



SEBASTIAN KNEIPP (1821 – 1897)

Sebastian Kneipp a naturopath and priest, cured himself of a severe case of tuberculosis using the very nature around him, combined with cold and hot water therapies (hydrotherapy). Sebastian Kneipp believed in total wellness for body, mind, and soul. With a holistic approach, his therapies cured illness but also maintained good health. He recognized, over 100 years ago, the need for preventive care and self-care, taking responsibility for one's own health.

In his approach, Sebastian Kneipp considered the elements of water, plants, exercise, nutrition, and balance to be closely linked and united them in a holistic life philosophy. They are known as "The Five Pillars." Water, exercise, nutrition, herbs and balance.



"Everybody wants to be healthy and strong and live long, but without doing anything for it."

Sebastian Kneipp

We know how to maintain health and encourage our guests and employees in various ways to do something for their health too.



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Kneipp

DISCOVER THE WORLD
OF KNEIPP AND ITS
EXPERTISE IN NATURE



WATER



Water is the core element of Sebastian Kneipp's five pillars one of the most significant and safest aids found in nature. Kneipp discovered over 120 water cures to enhance the health of skin, boost the immune system and prevent disease. Just one of the hundreds of water cures, Kneipp invented Facial Hydrotherapy Treatments to tighten the appearance of skin. The Kneipp water cures consist of different body treatments with combinations of hot and cold water.

If you combine Kneipp's water therapy methods with the healing thermal water from Snovik, which is rich in Calcium, Magnesium and other minerals and is also suitable for drinking, you get an excellent basis for healthy and long life.

»If there is a remedy for me, it will be water.«

Sebastian Kneipp

EXERCISE



Sebastian Kneipp established Exercise as one of his key pillars to living an ideal lifestyle over 125 years ago. "To remain healthy, a person must move" - at his time, his words were revolutionary - he encouraged the masses to take part in regular exercise through walking, swimming, bike riding and hiking.

There are numerous possibilities to exercise in the nature at Terme Snovik: you can swim in thermal water, attend guided activities, hike on the marked hiking trails, ride a bicycle and exercise using the fitness equipment or on the trim trail.

»Exercise increases the joy of life and helps men and women by strengthening the body.«

Sebastian Kneipp

5 PILLARS OF KNEIPP FOR A LIFE IN BALANCE

life philosophy by Sebastian Kneipp

**Water / Exercise / Nutrition /
Herbs / Balance**

NUTRITION



Simply and naturally: Sebastian Kneipp was fully committed to "simple, nutritious fare" by cooking your own food and using fresh, unprocessed, locally sourced ingredients and plants. Kneipp's plant-based nutrition practice incorporates lots of fruit and vegetables on the menu. The best way to support your own health is by making informed nutritional decisions focused on incorporating plant-based foods that are in-season, fresh and local. Reaching an ideal body weight then proceeds naturally, especially in combination with exercise.

At Terme Snovik, we favour locally-produced food, seasonal dishes and include individual elements of healthy nutrition in our everyday offering. We also conduct workshops about healthy nutrition for our guests, employees and the locals.

»More from the plant, less from the animal.«

Sebastian Kneipp

PLANTS



Why are plants so important for our health? Sebastian Kneipp viewed plants and herbs as celebrated gifts offered by nature, brimming with innate benefits and functions to generate good health.

Sebastian Kneipp, regarded as the "herb pastor," discovered over 40 plant remedies. The "herb pastor" processed these herbal remedies to form medicines, treatments and eventually bath and body products.

Our herbal garden has roughly 30 varieties of herbs and spices, which are used for spreading awareness to our visitors and for tea as a supplement when preparing dishes.

»I have rediscovered the old forgotten and neglected little herbs, proven their healing power and healed many.«

Sebastian Kneipp

BALANCE



Balance is an essential pillar in the Kneipp philosophy as it combines all of the learnings from the other pillars to contribute to a healthy, sustainable lifestyle.

A life that is too hectic, with no opportunities for regeneration, leaves its mark on our health. Kneipp's belief was that by incorporating better lifestyle practices through these pillars, you could get closer to understanding how to find balance in your life and lessen the tension and stress endured on a regular basis.

A healthy lifestyle is also included in Terme Snovik's offering: yoga exercises, clay workshops, preservation of old customs and connecting with the local population.

»Everything in due course and everything in moderation.«

Sebastian Kneipp