Poland
For Health and Beauty
Welcome!

Stress, fatigue, deteriorating form and vitality, not looking after your figure, appearance and skin properly – these are the most frequent afflictions of our times. One excellent and effective cure for these problems is a visit to Poland’s SPA centres specializing in restoring health, beauty, and a positive mental outlook. Found in more than 40 towns across the country, these are centres with a rich tradition, specializing in health treatments since the 13th century. Recently these centres have successfully expanded their classic proposals to include regeneration, beauty and relaxation treatments, including those from the SPA range (Sanus Per Aquam – “health through water”). There is a total of 45,000 sanatorium beds available at 43 health resorts, and almost 80,000 more at holiday centres, hotels, guesthouses, and tourist centres – together with the sanatoria and SPA centres, these form complete systems for health, relaxation, and beauty treatments. Supplementing these systems are numerous beauty farms working together with the SPA centres, which use the latest scientific developments to provide professional, comprehensive programmes countering the harmful effects that modern civilization has on us all.

The unquestioned resources of Poland’s SPA centres, and the accompanying health and beauty treatment centres, include:

- combining therapy with cosmetic and relaxation treatments,
- a rich variety of medical treatments using state-of-the-art methods as well as the latest in dietetics, cosmetology, and beauty care,
- an excellently qualified and specialist staff of doctors, cosmetologists and physiotherapists as well as skilled auxiliary personnel,
- unpolluted natural therapeutic resources, such as mud, peat, mineral and thermal water, salt deposits, brine springs,
- modern equipment and rehabilitation facilities for exercising: courts, swimming pools, bicycle routes,
- treatment duration adjusted to individual needs; care for the individual requirements of every guest,
- a rich variety of cultural events and tourist excursions,
- fresh air and water, gentle and soothing microclimates.

With our invitation to Poland’s SPA centres and health and beauty treatment centres, we would like to provide you with some information on the natural means and methods of treatment that will allow you to regain your health and joie de vivre, free you from stress and fatigue, and recover the fullness of your wellbeing.

Polish Tourist Organisation
Polish Geysers, Sea, and Oxygen

Water and air – these are two elements essential to life, with boundless possibilities for exerting a positive impact on our health.

In Poland, there is an abundance of mineral waters, including thermal waters whose role in restoring people’s health cannot be overestimated. There are rich springs of acidic waters, sulphide waters, brine, mineral waters, radioactive waters, and thermal waters whose temperature reaches 70°C. Thanks to this profusion of water springs, Poland’s health resorts, regeneration centres, and health and beauty clinics widely use hydrotherapy treatments. The types of hydrotherapy guaranteeing excellent results include:

- **algae therapy** – treatment with specially prepared marine algae rich in mineral ingredients, trace elements with strong moisturizing, toning and anti-cellulite properties,
- **aqua-aerobics** – exercises in a pool, at various depths, to music this aids body suppleness, strengthens the muscles of the back, legs and buttocks, and reduces fatty tissue,
- **aqua-gym** – a quiet, relaxing version of aqua-aerobics,
- **Jacuzzi** – a hydromassage tub for several people, relaxing tense muscles and providing anti-cellulite action. Special nozzles push a mixture of air and water under pressure into the tub: the resultant stream massages the body, enhancing blood and lymph circulation, cleansing the skin of toxins, making the muscles stronger and more springy,
- **brine baths in brine highly saturated with iodine** – speeding up metabolism, and removing symptoms of fatigue, improving circulation, toning the muscles, and speeding up metabolism,
- **pearl baths** – in spring or thermal water, in an individual tub fitted with air nozzles, where bubbles gently massage the body like champagne and send pleasant signals to nerve endings, eliminating fatigue and stress.

Balneotherapy with peloidotherapy and climate therapy are the main therapeutic methods used at health resorts to treat patients. The various methods use pekloids, seawater and gases, for instance during baths in carbonic acid, carbonic acid gas in carbon dioxide, hydrogen sulphide, and even baths in an oxygen-ozone mixture:

- **balneotherapy** – this treatment, prescribed by doctors, involves highly mineralised, purified therapeutic mud or peat dissolved in water. It is used to treat rheumatism, inflammations, neuralgia, and is useful in combating obesity, cellulite and stretch marks,
- **climate therapy** involves fresh air and exercise, sunbaths, brine or seawater aerosol inhalations, and talassotherapy, which takes advantage of the natural therapeutic properties of the sea.

Renowned resorts specializing in balneotherapy:

- **Ciechocinek**, where female diseases, circulatory, respiratory and peripheral nervous system ailments as well as rheumatic diseases have been treated for 170 years, thanks to the rich springs of thermal brine,
- **Cieplice Śląskie-Zdrój** in the Sudety Mountains, where rheumatic diseases and mobility disorders, urinary and circulatory system diseases are treated,
- **Lądek-Zdrój**, a very famous resort in the Włocławski Valley, where thermal springs of weakly mineralised water are used to treat mobility disorders, rheumatic, skin and peripheral circulation problems,
- **Nałęczów**, which has a special microclimate enabling it to offer prevention and treatment of heart diseases,
- **Busko-Zdrój**, with unique therapeutic waters and a thermal-humid climate, where skin diseases and mobility disorders are treated as well as neurological diseases, osteoporosis, and bronchitis,
- **Kołobrzeg**, where seawater aerosols containing salt and iodine facilitates treatment of respiratory diseases,
- **w Rabce Zdroju prowadzi się specjalistyczną rehabilitację kardiologiczną, na baze naczyniowej solanki produkuję się kosmetyki dla skóry wymagającej pielęgnacji najwyższej jakości (problemy z alergią, atopyczne zapalenie skóry).

