Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

ISBN 978-83-7336-497-4

EN

POLAND

Health Resorts and Spas

POLISH TOURISM ORGANISATION

www.poland.travel

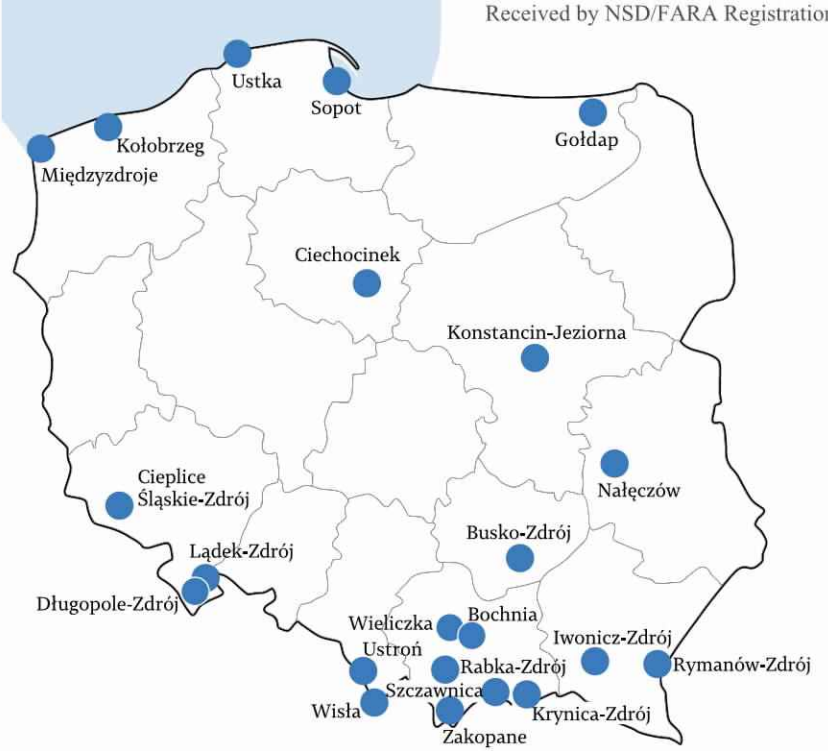
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Health Resorts and Spas

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM



Selected health resorts around Poland

Poland has an abundance of quality health resorts all around the country, with their facilities and services determined by the prevailing local microclimate and their proximity to natural resources with specific medicinal properties. In the north of the country, for example, there are many superb resorts, located no more than 3 kilometres from the Baltic coast, in areas of outstanding natural beauty with beautiful, wide sandy beaches and extensive pine forests. Alternatively, in the south, there are picturesque mountain resorts situated between 400 and 800 metres above sea level that offer breathtaking views and invigorating mountain air. And then there are other resorts that offer their guests a unique experience, such as the stunning resort in the Wieliczka salt mine, which is situated deep underground.

Visit Poland for health and beauty	4
Generous gifts from nature	10
Peloids	14
Eight centuries of tradition	16
Treatments in Polish health resorts	20
Graduation towers	24
Międzyzdroje	26
Kołobrzeg	28
Ustka	30
Sopot	32
Gołdap	34
Ciechocinek	36
Konstancin-Jeziorna	38
Nałęczów	40
Busko-Zdrój	42
Iwonicz-Zdrój & Rymanów-Zdrój	44
Krynica-Zdrój	46
Wieliczka and Bochnia	48
Szczawnica	50
Wisła and Ustroń	52
Rabka Zdrój	54
Thermal springs	56
Lądek-Zdrój and Długopole-Zdrój	58
Cieplice Śląskie-Zdrój	60
Health and beauty treatments in big cities	62

