



BASENY MINERALNE
SOLEC-ZDRÓJ



SOLEC-ZDRÓJ MINERAL POOLS

Solec-Zdrój Mineral Pools

The facility of Baseny Mineralne Solec–Zdrój that belongs to the network of Malinowe Hotele is something more than regular water spa. Apart from proper temperature, the pools provide high content of minerals that come directly from the spring of medicinal water Malina. Another advantage is that the facility is located in a town with long traditions and spa qualities.

The stay and baths ensure rest, relaxation, and minerals that are responsible for proper functioning of our body.

The pool center with the hotel Malinowy Raj**** Mineral Hotel ensures comfortable accommodation for the whole family.

The recreation area of MINERAL POOLS is a set of four pools filled with water that has been enriched with medical brines. The recreation pool offers active leisure in the water thanks to zones dedicated for swimming, water massage and water and air massage, aqua fitness zone, and water rehabilitation sessions. All is complemented by two 15-meter long slides. In summer, our guests can use the exterior pools with heated water and green rest areas.

Our offer for the recreation area also includes the culinary offer at the bar and the season grill house.

Guests of Mineral Hotel**** Malinowy Raj shall have priority service.



Recreation Pool

Area of the recreation pool: 290 m²

Depth: 1,3 m

Water temperature: 31 - 32°C

Air temperature: 31 - 32°C

Recommended bath duration: no limitation

Salinity: 0,5%

Water type: brackish water

Equipment:

- Benches and recliners for water and air massage
- Water massage with various height adjustment
- Handrails for water exercises
- Net for water volleyball
- Two slides with the length of 15.5 m
- Beach chairs around the pools
- Food within the zone of recreation pools
- Safe and convenient entrance to the basin, with handrails.

Total mineralization: 5,099 mg/l

Effects of baths in mineralized water:

- It stimulates the autonomous and nervous systems through skin receptors
- Increases blood flow and regeneration of skin cells
- Decreases excitability of sensory and motor nerves
- Stabilizes blood pressure
- Improves the efficiency of the cardiopulmonary system
- Improves body immunity
- Decreases muscle tension

Indications:

- Chronic disorders of respiratory ducts and sinuses
- Rheumatic disorders
- Degenerative disorders
- Convalescence after severe disorders
- Relaxation, biological renewal



