

POLAND

Health Resorts and Spas



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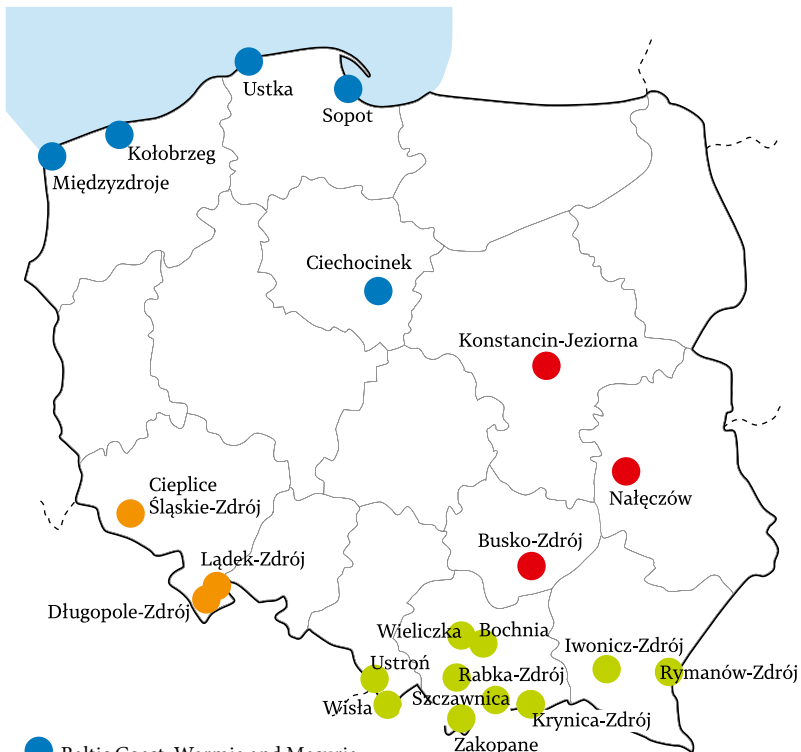
POLSKA
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www.poland.travel

Health Resorts and Spas



Blue dot: Baltic Coast, Warmia and Masuria

Red dot: Central and Eastern Poland

Green dot: Southern Poland

Orange dot: Lower Silesia and Wielkopolska

The location of health resorts in Poland

The specific profile of each health resort is conditioned by the climate and the natural resources of given medicinal properties.

Seaside resorts

They are located no further than three kilometres inland from the Baltic Coast, in an area of beautiful sandy beaches and pine woods.

Lowland resorts

They are located no higher than 200 metres above sea level, in the Polish region of the European Plain, among lakes and forests.

Sub-montane resorts

Situated between 200 and 400 metres above sea level, they are located at the feet of the Sudetes and the Carpathian Mountains in the southern part of the country.

Mountain resorts

They are situated between 400 and 800 metres above sea level.

The above division into categories fails to include the health resort facilities in the Wieliczka Salt Mine, deep underground.



Go to Poland for health and beauty

From the Baltic Sea to the Tatra Mountains, Polish resort towns promote nature-filled holidays, combining them with the beneficial effects of medical, relaxation and beauty treatments.

Staying at one of the Polish health resorts can be an unforgettable experience. Sanatoriums and spa centres take advantage of the treasures of both culture and nature: tourist attractions, beautiful landscapes, microclimate and natural resources. In our presentation of the leading Polish resorts, we provide insight into their value as sightseeing destinations. Regardless of any medical therapy and plans concerning the improvement of one's fitness and appearance, each of the resorts listed ensures a fantastic holiday. ►






► The three main principles of Polish health resorts are: to heal, to help recover and to prevent future medical conditions. The Ministry of Health approved the official status of 45 localities and the UNESCO Heritage site, the Wieliczka Salt Mine. This seal of approval guarantees that the climate and the properties of local waters and peloids assure these health resorts are capable of providing health services in this particular area. Most of them are state-owned enterprises, and they group together sanatoriums and spa facilities. They are associated within a non-profit cooperative program called Klub Kurortów Polskich (“Club of Polish Health Resorts”), which facilitates matching a specific patient’s profile with the appropriate place and treatment. A special agency Agencja Turystyki Zdrowotnej (“the Health Tourism Agency”) is also available to help secure a place in a sanatorium free of charge (www.e-kurort.pl). ►

By granting their seal of approval, the Ministry of Health guarantees that the climate and the properties of local waters and peloids assure a given health resort is capable of providing health services.







► Numerous wellness and spa hotels represent the other aspect of health-related tourism in Poland. They offer medical procedures in the field of aesthetics, as well as assorted beauty and wellbeing treatments. Among them, the patient can find medical spas which often draw inspiration from various medical traditions, some more familiar and some more exotic, such as folk medicine, Far Eastern medicine, ayurvedic medicine, herbal medicine, baths in water and in light, lithotherapy or thalassotherapy. These top-of-the-line enterprises ensure the best results, thanks to their state-of-the-art wellness centres, beauty parlours, professional staffs, and glamorous hotel and restaurant infrastructure.

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Generous gifts from nature

Polish health resorts have rich resources of mineral waters with medicinal properties.

The mineral composition of the waters in Polish spas is very diverse and their distribution is irregular. The richest resources are located in the southern part of the country. This is why more than half of all Polish health resorts are situated in the Sudetes and the Carpathian Mountains. The waters also differ when it comes to the degree of mineralisation. Carpathian waters are generally more mineralised than those from the Sudetes, and mountainous springs outrival the ones in the lowlands. From the point of view of medicine, acidic waters are most sought after. The region of Beskid Sądecki beats all records in its abundance. It was thanks to this gift from nature that one of the most beautiful Polish resort towns was born: Krynica Górská. Another locality, Szczawnica, owes its name to the Polish word for acidic water ("szczawa"). Meanwhile, waters rich in radon can be found exclusively in the Sudetes. ►

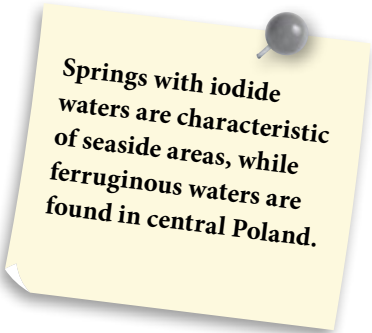
The waters with medicinal properties found in Poland differ when it comes to the degree of mineralisation.