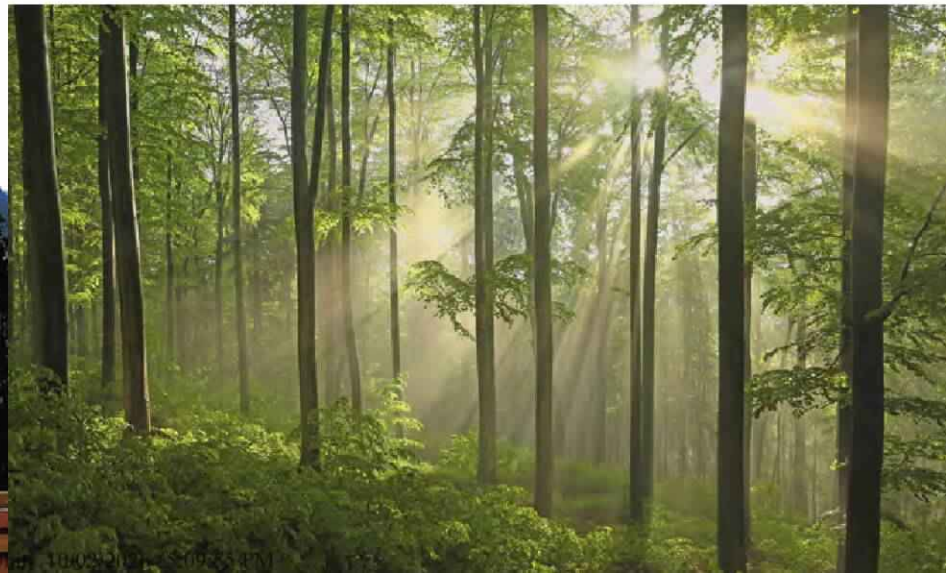
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Visit Poland for health and beauty

From the Baltic Sea to the Tatra Mountains, Polish resorts offer a perfect mix of nature holidays combined with the beneficial effects of medical, relaxation and beauty treatments.

Any stay in a Polish health resort is sure to be an unforgettable experience. The many sanatoriums and spa centres around the country take full advantage of Poland's extensive cultural and natural treasures, which include fascinating tourist attractions, beautiful scenery, invigorating microclimates and rich natural resources. We have put together this guide to present the leading Polish resorts and highlight their value as holiday destinations. No matter what type of medical treatment you're looking for, or whether it's programmes for improving your fitness or appearance that you're interested in, each of the resorts listed here will ensure you enjoy a fantastic holiday whilst also indulging your mind, body and soul. ▶



Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

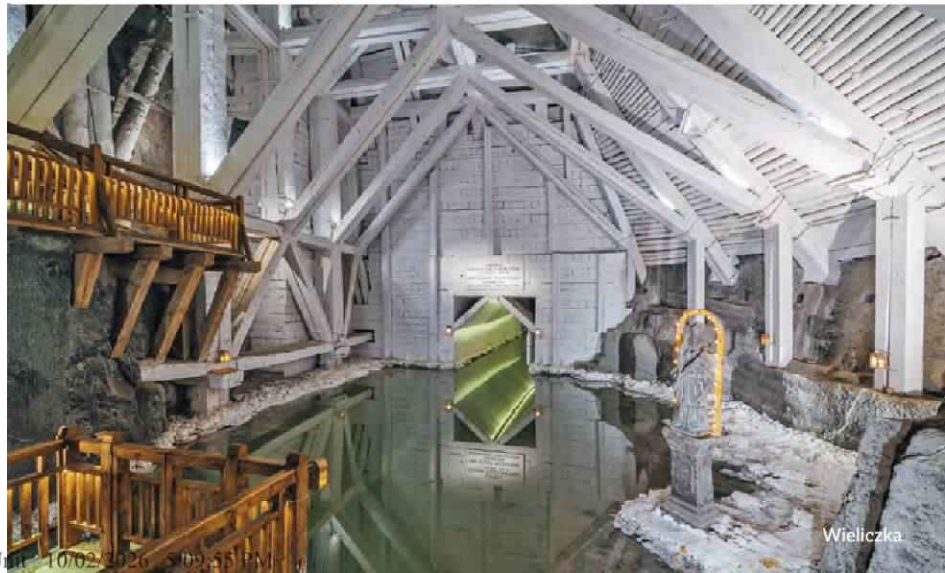
▶ Polish health resorts focus on three key principles: healing, recovery and prevention of future medical conditions. There are 45 Ministry of Health-accredited resorts around the country, as well as the UNESCO World Heritage Site, the Wieliczka Salt Mine. This official seal of approval guarantees that both the local microclimate and the properties of the nearby waters and mud/clay deposits (known as peloids) allow these resorts to provide effective health services. Most of them are state-owned enterprises that group together various sanatoriums and spa facilities.

