen 1994 in prizidan v letu 1995 (danes hotel Breza)
Hotel Atomske toplice was built, and renovated in 1994 and expanded in 1995 (today Hotel Breza)

1978

1986



Otvoritev bazenskega kompleksa Termalija
Opening of the swimming pool complex Termalija



Izgradnja zunanjih bazenov Aqua
Building of the outdoor pools Aqua



Sprememba imena Atomske toplice v Terme Olimia
Change of name from Atomske toplice in Terme Olimia



Dodana dva nova tobogana v Termalnem parku Aqualuna
Addition of two new slides in the Thermal Park Aqualuna



Dopolnitev ponudbe v otroških bazenih ter izgradnja Aqua Jungle 1
Supplementation of the offer in children's pools and building of Aqua Jungle 1

Dopolnitev ponudbe v Termalnem parku Aqualuna – Aqua Safari
Supplementation of the offer in the Thermal Park Aqualuna – Aqua Safari

Izgradnja novega tobogana King Cobra
Building of the slide King Cobra



Renovacija Wellness hotela Sotelia****s, kongresnega centra Olimia
Polnilnica za električna vozila
Renovation of Wellness Hotel Sotelia****s, congress centre Olimia
Charging station for electric vehicles

Umetnost življenja – življenje umetnosti *Art of life – Life of art*

Njegova dela temeljijo na odnosu do narave kot inteligentnega bitja, na umetnosti in videnju prostora kot večdimenzionalnega organizma. Javnosti je poznan tudi po litopunkturi, s katero na »akupunkturinih« točkah pokrajine zdravi Zemljo. Pogačnik je razvil različne pristope pri spoznavanju zavesti Zemlje in svetov narave, utemeljene na tako imenovani »geomantični« interpretaciji posameznih krajev in pokrajin.

His works are based on the relationship with nature as an intelligent being, on art and seeing space as a multidimensional organism. He is also known to the public for his lithopuncture, by which he heals Earth through »acupuncture« points of the landscape. Pogačnik developed various approaches for the understanding of Earth's consciousness and the worlds of nature, based on a so-called »geomantic« interpretation of individual towns and provinces.



Marko POGAČNIK

akademski kipar, oblikovalec slovenskega grba,
Unescov umetnik za mir in zdravilec Zemlje
*Sculptor, designer of Slovenia's Coat of Arms,
UNESCO Artist for Peace and Earth healer*

Danes govorimo o geomantiji kot vedi o celostnem prostoru. Poleg geoloških in bioloških ravni pozna geomantija tudi bio-energijske plasti, čustvene in duhovne vidike prostora, ki sestavljajo celoto. Bio-energijski vidik kraja lahko primerjamo s sistemom akupunkturinih meridianov pri človeku, z drobnimi kanali, po katerih se pretaka življenjska sila in oživlja telo. Podobni pretoki so pri pokrajini. Tudi pokrajina mora biti stalno prepojena z bio energijo, z življenjsko silo, ki se pretaka po teh kanalih. Če so moteni ali blokirani, življenjske sile ne

Today we are talking about geomancy as a science of integral space. In addition to the geological and biological levels, geomancy also knows bio-energetic layers, emotional and spiritual aspects of the area, which constitute a whole. The bio-energetic aspect of the place can be compared with the system of acupuncture meridians in the human body, with tiny channels through which life force is circulating and reviving the body. There are similar flows in the landscape. Even the landscape must be permanently filled with bio-energy, the life force that flows through these channels.

tečejo, zato je treba najti način, kako jih znova povezati.

Nič manj pomembni niso bio-energijski izviri, kjer iz globin zemeljske notranjosti življenjske sile pritekajo na dan in zapolnjujejo prostor, deloma neposredno, deloma preko omenjenih kanalov. Razporejeni so na različnih točkah pokrajine. Vsak od njih ima drugačno vlogo pri napajanju prostora podobno kot »čakre« pri človeškem organizmu.

Pokrajino se da videti kot živ organizem, ki nima zgolj bio-energijskih funkcij, temveč tudi lasten način zavedanja. Zavest pokrajine in narave je navzoča v rastlinstvu, v kameninah, v vodi itd. Poznamo jo kot nekakšne celice zavesti, imenovane »elementarna bitja«. Ljudsko izročilo jih imenuje rusalke, vile in podobno. Te celice Zemljine zavesti skrbijo za to, da vse v naravi teče usklajeno s kozmičnimi cikli in da so vsa bitja narave (vključno s človekom, kolikor on dovoli) srečna. »Narava je čudovita reč«, je povedal Marko Pogačnik.

Terme Olimia analiza prostora

50 let in več je že minilo odkar na področju današnjih Term Olimia črpamo termalno vodo in jo ponudimo človeku kot zdravilo in razvedrilo. Zavedati pa se moramo, da smo z razvojem zdravstvenega turizma vsako leto bolj in bolj intenzivno posegali v prostor in ga pozidali. Poleg skrbi za ohranjanje okolja, želimo ob našem jubileju narediti korak naprej. Želimo na poseben način izraziti hvaležnost naravi in vodi, ki našo dejavnost omogočata.

V ta namen smo povabili Marka Pogačnika, da izvede analizo prostora Term. Najprej nam je predstavil pogled na naš prostor v okviru Slovenije. Triglav z Julijskimi Alpami je predstavil kot glavo slovenskega prostora, potem pa je opozoril na širok gozdnati pas, ki teče od Alp do kočevskih gozdov in se preko Gorjancev - podobno kot hrbtenica pri človeku - povezuje do Kozjanskega. Kozjansko predstavlja dno hrbtenice, trtico. Trtica pa simbolizira izvir prasil Zemlje, prvinskih sil, na osnovi katerih Zemlja na svojem površju razvija življenje. Zato so izviri vode na tem področju tako zdravljeni; tukaj se tudi nahajajo prastara romarska središča kot so Svete Gore ali Tinsko.