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Exterior Pool

Area: 128 m²

Depth: 1,3 m

Water temperature: 24 - 28°C

Recommended bath duration: no limitation

Salinity: 0,2%

Water type: Brackish water

Bromide, iodide, chloride and sodium water

Total cations: 784 mg/l

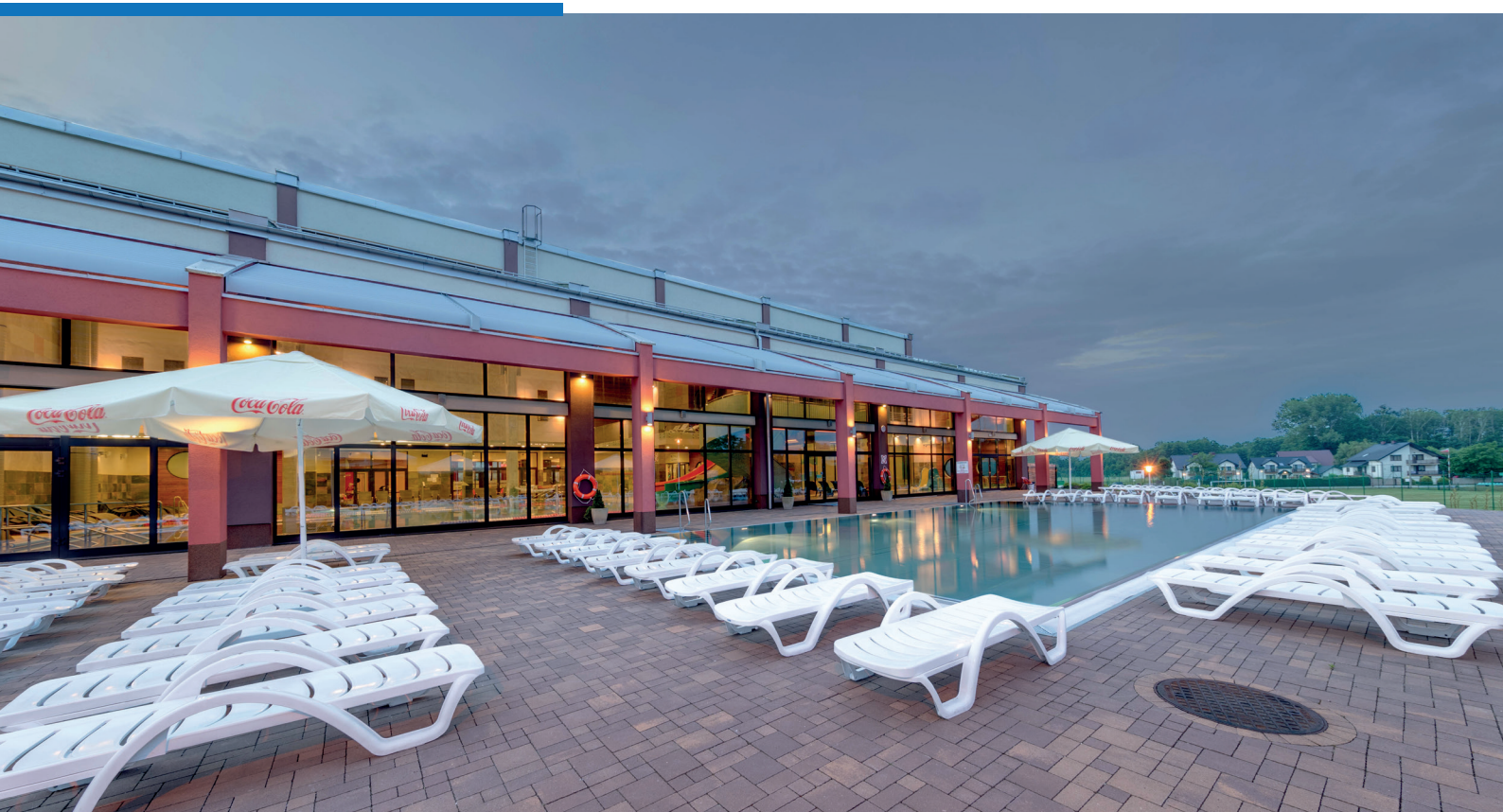
Total anions: 1367 mg/l

Exterior pools for children and adults

Pool I - 72 m², depth of 0,6 m

Pool II - 72 m², depth of 0,8 m

Recommended bath duration: no limitation



Wading pool for children

Mineral Pools is a place friendly for families with children. Parents will not only find here perfect entertainment for their children, but also zones that will help them change their child's diaper as well as baby high-chairs in the culinary zone.

For our youngest guests, we prepared a special basin pool with the area of 28.75 m², depth from 15 to 30 cm, water temperature within 33 – 34 °C, and dedicated attractions:

- "Small Elephant" slide
- Water hedgehog
- Floating mats
- Floating toys and accessories to have the children play and get used to water
- Water volleyball, water basketball, goals for water polo

On each weekend and holidays, starting from 9.00 to 11.00 A.M., we give access to the family sauna zone for children. The nudity zone does not apply within those hours. The advantages of children sauna are similar to the ones dedicated for adults, i.e. increased body immunity, detoxification, and regeneration of skin and the musculo-articular system.

In order to use the sauna, children must be under the supervision of an adult.



Brine and sulphide pool

It is the first pool in Poland that is filled with water enriched with sulphide brines from the Malina water spring that has the highest content of sulphur, hydrogen sulphide, and mineral in natural conditions. The unique mineral and hot pool contains strongly mineralized chloride and sodium water (brine). sulphide, bromide, iodide, and boron water with high content of active sulphur compounds. Experience its curative power!

General information:

- Remember - sulphur deficiency in the body can be very harmful for your health!
- Water in the pool is disinfected with UV lamps, an ozone generator, and the germicidal properties of sulphur.
- The sulphide brine dosing and refilling system has been elaborated on the basis of laboratory tests.
- Healing brim and sulphide waters are dosed directly from the spring through a pipeline. Thanks to the direct connection to the spring "Malina" and the refilling procedure of sulphide brine, the water in the basin has a high and constant content of sulphur compounds and minerals.
- Baths in the mineral sulphide and brine pool is intended for adults and children over 14 years of life under supervision of parents/adults and do not require a prior medical consultation.
- The basin may contain natural sediment due to the precipitation of minerals and sulphides contained in the healing mineral water from the spring "Malina".