The range of health and beauty treatments available in Poland is growing constantly. There are new facilities springing up all over the country enticing eager clients with their stunning modern designs or bold adaptations of old, historic buildings that still retain their individual charm. ▶

■ **www.sgurp.pl**

Sopot

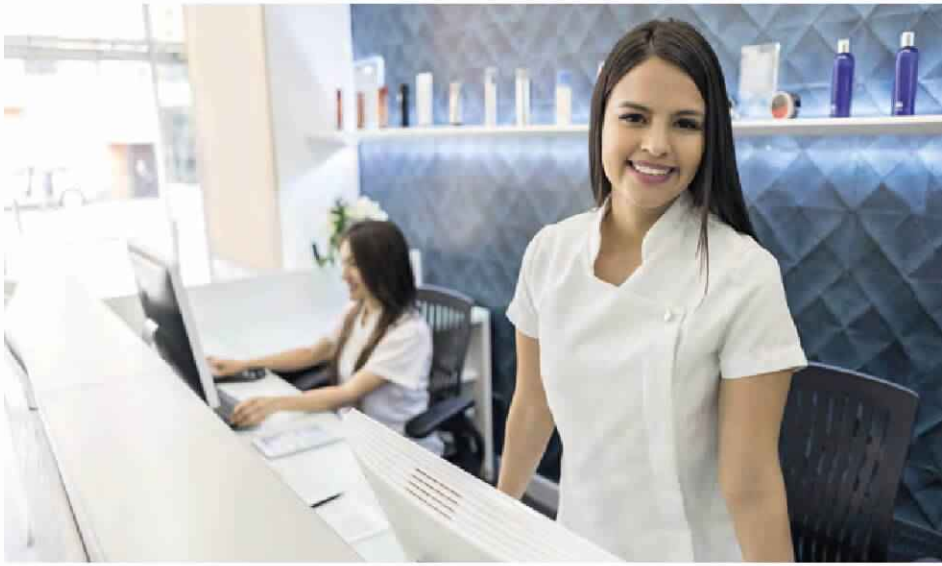
Otwock



Wieliczka

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM



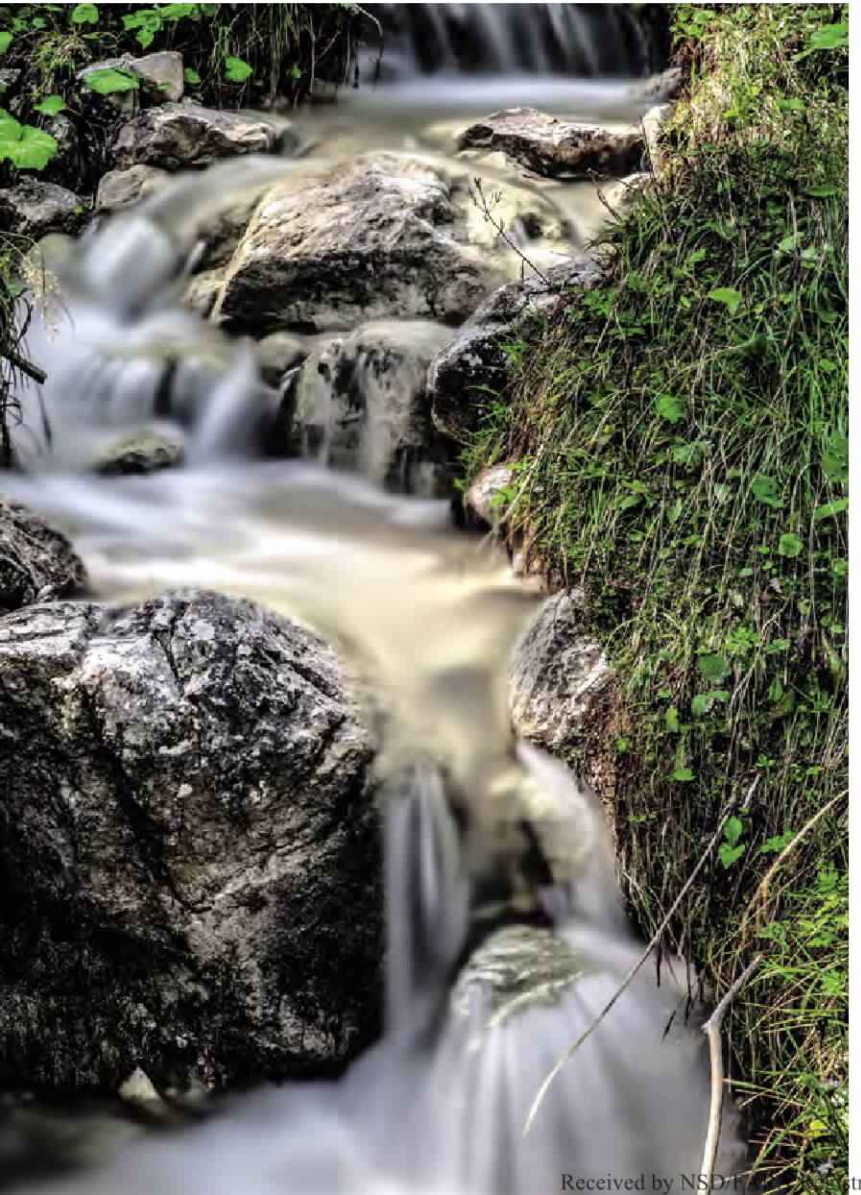
▶ The growth in the number of wellness and spa hotels in the country shows the increasing popularity of a second area of health-related tourism in Poland – aesthetic medicine. These medical spas offer assorted cosmetic, beauty and wellbeing treatments, often drawing inspiration from a variety of medical traditions, some which are already widely known and others a little more exotic. These include traditional (or folk) medicine, Far Eastern medicine, ayurvedic medicine, herbal medicine, baths in water and light, lithotherapy (with stones) and thalassotherapy (harnessing the power of the sea). These cutting-edge enterprises ensure that guests receive the best possible results thanks to their state-of-the-art wellness centres, beauty parlours and professional staff, as well as their glamorous hotel and restaurant settings.