Ko pa je govora o ožjem ozemlju Term Olimia je Pogačnik predlagal, da se prostor Term podpre, ozemlji in uglesi s silami narave na štirih točkah:

- Potrebno bi bilo poskrbeti za kritično brežino za hotelom Sotelija in tam prostor ozemljiti. Na tem mestu je bil z izkopom za hotel ranjen element Zemlje. Bio-energijo, ki zdaj tam izteka v prazno bi lahko ponovno zasidrili v zemlji in pri tem cel prostor dobro povezali s planetarnim organizmom Zemlje.
- Termalna voda je bistvena za uspešno delovanje Term. S termalno vodo pa nam priteka še poseben dar narave, namreč kvaliteta zdravljenja in regeneracije. Zato predlaga pred hotelom Breza**** postavitev mogočnega kamna z vklesanim kozmogromom, s katerim bi izrazili hvaležnost elementu Vode za njegove darove.
- Ker prostor Term nima znamenja svoje prvotne identitete, bi bilo potrebno sredi Term postaviti kamnit steber, ki bi predstavljal resonančno točko za potenciala, ki jih tukajšnji prostor ima, pa niso dovolj aktivirani, da bi podpirali sodobno dejavnost Term. Večinoma so odrinjeni na rob prostora Term ali pa so se umaknili v bližnji gozd.
- Ker je širši prostor Term Olimia, kot prej omenjeno, pomemben za slovensko deželo kot celoto, bi neke ob vhodu na ozemlje Term postavili steber s kozmogromom, ki bi ozemlje Term vpenjal v širši prostor Slovenije.

If they are disrupted or blocked, life forces are not running, therefore it is necessary to find a way to reconnect them.

No less important are sources of bio-energy, where from the depths of the earth's interior, life forces flow into the day and fill the space, partly directly and partly via these channels. They are distributed at different points in the landscape. Each of them has a different role in powering space, like "chakras" in the human body.

The landscape can be seen as a living organism that does not only have bio-energetic functions, but also an own way of awareness. The awareness of the landscape and nature is present in the vegetation, in rocks, water, etc. We recognize it as a kind of cell consciousness, called "elemental beings". In folk tradition, they are called Rusalka, Elfs and alike. These cells of Earth's consciousness take care that everything in nature runs coordinated with cosmic cycles and that all creatures of nature (including man, to the extent permitted by him) are happy. "Nature is a wonderful thing", said Marko Pogačnik.

Terme Olimia space analysis

50 years and more have passed since thermal water is being pumped in the area of today's Terme Olimia and offered to people as medicine and entertainment. Yet we must be aware that by developing health tourism, we have interfered more and more intensively into space each year and covered it with buildings. At our anniversary however, besides the care to preserve the environment, we want to make a step forward. We want to express gratitude to nature and water, which enable our activity in a special way.

For this purpose we have invited Marko Pogačnik to perform a space analysis of the Spa. First, he presented us the view of our space within Slovenia. He presented Triglav and the Julian Alps as the head of Slovenian space, then he pointed out the broad forest belt, running from the Alps to Kočevje forests and - like a spine in the human body - connecting over Gorjanci to Kozjansko. Kozjansko represents the bottom of the spine, the tailbone. The tailbone is a symbol for the source of ancient forces of the Earth, based on which Earth develops life on its surface. Therefore, the water springs in this area have such healing properties; here are also ancient pilgrimage centres, such as the Holy Mountains or Tinsko.

But when it comes to the narrow territory of Terme Olimia, Pogačnik suggested to support the area of Terme Olimia, to ground and tune it with the forces of nature on four points:

- *It would be necessary to take care of the critical slope behind Wellness hotel Sotelia****s and ground the space there. The excavation for the hotel damaged the element of Earth at this point. The bio-energy that now runs into empty space there, could be re-anchored in the ground and connect the whole area well with the planetary organism of the Earth.*
- *Thermal water is key for a successful operation of the Spa. Thermal water brings us a special gift of nature, namely the quality of healing and recovery. Therefore he proposes the set up of a mighty stone in front of Hotel Breza****, with carved cosmograms for expressing gratitude to the element of water for its gifts.*
- *Since the area of Terme Olimia has no sign of its original identity, a stone pillar should be placed in the middle of the Spa, which would represent a resonant point for the potentials of the local area, however, these are not activated sufficiently to support the modern operation of the Spa. They are mostly marginalized to the edge of the Spa or have retreated to the nearby forest.*
- *Since the wider area of Terme Olimia, as previously men-*

V Termah Olimia smo se odločili, da v letu praznovanja najprej izrazimo hvaležnost elementu Vode. Vodo črpamo iz zemlje in jo tja tudi vračamo. Ampak s termalno vodo iz Zemljinih globin dobimo še nekaj več, za kar bi se materi življenja morali zahvaliti, namreč zdravilne potencialne. Če bi na način umetnosti izrazili hvaležnost za ta dar bi bil vodni ciklus na ozemlju Term zares zaključen in s tem prostor stabilen. V parku pred hotelom Breza**** smo določili točko, kjer se bomo po metodi litopunktura zahvalili Zemlji in stopili v stik s prvinsko zavestjo elementa Vode.



Kaj je litopunktura?

Marko Pogačnik je razvil metodo zdravljenja zemlje podobno akupunkturi in jo imenoval litopunktura. Tako kot pri akupunkturi se tudi pri litopunkturi premagujejo energijske blokade, ki ovirajo pretok življenjskih sil. Pri litopunkturi imamo opravka z dvema poloma: eden je energija, drugi pa je inteligenca, zavest. V tem primeru inteligenca zemlje ali zavest narave. Kamen, ki je postavljen na določeni energijski točki, deluje na vitalno-energijsko raven, medtem ko informacija, ki je kodirana v kozmogramu, deluje na zavest prostora, na identiteto, dušo prostora.

Kaj je kozmogram?

Kozmogramski jezik je jezik, s katerim ne komuniciramo samo ljudje, temveč tudi zemlja, narava in njene kozmične razsežnosti. Vse to so različni nivoji inteligence. Ker narava ne pozna razuma, Pogačnik uporablja piktogram, slikovni jezik. S pomočjo tega slikovnega jezika vzpostavlja pogovor med vsemi temi partnerji v življenju, Zemljo, naravo in človekom. Vendar kozmogrami niso preprosto simboli. Kozmogrami so oblikovani in klesani na tak način, da pošiljajo zavesti prostora določeno informacijo, ki je potrebna, da pride do zdravilnega učinka. Naš kraj je pregledal, raziskoval, našel notranji pogovor in iz tega bo izluščil oblike, ki jih bo vgradil v ustrezne kozmograme. Smo v pričakovanju, saj bosta v mesecu avgustu z ženo Mariko prvi kozmogram posvečen vodi izklesala v kamen na licu mesta pred hotelom Breza****. (Beseda kozmogram pride iz grščine: kozmos - urejen svet, grama - črka.)