► Less mineralised, sulphide waters are found in the mountains and in central Poland, particularly in the area of Ciechocinek. Springs with iodide waters are characteristic of seaside areas, while ferruginous waters are found in central Poland. Brines can be found in northern and central Poland and in the south in the Carpathian Mountains. They are used for inhalations and are sprayed in graduation towers.

Thermal springs are a separate category. They are usually found at great depths. They only form natural discharges in Cieplice Śląskie-Zdrój and Łądek-Zdrój in the Sudetes. Accompanied by a veil of steam and pleasantly warm, they were the first springs to attract people's attention and have been used for medicinal purposes ever since the Middle Ages.



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Peloids

Besides mineral water springs, the most precious resource in Polish health resorts are peloid deposits of various mineral compositions.

Considered a real treasure, these layers of peat are rich in mineral compounds and have beneficial medicinal properties. Peloids are organic humus masses formed over thousands of years by natural processes.

Today, there are thirty Polish health resorts relying on medicinal properties of peloids for therapeutic baths, compresses and wraps. Peloids used in therapy situations have the texture of pulp (natural peat mixed with water) which retains temperatures very well. When used as a compress or a wrap, this pulp allows it to warm up selected parts of the body to the temperatures up to over 40 degrees C. The properties of peloids are used in treating rheumatism and gynaecological problems. Peloids are also a popular ingredient in natural cosmetics.



Eight centuries of tradition

The oldest mention of using mineral waters for therapeutic purposes in Poland dates back to the 12th century, referring to Cieplce.

In the 16th century, the German-Swiss physician Paracelsus began to promulgate the medicinal properties of mineral waters. The physicians of Polish kings followed his lead by writing the first treatises on Polish balneology. At the turn of the 18th century, when the entire continent waxed poetic about the advantages of travelling, a new concept was born in France: taking baths for pleasure and health. Since bathing wasn't a pastime to be enjoyed publicly, special houses were built for this purpose, namely bath complexes. Usually, they emulated the installations and architecture of Swiss resorts. Wooden buildings with characteristic lace-like wooden sculpted decorations grace the scenery of Polish health resorts until this day. ►

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► The concept of the “healing vacation” soon gained popularity among the elite. They were devoted not only to therapy, but also to enjoying a luxuriant social life and partying rather hard. Duszniki was the favourite retreat of Frederic Chopin. Johann Wolfgang von Goethe would come to Cieplice, as would the future American President, John Quincy Adams. Russian Tsar Alexander I and British Prime Minister Winston Churchill were patrons at Łądek-Zdrój.

The years following the Second World War saw the erection of huge sanatorium complexes.

In order to be able to take part in therapy, one needed a doctor’s written prescription. After the fall of the Communist system, the sanatoriums underwent a metamorphosis. Thanks to thorough modernisation, they can now provide first-class services, using the newest equipment. In addition, more and more wellness and spa centres are being created next to older sanatoriums, together with upscale hotel infrastructure. Because of their beneficial microclimates and picturesque surroundings, health resorts are among the most attractive holiday destinations in Poland.



www.kudowa.pl/en







Treatments in Polish health resorts

Therapies which one can undergo in Polish health resorts make use of natural resources and rare microclimates.

Balneotherapy relies primarily on baths and massages in particular kinds of mineral waters and peloids, or with the use of naturally occurring gases. Quite often, therapists work with aromatic baths, enhanced with herbs or conifer needles. Hydrotherapy consists in showers, baths and massages focusing on a given area of the body. The resorts and SPA facilities on the Baltic Coast are experiencing a growing popularity of thalassotherapy sessions which employ all the riches that the sea has to offer: seawater, mud, sand and algae. ►

**The full offer at health resorts
is completed by various diet
programs and psychotherapy.**



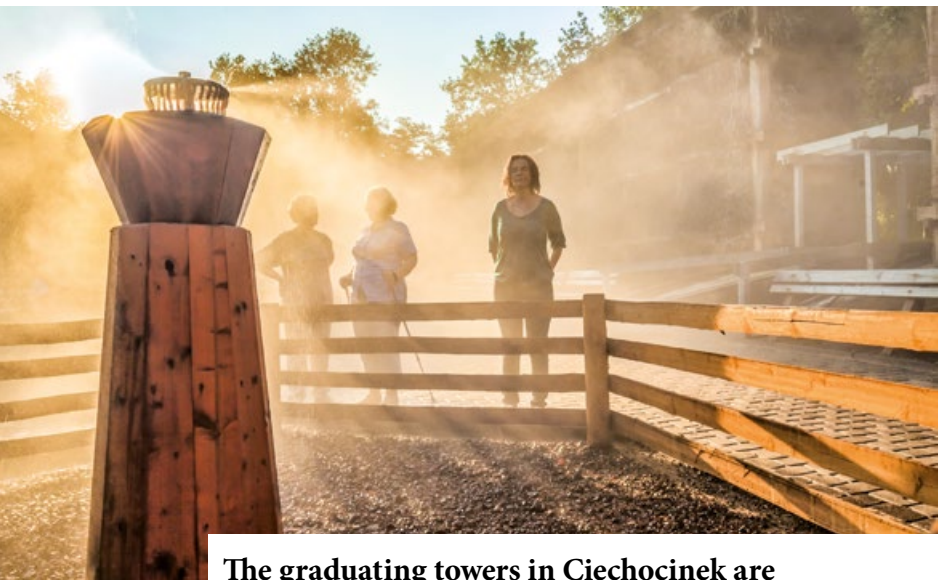
► Resorts are also seeing an increased interest in climatotherapy, for which the key conditions are the presence of a microclimate and exposure to sunlight.

Water vapours, brines evaporated in graduation towers and the salt mine air, rich in minerals are all used for inhalations. Various forms of open-air activities are part of the physical therapy and the so-called terrain therapy (terenoterapia), which consists in healing walks. High temperatures are used in thermal therapy treatments, while extremely low ones are used in cryotherapy. Natural, ultraviolet, infrared and laser light is employed in light therapy treatments. Meanwhile, sounds of various frequencies are used in ultrasound therapy and phonophoresis. Many different treatments relying on a constant current, along with electrodiagnostic testing, are to be found on the electrotherapy menu. The full offer at health resorts is completed by various diet programs and psychotherapy.