Basin area: 66 m²

Depth: 0,90 m

Water temperature: 35 - 36 °C

Air temperature: 33 - 35 °C

Maximum number of people: 50

Recommended bath duration: 20 - 30 minutes

Total mineralization: 23 402 mg/l





General effect:

- Anti-inflammatory and pain-killing
- Regeneration of joint cartilage
- Regeneration of collagen bonds of the skin and joint cartilage
- Basic component of amino acids and vitamins
- Body detoxification
- Supports digestion
- Supports metabolism of carbohydrates, proteins, and lipids.
- Anti-inflammatory
- Antibacterial
- Fungicide
- Peels the epidermis

Indications:

- Degenerative diseases
- Rheumatic ailments
- Gout
- Respiratory diseases
- Metabolic disorders
- Neurological disorders
- Sinusitis
- Acne
- Skin allergies
- Liver, intestinal disorders
- Diabetes
- Inflammation of blood vessels, atherosclerotic vascular disease

Symptoms of sulfur deficiency:

- Hardening and falling out of hair
- Loss of skin firmness, paleness
- Brittleness of nails
- Fatigue and anxiety
- Joint ailments
- Dermatological disorders, psoriasis

The saunarium

The Sauna & Wellness Area is a place at which you can relax and escape from everyday noise and haste. The Saunarium of Mineral Pools consists of three saunas complemented with a SPA hydro-massage bathtub, tepidarium, sensation showers, Russian banya for immersion and cooling, and a bucket with cold water.

Our Saunarium consists of:

- **BIO herb sauna** - a steam sauna with essential oils; apart from the effect of the oils, it has a refreshing and relaxing effect.
- **Steam sauna** - a sauna the temperature of which, due to the humidity inside, may seem much hotter. The sauna stimulates circulation and cleanses the body.
- **Finnish sauna** - thanks to high temperature and low humidity, the body is cleansed of toxins, while muscle tension resulting from stress and exhaust is relieved. During a session in the sauna, the body burns up to 300 calories.

	Finnish sauna – dry	Herb sauna – BIO	Steam sauna
Air temperature	70 - 110 °C	40 - 60 °C	45 - 55 °C
Air humidity	10 - 20%	40 - 60%	80 - 99%
Duration of the session	Up to 15 minutes	Up to 20 minutes	Up to 20 minutes

Please remember:

A session at the sauna consists of 4 basic stages:

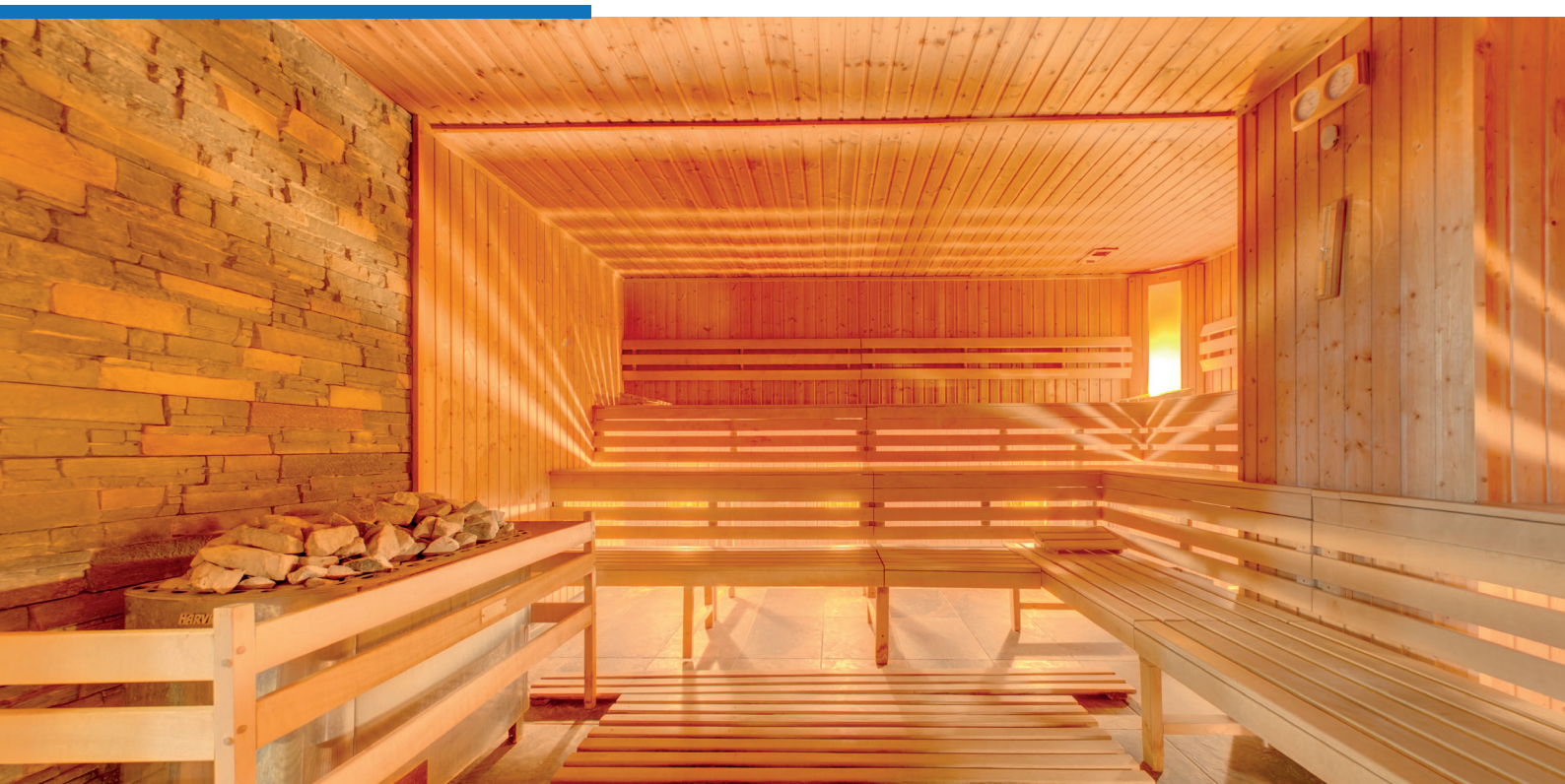
- I. Hygiene before entering the sauna
- II. Heating
- III. Cooling
- IV. Relaxation