Thanks to its special properties, seawater is widely used in cosmetology. It tightens the skin, assists in weight loss and helps combat cellulite, cleanses the skin, strengthens small blood vessels, regulates the acid-base equilibrium, makes the body resistant to infection, eliminates swelling, and protects the skin against free radicals which cause ageing. The Baltic is a relatively low-salt sea, and thus the holiday and therapy centres located along the 500-kilometre Polish coast offer balanced, non-aggressive treatments:

- **Ustka offers a complete range of treatments, including brine baths, hydrotherapy, inhalations, therapeutic massages, paraffin compresses, magnetotherapy, cryotherapy, linetherapy, and talassotherapy,**
- **many centres on the Baltic coast (including Kolobrzeg, Mikho, Wnętrze Morza)** have special talassotherapy programmes where the main medicines for treating numerous ailments are seawater, sand, air, and sun.
The medicinal and relaxing properties of water have been known since antiquity.

In Europe, treatments by means of various kinds of baths were abandoned or neglected until recently, but are now witnessing a veritable renaissance. In Poland, too, SPA treatments are offered by a growing number of new centres as well as traditional places known from historical peregrinations “to take the waters”. Water treatments speed up metabolism, help in rehabilitation of the limbs, and the mineral salts contained in the waters are excellent for treating many skin ailments. Alternating baths make the body more resistant to infection, help regain one’s vigour, and are relaxing for body and mind. From among over a hundred various hydrotherapy treatments, the most popular are brine and mud baths, hydromassages and underwater massages, and wrapping in mud-water compresses. Paramedical treatments that serve relaxation include wading in water, snow and dew, sweating off in a sauna, and of course drinking various special mineral waters. Hydrotherapy uses practically every kind of water: rainwater, spring water, seawater, thermal water – both pressurized and “calm”. Many special waters are also prepared with added salts, oils, mud, and herbal mixtures. Mineral ingredients from other parts of the world, the Dead Sea for instance, are also used. Clients can even try a bath in goat’s milk with herbs and essential oils. The benefits of water can be enjoyed not only at health resorts and sanatoria, but also at good hotels and beauty farms.

In Poland, most SPA centres have been set up close to traditional therapeutic water springs – in Krynica-Zdroj, Ciechanów, Łądek-Zdrój, Sołec-Zdrój, though there are also SPA centres in coastal towns, in Mazury, and in Zakopane. All of them are fitted with specialist equipment and rooms for taking all kinds of baths.

the staff include doctors, cosmetologists, dieticians, physiotherapists. These “SPA Temples” are closed to children, everybody speaks in a low voice, and mobile phones are not allowed. Treatments are carried out to the accompaniment of soothing music, candlelight, and fragrant aromas.

The offer of Poland’s SPA centres is extremely interesting, and their unique advantages include unpolluted mineral resources, a great variety of brines and mineral waters, an abundance of therapeutic mud and peat, and local eco-friendly plantations and farms supplying herbs and other plants as well as milk. Some centres specialize in revitalizing facial skin, others in correcting the figure, including elimination and prevention of cellulite. Many have cryogenic chambers, others offer light therapy treatments. Polish SPA centres are flexible and adjust to the time clients have at their disposal, preparing weekend programmes as well as longer, one or two-week stays.

www.uzdrowisko-naleczow.com.pl
www.spanaleczow.pl
From among the large number of SPA centres operating successfully in Poland, at least several are leaders deserving a separate mention.

Undoubtedly among this group of private luxury centres is the Belvedere Hotel in Zakopane and the SPA Eris Hotel in Krynica-Zdrój and Wągrowiec. They offer many beauty and relaxation treatments supervised by doctors, physiotherapists and cosmetologists: aqua-aerobics, pearl baths, hydromassage, 10-day weight loss programmes, and also a wide range of services and treatments in medical/beauty salons, excellently equipped gyms, swimming pools, and saunas. The programmes are individually tailored to clients’ needs – and some can be very original indeed.

An active holiday on the waters of Lake Czos in Mrągowo can easily be combined with specialist treatments. The Mrongovia Resort & Spa Hotel offers ideal conditions for many kinds of treatment – all recommended by world-renowned cosmetic companies. This is comprehensive care: for example, before the core nail care treatment, a customer will receive a hot-stone massage of the hands to improve circulation and loosen tense wrist and arm muscles. In the excellently equipped gyms, physiotherapists offer individual exercises supervised by a personal trainer, followed by bathing in a pool of thermal water. Specialist beauty treatments are combined with leisure activities – horseback riding and tennis.

The mountain climate and ecological resources of the Bieszczady range are an excellent complement to the cleansing treatments offered at the Klimczok Hotel, in the Roman SPA – a copy of Roman thermae. It boasts Poland’s only Vacustyler, a device that until recently was used only by astronauts. During the treatment, the apparatus pumps oxygen into body tissue, and the pressure pushes out any toxins. Apart from detoxification, this treatment helps combat cellulite and obesity, improves circulation, and smooths the skin. The same hotel also offers a complete package of water treatments.

In the very heart of Gorce Mountains lies Rabka-Zdrój, where the state-of-the-art regeneration centre “Rabčański-Zdrój Medical SPA” was established. Besides a salt sauna, Roman baths, and Jacuzzi hydro massage, the facility provides very interesting beauty treatments in a SPA capsule (beer, chocolate, goat’s-milk baths) and relaxing and therapeutic massage (herbal stamps, hot stones).
Therapeutic mud is a term which refers to different kinds of peat containing mineral and organic components, including vestiges of moss, sedge, cranberry, heather, and bilberry.