**Natural, ultraviolet, infrared
and laser light is employed
in light therapy treatments.**





The graduating towers in Ciechocinek are the oldest and the largest such complex in Europe.



The inimitable microclimate of the Polish graduation towers attracts convalescents from all over the world

Graduating towers are in use in six Polish health resorts. More of them are being built, including unconventional ones in the breath-taking setting of the salt mine in Wieliczka.

Minerals and microelements present in brines have a highly beneficial effect in the treatment of various conditions: from respiratory inflammations, high blood pressure and neurosis, to general exhaustion. They are also recommended for inhabitants of polluted urban areas, as well as for tobacco smokers. The most remarkable graduating towers are the pride of Ciechocinek. They are the oldest and the largest such complex in Europe. These giant wooden constructions are supported on seven thousand massive beams. Covered with bundles of brushwood, they are suffused with water from local springs which is rich in saline compounds. The heat and the wind cause the water to evaporate forming a mist which is perfect for inhaling. Other places which make use of graduation towers are: Konstancin near Warsaw, Inowrocław, Grudziądz, Busko-Zdrój, Rabka and Sołonka.



www.ciechocinek.pl/index.php?lang=2




en.ckr.pl



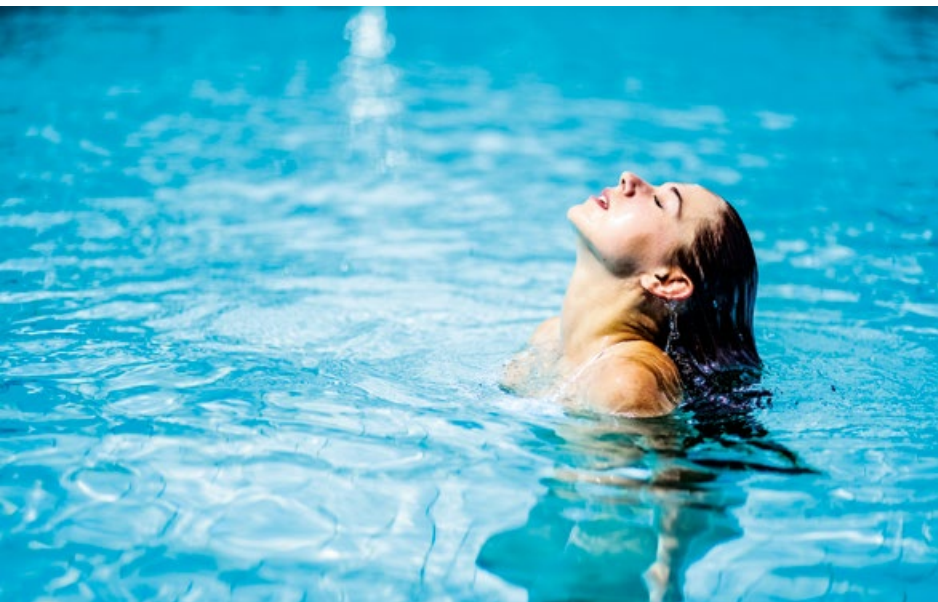
Międzyzdroje: the Cultural Capital of the Summer

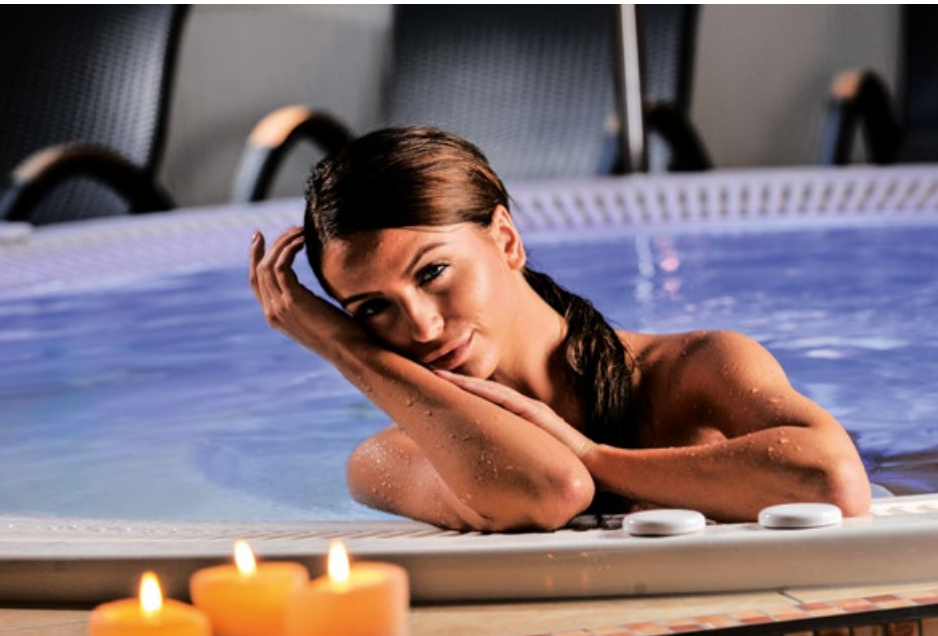
Beaches with golden sand, beautiful nature around you – in this scenery, you will not only get to unwind but also may spot film stars.

Międzyzdroje offers great accommodation and spa facilities. It is best known for its pier jutting out 395 metres into the sea, its forests with picturesque cliffs, as well as the Woliński National Park and the resort park named after Frederic Chopin. Visitors can enjoy its mild, maritime climate, with its record number of sunny days per year. The air is clean, free from allergenic elements and rich in iodine. Its beneficial effects strengthen your therapy, whether you are here to cure your respiratory ailments, skin allergies, migraines, neuralgia, obesity, diseases and injuries of motor organs, rheumatism, circulation problems, respiratory conditions or circulatory and neurological diseases. Last but not least, it is also a place to get over musculoskeletal problems and trauma. One can book a holiday without medical treatment but, instead, choose renewal therapy. Visitors are also entertained at the annual Festival of the Stars with its numerous concerts, theatre plays and film showings.