Pogačnik zagovarja ženski princip

Pri svojem delu skuša podpirati ženski princip, ker se zaveda, da je današnja civilizacija moška, da kljub svoji navidezni demokratičnosti in enakopravnosti vztraja na patriarhalnih načelih. Najbolj je to očitno v njenem odnosu do Zemlje in narave, pri čemer ne prepozna njune občutljivosti in njunih subtilnih svetov. Ravno ta občutljivost, s katero se umetnik ukvarja, je utelešenje ženskega vidika, medtem ko moderna civilizacija vztraja na razumski podlagi, na moškem počelu, ki je pogosto agresiven do narave in drugih bitij, vključno do sočloveka. Ženski princip vedno vidi celoto in povezuje, ne ločuje.

tioned, is important for the Slovenian country as a whole, a pillar with a cosmogram should be placed somewhere at the entrance to the Spa area that would embed the place in the wider space of Slovenia.

In Terme Olimia we decided that in the year of our celebration, we first wish to express our gratitude to the element of water. Water is pumped from the earth, and also being returned to it. But with the thermal water from Earth's depths, we gain something else, something we should thank Mother Earth for, namely healing potentials. If gratitude for this gift would be expressed in the way of art, the water cycle in the area of the Spa would really be completed, thus stabilizing this area. We determined a spot in the park in front of Hotel Breza****, where we shall thank Earth by the method of lithopuncture and make contact with the primal consciousness of the element of water.

What is lithopuncture?

Marko Pogačnik has developed a method of healing earth, similar to acupuncture and named it lithopuncture. As with acupuncture, lithopuncture also overcomes energy blockages that impede the flow of life force. In lithopuncture we are dealing with two poles: one is the energy, the other is intelligence, consciousness. In this case, the intelligence of the earth, or the consciousness of nature. The stone that is placed at a certain energy point, acts on the vital-energy level, while information that is encrypted in the cosmogram acts on the consciousness of space, on the identity, the soul of the space.

What is a cosmogram?

The cosmogram language is the language, which is not only used to communicate to people, but also to earth, nature and its cosmic dimension. These are all different levels of intelligence. Because nature knows no reason, Pogačnik uses pictograms, visual language. Through this pictorial language he establishes a conversation between all these partners in life, Earth, nature and man. However, cosmograms are not merely symbols. Cosmograms are shaped and carved in such a way that they send specific information to the consciousness of space, which is necessary to achieve a healing effect. He examined our area, investigated it, found the internal conversation and will thereof deduct forms, which will be installed in the appropriate cosmograms. We are in anticipation, for in August, he and his wife Marika will carve the first cosmogram - dedicated to water - into the stone on site in front of Hotel Breza****. (The word cosmogram comes from Greek: Cosmos - an orderly world, grama - a letter.)

Pogačnik advocates the female principle.

In his work, he is trying to support the female principle, mindful that today's civilization is male, that despite its apparent democracy and equality it insists on patriarchal principles. This is most evident in its relationship to Earth and nature, and does not recognize their sensitivity and their subtle worlds. It is this sensitivity, the artist works with. It is the embodiment of the female point of view, while modern civilization insists on a rational basis, on a male principle that is often aggressive to nature and other creatures, including fellow man. The female principle always sees a whole and connects, not divides.



Praznovanje tako pomembne obletnice pomeni tudi povezovanje vseh zaposlenih. Pravijo, da je veriga tako močna, kot je močan njen najšibkejši člen. To smo dokazali tudi zaposleni iz Term Olimia in Term Tuhelj, ko smo se zbrali na zelenici nad Wellnessom Orhidelia in simbolično s postavitvijo napisali 50 let za vas. Nastala sta jubilejna razglednica, ki jo podarjamo gostom, in spominski video posnetek.

The celebration of such an important anniversary means also the bonding of all employees. It is said that the chain is only as strong as its weakest link. We, the employees from Terme Olimia and Terme Tuhelj have proved this when we gathered on the green surface over Wellness Orhidelia and in a symbolic placement wrote 50 years for you. A jubilee greeting card was made that is given to guests and a memorial video clip.



SAMO ENA JE PRAVA SUHA DOMAČA SALAMA

z' deže
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Stalna skrb za goste je poslanstvo hotelirskega osebja. Vodila pri izvajanju storitev, ki jim sledimo v Termah Olimia, so: poskrbeti za gosta, mu nuditi profesionalno storitev, vendar s pridihom osebne note, ga vedno znova presenečati ter presežati njegova pričakovanja. Zavedamo se, da so malenkosti tiste, ki si jih gostje zapomnijo in ki nas ločujejo od drugih hotelov. Malenkosti, neprecenljive vrednosti za gosta pa so lepa beseda, prijazen nasmech, empatija in iskrena skrb za gosta. Največja pohvala hotelirju je, ko gost ob ponovnem prihodu iskreno reče - prišli smo domov. In ponosno lahko rečemo: veliko je takšnih.

Continuous care for guests is the mission of the hotel staff. Our guidance for providing services that is followed in Terme Olimia is: to take care of our guests, to offer them a professional service but with a personal touch, to continuously surprise them and to exceed their expectations. We are aware that it is the little things that guests remember most and that distinguish us from other hotels. These little things that are of such priceless value might be a nice word, a kind smile, empathy and sincere concern for the guest. The greatest compliment for a hotelier is when a guest, upon returning to the hotel, sincerely feels as though they are coming home. And we are proud to say... there are a lot of such guests.

Barbara BRGLEZ
vodja hotelov | Hotel manager



Ivan PELC
vodja vzdrževanja
Head of Capital Maintenance



Ob 50. obletnici Term Olimia ponosno zrem na razvoj kompleksa in na mojo prehojeno pot v zadnjih 16. letih v investicijskem, obnovitvenem in vzdrževalnem procesu razvoja Term Olimia.

Ob tem jubileju se zahvaljujem vsem sodelavcem Term Olimia, ki so - smo skozi vsa ta leta trdo delali in skupaj prispevali k razvoju tako sodobnih term, da se lahko ponosno primerjamo tudi z najboljšimi.

Največji moj prispevek in seveda vloženi trud je sodelovanje v procesu načrtovanja in izvedbe razvojnih korakov, izgradnja in vzdrževanje objektov s ciljem, da zagotavljamo odlično počutje gostov v hotelih, apartmajih in wellnesih.

Z veseljem se spominjam tudi na preteklo delo pri obnovi in razvoju Term Tuhelj.