Main advantages of the sauna:

- Cleanses the body of toxins and ammonia substances
- Improves circulation in the skin and internal organs
- Removes the excess of water in the skin – reduction of cellulite
- Decreases blood pressure
- Releases endorphins – hormones of happiness
- Greatly increases immunity
- Soothing effect on the muscular system
- Cleanses the skin and makes it more elastic
- Stimulates the autonomous system

Contraindications:

- Acute infection, especially when it includes fever
- Advanced (unstable) ischemic heart disease
- Epilepsy
- Hemorrhagic diathesis
- Glaucoma
- Renal insufficiency
- Purulent skin infections
- In case of doubts, we recommend consulting a doctor



Health Center Rehabilitation Clinic

At the Health Center Rehabilitation Clinic, the patients can pick treatments from the wide offer within the scope of, e.g.

- balneotherapy,
- kinesitherapy,
- physiotherapy,
- medical, relaxing, and special massages.

SULPHIDE BATH

It is an unusually strongly mineralized, healing, chloride and sodium, sulphide, bromide, iodide and boron bath with H₂S content of about 150 mg/liter, which has the highest content of sulphide compounds under natural conditions and a unique composition of minerals. The temperature of the bath ranges from 34 to 37 °C; duration: 15 minutes. The effect of the bath on human body starts from the very first contact of the skin with water through gentle peeling of the epidermis and stimulation of restorative processes later on.

Indications:

- degenerative diseases of joints,
- rheumatoid arthritis,
- ankylosing spondylitis,
- degenerative disc disease,
- pain syndromes of the spine,
- states after trauma of motor organs,
- atherosclerosis of peripheral arteries,
- psoriasis,
- seborrheic dermatitis.

Effects:

accelerated metabolism, lowered level of "bad" cholesterol and triglycerides, lowered level of uric acid and glucose, decreased swellings, improved range of joint mobility, stimulated micro-circulation of the skin.

CARBONIC ACID BATH

The carbonic acid bath is taken in water that contains dissolved carbon dioxide. The idea behind this treatment is about its hypothermal character; the water enriched with carbon dioxide bubbles has a presumed temperature of 32-34 oC, which is lower than the body temperature. Consequently, there is no stimulation for reaction typical of heating therapy. On the contrary, the treatment stimulates reactions that protect against loss of heat. The patient does not feel the cold, carbon dioxide bubbles stimulate numerous skin receptors, which results in a significant vascular reaction (redness).