Full addresses and details of all the spas and health resorts can readily be found online.

Lawendowa Osada

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM



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, which explains 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, with the Carpathian waters generally having higher mineral content than those from the Sudetes, and mountain springs beating those in the lowlands in this regard.

From a medical point of view, acidic waters are the most desirable, and the region of Beskid Sądecki comes out on top here. It was thanks to this gift from nature that Krynica Górska - one of the most beautiful Polish resort towns - was born, while another town, Szczawnica, even owes its very name to the Polish word for acidic water ("szczawa"). The Sudetes, on the other hand, are the only place where waters rich in radon can be found. ▶

Polish waters with medicinal properties differ when it comes to the degree of mineralisation.

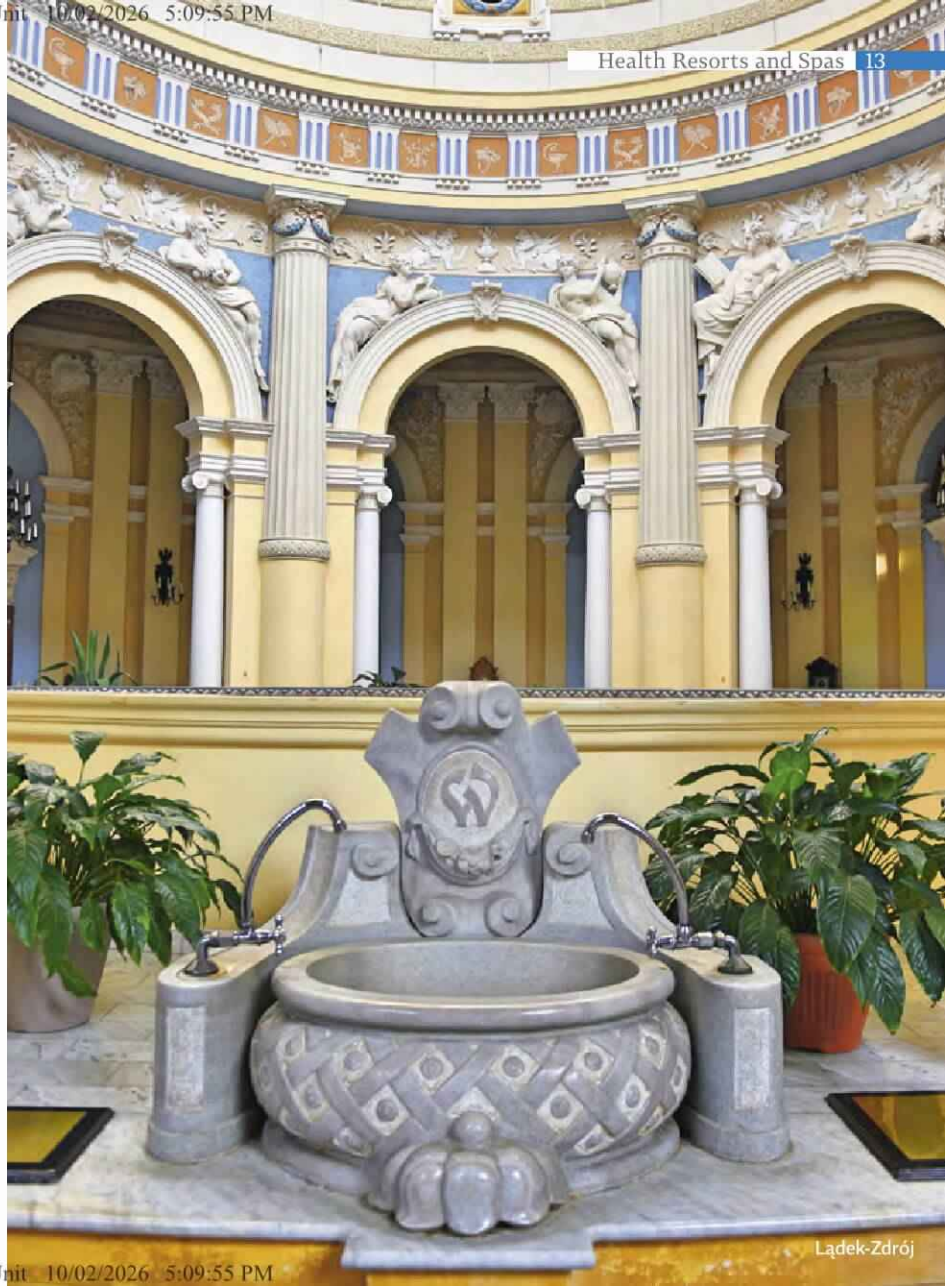
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