Posebej sem ponosen na energetsko prenovu Term Olimia. Z zamenjavo UNP goriva z lesno maso smo stroške proizvodnje toplote za ogrevanje zmanjšali za trikrat in se vrnili k obnovljivim virom energije.

Seznam preteklih dogodkov je zelo obsežen, a moje misli so uprte v prihodnost razvoja Term Olimia.

On the 50th anniversary of Terme Olimia I proudly look at the development of the complex and on my path in the spa during the last 16 years in the investment, reconstruction and maintenance process of the spa.

I thank all co-workers of the spa, who have worked hard over all these years and made their contribution to the development of the modern spa, not only in Slovenia, but also in Europe.

I have put all this effort in the development of Terme Olimia, in the construction and maintenance of facilities for the benefit of the well being of the visitors of the Hotels Sotelija, Breza, Rosa, Village Lipa, the pools of Termalija, Orhidelija, Camp Nature and Aqualuna.

I fondly recall the past work performed in the renovation and development of Terme Tuhelj into a modern spa.

With a pleasant feeling I remember the energetic renovation of Terme Olimia. By replacing LPG fuels with wood fuel, we have reduced the cost of generating heat for 3x and have returned to a renewable energy source.

The list of past events is extensive, but my thoughts are fixed upon the future development of Terme Olimia.

“

Tukaj je vsak dan lepše

Every day it is more beautiful here

Želeli smo, da razvoj Terme Olimia temelji na večji povezanosti podjetja z naravo, tradicijo okolja in zdravilnimi zelišči.

We wanted the development of the spa to be based on a greater connection of the company with nature, the tradition of the surrounding and healing herbs.



Zdravko POČIVALŠEK
Minister za gospodarski razvoj
in tehnologijo
Minister of Economic
Development and Technology

15 let je bil na čelu Terme Olimia aktualni gospodarski minister Zdravko Počivalšek, ki je s svojim delom v podjetju pustil zelo velik pečat. Razkril nam je, kakšni so njegovi spomini na Terme Olimia, na kaj vse je ponosen in kje jih vidi v prihodnosti.

15 years at the forefront of Terme Olimia was the current economic minister Zdravko Počivalšek, who left a big mark on the company with his work. He revealed us his memories of Terme Olimia, what he is proud of and where he sees it in the future.

Kako danes gledate na svoje začetke v Termah Olimia?

Ta izziv sem sprejel iz več razlogov. Želel sem se preizkusiti v drugi branži. V podjetjih, v katerih sem delal, sem dobil izkušnje in imel vedenje, da je vodenje vsakega podjetja popolnoma enako v smislu števil, ki morajo na koncu dati rezultat. Kljub drugačni vsebini je treba gledati z osnovnim motom; v podjetju, v katerega prideš, se moraš prilagoditi. V turizmu je bilo pomembno, da se tisti, ki odloča in vodi skupaj s svojim timom, vsaj miselno nahaja v koži gosta. In če delaš to, je lažje vleči dobre poteze. Drugi moj moto, ne le v turizmu, pa je vseskozi biti drugačen.

Kmalu po vašem prihodu v podjetje se je spremenilo ime podjetja. Iz Atomske toplice ste ga preimenovali v Terme Olimia. Zakaj je pravzaprav bilo treba spremeniti ime podjetja?

Ker je bil slovenski trg za nas premajhen, je bilo treba pogledati čez meje naše lepe, vendar male države ter poslovanje prilagoditi okolju, kjer je največ trga. Atomske toplice so bile podjetje, ki je skrbelo za zdravje in dobro počutje svojih gostov in ker so želele rasti in se razvijati in več prodati zunaj, predvsem na nemškem govornem področju, smo morali spremeniti ime. Želeli smo, da razvoj term temelji na večji povezanosti podjetja z naravo, tradicijo okolja in zdravilnimi zelišči. In ko smo temu dodali še s tem povezane investicije, smo staro ime prekrili z imenom Terme Olimia. Potrojil se je promet z dobrih 6 milijonov na več kot 20 milijonov, število dnevnihih gostov, ki prespijo, se je v povprečju povzpelo na 1000 gostov dnevno, potrojil se je dobiček podjetja in povečalo število zaposlenih. Podjetje je raslo, se razvijalo. Sprememba imena je bila tako temelj druge poti, ki smo ji sledili tako, da se je uresničeval naš osnovni moto, biti drugačni in boljši od drugih.

How do you look at your beginnings in Terme Olimia today?

I took on this challenge for many reasons. I wanted to try myself in a different branch. I gathered experience in the companies I worked before and had the knowledge that leading such a company is exactly the same in terms of numbers that have to yield results in the end. Despite the different content, it has to be viewed with the basic motto; you need to adapt to the company you get in. In tourism it was important that the one who decides and leads together with his team, mentally needs to be in the shoes of the guest. And if you do so, it is easier to make good moves. The second motto, not only in tourism, has always been to be different.

Soon after your joining the company, the company's name changed. From Atomske toplice you renamed it to Terme Olimia. Why was it actually necessary to change the name of the company?

Because the Slovenian market was too small for us, we had to look over the borders of our beautiful, yet small country and adapt the business to an environment with most of the market. Atomske toplice was a company that took care of the health and well being of its guests and because it wanted to grow and develop and sell more abroad, especially in the German speaking area, we had to change its name. We wanted the development of the spa to be based on a greater connection of the company with nature, the tradition of the surrounding and healing herbs. And when we added the respective investments, we covered the old name with the name Terme Olimia. The turnover tripled from 6 million to over 20 million, the number of guests staying overnight increased on average to 1000 guests daily, the company's income tripled and the number of employees increased. The company grew, developed. The name change was therefore the foundation of a different way, which we have followed by realizing our basic motto, to be different and better than others.

Vseskozi ste pri vodenju podjetja uresničevali vizijo postati najboljše terme v prostoru med Alpami, Jadranom in Donavo. To vam je uspelo kljub mnogim turbulentnim časom v gospodarstvu. Kakšen je bil ključ do uspeha?

Ključ do uspeha je vedno zdrava kmečka logika. Delali smo tisto, kar smo mislili, da je prav. Najprej smo si, na temelju imena in želje po povezavi z naravo, tradicijo okolja in zdravilnih zelišč, ogledali skoraj vse terme v Avstriji, Nemčiji, Italiji, na Madžarskem, Češkem in še kje. Pripravljali smo projekte za investicije, jih predstavili lastnikom in vedno vsako investicijo izpeljali v napovedanem roku in v cenovnih okvirih, ki so bili potrjeni s strani nadzornega sveta. Krepila sta se podjetje in zaupanje med upravo in nadzornim svetom. Vedno smo delali tako, kot da delamo zase. Zatrdim lahko, da je eden od pomembnih temeljev dobrega poslovanja Terme Olimia racionalno investiranje, investiranje v korist podjetja.