**Visitors to Międzyzdroje
can enjoy its mild, maritime
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Kołobrzeg: the Capital of all Polish spas

The biggest seaside health resort in Poland offers luxury holidays and lavish spa treatments.

The northern part of the city, where the health resort facilities are located, has over twenty hotels and a calendar full of cultural events. Modern interiors designed by accomplished architects are both practical and fascinating in form. Kołobrzeg offers a rare mix of conditions designed to create a great holiday: sandy beaches, an exceptional microclimate, rich resources of mineral waters, brines and peloids. Facilities specialising in natural medicine treat skin diseases, diabetes, obesity, osteoporosis, rheumatism, orthopaedic problems, high blood pressure, neurosis, and respiratory and cardiovascular problems. The spa has several salt caves. Inhaling the air rich in iodine, iron and manganese reinforces your individualized therapy and helps if you're suffering from depression or exhaustion.



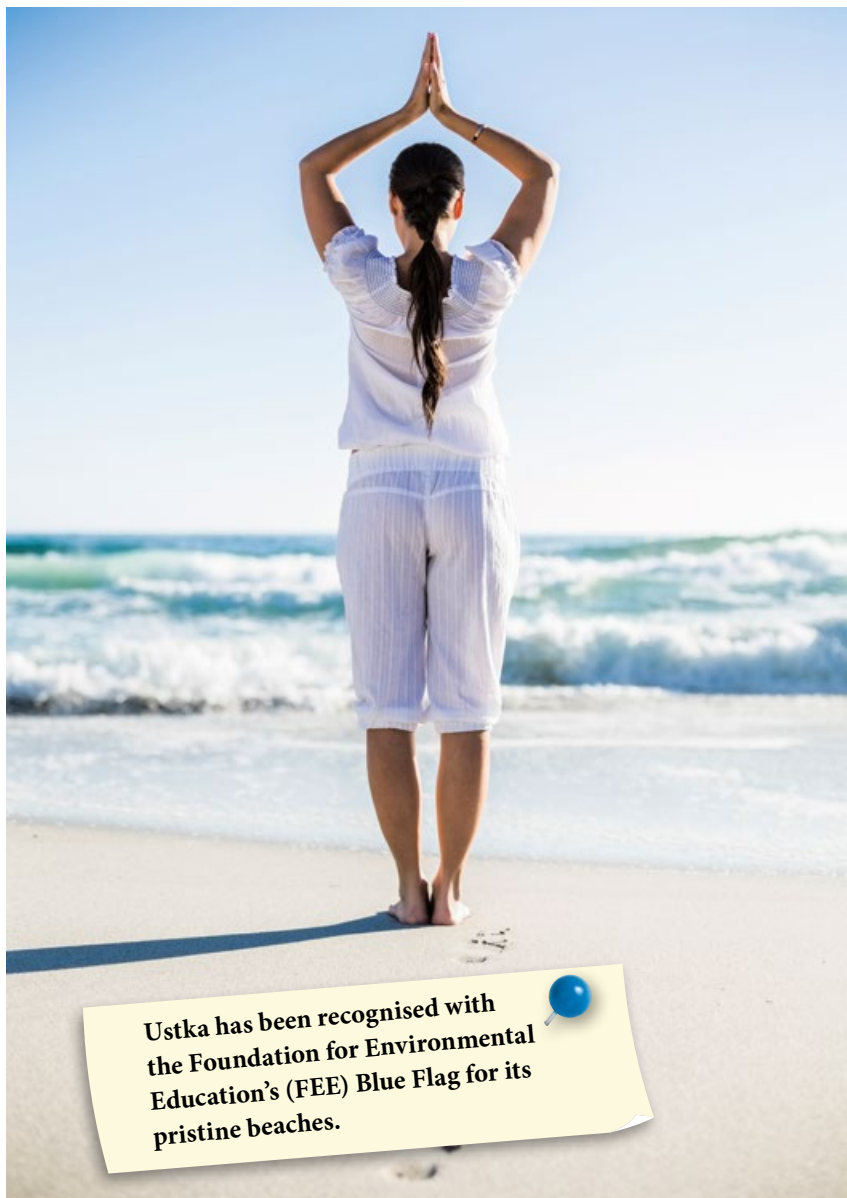
Ustka:

the Seaside Resort amid the pine woods

The beaches of Ustka are the most spectacular in Poland, while its climate is the mildest of the whole Baltic shore.

Ustka prides itself on its dense pine woods. The essential oils produced by pines counterbalance the pungent, iodine-saturated air. The locality also boasts long beaches and soaring cliffs up to 30 metres high. One of the centuries-old granaries in the harbour houses the Baltic Art Gallery and, close nearby, there is the Museum of Mineralogy where you can see Poland's largest crystal. Quiet side streets lead to health spas and a natural therapy centre offering baths in waters and peloids, as well as therapeutic and relaxing treatments. The gentle climate and rich natural resources facilitate the healing of orthopaedic, neurological, rheumatologic, respiratory, endocrinology, cardiovascular, musculoskeletal and high blood pressure problems. Ustka has also been recognised with the Foundation for Environmental Education's (FEE) Blue Flag for its pristine beaches.





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Sopot:

let's meet on the pier

In this seaside resort, you can regenerate your health and also rub shoulders with celebrities.

Sopot has two distinct faces. One of them is of luxury hotels with sumptuous spa facilities, fancy restaurants and boutiques, glamorous events. The other consists of therapeutic treatments offered by the local sanatoriums. Visitors enjoying the different aspects of the place cross paths on the pier, which is the longest pier in Europe. At its end, the concentration of iodine is twice the amount recorded on the shoreline. Taking a relaxing walk along the pier, with its lapping waves and crying seagulls, one can stop and watch passing ships through special binoculars on the boardwalk. The central square is the heart of the town. Towering over it stands a lighthouse with breathtaking panoramic views. The local health resort facilities focus on curing circulation and respiratory problems, rheumatic changes in the joints and spine, osteoporosis and obesity.

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www.pomorskie.travel/en



Ciechocinek: the Pearl among Polish spas

A salt springs microclimate and the scenery of rare plants and thousands of flowers make a stay in this spa unforgettable, not to mention beneficial for the body and the mind.