▶ Less mineralised sulphide waters can be found both in the mountains and also in central Poland, particularly in the area around Ciechocinek. Springs with iodine-rich waters are more characteristic of coastal areas, while ferruginous waters (rich in iron) are typically found in central Poland. Brines, or salt waters, can be found in northern and central Poland, and also in the Carpathian Mountains in the south, where they are used for inhalation treatments and in graduation towers.

Thermal springs are a separate category, usually found at great depths below ground. They only form natural outlets in certain places, such as Cieplice Śląskie-Zdrój and Lądek-Zdrój in the Sudetes. Pleasantly warm and accompanied by a veil of steam, these were the first springs to come to the attention of the general public and have been used for medicinal purposes ever since the Middle Ages.

Ciechocinek



Lądek-Zdrój

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

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 by natural processes over thousands of years.

Today, there are over 30 Polish health resorts relying on the medicinal properties of peloids for therapeutic baths, compresses and wraps. Peloids used for therapeutic purposes have the texture of pulp (natural peat mixed with water), which retains heat very well. When used as a compress or a wrap, this pulp warms up selected parts of the body to temperatures of over 40 degrees Celsius. The properties of peloids are used for treating rheumatism and gynaecological problems, and they are also a popular ingredient in natural cosmetics.

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Eight centuries of tradition

The first references to mineral waters being used for therapeutic purposes in Poland can be traced back to the 12th century, with mention of Cieplice.

In the 16th century, the German-Swiss physician Paracelsus began to promulgate the medicinal properties of mineral waters. The physicians serving successive Polish kings then followed his lead by writing the first treatises on Polish balneology. At the turn of the 18th century, when the entire continent was waxing lyrical about the advantages of travel, a new concept was born in France of therapeutic bathing for pleasure and health. Since bathing was not a pastime to be enjoyed in public, special bath houses were built for this purpose, which usually emulated the installations and architecture of Swiss resorts. Wooden buildings with characteristic lace-like wooden sculpted decorations have therefore graced the landscape around Polish health resorts to this day. ▶

Cieplice

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

▶ The concept of the "healing vacation" soon became very popular amongst the elite, who were not only interested in the therapies on offer, but also the extravagant social life and extensive opportunities to party that were available. Duszniki was the favourite retreat of Frédéric Chopin, while Johann Wolfgang von Goethe and John Quincy Adams, the future American president, would both visit Cieplice. Russian Tsar Alexander I and British Prime Minister Winston Churchill are also known to have visited Lądek-Zdrój.