Sodelovanje Terme Olimia z lokalno skupnostjo je vseskozi na zavidljivem nivoju in nemalokrat je sodelovanje Terme Olimia z Občino Podčetrtek izpostavljen primer dobre prakse v turizmu. Kaj vse je potrebno, da se lahko piše takšna uspešna turistična zgodba?

Tukaj je treba povedati, da je za sodelovanje treba imeti dve strani. Nadgradnja eksplozije razvoja kraja, ki je pomemben za turizem, se je v strahovitem smislu obrnila s prihodom sedanjega župana Petra Misje. Z njim mi je bilo užitek sodelovati. Najprej je treba poudariti, da ni uspešne zgodbe turizma, če je gost zaprt v hotel. Po podatkih svetovne turistične organizacije se več kot 50 % sodobnih turistov za destinacijo odloča po tem, kaj lahko tam doživi. Samo vrhunska soba, bazeni in hrana niso dovolj. So dovolj, da gost pride enkrat, ne pa, da se vrača. Za slednje je pomembna okolica, kar je naša občina. Z županom, gospodom Petrom Misjo, smo vzpostavili sodelovanje, ki je generiralo skupne projekte v korist turizma. Občina je pričela sistematično vlagati v investicije, ki so bile koristne za občane in turiste. To so kolesarske steze in največji dosežek – večnamenska športna dvorana, ki je bila narejena skupaj z občino, podjetjem in državo.

In leading the company, you were constantly realizing the vision of becoming the best spa in the area between the Alps, Adriatic sea and Danube. You managed it despite the many turbulent times in the economy. What was the key to success?

The key to success is always healthy common sense. We did what we thought was right. Based on the name and the desire to connect with nature, the tradition of the surrounding and healing herbs, we first looked at nearly every spa in Austria, Germany, Italy, Hungary, Czech Republic and elsewhere. We prepared investment projects, presented them to the owners and always carried out each investment within the stated deadline and the budget, approved by the Supervisory board. The company, as well as the trust between the management and the supervisory board, was strengthening. We always worked as if we were working for ourselves. I can affirm that one of the essential foundations of the good operation of Terme Olimia is rational investment, investment in favour of the company.

The cooperation of Terme Olimia with the local community has always been at an enviable level and many times has the cooperation of Terme Olimia with the municipality Podčetrtek been an exposed example of good practice in tourism. What does it take to write such a success story of tourism?

At this point it needs to be said that for cooperation, two sides are required. The upgrade of the developmental explosion of the touristic important place has, in a fierce sense, turned by the arrival of the current mayor Peter Misja. It was a pleasure to collaborate with him. First it must be stressed that there is no success story of tourism, if the guest is locked up in the hotel. According to the World Tourist Organization, more than 50% of modern guests decide for a destination based on what they can experience there. Merely a premium room, pools and food is not enough. Well, it is enough for the guest to come once, but not enough or him to return. For the later the surrounding is important and our municipality is the surrounding. We established a collaboration with mayor Misja that generated joint projects for the benefit of tourism. The municipality began to invest systematically into investments that were useful for both, citizens and tourists. these are bike trails and the greatest achievement – the multi-purpose sports hall that was built together with the municipality, the company and the state.



Kdo vse je po vašem mnenju kreiral teh uspešnih 50 let in kje Terme Olimia vidite v prihodnosti?

V teh petdesetih letih je dal vsak od direktorjev in pa zaposleni v tem podjetju v svojem času svoj pečat. Vsak ima svoje zasluge, da se je nekaj zgodilo. Najprej gospod Franc Renier s svojo entuziastično voljo, zaletavostjo in trmo. Potem je bil tu gospod Bojan Albreht in zgradil se je prvi hotel. Pred mano je 17 let podjetje vodil Boris Završnik. Takrat so se zgradile prve terme na področju današnje Termalije, zgradila sta se vas Lipa in Aparthotel Rosa. Zadnja era, ki sem jo že prej podrobneje omenil, prihaja po letu 1999. Poleg vsega pa se je nekoliko načrtovano in nekoliko stihijsko razvila dodatna ponudba v okolici term, ki je tista točka drugačnosti naše destinacije, ki nas loči od drugih. Danes smo sicer v stanju, ko lahko ponudniki živijo brez term in obratno, vendar ker to sodelovanje dobro teče naprej ob občini, ki skrbi za infrastrukturo, so rezultati tako dobri in pozitivni, kot so. Prihodnost Term Olimia mora iti v smeri nadgradnje drugačnosti, ki smo jo začeli, ter v sistemu wellnessa in zdravja, vključiti mora dušo, čemur rečemo selfness. Prihodnost je tudi v zavedanju, da moramo pravočasno ponuditi učenje zdravih načinov življenja, odgovornega odnosa do svojega zdravja, vse skupaj povezano z naravo. Treba pa bo seveda biti drugačen in dober. Razviti bo treba še dodatne možnosti sodelovanja term in okolja, vsi skupaj z občino pa bodo morali skrbeti, da se bo infrastruktura v okolici še razvijala z izgradnjo takšnih ali drugačnih pozitivnih projektov.

Kakšen je vaš pogled na rojstne kraje in kakšno vlogo bodo ti kraji igrali v zgodbi slovenskega, evropskega in ne nazadnje svetovnega turizma?

Ko se vsak dan vozim v Ljubljano, ugotavljam, da so ti naši kraji še lepši, kot so bili prej. In vsak dan, ko se vračam, mi je tukaj lepše. Vem, da je tu malo psihološkega učinka in pokritja takšnih ali drugačnih delovnih pogojev, ki jih imam v Ljubljani. Definitivno me ne bo nihče dobil iz teh krajev in nameravam uživati in delati tukaj še naprej. Kmetijo, naravo in živali pa jemljem kot del sebe, saj me je oče skupaj z mamo naučil delati in odnosa do zemlje in živali. Slednjih nimam zaradi ekonomske potrebe, ampak jih imam zaradi duše. Čeprav me ta duša zaradi obveznosti včasih obremenjuje, to počnem z veseljem. Če si kaj želim, si želim nekoč imeti čas, da bi se posvetil kmetiji in da bi bila moja kmetija bolj urejena in bolj koristna.