Thousands of generations of plant life from the peat bogs, decomposing under water without air, have retained their important natural properties. Polish therapeutic mud comes from deposits of the highest purity, and Polish health resorts have taken advantage of their medicinal properties for 150 years. Mud poultices and baths have thermal-stimulating properties, removing or minimizing the effects of rheumatic, female, neurological, ear, nose and throat, and vascular diseases. Quite recently, therapeutic mud from Polish health resorts has become a cosmetic hit, as laboratories have developed special technologies for using it in beauty treatment cosmetics. Now, therapeutic mud can be used for detoxification, slimming and rejuvenating treatments and because it contains plant hormones, it is also effective in combating wrinkles. This is why therapeutic mud from Polish forests is competing successfully with algae and mud from the Dead Sea. Polish therapeutic mud contains all the elements the skin needs to function properly – such a unique and complete set of ingredients cannot be found in even the most expensive creams.

Polish health resorts, health and beauty centres, and SPA facilities use therapeutic mud widely. Besides medical treatment (peloidotherapy) they also propose regeneration stays during which guests can effectively lose weight and remove the toxins accumulated in their skin. One treatment ensuring overall benefits are mud poultices, which are applied at temperatures of 38-45°C to improve circulation and release toxins. An additional benefit of hot cosmetic poultices is the saturation of the cleansed skin with macro- and microelements contained in the mud, including plant hormones which act similarly to female estrogens, the deficiency of which causes ageing. Apart from mud treatments, many centres offer their own therapeutic mud preparations, and have doctors on hand to advise guests on how to use these at home. Centres specializing in therapeutic mud poultices, and for cosmetic purposes, are found in Krynica-Zdrój, Horyniec-Zdrój, Duszniki-Zdrój, Piwniczna-Zdrój, Ciechocinek, Kolobrzeg and Kołobrzeg.
Cultivating Health and Good Looks

numerous beauty treatments, and detoxify their bodies and minds during aroma- and music-therapy sessions. The Amax Hotel in Mikołajki, in the land of a thousand lakes – Mazuria, guests can come for a weekend of treatment and recreation for each guest. In today’s world, the people with the greatest chances of professional and personal success are those who have a shapely figure, are dynamic, and look healthy.

These people inspire confidence in their business partners – it’s no wonder that the most popular beauty farms are those offering weight-loss programmes, forming shapely and well-proportioned bodies, improving people’s appearance. There are many methods of achieving this goal: there is proper diet (always individually adapted), and also skin care, including erasing wrinkles using botox or hyaluronic acid, deep cleansing by means of specialist peeling, removal of blemishes with microdermabrasion, laser treatment, and particularly laser photo-rejuvenation.

In Nałęczów – a widely known health resort – the Feniks health and beauty centre proposes rejuvenating, weight-loss, and anti-cellulite treatments as well as prevention of hair loss. Feniks also has a package of cosmetic treatments for men, who increasingly appreciate the necessity of actively taking care of one’s appearance.

At the cozy Amax Hotel in Mikołajki, in the land of a thousand lakes – Mazuria, guests can come for a weekend of numerous beauty treatments, and detoxify their bodies and minds during aroma- and music-therapy sessions. The hotel is superbly equipped after a day spent yachting, or hiking in the Mazurian forests, even if you’re not staying at the Amax you can come in to use the steam sauna, swimming pool, pearl bath, and hydromassage in a special tub.

For those who enjoy relaxing on the Baltic Sea, Poland’s seaside towns have a huge variety of services restoring beauty and physical form as well as providing mental relaxation. At the Aga guesthouse in Gąski near Sarbinowo, in quiet surroundings and in the excellent care of expert staff, guests can lose weight quickly and pleasantly thanks to brine and mud baths, electro-stimulation, special exercises, and horseback riding. After a run/walk along the beach, excellent for soothing the nerves and inhaling the fresh air oxygen, the centre has not one but two foot massages per day.

In Augustów, surrounded by primeval forests in the proximity of fresh water lakes, the health and beauty centre at the Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

At Warsaw’s Victoria Hotel, Kanebo of Japan have opened a health and beauty studio. Its attractions include the 1500-year-old traditional am-ma massage, where “am” means to press and “ma” means to rub, and those are exactly the actions performed by the beautician. The treatment consists of a dry body massage, and then a face and neck massage. This treatment stimulates the energy points in the shoulders, feet, hands and ears, speeding up lymph circulation and cleansing the body. The treatment provides a huge energy boost fatigue disappears and facial features are made smoother.

The microclimate of Milandziewek encouraged investors from Warsaw to choose it as the location for one of the most modern health and beauty centres. The Metropolitan offers unique peeling treatments and fresh-fruit compresses – grapefruit, orange, kiwifruit. Apart from a package of relaxation, beauty and cleansing treatments, another great attraction is the holistic pedicure. The client’s chair vibrates massaging the back, and the feet, which are immersed in fizzy water, are subjected to reflexotherapy in addition to the routine pedicure.

At the Delfin Hotel in Augustów, guests can come for a weekend of numerous beauty treatments, and detoxify their bodies and minds during aroma- and music-therapy sessions. The Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

In Augustów, surrounded by primeval forests in the proximity of fresh water lakes, the health and beauty centre at the Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

At Warsaw’s Victoria Hotel, Kanebo of Japan have opened a health and beauty studio. Its attractions include the 1500-year-old traditional am-ma massage, where “am” means to press and “ma” means to rub, and those are exactly the actions performed by the beautician. The treatment consists of a dry body massage, and then a face and neck massage. This treatment stimulates the energy points in the shoulders, feet, hands and ears, speeding up lymph circulation and cleansing the body. The treatment provides a huge energy boost fatigue disappears and facial features are made smoother.

The microclimate of Milandziewek encouraged investors from Warsaw to choose it as the location for one of the most modern health and beauty centres. The Metropolitan offers unique peeling treatments and fresh-fruit compresses – grapefruit, orange, kiwifruit. Apart from a package of relaxation, beauty and cleansing treatments, another great attraction is the holistic pedicure. The client’s chair vibrates massaging the back, and the feet, which are immersed in fizzy water, are subjected to reflexotherapy in addition to the routine pedicure.