Indications:

- hypertension,
- circulatory insufficiency,
- rehabilitation after myocardial infarction,
- disorders of peripheral, arterial, and venous circulation,
- disorders of skin micro-circulation,
- diabetic angiopathy,
- functional heart diseases within the scope of blood circulation,
- vegetative neurosis,
- obesity,
- osteoporosis.

Effects:

increased coronary blood flow, intensified diuresis, intensified shift of blood from central parts of the body to peripheral, stabilization of blood pressure, a decrease in level of cholesterol and sugar in blood, increased lung capacity.

MUD SUSPENSION BATH

The bath uses the chemical properties of therapeutic mud (peloid), which contains humin, humic acids, fulvic acids, estrogenic bodies, proteins, tanning agents, and mineral salts without the deep thermal effect used in mud wraps. The treatment is conducted with a limited temperature factor of up to 37° C, duration: 15 min. The bath has a pain-killing and relaxant effect; it cleanses the body of metabolism byproducts.

Indications:

- osteoarthritis,
- post-traumatic states,
- gynecological disorders and disorders of the urinary system.

Effect:

eliminates inflammation, it has shrinking properties, has an antibacterial and bacteriostatic effects.

MUD WRAPS

Peloid mud is a type of peat with highly processed by a special type of bacteria. The physical properties of therapeutic mud include high heat capacity at low thermal conductivity that influences the heating of body parts subjected to the treatment (42-45 C). Temperature of therapeutic mud is 42-46, duration of the treatment: 30 min, frequency: every day or each second day.

Indications:

- degenerative processes of joints,
- states after trauma of joints, bones, and muscles,
- soft tissue rheumatism,
- myalgia,
- chronic inflammatory diseases of joints and the spine,
- psoriatic arthritis,
- states after endoprosthetics,
- pain syndromes of the spine,
- gynecological diseases.

Effects:

acceleration of metabolism, relaxation of muscle tension, ligaments, and joint capsules, reduction of pain, increased elasticity of muscles and joint mobility, increased absorption of inflammation areas, anti-inflammatory, shrinking, bacteriostatic, antibacterial, and anti-viral effect, increase of the level of luteinizing hormone, decreased content of insulin in blood serum, increased size in case of its underdevelopment, increased level of estradiol and progesterone and secretion of adrenaline and noradrenaline with urine without any changes within the scope of gonadotropins content.

KINESITHERAPY

Kinesitherapy is also known as movement treatment or movement therapy. It is based on physical exercises of curative character. The aim of kinesitherapy is to restore or maintain full or partial physical fitness. Usually, kinesitherapy is used in case of disorders and dysfunctions of the motor organs, pain syndromes of the spine, and rheumatic diseases. Very often, kinesitherapy is combined with other forms of treatment, including physiotherapy, in order to increase the therapeutic effect.

The following are examples of the effects of kinesitherapy:

- increased muscle strength,
- improved movement range,
- decrease of high muscle tension,
- increase of level of endorphins (pain ailments are decreased thanks to those reactions),
- improvement of cardiac-respiratory efficiency,
- curing pathological reflexes,
- corrections of faulty posture.s

MANUAL THERAPY

Manual therapy is a general term standing for the set of methods and techniques related to diagnostics and treatment of reversible disorders of functions of the motor system (joints, muscles, fascia, and ligaments). Through application of various specialist and non-invasive methods, manual therapy is a comprehensive solution that gives visible health results – in case of treatment of various types of disorders of the motor system, nervous system, or the spine. The therapy involves performance of various techniques in order to stimulate soft tissues and joints by applying appropriate pressure on specific spots (e.g. trigger points), proper position, grip, and other therapeutic methods. As a result, it leads to improved functional and motor capabilities.

Duration: 40 min

We cure:

- back pain and pain in the musculoskeletal system,
- headache and vertigo,
- ailments of the temporomandibular joint,
- correction of faulty posture among children and youth,
- dysfunctions after neurological incidents.

The treatment is mainly to eliminate pain by removing the cause, not only the results of pain. The techniques are to release the motion of joints of limbs and the spine, improve muscle elasticity, and shorten the duration of treatment. The patient will experience a quicker recovery. He or she also does not have to undergo long-term pharmacotherapy and its side effects. At our Center, the patients are entrusted to qualified specialists who have broad knowledge in physiotherapy and medicine and long-term experience. Before stating a diagnose, the physiotherapist conducts a detailed interview and performs tests and examinations of the motor system. In order to achieve optimum results of treatment, he or she uses specific techniques of manual therapy that are suitable for a particular tissue.