Z. I.

Who do you think created these successful 50 years and where do you see Terme Olimia in the future?

In these fifty years, each director and employee in this company has made their mark in their own time. Each has their own credits for something that has happened. First, Mr. Franc Renier for that it even came to all this with his enthusiastic will, impulsiveness and stubbornness. Then there was Mr. Bojan Albreht and the first hotel was built. Before me, Boris Završnik was leading the company for 17 years. In that time the first spa was constructed in the area of today's Termalija, also built were village Lipa and the Aparthotel Rosa. The last era comes after 1999, which I have mentioned in detail before. Moreover, additional offer was somewhat planned and somewhat unbridledly developed in the surroundings of the spa, which defines the point of diversity of our destination compared to others. Today we are in a state, where providers can live without the spa and vice versa, but because the cooperation continues so well with the municipality taking care of the infrastructure, the results are as good and positive as they are. The future of Terme Olimia must go in the direction of upgrading the diversity that we started and include the soul in the system of wellness and health, what is called selfness. The future also lies in the awareness that we need to offer the study of healthy ways of life and of a responsible relationship to one's health in time and all connected with nature. Of course, one has to be different and good. It is necessary to develop additional opportunities of cooperation of the spa with the surrounding, all together with the municipality, they will have to take care that the infrastructure in the surrounding keep developing by constructing such or other positive projects.

What is your view on birthplaces and what role will these places play in the story of Slovenian, European and not least, world tourism?

When I drive to Ljubljana every day, I realize that these places here are even more beautiful as they were before. And every day, when I return, I find it more wonderful here. I know, there is little psychological effect here and coverage of such and other work conditions I have in Ljubljana. Definitely nobody will get me out of these parts and I intent to keep enjoying and working here. I see the farm, nature and the animals as a part of myself. My father and mother taught me how to work and love the land and animals. I do not have them for economic purposes, but I keep them for the soul. Even though this soul sometimes burdens me because of my duties, I do it with pleasure. If there is something I want, it is one day to have the time to dedicate to my farm and that my farm will be more structured and useful.

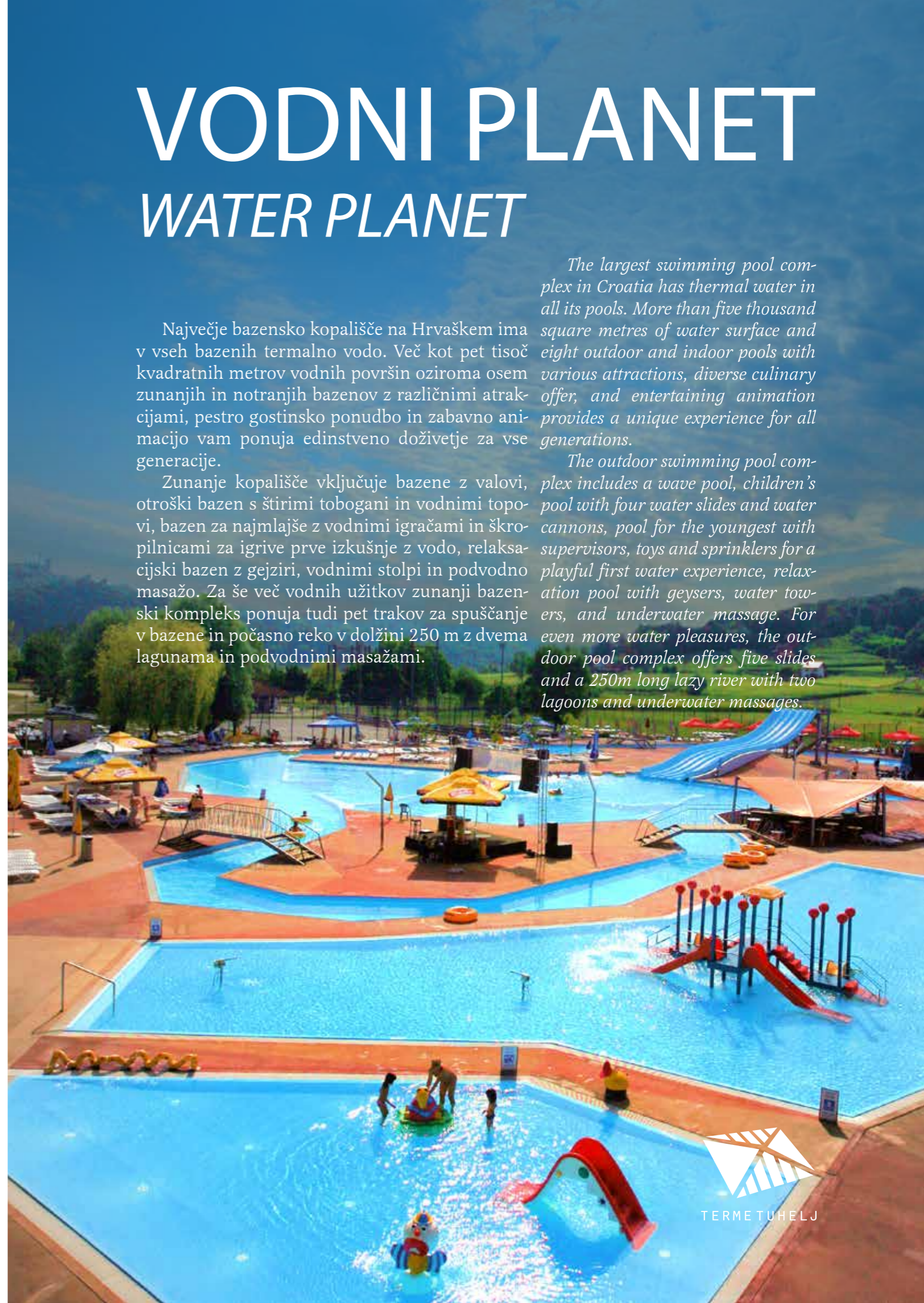
VODNI PLANET WATER PLANET

The largest swimming pool complex in Croatia has thermal water in all its pools. More than five thousand square metres of water surface and eight outdoor and indoor pools with various attractions, diverse culinary offer, and entertaining animation provides a unique experience for all generations.