In Augustów, surrounded by primeval forests in the proximity of fresh water lakes, the health and beauty centre at the Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

At Warsaw’s Victoria Hotel, Kanebo of Japan have opened a health and beauty studio. Its attractions include the 1500-year-old traditional am-ma massage, where “am” means to press and “ma” means to rub, and those are exactly the actions performed by the beautician. The treatment consists of a dry body massage, and then a face and neck massage. This treatment stimulates the energy points in the shoulders, feet, hands and ears, speeding up lymph circulation and cleansing the body. The treatment provides a huge energy boost fatigue disappears and facial features are made smoother.

The microclimate of Milandziewek encouraged investors from Warsaw to choose it as the location for one of the most modern health and beauty centres. The Metropolitan offers unique peeling treatments and fresh-fruit compresses – grapefruit, orange, kiwifruit. Apart from a package of relaxation, beauty and cleansing treatments, another great attraction is the holistic pedicure. The client’s chair vibrates massaging the back, and the feet, which are immersed in fizzy water, are subjected to reflexotherapy in addition to the routine pedicure.

In Augustów, surrounded by primeval forests in the proximity of fresh water lakes, the health and beauty centre at the Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

At Warsaw’s Victoria Hotel, Kanebo of Japan have opened a health and beauty studio. Its attractions include the 1500-year-old traditional am-ma massage, where “am” means to press and “ma” means to rub, and those are exactly the actions performed by the beautician. The treatment consists of a dry body massage, and then a face and neck massage. This treatment stimulates the energy points in the shoulders, feet, hands and ears, speeding up lymph circulation and cleansing the body. The treatment provides a huge energy boost fatigue disappears and facial features are made smoother.

The microclimate of Milandziewek encouraged investors from Warsaw to choose it as the location for one of the most modern health and beauty centres. The Metropolitan offers unique peeling treatments and fresh-fruit compresses – grapefruit, orange, kiwifruit. Apart from a package of relaxation, beauty and cleansing treatments, another great attraction is the holistic pedicure. The client’s chair vibrates massaging the back, and the feet, which are immersed in fizzy water, are subjected to reflexotherapy in addition to the routine pedicure.

In Augustów, surrounded by primeval forests in the proximity of fresh water lakes, the health and beauty centre at the Delfin Hotel offers a “beauty capsule” where guests can lose weight quickly. The hotel also has interesting relaxation and rejuvenation programmes. Some beauty farm programmes also feature health treatments, to mention just the Health and Beauty Clinic at the Bryza Hotel in Jurata, which specializes in atherosclerosis prevention treatments.

At Warsaw’s Victoria Hotel, Kanebo of Japan have opened a health and beauty studio. Its attractions include the 1500-year-old traditional am-ma massage, where “am” means to press and “ma” means to rub, and those are exactly the actions performed by the beautician. The treatment consists of a dry body massage, and then a face and neck massage. This treatment stimulates the energy points in the shoulders, feet, hands and ears, speeding up lymph circulation and cleansing the body. The treatment provides a huge energy boost fatigue disappears and facial features are made smoother.

The microclimate of Milandziewek encouraged investors from Warsaw to choose it as the location for one of the most modern health and beauty centres. The Metropolitan offers unique peeling treatments and fresh-fruit compresses – grapefruit, orange, kiwifruit. Apart from a package of relaxation, beauty and cleansing treatments, another great attraction is the holistic pedicure. The client’s chair vibrates massaging the back, and the feet, which are immersed in fizzy water, are subjected to reflexotherapy in addition to the routine pedicure.
advantage of the full recreation offering, it’s possible to alleviate the effects of stress and fatigue by having a rest in the SPA Park next to the brine graduation towers. This has a calming and relaxing effect as well as improving the respiratory tract’s functions.

The SPA Villa Park centre in Wesoła also offers relaxation to those who find their stay in Warsaw tiring. This hotel and recreation complex, just 30 kilometres from Warsaw’s centre, has a swimming pool with computer-controlled water flow, showers, waterfall and counter-currents. Guests can also enjoy a hydromassage and use the complex’s rooms for yoga, aerobics, and squash. Parma Zdrowia i Urody (Health and Beauty Farm), located even closer to Warsaw, in Józefów, offers a wide range of health and beauty treatments. You can drop in for a few hours, or spend a wonderful weekend after a hard week’s work. Krakow also has a specialist and diverse range of health and beauty treatments for those who feel tired and want to relax. Located in the city centre, in the Historical Mateczny Park, the Day Spa Relax Care Health and Beauty Centre has treatments using sulphur-brine water whose pressure causes it to flow from a spring 30 metres under ground. The minerals it contains make this one of the most valued mineral waters in Poland. Rich in magnesium and calcium, it also contains selenium, an element that is seldom found in waters and has anti-cancer properties as well as the possibility of eliminating free radicals.

Apart from locations on the outskirts of large cities, there are an increasing amount of Polish hotels and guesthouses offering comfortably furnished beauty salons, gyms and workout rooms, aqua-parks, tennis courts and swimming pools, where business people can go in their free time to regain their vigour, release stress, and improve their appearance.

Business trips to Poland don’t need to be only hard work and stress.

The hardships of negotiations and the stress linked to working and staying in large cities can be alleviated by devoting free time to relaxing at health and beauty treatment centres available there, or at nearby suburban SPA centres. Many Polish cities are surrounded by areas that have a unique microclimate, where natural mineral resources are used by local health and beauty centres.