The years following the end of the Second World War saw the construction of huge sanatorium complexes, for which people needed to receive a doctor's written referral in order to benefit from the various therapies on offer. After the fall of Communism in the country, however, these sanatoriums underwent a huge metamorphosis, with extensive modernisation work enabling them to provide first-class services with the use of the latest equipment. More and more wellness and spa centres are still being built alongside older sanatoriums, together with upmarket hotel facilities. With their beneficial microclimates and picturesque surroundings, these health resorts are now among the most attractive holiday destinations in Poland.

Duszniki-Zdrój

Lądek-Zdrój

Gniew

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Treatments in Polish health resorts

The therapies available in Polish spas make the most of local natural resources and rare microclimates.

The range of treatments on offer in Polish spas is wide and varied. Balneotherapy, for example, dates back to ancient times and primarily involves the treatment of diseases by bathing and massages in particular kinds of mineral waters and peloids, or with the use of natural gases. The therapists often work with aromatic baths enhanced with herbs or pine needles. That is what distinguishes it from classic hydrotherapy, which involves having showers, baths and massages focused on a particular area of the body in ordinary water. Alternatively, many resorts and spa facilities on the Baltic coast are also experiencing a huge growth in popularity of thalassotherapy sessions, which employ all the riches that the sea has to offer, including seawater, mud, sand and algae. ▶

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

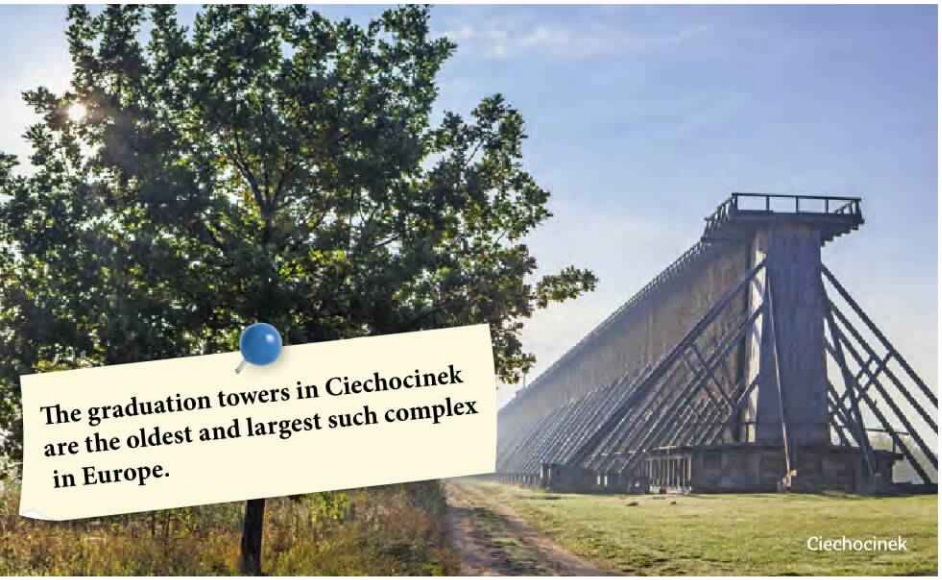
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

▶ Many resort are also seeing increased interest in climatotherapy, which requires the presence of a microclimate helpful to recovery and exposure to sunlight.

Inhalation treatments use water vapours, brines evaporated in graduation towers and the mineral-rich air found in salt mines. Physical therapy, meanwhile, comprises various forms of open-air activity, while so-called terrain therapy ("terenoterapia") is based on the healing power of walks. Thermal therapy treatments entail the use of high temperatures, as opposed to cryotherapy, which uses extremely low ones. Other popular therapies include light therapy treatments, involving the use of natural, ultraviolet, infrared and laser light, and ultrasound therapy and phonophoresis, which employ sounds of varying frequencies. Then there is electrotherapy, which covers a range of different treatments that all rely on the use of a constant current, along with electrodiagnostic testing. Finally, the full range of therapies on offer at these health resorts is complemented by various nutritional food plans and also psychotherapy sessions.

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM



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

Ciechocinek

Inowrocław

Graduation towers

Graduation towers can be found in a number of Polish health resorts. There are new ones being built all the time, including unconventional ones in the breathtaking setting of the Wieliczka salt mine.