The outdoor swimming pool complex includes a wave pool, children's pool with four water slides and water cannons, pool for the youngest with supervisors, toys and sprinklers for a playful first water experience, relaxation pool with geysers, water towers, and underwater massage. For even more water pleasures, the outdoor pool complex offers five slides and a 250m long lazy river with two lagoons and underwater massages.

Največje bazensko kopališče na Hrvaškem ima v vseh bazenih termalno vodo. Več kot pet tisoč kvadratnih metrov vodnih površin oziroma osem zunanjih in notranjih bazenov z različnimi atrakcijami, pestro gostinsko ponudbo in zabavno animacijo vam ponuja edinstveno doživetje za vse generacije.

Zunanje kopališče vključuje bazene z valovi, otroški bazen s štirimi tobogani in vodnimi topovi, bazen za najmlajše z vodnimi igračami in škropilnicami za igrive prve izkušnje z vodo, relaksacijski bazen z gejziri, vodnimi stolpi in podvodno masažo. Za še več vodnih užitkov zunanji bazenski kompleks ponuja tudi pet trakov za spuščanje v bazene in počasno reko v dolžini 250 m z dvema lagunama in podvodnimi masažami.



TERME TUŠELJ

Sodobna arhitektura

Modern architecture

V Termah Tuhelj bo za vaše udobje in prijetno počutje poskrbljeno v sodobno opremljenem hotelu Well s pestro ponudbo wellness programov, največjim hrvaškim centrom savn ter izvrstno kulinariko. Za še boljši ambient v sobah poskrbijo razstavljena umetniška dela najbolj znane zagorske slikarke in kiparke Mirjane Drempetić Hanžić Smolić.

In Terme Tuhelj your comfort and well-being are cared for in a modernly furnished Hotel Well with a distinctive offer of wellness programmes, the biggest Croatian sauna centre and excellent cuisine. An even better atmosphere in the rooms is created by the artworks of the most famous painter and sculptress of Zagorje Mirjana Drempetić Hanžić Smolić.



2015
NAJBOLJŠE SPA/ZDRAVILIŠČE 2015
THE BEST SPA / HEALTH CENTRE 2015
 TURISTIČNI CVET – kvaliteta za Hrvaško, HGK – najbolje SPA/zdravilišče na Hrvaškem 2015
 The award Turistični cvet – quality for Croatia, HGK – best SPA / health centre in Croatia 2015



ODRŽIVE TOPLICE I TERME 2016
 Nagrada, ki jo podeljuje UPUUH za poslovanje in je utemeljena na osnovi zelenih in ekoloških standardov.
 An award, given by UPUUH for business and is founded on the basis of green and ecological standards.



Art & Spa

Umetnost kot terapija za boljše počutje

Art as a therapy for feeling better

Kaj potrebujemo, da smo bolj srečni, sproščen? Kaj nas zadovoljuje in izpolnjuje? Vsekakor je to dobra masaža, savna ali plavanje. Pa tudi dober film, predstava, koncert ali pa samo pogled na privlačno umetniško delo, ki nas izpolni s svojo večpomenskostjo. Prav tako kot wellness. V Termah Tuhelj smo ju združili.

What do we need to be happier and more relaxed? What satisfies and completes us? Without a doubt a good massages, sauna or swimming. As well as a good movie, show, concert or simply a beautiful artwork, which completes us with multiple possible interpretations. Just like wellness. We combined the two experiences in Terme Tuhelj.



Moderni kongresni center v hotelu je zaradi bližine hrvaškega glavnega mesta Zagreba izvrstna izbira za izvedbo različnih seminarjev in konferenc.

The modern congress centre in the hotel is because of its proximity to the capital city of Zagreb, an excellent choice for hosting various seminars and conferences.



DVOREC MIHANOVIĆ

Dvorec, ki nosi ime po avtorju hrvaške himne Antunu Mihanoviću, je idealna lokacija za različne slovesnosti. Njegovi svečani saloni so kot nalašč za obeležitev pomembnih trenutkov. A la carte restavracija ponuja tradicionalne in nacionalne jedi. Ustaljena gostinska ekipa Term Tuhelj je imela priložnost priprave svečanih kosil ob obisku številnih predsednikov in drugih vladnih uradnikov.

CASTLE MIHANOVIĆ

Today the castle carries its name after the author of the Croatian anthem Antun Mihanović and is the perfect location for various festive events. Its festive parlours are perfect to celebrate important moments. The a la carte restaurant offers traditional and national dishes. The established restaurant team Terme Tuhelj had the opportunity to prepare formal lunches during the visit of numerous presidents and other government officials.



Arhitektura kot umetnost

V sklopu Term Tuhelj je prekrasni baročni dvorec iz 18. stoletja, ki so jo zgradili člani družine Erdody, danes znan kot Dvorec Mihanović. Objekt je zaščiten kot kulturna dediščina Republike Hrvaške prve kategorije. V njej je bival Antun Mihanović, medtem ko je taval po zagorskih krajih, ki so ga navdihnili za pisanje hrvaške himne.

Architecture as Art

Terme Tuhelj includes an amazing baroque mansion from the 18th century, built by the Erdody family, which is now known as the Mihanović mansion. The building is protected as Croatian cultural heritage of the first category. This is where Antun Mihanović lived while he wandered around the villages of Zagorje, which inspired him to write the Croatian national anthem.

Hostel VILA

Hostel Vila sprejme 20 oseb in je zgrajen v etažah. Namenjen je mlajši populaciji gostov, ki potujejo in potrebujejo le prenočišča, ter gostom, ki si dopust oblikujejo tako, da v čim krajšem času vidijo in doživijo čim več ter pri tem porabijo čim manj denarja.

Hostel Vila accepts up to 20 persons and is built in storeys. It is intended for younger guests who travel and only need accommodation and for guests, who plan their vacation in a way that they visit and experience as much as possible in the shortest time and spend as little as possible on their trip.



Avtokamp Term Tuhelj leži na prijetni travnati površini s senco dreves v neposredni bližini Vodnega planeta.

The campsite of Terme Tuhelj lies on a pleasant green surface with the shadow of trees in the close vicinity of the Water Planet.

AVTOKAMP CAMPSITE



 **TERME TUHELJ**
Art&Spa

Kromoterapija - terapija z barvami *Chromotherapy - therapy with colours*

Barve so močno orodje za doseganje duševnega in telesnega ravnovesja. Rumena, rdeča, oranžna, vijoličasta in njihovi komplementarni pari umirjajo in prebujajo pozitivno energijo v človekovem organizmu. Bivanje v določenem prostoru in barve v njem vplivajo na razpoloženje, pospešujejo duševno in telesno okrevanje, telo se sprosti, umiri, organizem se napolni z energijo, barve pa pripomorejo tudi k izvedbi zadanih ciljev in privabljajo pozitivne rezultate.