A tired business person staying in Warsaw needs to travel just 20 kilometres to find themselves in Konstancin-Jeziorna, a health resort situated in the forest, famous for its medicinal microclimate. This resort, once an exclusive holiday destination, features many architecturally interesting villas (and a beautiful palace) set in an old pine forest. Apart from core medical treatment, the sanatoria and hospitals offer many health and beauty treatments as well. Konstancin’s natural mineral resources include bromide and ferrous brine. Even if there’s not enough time for a longer stay to take advantage of the full recreation offering, it’s possible to alleviate the effects of stress and fatigue by having a rest in the SPA Park next to the brine graduation towers. This has a calming and relaxing effect as well as improving the respiratory tract’s functions.

The SPA Villa Park centre in Wesoła also offers relaxation to those who find their stay in Warsaw tiring. This hotel and recreation complex, just 30 kilometres from Warsaw’s centre, has a swimming pool with computer-controlled water flow, showers, waterfall and counter-currents. Guests can also enjoy a hydromassage and use the complex’s rooms for yoga, aerobics, and squash. Parma Zdrowia i Urody (Health and Beauty Farm), located even closer to Warsaw, in Józefów, offers a wide range of health and beauty treatments. You can drop in for a few hours, or spend a wonderful weekend after a hard week’s work. Krakow also has a specialist and diverse range of health and beauty treatments for those who feel tired and want to relax. Located in the city centre, in the Historical Mateczny Park, the Day Spa Relax Care Health and Beauty Centre has treatments using sulphur-brine water whose pressure causes it to flow from a spring 30 metres under ground. The minerals it contains make this one of the most valued mineral waters in Poland. Rich in magnesium and calcium, it also contains selenium, an element that is seldom found in waters and has anti-cancer properties as well as the possibility of eliminating free radicals. Apart from locations on the outskirts of large cities, there are an increasing amount of Polish hotels and guesthouses offering comfortably furnished beauty salons, gyms and workout rooms, aqua-parks, tennis courts and swimming pools, where business people can go in their free time to regain their vigour, release stress, and improve their appearance.
Many Polish health spas specialize in various methods for cleansing the body of toxins.

These programmes are based on diets supplemented by regeneration treatments and exercise regimes. The principal goal of this means of restoring beauty and holistic wellness is to eliminate undesirable substances accumulated in the body. The greatest enemies of our health include calcium salts, cholesterol, and inactive ballast proteins we accumulate through an unhealthy lifestyle, poor nutrition, and the use of harmful substances. Special diets can cleanse the body of toxins and dissolve the deposits that hamper the flow of blood and lymph and disturb cell function by eliminating tired cells; these diets restore optimal body function. Another substantial benefit of a detoxification holiday is that you lose excess kilograms and feel truly great.

Diets are planned to suit each individual client, depending on the needs and characteristics of their body. The centres offering them usually have two types of diet: liquid – based on freshly pressed fruit and vegetable juices, and low-calorie (from 500 to 1,000 kcal daily) – also based on fruit and vegetables as an excellent source of antioxidants – substances that sweep the toxins from our bodies. Though the diets are based on fruit and vegetables, the menus are very diverse, supplemented with herbs and mineral waters, and all the products used in such regimes come from organic farms. Some centres even serve food exclusively from their own plantations, where no genetically modified produce is grown.

The regeneration treatments accompanying these programmes are also based on plant and mineral components. The standard facilities of such centres include dry and steam saunas, swimming pools, gyms, hydrotherapy equipment, and solaria. A complete range of supplementary services is offered, including poultices made from Polish therapeutic mud and mud from the Dead Sea as well as poultices made from honey, milk, a mixture of cinnamon and marine algae. Guests can take advantage of massages using natural oils and peeling substances. Centres offering cleansing treatments recommend a sizable dose of physical exercise in their gyms, workout rooms, swimming pools and, of course, out in the fresh air – which carries an added value, as these centres are most often located in health and holiday resorts famous for the splendor of their landscapes.
Salt contains elements essential to life

iodine, calcium, magnesium, potassium, sodium, iron, selenium, copper – these are just some of the microelements whose lack or shortage in the body leads to serious problems with physical and mental health. For example, the selenium contained in salt has a huge impact on halting skin aging processes. This is why treatments involving selenium-saturated salt solutions are included at Polish health resorts and health and beauty centres. Many guidebooks on Poland feature detailed descriptions of the tourist and therapeutic value of the natural salt caves in Wieliczka and Bochnia. The greatest range of treatments can be found at the Wieliczka salt mine’s subterranean rehabilitation and therapy centre. This centre proposes comprehensive treatment of asthma, allergies, respiratory diseases, skin diseases and blisters as well as obesity. The part of this health SPA located 135 metres under the surface, in a chamber called Lake Wessel, has unique therapeutic benefits, but also great aesthetic value. Seven-hour stays in absolutely

pure air saturated with therapeutic sodium chloride, ions of magnesium and calcium, in the expert care of doctors and physiotherapists, are not cheap – but this type of treatment for the body and soul cannot be compared with anything available at a conventional sanatorium. The salt mine in Wieliczka is unique on a global scale, but the therapeutic properties of salt are successfully used by other centres, in artificial salt caves built exclusively from timber without any metal parts, filled with salt from subterranean deposits and sea salt from the Baltic, the Dead Sea and the Red Sea.

Salt caves and caverns can be found in almost every health resort and numerous hotels across the country. The special atmosphere of these artificial caves is due to the great care taken to re-create the landscape forms of natural caves, appropriate lighting that brings out the structures of lumps of salt crystals, soft music, and a pleasantly higher temperature and humidity compared to natural caves. Saturation with bioelements vital for human health is many times higher than during a heavy storm on the seashore, though these caves’ climate is conducive to absolute relaxation, as obviously they are free of the unpleasant wind and noise of a raging storm. The list of therapeutic effects of staying in artificial salt caves includes positive results in treatment of neuroses and neurotic states, in rehabilitation after injuries sustained in sports or accidents, and in alleviating the effects of physical and emotional exhaustion resulting from working in jobs that involve, for example, a high level of responsibility for the lives of other people or financial accountability.
Treatments involving drinking mineral waters are among the oldest therapies.

