

A woman with long, wavy brown hair, wearing a grey coat, a light-colored scarf, and black pants, stands on a stone wall overlooking a cityscape. She is looking to the right with a slight smile. The background shows a dense urban area with red-tiled roofs and a church with a green dome. The sky is overcast.

The Prague I know

Your personal guide to my trusted contacts and favourite places after ten years of calling Prague the second home.

 [BALIASNIKOVA](#)

About Me

I called Prague my second home for ten years. During that time, the city became more than just a place I lived. It turned into people who shaped my everyday life.

This guide is a curated selection of those connections: self-care specialists, wellness experts, creatives, and favourite places I kept returning to again and again (even when I am coming back to Prague just for some hours).

It is a personal edit of what has stayed with me long after leaving the city.

How to use this guide

This guide is a very personal collection. It is not meant to be a complete city directory, but rather a curated selection of my own recommendations across:

- self-care,
- wellbeing,
- creative spaces & people,
- if I had 24 hours in Prague,
- wedding vendors.

Each entry reflects my personal experience and the places I genuinely return to or recommend.

I hope it helps you discover Prague in a more intentional and personal way.

Self-Care



Head salon

I especially recommend the Remedi treatment by Anastasia - it made my hair look so healthy and beautiful.



NADINES studio

Professional skin treatments by Nadezda Zorina, which I personally love.



Berry nails

I highly recommend Japanese manicure by Natalia for a clean, natural and healthy look.



Kosmetolog Gritsay

Anastasia is also a great specialist to ask for a fully personalized home care routine tailored to your skin.



Podologie 8cz

For me, pedicure is not only about appearance, but primarily about healthy and well-cared-for feet.



Permanent make-up

It was a "game changer" for me, make-up by Natalia which looks so natural and I do it once in a year.



Magic Smile

If you visit regularly, they offer special pricing for ongoing dental care.



Klinika Mediestetik

If you are looking for laser treatments, this is the place I would recommend.

All recommendations are clickable for direct access to profiles or maps. 

Wellbeing



Personal trainer

I really enjoyed the individual classes designed for women by Martina in her aesthetic studio Sakura Fitness.



Yoga

Hatha yoga with Anastasia was my highlight. I felt almost like a new version of myself afterwards.



Stretching

This class is taught by a close friend of mine. I was lucky to spend some classes together even before she became fully-booked.



Freediving

If you want something unique and out of your comfort zone! I personally haven't tried it yet, but it's taught by a friend of mine.



Wellness Hotel Step

Saunas Vltava

Sauna Spot

I often went there for ceremonial experiences because they give me so much energy and feel like a full reset for body and mind.



Swimming pool

My hidden gem in Prague. I love going there because it is usually not crowded and clean.



Xplore Fitness

My favourite gym in the city center. I really enjoyed going there!



Thajské masáže Shanti

Always coming back for aroma massage.

All recommendations are clickable for direct access to profiles or maps.



Creative Spaces & People



Artville

This is one of my favourite places in Prague. I started my drawing classes here, and if you want to refresh your mind and try something creative, I highly recommend visiting this studio. I truly miss it



Ceramics

A special connection for me, because I tried ceramics in Munich and then it stopped as Stanislava moved to Prague. If you want a similar experience, this is a beautiful way to try something creative and grounding.



I love photography and capturing meaningful moments. Whether it's a special occasion or simply a gift to yourself, I can highly recommend my photographers! You will not regret choosing any of them.

[@aliferouss_](#)

[@podzolkova.ph](#)

[@valeriia_herman](#)

[@soulphoto_prague](#)

All recommendations are clickable
for direct access to profiles or maps.



If I had 24 hours in Prague

Since I moved, some of my days really feel like this: having only some hours in my beautiful city. I always find myself wanting to revisit at least some of my favourite places!

If I could choose my perfect day, here is the list of places I would go to.

Breakfast: Kampa Cafe



Starting in the Old Town is the best way to begin the day. From there, walk across Charles Bridge, make a wish, and enjoy the beautiful view over the city. Then continue to the Astronomical Clock in the Old Town Square, stroll through Staroměstská Street, and walk in the direction of Náměstí Republiky.



Lunch: Next Door by Imperial

I would stay in the New Town area. After that, walk around Wenceslas Square, explore a few shops, or visit local cosmetic stores like Manufaktura or Havičkova Apotheke.




Dinner: ZEM Prague

A special place with traditional Czech cuisine and a slightly more elevated, elegant atmosphere. Try Svíčková or beef goulash.



Evening spot: Wine Not Prague

I highly recommend ordering a cheese and meat platter together with a glass of rosé wine! And enjoy the night city view!

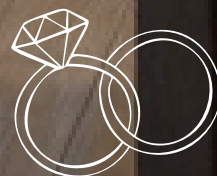
All recommendations are clickable for direct access to profiles or maps. 

That's not all.

I am so happy that in this beautiful and meaningful city we also had our wedding last year.

It was so special .

From the bottom of my heart, I would love to share the list of vendors who made this day so beautiful and unforgettable for us.



Wedding vendors



Na Kmíně

The location is only around 45 minutes from Prague city center, but feels very peaceful and private. What I loved most is how beautiful and elegant the space is, while still feeling very intimate. You can book the entire venue exclusively for your wedding, allowing all of your guests to stay there and making the whole experience feel even more special and personal.



MF Events

One of the best decisions we made while planning our wedding was hiring a wedding coordinator. I can wholeheartedly recommend Michaela if you are planning your wedding in the Czech Republic. She truly has the best network of contacts, and thanks to her, our wedding felt completely stress-free, allowing us to fully enjoy our special day.



[@dessert_dynasty](#)



[@streetcatering](#)



[@makeup_prague_irina](#)



[@floramourcz](#)



[@aelita.prohair](#)



[@dj_petrnovak](#)

All recommendations are clickable for direct access to profiles or maps. 

Something personal..

For many of you, Prague may have also become a second home, and I completely understand that feeling. Sometimes, when people ask me where I am from, I still hesitate before answering, because Prague will always remain such an important part of my life and identity.

Living abroad taught me what it truly means to start over in a new place, build a life from the beginning, and slowly create your own sense of belonging. I hope this guide helps make your own experience and discovery of Prague a little easier, warmer, and more personal.

And if you are a professional living abroad who wants to grow, glow, and live in balance, I would be very happy to connect with you through my coaching sessions.

I would also genuinely love to hear if you visit any places from this guide or discover new favourites of your own along the way.



A woman with blonde hair, wearing a brown puffer jacket, a grey scarf, and blue jeans, stands smiling in front of a building entrance. The entrance is decorated with large, elaborate floral arrangements in shades of red, pink, and white. A large red heart-shaped decoration is prominent on the right side of the entrance. The building has a classic architectural style with stone columns and a yellow door. The text "Thank you for being here!" is overlaid in a large, white, cursive font across the center of the image.

*Thank you
for being here!*

*And thank you, Prague, for being
my home for 10 years.*

 BALIASNIKOVA

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