Our physiotherapists use the following methods:

- Fascial manipulation
- FDM (Fascial Distortion Model)
- Anatomy Trains
- Pinopresura
- McKenzie Method (Mechanical Diagnosis and Therapy – MDT)
- Manual Method Therapy according to B. Mulligan movement
- Kinesiotaping

CLASSIC MASSAGE

Classic massage is one of the most popular types of massage with a wide range of applications. This form of therapy can be used both for medical purposes – e.g. in case of orthopedic or neurotic disorders, as well as in order to stimulate, relax, and strengthen the muscle tissue. It is mainly used for therapies of motor organs – classic massage is considered to be the most efficient form of therapy in that scope. Classic massage can be a comprehensive massage, which means that the masseur massages all body parts – from feet to the neck. It can also be focused on a particular part of the body – e.g. on the back, neck, or legs – depending on the recommendation of the physician or the physiotherapist. If done correctly – it has a benign influence on our body, stimulating the tissues, regenerating the muscles, and improving blood circulation.

Duration: 15, 30, or 60 min.

SLIMMING MASSAGE

A relaxing massage with the use of slimming cream. Slimming cream removes symptoms of cellulite, models the body, prevents from the effect of "orange peel", improves micro-circulation, cleanses the skin of toxins. Thanks to caffeine, ivy extract, L-carnitine, and Laminaria algae, the therapy accelerates the process of decomposition of fat into free fatty acids in order to remove them from the body. The cream removes fresh stretch marks and brightens the existing ones. It also makes the skin firmer and more elastic.

Duration: 30 min. / 60 min.

RELAXING RASPBERRY MASSAGE

A relaxing massage that brings fantastic relaxation and has a stimulating and refreshing effect. It perfectly nourishes, regenerates, softens, and smooths the skin. It has anti-aging properties and helps skin tissues recover to better elasticity and gloss. It supports the protective properties of the skin. What is more, the raspberry extract has a refreshing effect and soothes irritations.

Duration: 30 min. / 60 min.

CHOCOLATE MASSAGE

A relaxing massage that is based on cream, which includes chocolate extract (source of polyphenols, flavonoids, vitamins, and mineral salts) – it has a nutritious, regenerative, and antioxidant effect. It improves blood circulation, flow of lymph, and stimulates production of endorphins, the so-called "hormones of happiness". After the massage, the skin is well supplied with blood, smooth, and elastic.

Duration: 30 min. / 60 min.

REGENERATING CALENDULA MASSAGE

Relaxing massage with the use of Shea natural Calendula butter. Such butter is intended for full-body massage, particularly to treat dry skin.

Its natural ingredients, such as: shea butter, coconut and grape oil nourish the skin and remove the unpleasant feeling of tension and roughness. The unique flower scent will make the skin fragrant and fresh for a long time. Calendula extract soothes irritations and stimulates regenerative processes of the epidermis.

Duration: 30 min. / 60 min.

RELAXATION STAMPS

Massage with herb stamps is performed with the use of a mixture of aromatic herbs, fruit, and spices wrapped in cotton cloth. Stamps are heated up in oil and then used to perform the massage. It is adjusted to the individual needs of each patient. At the beginning, the compression is gentle and slow. When the temperature of the stamp decreases, the masseur starts makes the pressure stronger and more intensive. Thanks to that, the active substances in the herbs and fruit in the stamps are released and absorbed by the skin. This treatment is recommended for everyone who needs relaxation, as well as relax the muscles and the joints, improve blood circulation and stimulate metabolism. Massage with herb stamps has a pain-killing effect and greatly influences the condition of the skin – it moisturizes and oils it, as well as enhances its firmness and color.

Duration: 60 min.

HOT - STONE MASSAGE

The full-body massage is a wellness ceremony inspired by Asian techniques. The massage is conducted with the use of basalt massage stones, by using various forms of compression and temperature stimulation. Hot stones increase blood circulation and cell metabolism within the treated areas, they decrease muscle tension, soothe pain, and decrease inflammation.

Duration: 60 min.