Systematic and properly dosed water drinking has a local effect on the digestive system and the general effect of supplementing any shortages of macro and microelements. In times when food lacks many of these components (such as selenium, calcium, copper etc.), the possibility of supplying the body with all the necessary elements is enormously important, as proved by clinical tests and scientific research. Due to the need to tailor such treatments to individual needs, a doctor always supervises the therapeutic process and dosage.

All the varieties of mineral waters present in a town are available at Poland’s SPA centres, and the pump rooms are located close to the intake so that the water doesn’t lose its valuable physicochemical properties. The pump rooms and adjacent promenade halls are often examples of historical architecture, emphasizing the centuries-long tradition of health spas. The drinking of therapeutic water during a stroll is a ritual that in itself brings the body additional benefits.

Though oxygen is unquestionably the basic life-giving element, its therapeutic properties started being exploited only recently. Oxygen at higher pressure (in hyperbaric therapy) can be effective in the treatment of many ailments, including problems with the coronary vessels, asthma, liver problems, multiple sclerosis, long-healing wounds (also related to diabetes), burns, carbon monoxide poisoning, and rapid blood loss. This kind of therapy is offered by the Mazovian Hyperbaric Therapy Centre in Warsaw. Oxygen rejuvenates the body, and helps maintain good form, for instance after a heart attack. The Polish Oxygen Therapy Centre runs many therapeutic outlets in Poland, including oxygen bars which are well worth visiting as a preventive measure, to aid in weight loss and reduce cholesterol levels.
The iodide and bromide brine that is used for this purpose is rich in many health-promoting micro elements such as iodine, calcium, magnesium, iron, zinc, and others. The brine solutions are pumped up onto the platforms located on top of the specially constructed wooden structures known as graduation towers. Dripping down through the bundles of brushwood, the brine evaporates and releases a large amount of aerosol that create a microclimate rich in ozone and iodine, similar to that which prevails on the seashore after a summer storm. Depending on the chemical content of the brine, the natural aerosol near the graduation tower may have different medicinal properties. Inhalation is particularly recommended for people suffering from respiratory system difficulties, thyroid disorders, certain circulatory system problems, and in the preventive treatment of allergies.

A graduation tower is a wooden construction, from a few to several meters high with a total length of tens of meters even up to several hundred meters, usually made of pine and spruce timber. The wall-like frame is filled with bundles of blackthorn. The brine drips down through the branches, evaporates and fills the air around the graduation tower with a medicinal, ionized mist, creating an enormous, natural inhalatorium.

The first graduation towers were used during the production process of table salt. It was only after some time that the therapeutic properties of the microclimate around the graduation towers were discovered.

Three Polish health resorts have graduation towers which serve as outdoor inhalatoria. They are located in Ciechocinek – a 19th century historical graduation tower, Inowrocław and Konstancin. Busko-Zdrój and Grudziądz have smaller indoor installations. Since recently, mini graduation towers have been operating in Kolobrzeg and Rabka-Zdrój. Viewing terraces on top of the facilities in Ciechocinek and Inowrocław attract many visitors.

Health and beauty tourism

People nowadays are increasingly in need of rest, tranquility, and the regeneration of the body and soul, which are tainted by the hardships and stress of life and work in big cities.

Poland is one of the most popular “paradises” of health and beauty tourism. Several dozen clinics and SPA & Wellness centres located in stunning health resorts and regions, both in rural and urban surroundings, cater for all the needs of the modern man and woman – comfort, entertainment, leisure time, and health. The excellent quality of medical and cosmetic services, outstanding beauty specialists, cutting-edge equipment and affordable prices attract thousands of visitors from this country and abroad, yearning to soothe their bodies and souls. Aesthetic, cosmetic, and dental medicine, ophthalmology, and orthopaedic surgery (including the installation of hip joint endoprostheses) – are only a few of the services. A number of clinics provide all-round services – not just related to treatment but also tourism. All in one. World-class quality services at affordable prices for your health and beauty.

Info: www.medicaltourism.pl
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Augustów Sanatorium i Uzdrowisko &quot;Kwadrant&quot;</td>
<td><a href="http://www.sanatorium.augustow.pl">www.sanatorium.augustow.pl</a></td>
<td>ul. Grunwaldzka 1, 16-300 Augustów</td>
</tr>
<tr>
<td>3</td>
<td>Ciechocinek Przychodni Uzdrowiskowej Ciechocinek S.A.</td>
<td><a href="http://www.ciechocinek.pl">www.ciechocinek.pl</a></td>
<td>ul. Pawilonowa 1, 47-070 Ciechocinek</td>
</tr>
<tr>
<td>4</td>
<td>Chopina Lipno Uzdrowisko Chopina S.A.</td>
<td><a href="http://www.chopina.pl">www.chopina.pl</a></td>
<td>ul. Chopina 7, 16-720 Lipno</td>
</tr>
<tr>
<td>7</td>
<td>Łądkowice Uzdrowisko Łądkowice Sp. z o.o.</td>
<td><a href="http://www.uzdrowisko-landkowice.pl">www.uzdrowisko-landkowice.pl</a></td>
<td>ul. Zdrojowa 1, 45-570 Łądkowice</td>
</tr>
<tr>
<td>8</td>
<td>Łazienki Uzdrowisko Łazienki Sp. z o.o.</td>
<td><a href="http://www.uzdrowisko-landkowice.pl">www.uzdrowisko-landkowice.pl</a></td>
<td>ul. Zdrojowa 1, 45-570 Łądkowice</td>
</tr>
<tr>
<td>9</td>
<td>Malbork Sanatorium i Uzdrowisko &quot;Divalon&quot;</td>
<td><a href="http://www.sanatorium-divalon.pl">www.sanatorium-divalon.pl</a></td>
<td>ul. Zdrojowa 1, 15-620 Malbork</td>
</tr>
<tr>
<td>14</td>
<td>Sanatorium Uzdrowiskowe &quot;Osiedle Kudowa Zdroj&quot;</td>
<td><a href="http://www.osiedle-kudowa-zdroj.pl">www.osiedle-kudowa-zdroj.pl</a></td>
<td>ul. Zdrojowa 1, 34-300 Kudowa-Zdrój</td>
</tr>
<tr>
<td>15</td>
<td>Sanatorium Uzdrowiskowe &quot;Olimpia&quot;</td>
<td><a href="http://www.sanatorium-oliwia.pl">www.sanatorium-oliwia.pl</a></td>
<td>ul. Parkowa 23, 57-300 Oliwa</td>
</tr>
<tr>
<td>18</td>
<td>Sanatorium Uzdrowiskowe &quot;Worodło&quot;</td>
<td><a href="http://www.sanatorium-worodlo.pl">www.sanatorium-worodlo.pl</a></td>
<td>ul. Zdrojowa 1, 38-170 Worodło</td>
</tr>
</tbody>
</table>