Ever since the Middle Ages, table salt has been produced here. Salt springs have been used for therapeutic purposes for 170 years. Ciechocinek offers saline inhalations, brine and peloid baths, as well as massages. The full list of available treatments has 70 therapies directed toward curing orthopaedic injury, neurological, rheumatologic, cardiovascular, peripheral vascular and respiratory diseases, as well as obesity, diabetes, osteoporosis, and gynaecological problems. The town has an uncommon landmark: its saline graduation towers. The park which surrounds them exhibits specific flora which grows in saline environments. The largest flower carpet in the whole resort, is composed of eight thousand plants and is redesigned early each summer.

**The most remarkable
graduating towers are the pride
of Ciechocinek.**



www.uzdrowiskociechocinek.pl/en







www.uzdrowisko-konstancin.pl/teznia



www.starapapiernia.pl/en

Konstancin-Jeziorna: oasis of health near the capital

The town of gardens, Konstancin-Jeziorna is the perfect place to reinvigorate one's health in close vicinity to Warsaw.

Opulent in its greenery, Konstancin lies on the extension of the Royal Route. It has long been favoured by the Warsaw elite, thanks to its charming, luxurious guest houses and hotels. The town of Jeziorna, which is part of the resort, has one of the oldest Polish paper mills, which started out 200 years ago. The sanatoriums help remedy neurological, respiratory, cardiovascular and high blood pressure problems, and offer magnet therapy, cryotherapy, physical therapy, as well as paraffin compresses and therapeutic massages. In the summer, one can benefit from the effects of very efficient graduation towers surrounded by a picturesque English garden.

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Nałęczów: **a spa with its own place in literature history**

The scenery of this 19th century town with breathtaking gardens soothes the nerves and helps regain a healthy balance.

The atmosphere of this place won the hearts of many people, including the Nobel prize winning novelist, Henryk Sienkiewicz. Not surprisingly, mention of Nałęczów recurs often in Polish poetry and literature.

The health resort facilities are surrounded by a large park with a meandering brook running through it. In the town's immediate vicinity, one can take a walk through numerous charming valleys tucked among the hills. Among houses which are over 100 years old, the unquestionable pearl is the palace dating back to the late 18th century. Visitors can enjoy firework shows and flights in a hot air balloon.

The chemical composition of the Nałęczów waters and the clean air are beneficial in remedying cardiovascular conditions and high blood pressure. The place is also known for a prestigious cardiology hospital, a facility specialising in eye surgery, a salt cave and a luxury spa with a pool filled with white clay especially imported from Greece.



www.naleczow.com.pl

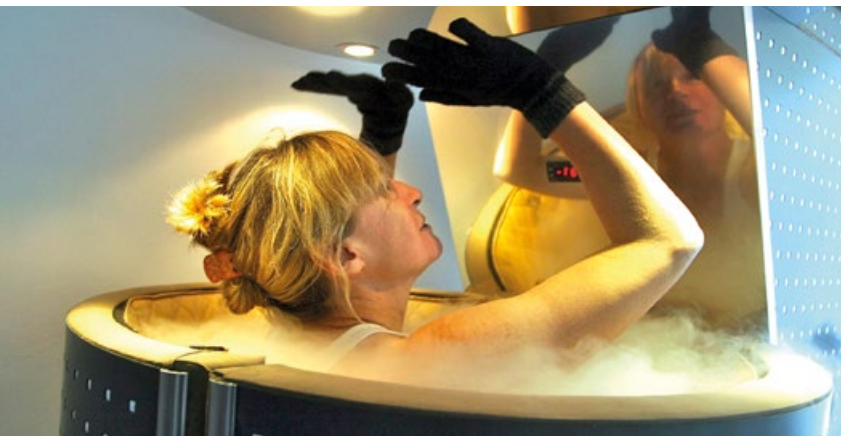


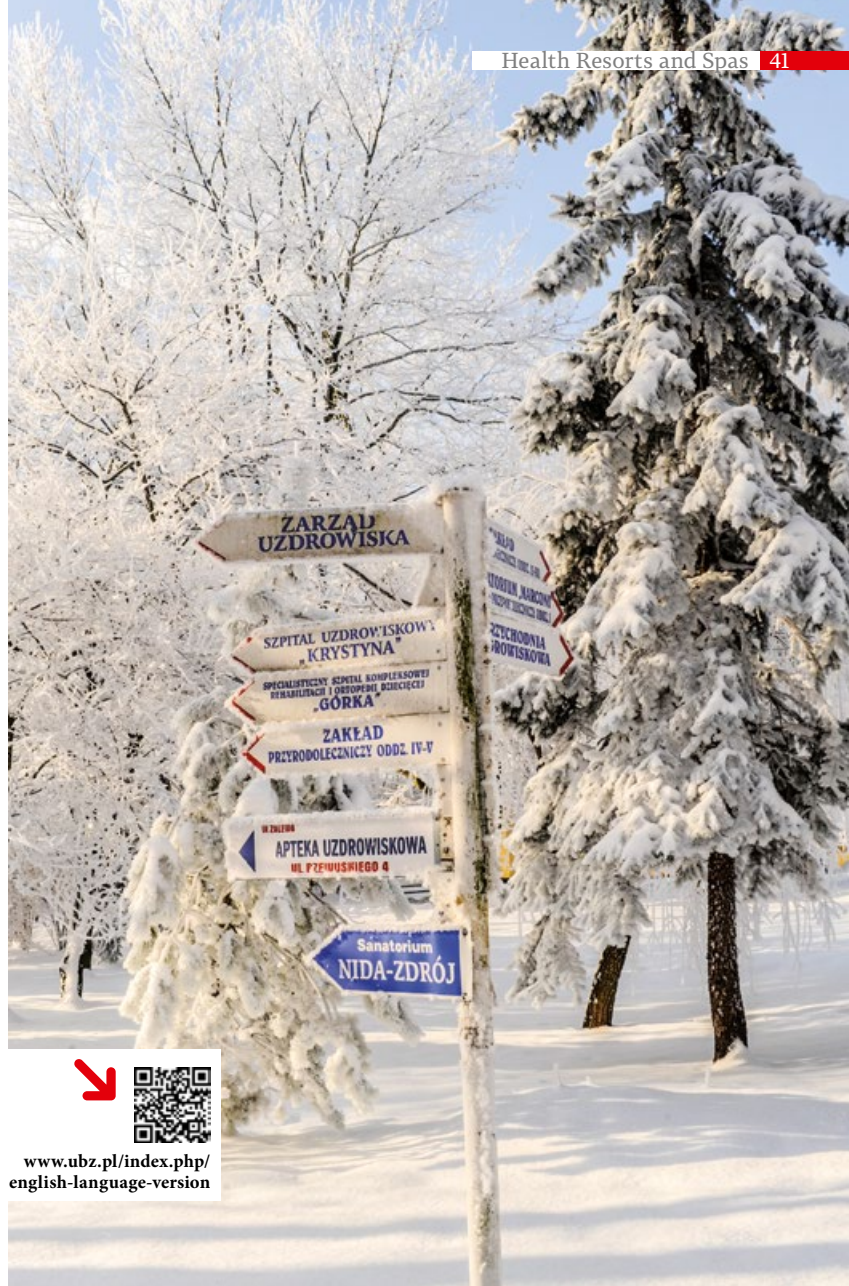
Busko-Zdrój:

nearly 200 years of tradition

What attracts visitors here are the mineral springs, brines, and rich, rare peloids, as well as the beautiful architecture.

The “Marconi” Sanatorium, designed in the 19th century by an Italian architect, is the most beautiful health retreat in Busko-Zdrój. Modelled on old Roman public utility buildings, it houses a pump room and a concert hall. Aged trees in the park surrounding the premises recall the time when the spa was constructed. The visitor will find tennis courts, playgrounds for children, numerous restaurants and cafés, and even an outdoor concert hall, all set in lush greenery. Set away from industrial areas, the spa treats neurological, orthopaedic, rheumatologic and dermatologic diseases, as well as brucellosis and osteoporosis. The waters help prevent atherosclerosis, while brines rich in iodine and selenium strengthen the heart, prevent tumours and support the natural immunity of the body. The area is also perfect for walks, cycling and horseback riding.





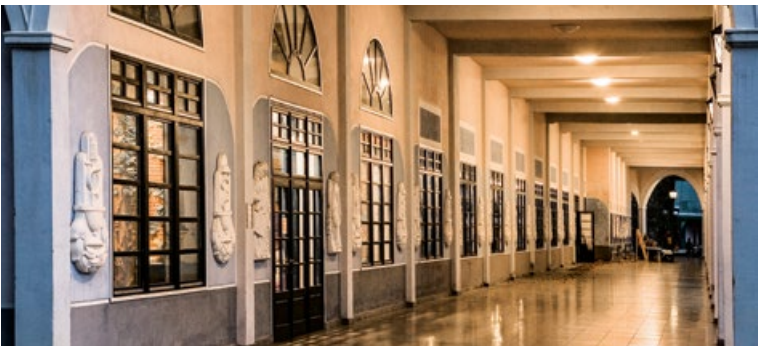
[www.ubz.pl/index.php/
english-language-version](http://www.ubz.pl/index.php/english-language-version)



Iwonicz-Zdrój and Rymanów-Zdrój: two neighbouring resorts

Set in the eastern part of the Polish Carpathian mountains, these two intimate localities are very close to one another. They complement each other in terms of offered treatments and active leisure possibilities, as well.

Iwonicz-Zdrój is tucked away amid the forests in the Iwonicki Potok Valley, while Rymanów-Zdrój is located at the end of this valley. Doctors have been recommending the baths in the local waters for 400 years. The charm of both localities is also due to their old wooden buildings, intricate gazebos, cosy guest houses and sanatoriums with openwork decoration, i.e., lace-like carved wooden balconies and gables. Stylised pump rooms add splendour to these historic centres, with mineral waters suitable for therapy for either drinking or bathing. Iwonicz-Zdrój is also known for its production of medical salts and cosmetics. Its historical centre boasts a charming pump room disguised as an orangery. People come here to treat rheumatism, osteoporosis, musculoskeletal diseases, neurological diseases, digestive and respiratory as well as gynaecological problems. An interesting fact, a spring called “Bełkotka” makes bubbles because of the natural gas deposit beneath it.



Krynica-Zdrój: the Polish Davos

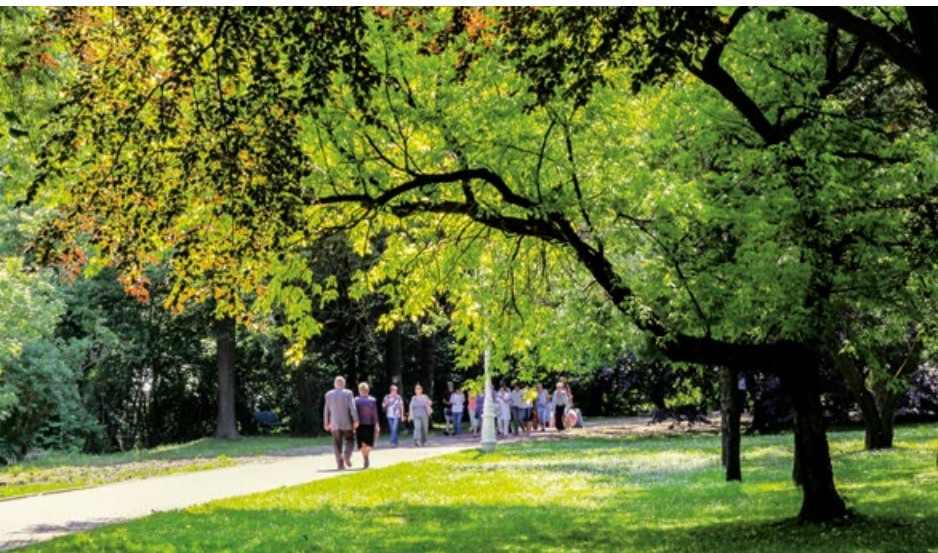
Often referred to as the cradle of Polish balneology, Krynica is also an important cultural and sporting centre and a venue for political and business conventions.