LYMPHATIC DRAINAGE

It is a body massage that improves blood and lymph circulation. The drainage can be performed when you want to make your skin firmer, get rid of cellulite, remove swelling. It involves compression and rubbing of skin through application of specific techniques and specialist movements in order to push the accumulated lymph and consequently, remove the swelling and improve lymph circulation. Thanks to that treatment, the face will become gleaming and its shape will become subtler. Swelling, even inflammatory and congestive swelling, disappears. Toxins are removed from skin cells, while flow of lymph becomes far more efficient.

Duration: 30 min.

MEDY JET

It is a regenerating dry mechanical full-body massage on a water bed. It combines the features of dry massage and effect of heat. The massage is performed by application of a water stream that, with circular movement, moves under the elastic surface along the whole body, mimicking the basic techniques of classic massage. Medy Jet performs massage of parallel motions, circular motions, local, pulsing and lymphatic massage. Indications: cellulite, weight loss, relaxation, degenerative changes, states of fatigue, myalgia Effects: It results in advantageous changes in the metabolism of muscle cells, it brings comfort and relaxation.

Duration: 15 min

LOCAL CRYOTHERAPY

Local cryotherapy involves performance of drafts of cooled gases (liquid nitrogen). The physiotherapist makes circular movements and applies cool air on the areas subjected to the treatment. One session usually lasts from several dozens of seconds to 3 minutes. Local cryotherapy has a wide range of applications. The treatment allows to: decrease the temperature of body tissues, intensify the metabolic processes, decrease pain ailments, stop inflammation, change the tension of muscles. Local cryotherapy is recommended for patients who struggle with: acute and chronic diseases of joints and joint cartilage, inflammation of soft tissues (e.g. tendonitis), pain syndrome of the spine, post-traumatic states, changes due to overloading a motor organ, neurological diseases (e.g. Parkinson's disease, poliomyelitis, disseminated encephalomyelitis). Effect: Local cryotherapy proves strong anti-inflammatory, pain-killing, and edema-reducing effects. The treatments give immediate results and soothe the ailments.

CRYOSAUNA

A one-person booth that is used to perform cryotherapy treatments. A session in the booth involves short-term exposure to a very low temperature, which ranges from -120°C to -160°C. The hoistable platform allows adjustment of the device to the patient's height, so that his or her body is immersed during the cryotherapy up to their shoulders, while their head protrudes over the layer of the cold nitrogen. Thanks to that, the patient breathes with the atmospheric air in the treatment room. Cryosauna treatment should end with physical exercises. Combination of both those elements is very effective.

Indications: as in the case of local cryotherapy.

BODY DETOX

Body detoxification is performed by using a device that allows non-invasive and efficient detoxification at the cellular level. The equipment involves generation of current with variable polarity, which leads to ionization of water. When feet are immersed in such water, it allows the balancing ions to be absorbed through pores (there are about 2000 of them on feet). As a result, the cells are stimulated and release toxins. Fatigue and feeling of weakness disappear, skin and hair look better, cellulite is less visible. Body detox is a therapy that helps the patients cleanse their body. When performed on a regular basis, it allows to: activate the natural detoxification processes, accelerate metabolism, improve immunity, cleanse the blood, decrease the strain of liver, improves functionality of the digestive system. The therapy also results in: improved blood circulation, decreased food allergies, soothed pain in joints, soothed menstrual pain. Body detox is a treatment thanks to which one can achieve better results in their attempts to lose weight. It should be noted, that the introduction to every treatment the goal of which is to reduce body weight is a thorough cleansing of the body.

INHALATIONS

Inhalations with Zabłocka mist brine is a treatment that requires the patient to inhale healing substances in form of aerosol – usually steam with additional substances. Effects: soothe pain ailments, allow getting rid of the feeling of "dry" throat, moisturize respiratory ducts, dilute respiratory secretions and facilitate coughing it up, make the transport of the mucus deposited in the lungs or other parts of the respiratory system more efficient, reduce spasms of smooth muscles of the bronchial tree, support treatment of viral, bacterial, and fungal infections of the respiratory system, decrease edema of the mucous membrane, facilitate proper breathing.

Indications: chronic states of pharyngitis and rhinitis, inflammation of the nose, larynx, and pharynx with purulent secretion, rhinitis caused by allergies, syringitis, non-operational sinusitis and rehabilitation after treatment of sinuses, chronic laryngitis, therapy after treatments of the upper respiratory ducts.