Legend:
- X – treatments for adults
- ** – treatments for children
- **:** – treatments for adults and children

Disorders:
- Orthopaedic, traumas
- Rheumatological diseases
- Heart attack and hypo tension
- 肝炎
- 内科
- 脾炎
- 胃肠道
- 肾炎
- 脾炎
- Orthopaedic, traumas
- Rheumatological diseases
- Heart attack and hypo tension
- 肝炎
- 内科
- 脾炎
- 胃肠道
- 肾炎
- 脾炎

Occupational disease:

Population:

24

www.sguerp.pl
www.igup.pl
www.suupl.pl
1 | Medicinal baths in mineral waters

The active compounds in the water penetrate the patient’s skin during bathing, having a local and general beneficial impact on the body.


PLN 15 (~ € 3.5)

2 | Medicinal dips

For patients with contraindications for bathing, this treatment involves dipping the lower or upper limbs in mineral water.


PLN 15 (~ € 3.5)

3 | Douches, power showers

A shower in water of varying pressure and temperature stimulates circulation, which has a calming effect and helps build up immunity.

6 | Whirlpool massages
For the upper and lower limbs. Whirling warm water massages them, with a swelling-reducing and muscle-relaxing effect, stimulating circulation in the peripheral vessels. The addition of mud emulsion has a warming and painkilling effect.

PLN 8-14 (~ € 1.8-3.2)

7 | Mud treatments
Covering specific parts of the body with a mud pack of set temperature and thickness for deep warming of the body, achieving an anti-inflammatory, regenerating and anti-bacterial effect.

PLN 5-15 (~ € 1.1-3.5)

8 | Classical massages
This treatment, applied to the whole body or locally, involves a specific succession of such techniques as stroking, rubbing, kneading, patting, vibration. It improves circulation, increases tissue elasticity, relaxes tense muscles, improves lymph circulation.

PLN 8-14 (~ € 1.8-3.2)

9 | Exercises
Exercising is a basic rehabilitation treatment. It helps develop and improve mobility, shape joint surfaces, improve elasticity and springiness of joint capsules and ligaments.

PLN 8-14 (~ € 1.8-3.2)

9 | Thermotherapy
Treatment through various forms of physical activity with appropriately designed loads.

PLN 15-25 (~ € 3.3-5.6)

10 | Pool exercises
Exercising in water, under lightened strain. The aquatic environment lessens neural excitability, relaxes the muscles, relaxes the joints.

PLN 8-14 (~ € 1.8-3.2)

11 | Working out
Treatment through various forms of physical activity with appropriately designed loads.

PLN 15-25 (~ € 3.3-5.6)

12 | Cryotherapy
The stimulating effect of extremely low temperatures, from –120°C, achieved using liquid nitrogen. Acting on the body’s surface for 2-3 minutes, it causes a reducing and anti-inflammatory effect.

PLN 15-25 (~ € 3.3-5.6)

13 | Magnetotherapy
Treatment with a variable magnetic field improves peripheral circulation, accelerates regeneration processes such as healing of wounds and fractures, has a painkilling, anti-inflammatory and soothing effect.

PLN 15 (~ € 3.3)

14 | Electrical and light therapy
Electrotherapy – treatment with direct current and low medium-frequency electrical impulses. Light therapy – treatment with light from natural (heliotherapy) or artificial sources (actinotherapy).

PLN 9-25 (~ € 2.5-6.5)

15 | Sauna
A thermal therapy in a room filled with hot air, used chiefly for regeneration and building up immunity.