Krynica-Zdrój is one of the oldest spas in Poland. The area where it is located abounds in mineral water resources. Splendid historical summer houses and health resort facilities stand all along the main avenue. Scattered all over the green hills, romantic old guest houses and ultra-modern hotels offer lavish spa treatments. The 19th century villa called “Romanówka” houses the museum dedicated to the primitivist painter Nikifor. His drawings, made on matchboxes and cardboard packaging, usually portrayed views of Krynica and are now sought after by art collectors. Krynica-Zdrój is known for treating circulation problems, as well as digestive and urinary problems. Pijalnia Główna, the main pump-room, has a selection of water from seven different springs. Other prominent health resorts located in the vicinity are: Muszyna, Piwniczna and Wierchomla.





www.en.krynica.pl





Wieliczka and Bochnia:

subterranean health resorts

The air you breathe in these mines' long corridors is the cleanest in the world, free of any pollution or allergenic particles.

You can spend an extraordinary night deep underground. Far away from city noise, special chambers guarantee a restful sleep in the saline rich air of the Wieliczka Salt Mine. One can benefit from the mine's microclimate as well on the surface, in local hotels. These exceptional facilities offer the advantages of subterraneotherapy, i.e., exposing patients to the therapeutic benefits of the rare microclimate occurring within natural underground rock salt chambers. Many respiratory problems are treated here, such as asthma and other chronic pulmonary, bronchial, nasal, laryngeal, throat and sinus ailments as well as allergies. Therapies in Bochnia are also recommended for musculoskeletal disorders.

One can benefit from the mine's microclimate both underground and on the surface, in local hotels.



kopalnia.pl/uzdrowisko



www.kopalnia.pl



kopalniasoli.pl/en

Szczawnica:

the Spa full of charm in the Pieniny Mountains

This resort town is located in one of the most beautiful corners of Poland, at the end of the extraordinary Dunajec River Gorge.




www.uzdrowiskoszczawnica.pl/en



www.szczawnica.eu



It is here that the tradition of wooden raft cruises was born, down the rapids of the Dunajec River that snakes between the rock cliffs of The Pieniny Mountains. The area is also famous for picturesque gullies, such as the famous “Homole,” often called a miniature of the whole Pieniny Range. The spa uses acidic mineral waters from twelve springs and also offers pe-lloid baths. The mild climate helps alleviate respiratory conditions, allergies, asthma and chronic infections. Special facilities focus on musculoskeletal and rheumatologic therapy. Szczawnica boasts many historical buildings and houses along the main street have painted coats-of-arms over the doors, just like 150 years ago.



**It is here that the tradition
of wooden raft cruises
was born.**



**Wisła is the hometown
of one of the world's most
successful ski-jumpers,
Adam Małysz.**

Wisła and Ustroń:

at the sources of the longest Polish river

Tucked away in picturesque mountain valleys, the localities of Wisła and Ustroń offer an uncommon microclimate and perfect scenery for active holidays.

Wisła is a popular holiday resort and a great starting point for hikes and mountain bike rides. Hometown of one of the world's most successful ski-jumpers, Adam Małysz, it attracts many skiers each winter. Ski-lifts will take you up slopes of varying degree of difficulty, each boasting a different view of the breathtaking panorama. Long, gentle slopes coming down to verdant valleys are particularly appreciated by those who love cross-country skiing. Ustroń is known for its huge health resort facilities and specialty clinics and hospitals located among scenic hills covered with dense forest. They cater to patients suffering from neurological, rheumatologic, orthopaedic, cardio-vascular, vascular, respiratory diseases and problems – as well as from diabetes, obesity and osteoporosis.



www.wisla.pl



www.hr-ustron.eu



Rabka-Zdrój:

the Town of the Children of the World

A gentle microclimate, plentiful water resources and scenic green hills are the main assets of this resort which has been known for treating children for almost a hundred years.

If anyone had any doubt as to who the target patients are here, the clues lie with the Santa Claus statue in front of the railway station, the multi-coloured fountain with elephants in the main park (Park Zdrojowy) and the theme park called “Rabkoland.” Even the coat-of-arms reflects the character of the place: half of it is the face of the sun; the other half, a smiling child’s face. Rabka prides itself on the title of the “Town of the World’s Children,” awarded by the International Chapter of the Order of the Smile. Those honoured with this title hold their conventions in Rabka, and visitors can see a museum dedicated to the Order. The health resort focuses on treating respiratory and circulation problems.



Beautiful buildings
in the park house a pump
room and brine graduation
towers.



Thermal springs:

relaxation set in fairy-tale scenery

The thermal spring waters in the Podhale region are not only a green energy source. They also indulge both body and mind in complete comfort.

Surrounded by prisms of snow, the steaming thermal pools under a starry sky are the perfect place to unwind after a day of hiking. The hot water helps relax your muscles, especially if they got a workout while skiing. In Zakopane, you can sit back in the pool with a view of the majestic Mount Giewont. Children won't be bored either, as there are slides for the older ones and shallow pools for the little ones. There are also more intimate spots where one can rejuvenate the body in peace and quiet. Why not treat yourself to spa treatments, sauna, bubble baths or a massage?



www.zakopane.eu



The thermal waters in Podhale spring from a depth of over one and a half kilometre and reach temperatures of 37 degrees C in the pools.



Lądek-Zdrój and Długopole-Zdrój: double the benefit for your health in the Kłodzko Valley

Each resort has a different microclimate and waters with different chemical composition. As a result, their medical profiles are distinct, too.

Lądek lies amid woods and grasslands at the feet of the picturesque Golden Mountains (Góry Złote). Their gentle slopes shelter the town from strong winds but the climate is typically mountainous. Lądek has incomparable waters with naturally occurring radon, sulphur and hydrogen. Therapy focuses on women's health issues, and also on osteoporosis and nervous and dermatologic conditions. Thirty kilometres away, Długopole-Zdrój is located in a sunny valley surrounded by woods. Here, patients are usually treated for digestive diseases, blood circulation problems and diabetes. Both resorts offer physical therapy to remedy orthopaedic and rheumatologic problems, as well as peripheral vascular diseases. Each town is also a good starting point for mountain hikes or a visit to the fascinating Bear Cave (Jaskinia Niedźwiedzia).



uzdrowisko-
ladek.pl/index.
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The spa offers mineral baths in pools and bathtubs, pearl baths, whirlpool baths, underwater and traditional massages, water jets, peloid baths and compresses.

Cieplice Śląskie-Zdrój: the oldest health resort in Poland

The town is famed for its thermal springs, which have been used for healing treatments since the 13th century.