UVB PHOTOTHERAPY

Phototherapy – nowadays, treatment with light has been a very helpful method to treat psoriatic lesions and other dermatological disorders. UVB 311nm phototherapy involves regular exposure of the affected areas to ultraviolet radiation. UVB radiation is mostly absorbed by the epidermis itself, so that it is possible to remove symptoms of disease. UV light absorbed by the skin stops the process of formation of psoriasis, since it kills the active T lymphocytes in the skin. Such effect decreases the degree of inflammation and slows down the replacement of skin cells which causes flakiness. Exposure to UVB has been claimed to be the safest method of phototherapy.

Indications: psoriasis, vitiligo, atopic dermatitis, lichen planus, prurigo nodularis, photodermatoses, patchy baldness.



List of therapeutic treatments

Name of treatment	Medical consultation
Sulphide bath *	+
Mud suspension bath *	-
Carbonic acid bath *	+
Partial mud wrap *	+
Cosmetic bath	-
Beer bath	-
Underwater massage with color therapy	-
Underwater massage with algae	-
Pulsatronic*	+
Interdynamic*	+
Iontophoresis*	+
Laser therapy*	+
Ultrasound*	+
Magnetronic*	+
Sollux*	+
Galvanic currents*	+
Nemec currents*	+
Trabert currents*	+
Kotz currents*	+
TENS currents*	+
Individual kinesitherapy* 40'	-
Manual therapy 40'	-
Classic massage* 15'	-
Classic massage 30'	-
Classic massage 60'	-
Sequential compression massage 30'	+
Sequential compression massage 60'	+
Hot-stone massage	-
Relaxation stamps	-
Slimming massage 30'	-
Slimming massage 60'	-
Relaxing raspberry massage 30'	-
Relaxing raspberry massage 60'	-

Name of treatment	Medical consultation
Chocolate massage 30'	-
Chocolate massage 60'	-
Regenerating Calendula massage 30'	-
Regenerating Calendula massage 60'	-
Lymphatic drainage	-
Medy jet*	-
Sequential compression massage 30'	-
Sequential compression massage 60'	-
Dead Sea mud wraps	-
Cosmetic clay wraps	-
Balneo SPA	-
Balneo SOFT	-
Local cryotherapy*	-
Cryosauna*	+
UVB phototherapy*	+
Inhalations**	-
Biosulphide mask	-
Body Detox	-
Medical consultation	-





Package list

Package name	Package components	Duration / days
SPA Package	1 medical consultation 28 therapeutic treatments Pool / sauna on each day 7 aerobic sessions	7
Day Package	1 medical consultation 21 therapeutic treatments 7 1h entrances to the pool 3 aerobic sessions 3 aqua - aerobic sessions	7
Residence Package	7 nights 3 meals a day 21 therapeutic treatments 1 medical consultation 7 1h entrances to the pool 3 aqua - aerobic sessions 3 aerobic sessions	8
Healthy Back Package	3 entrances to the pool / saunas 1 medical consultatio * 3 morning exercises 1 sulphide bath 4 treatments of choice from the list	3
Sulphide Regeneration Package	1 medical consultation* 3 entrances to the pool/saunas 3 morning exercises 1 sulphide bath 1 mud bath 2 classic massages 15' 1 underwater massage with algae 1 biosulphide mask 1 biosulphide cream	3



Package name	Package components	Duration / days
Therapy For Psoriasis	1 medical consultation 10 sulphide baths 10 UVB phototherapies 5 sulphide masks 1 physiotherapy treatment 1 Dead Sea mud wrap 1 set of Balneo cosmetics	10
Create Your Package	1 medical consultation 10% discount for each treatment 20% discount for entrance to the pool	2
Anti-stress Package	1 gymnastics in water Mud bath Underwater massage Biosulphide body mask 1 classic massages 30' 1 entrance to the pool for 1 h 1 entrance to the sauna 30'	1
Regenerating Package	1 cryosauna 1 warming exercises 1 classic massage 15' or Medy Jet 1 bath of choice: sulphide / mud / carbonic acid 1 medical consultation *	1
Anti-aging Package	1 sulphide bath 1 treatment of choice: Balneo SPA/clay wraps 1 treatment of choice: Raspberry massage 60' / Calendula massage 60" 1 mud bath 1 raspberry body butter	1
Immunity Improving Package	1 cryosauna 1 warming exercises 1 bath of choice: sulphide / mud / carbonic acid 1 Body Detox 1 medical consultation*	1