Colours are a strong tool for achieving spiritual and physical balance. Yellow, red, orange, violet and their complimentary colours bring calm and awaken positive energy in the human body. Living in a specific place means that its colours influence our mood, encourage spiritual and physical recovery, relax and calm the body, fill the entire organism with energy, and help us achieve our goals and positive results.

Rdeča je vroča barva močnih energij. To je barva ognja in krvi, življenja, goreče strasti, močne volje in občutkov (jeza, bes, sovraštvo pa tudi velika ljubezen). Rdeča prinaša radikalne in nepredvidene spremembe. Je barva preobrazbe. Seksualnost, krvni obtok.

Oranžna je na sredini kromatske lestvice, zato je simbol ravnovesja, vendar krhkega ravnovesja, zaradi večne razpetosti med duhovnim in materialnim. To je barva občutja in nove zavesti. Energetsko najbolj seva, zato lahko pomeni veliko vrlino ali pa veliki propad. Travme.

Rumena je barva sonca, barva bogov (stara Grčija). To je barva mentalnih aktivnosti, odraža novo učenje, nove možnosti, um in intelekt. Rumena predstavlja moč idej ter prebujenje duševnih sposobnosti in jasnost občutkov. Analitičnost, kritičnost, dogmatičnost.

Vijoličasta je barva jasnovidnosti, premišljenosti in ravnovesja med nebom in zemljo, je barva strasti in razuma. Barva pokore, obžalovanja in kesanja. To je barva prepletanja srca in uma, materialnega in duhovnega ter preobrazbe, nastale s tem prepletanjem. To je barva neodvisnosti in intuicije ter vseh duhovnih iskalcev.

Pod slikami določenih barv v sobah je podpisana prva doktorica umetnosti na Hrvaškem Mirjana Hanžić Drempeć Smolić, ki je v oazi wellnessa, miru in sprostivnosti našla navdih za slikanje. Njene slike v sobah zelo vplivajo na človekov organizem, zato je bivanje v njih še prijetnejše in bolj sproščeno, naše wellness storitve pa še učinkovitejše.

Red is a hot colour with powerful energy. It is the colour of fire and blood, life, fiery passion, strong will and powerful emotions (anger, rage and hate, as well as strong love). Red brings radical and unforeseen changes. It is the colour of transformation. Sexuality, bloodstream.

Orange is in the middle of the chromatic scale, which makes it a symbol of balance, but a fragile balance, forever torn between the spiritual and the material. It is the colour of feelings and new awareness. It is the most energetically radiant, so it can either represent a great virtue or a great failure. Traumas.

Yellow is the colour of the sun, the colour of gods (Ancient Greece). It is the colour of mental activities, represents new learning, new possibilities, mind and intellect. Yellow represents the power of ideas, the awakening of spiritual abilities and clarity of feelings. Analysis, critical thinking, dogmatism.

Violet is the colour of clairvoyance, thoughtfulness and the balance between sky and earth, the colour of passion and intellect. The colour of penance, regret, and remorse. It is the colour that represents intertwining of the heart and mind, material and spiritual, and the transformations that result from this intertwining. It is the colour of independence, intuition and all spiritual seekers.

Under the paintings in individual colours in the rooms is the signature of Mirjana Hanžić Drempeć Smolić, the first woman with a PhD in arts in Croatia, who found inspiration for painting in this oasis of wellness, peace and relaxation. Her paintings have a significant influence on the human organism, which makes the rooms even more pleasant to stay in and improves the effectiveness of our services.



»Veliki Murtić« - Vodni planet Terme Tuhelj - najveći zidni mural na Hrvaškem, iz 324 emajliranih plošč
"Veliki Murtić" (The Great Murtić) - Water planet of Terme Tuhelj - the largest wall mural in Croatia, made from 324 enamelled tiles

Dragi bralec.

Dear reader.

Pisalo se je leto 1966. Indira Gandhi postane ministrska predsednica v Indiji. Anglija je bila gostiteljica svetovnega nogometnega prvenstva. V New Yorku so postavili temeljni kamen za World Trade Center. Istega leta sta se rodila svetovno znana alpska smučarja Alberto Tomba in Rok Petrovič. Z nami praznuje tudi Anja Rupel in košarkarski zvezdnik Jure Zdovc. Svet glasbe je zaznamoval slavni Frank Sinatra z legendarno skladbo My way. Istega leta se je skupnost ljudi organizirala in povezala, ker so želeli delati dobro za druge ljudi, 24 ur na dan, vsak dan v letu. Ustanovljene so bile Atomske toplice, danes se imenujejo Terme Olimia. Še vedno z enako željo, že 50 let. In to je naša pot.

Vstopite v svet udobja, dobrega počutja in sprostitve, v srcu neokrnjene narave in doživite harmonijo svežine. Tukaj smo za vas – ker si to zaslužite.

Velika HVALA vsem, ki ste nekoč prispevali in vsem, ki še danes pišete zgodbo Term Olimia. V reviji, katero poklanjamo gostom ob praznovanju jubileja, simbolično poklanjamo 50 nasvetov za vaše boljše počutje. Nazaj k sebi. Vedno hvaležno potovanje. Vaše Terme Olimia.

It was 1966. Indira Gandhi became minister president of India. England was hosting the world football championship. In New York, the foundation stone for the World Trade Center was laid. The same year, the world famous alpine skiers Alberto Tomba and Rok Petrovič were born. Anja Rupel and the basketball star Jure Zdovc are also celebrating with us. The world of music was marked by Frank Sinatra's legendary song My Way. The same year a group of people organized and connected, to do good for other people, 24 hours a day, every day of the year. Atomske toplice, today known as Terme Olimia were founded. Still, with the same desire. We are here for you, already 50 years. This is our way.

Enter the world of comfort, wellbeing and relaxation in the heart of pristine nature and experience the harmony of freshness. We are here for you – because you deserve it.

We want to express our GRATITUDE to everyone, past and present, who has created the story of Terme Olimia. In the magazine that we are giving our guests at our jubilee, we are symbolically gifting you with 50 tips for better well-being. Back to yourself. Always a rewarding journey. Your Terme Olimia.

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The magazine was created to celebrate the 50th anniversary of Terme Olimia.



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