The temperature of the springs in Cieplice can reach up to 90 degrees Celsius. Known and used for centuries, the spring waters contain sulphur, fluoride and silicon compounds. They are beneficial in treatments of musculoskeletal problems, rheumatoid arthritis, neurological disorders, urinary conditions, kidney problems, or eye problems. The spa offers mineral baths in pools and bathtubs, pearl baths, whirlpool baths, underwater and traditional massages, water jets, peloid baths and compresses (also for eyes and the periodontium, the tissues that support the teeth), and kinesiotherapy. Without a doubt, the climate is also an asset, as is the picturesque, mountainous landscape. Numerous hiking trails and the wild nature of the Jelenia Góra Valley attract visitors of numerous, nearby holiday resorts. The local theatre has performances and concerts staged all year round.



www.uzdrowisko-cieplice.pl/en





Luxury wellness retreats and medical spas in Poland

Their offer is balanced between the treatment for various health problems, as well as preventive treatments, and soothing nerves and focusing on beauty, which is beneficial for the overall well-being.

The repertoire of top-of-the-line health and beauty treatments available in Poland expands constantly. New facilities appearing nationwide attract their clientele, either thanks to ultra-modern architecture or bold adaptations of historical buildings with special attention paid to the preservation of the atmosphere of each place. Practical, swank interior arrangements, innovative equipment and professional, well-trained staff: what else does one need to promote healthy leisure in Poland? Addresses and details of spas can be readily found online.



[poland.travel/en/
search/health--spa](https://poland.travel/en/search/health--spa)



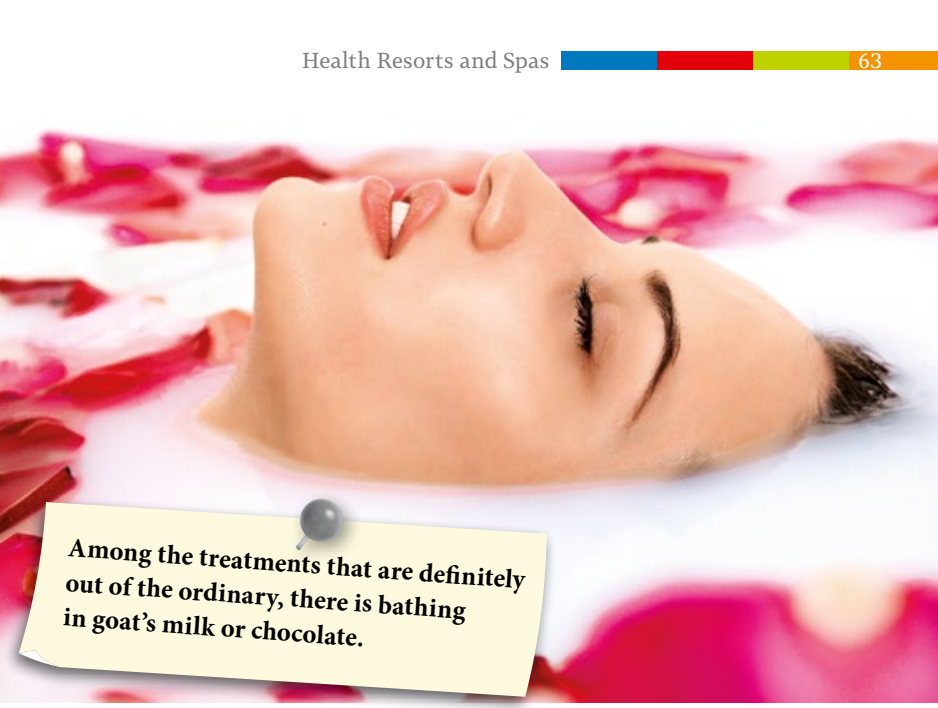
Health and beauty treatments in big cities

In every major Polish town, a tourist will find a wide selection of modern SPA and beauty facilities.

Swimming pools, jacuzzi, saunas, steam baths, fitness rooms: those facilities are a standard in most hotels these days. Those who seek even more sophisticated forms of relaxation can opt for salt caves, tepidariums with heated benches, magnet and laser therapy, and exposure to lamps in various forms of light therapy. If you are looking to get back in shape or simply give yourself a good pampering, you can enjoy massages or any of the wide repertoires of rejuvenating and beauty treatments. Among the treatments that are definitely out of the ordinary, there is bathing in goat's milk or chocolate. Many spas look for inspiration from the Far East, which is often reflected in the interior arrangements and their atmosphere of meditation.



www.infobasen.pl/en

A close-up photograph of a woman's face floating in a body of water. Her eyes are closed, and her expression is peaceful. The water is white, and numerous pink rose petals are scattered around her head. A small black pushpin is visible on the left side of the image, holding a yellow sticky note.

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Publisher:

Polish Tourist Organisation (POT)

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00-613 Warszawa

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Writer: Paweł Wroński

Editors: Maja Laube, Marta Olejnik

Cover photography: photograph from the POT promotional campaign
“Come and find your story” within the project “Lubię Polskę”

Photography: POT archives, Biblioteka Narodowa (17), A. and W. Bilińscy (52),
Ł. Dejnarowicz/Forum (35), Fotolia, fotopolska.pot.gov.pl, K. Gozdan/Agencja
Gazeta (53), A. and K. Kobus/TravelPhoto (43, 56), P. Kowal/Reporter (40),
B. Krupa/East News (37), D. Lewandowski/East News (25), Masterfile/East
News (14), A. A. Mroczek/Fotonova (21), J. Rojek/East News (35), Shutterstock,
J. Włodarczyk (10, 51), J. Zamoyski/Agencja Gazeta (36), T. Zamecki/Forum (42),
Ł. Zandecki (24), Z. Zyburtowicz/East News (39)

Photo editor: Karolina Krämer, Dorota Nowacka

DTP design: BOOKMARK Graphic Design Studio

Cover design: Przemysław Gast

Typesetting: Katarzyna Marcinkiewicz

Production: Jadwiga Szczęsnowicz

Translation and proofreading: Translation Street, www.translationstreet.pl

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Warszawa 2014

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BOOKMARK SA Publishing Group

ul. Puławska 41 lok. 19

02-508 Warszawa

e-mail: biuro@book-mark.pl

www.book-mark.pl

ISBN: 978-83-8010-011-4

ISBN: 978-83-8010-014-5



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