PLN 9-25 (~ € 2.5-6.5)
17 | Laser
A monochromatic beam of dense energy coherent light reaches deeper tissues. This therapy has a pain-killing, regenerating and swelling-reducing effect.
PLN 10-15 (~ € 2.2-3.5)

18 | Inhalation
A treatment involving inhaling the vapour of mineral waters, diluted medications or their aerosols from an inhaler or by inhaling the steam of a boiling liquid.
PLN 9-14 (~ € 2-3.1)

19 | Salt cave
Staying in bacteriologically pure air saturated with therapeutic sodium chloride as well as magnesium and calcium ions.
PLN 4-9 (~ € 0.9-2)

20 | Drinking of mineral waters (crenoterapy)
Drinking of medicinal waters for a specified time, in doses defined as to amount, temperature, and time in relation to meals. Has a local effect on the digestive system.
PLN 8 (~ € 1.8)

21 | Paraffin poultices
A thermal treatment in which paraffin heated to 40-50°C increases blood supply to the area being treated.
PLN 9.5-17 (~ € 2.1-3.8)

22 | Hot pebble massages
Thanks to the heat of the pebbles and a massage involving moving them across the body, energy flow is unblocked.
Towns: Ciechocinek, Kielce, Krynica-Zdrój, Mrągowo, Szczyrk, Warsaw. Most of the resorts Spa.
PLN 150-180 (~ € 34-40)

23 | Endermology
A combination of mechanical massage with precisely regulated vacuum, this treatment improves blood and lymph circulation, eliminates toxins, reduces the volume of deep fat deposits.
Towns: Mikolajki, Kołobrzeg, Łądek-Zdrój, Nałęczów, Turembica, Warsaw, Zakopane. Most of the resorts Spa.
PLN 100-200 (~ € 22-44)

24 | Oxygen therapy
Stimulates detoxication of the body, rejuvenates it, activates its vital force and immunity.
PLN 80 (~ € 17.8)/ 1 h

25 | Vacuum massage
In the Vacuumator capsule, negative pressure causes blood and oxygen to be sucked to the lower parts of the body. This enables cells to access oxygen at a normal speed.
Towns: Szczyrk, Warsaw. Some centres SPA.
PLN 130-180 (~ € 28.9-40)
Republic of Poland
Area: 312,000 sq km.
Location: Central Europe.
Poland borders on Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia. Its northern border – 500 km long – runs along the Baltic Sea coast.
Population: 38,000,000.
Flag: White and red.
Official language: Polish.
Capital city: Warsaw.
Other major cities: Szczecin, Katowice, Lodz, Poznan, Gdansk, Szczecin, Lublin, Cracow, Warsaw, Poznan, Gdansk.
Climatic conditions: Temperatures in July range from 7°C to 30°C (86°F). The best time of the year for practising winter sports is between January and March.

Public holidays and work-free days
Non working days are Saturdays, Sundays, and following holidays:
- New Year’s Day (Jan. 1st), the Easter (Easter Sunday and Monday and the following Monday), the Constitution of the Republic of Poland Day (May 3rd), Corpus Christi (Thursday, movable feast), Feast of the Assumption (Aug. 15th), All Saint’s Day (Nov. 1st), National Independence Day (Nov. 11th), Christmas (Dec. 25th and 26th).

Where to stay?
All hotels are classified and their categories range from inexpensive to luxurious.
- Many historic and old buildings (palaces, castles, monasteries, etc.) have been adapted for tourist purposes www.polkonpol.com.pl, tel. +(48) 22 512 52 14.
- Useful telephone numbers
  - Poland Tourist Country Lovers’ Association: www.pttk.pl.
  - Camping: tel./fax +(48-22) 810 60 50, www.pfcc.eu
- How to Pay?
The Polish currency is the zloty (PLN). You can pay using other currencies e.g. Euro, after you have come to an agreement with the vendor, but this is not always the case. Most transactions are done in zloty. Money can be changed at banks or exchange counters (Kantor). Credit cards are accepted in most shops and for services in the whole of Poland. Cash dispensers of the different banks are available on national and local roads. Coach services are operated throughout the year by state and private bus companies across the country: www.polbus.com, www.roomy-jadrys.info.

Air
There are airports in Poland in the following cities: Warsaw, Krakow, Gdansk, Katowice, Lodz, Poznan, Bydgoszcz, Wroclaw and Rzeszow. LOT Polish Airlines is Poland’s national carrier. In order to find the necessary information, all travellers planning to come to Poland and move around the country by air should visit the LOT website: www.lot.com. In addition, there are other carriers, including budget airlines such as Easy Jet – www.easyjet.com, Germanwings – www.germanwings.com, WizzAir – www.wizzair.com, Ryanair – www.ryanair.com, Norwegian – www.norwegian.no, Air Lituanica – www.airlituanica.com

Train
Poland has a well-developed rail network. Major Polish cities are interconnected by Intercity express trains running between European cities. The national railway network is administered and serviced by the Polish State Railways (PKP). All necessary information can be found on the PKP website: www.pkp.pl, www.intercity.pl, www.rakietki.pl.pl and tel. +(48) 15 12.

Bus
Any place in Poland can be easily reached on the extensive network of national and local roads. Coach services are operated throughout the year by state and private bus companies across the country: www.polbus.com, www.roomy-jadrys.info.

Taxi
Taxis are marked with the "TAXI" sign. Taxis are best be booked by telephone. Higher rates are charged for travel out of city limits, on Sundays and holidays, a special night fare is applied between 10 pm and 6 am.

Traffic regulations
These are compatible with the regulations in EU countries. Speed limits on Polish roads are:
- 50 km/h for all vehicles in built-up areas;
- 90 km/h on two lane roads;
- 120 km/h on expressways;
- 140 km/h on motorways;
- Headlights must be switched on at all times while driving.

How to Pay?
The Polish currency is the zloty (PLN). You can pay using other currencies e.g. Euro, after you have come to an agreement with the vendor, but this is not always the case. Most transactions are done in zloty. Money can be changed at banks or exchange counters (Kantor). Credit cards are accepted in most shops and for services in the whole of Poland. Cash dispensers of the different banks are available on national and local roads. Coach services are operated throughout the year by state and private bus companies across the country: www.polbus.com, www.roomy-jadrys.info.

Useful telephone numbers
Nationwide toll-free 24 hour emergency phone numbers are:
- Ambulance: 999,
- Fire Brigade: 998,
- Police: 997, Mobile Phone Assistance: 112.
- Tourists can use the following emergency number during the summer season:
- 800 200 300, +(48) 608 599 999.