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

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

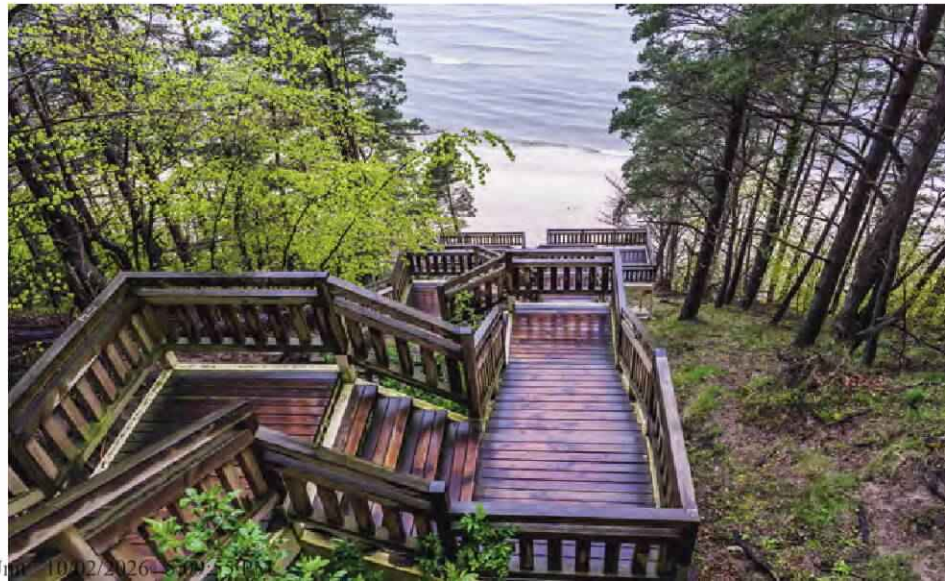
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Międzyzdroje:
the cultural capital of summer

Beaches with golden sand and beautiful nature all around – a place that is not only perfect for unwinding in, but where you can also spot the odd film star.

Międzyzdroje offers superb accommodation and spa facilities. Best known for its pier stretching 395 metres out into the sea, the town is situated near forests with picturesque cliffs. It is also home to the Woliński National Park and a resort park named after Frédéric Chopin. Visitors can enjoy its mild maritime climate, and its record number of sunny days per year. The air is clean, free from allergens and rich in iodine, with beneficial effects that will complement your therapy, whether you come here to cure respiratory ailments, skin allergies, migraines, neuralgia, obesity, diseases and injuries of the motor organs, rheumatism, circulation problems, respiratory conditions, or circulatory and neurological diseases. Last but not least, it is also a great place to recover from musculoskeletal problems and trauma. A stay here doesn't have to include medical treatment, and you can simply focus on rejuvenating therapies instead if that's what you prefer. Every summer, the town hosts the annual Festival of the Stars, with numerous concerts, theatre plays and film screenings.

■ **pomorzezachodnie.travel/en** ■ **www.miedzyzdroje.pl**



Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Kołobrzeg:
the Polish spa capital

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

The northern part of the town, which is where most of the health resort facilities are located, boasts over twenty hotels and a calendar packed with cultural events. The modern interiors designed by accomplished architects are both practical and fascinating in form. Kołobrzeg offers a rare mix of conditions that come together to create a great holiday: sandy beaches, an exceptional microclimate, and rich resources of mineral waters, brines and peloids. The resorts specialising in natural medicine here are able to treat skin diseases, diabetes, obesity, osteoporosis, rheumatism, orthopaedic problems, high blood pressure and neurosis, as well as respiratory and cardiovascular problems. The town has several salt caves, where inhaling air rich in iodine, iron and manganese can reinforce your individual therapy and help to combat depression or exhaustion.

- pomorzezachodnie.travel/en
- www.kolobrzeg.com/en

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Ustka:
a seaside resort amidst pine forests

A town that boasts some of the most spectacular beaches in Poland, and the mildest mircoclimate along the entire Baltic coast.

Ustka prides itself on its dense pine forests, with the essential oils produced by the trees counterbalancing the pungent, iodine-saturated air. The town also boasts long beaches and soaring cliffs up to 30 metres in height. For those interested in cultural sightseeing, one of the centuries-old granaries in the harbour houses the Baltic Art Gallery, while the nearby Museum of Mineralogy is home to Poland's largest crystal. Quiet side streets lead to the health spas and a natural therapy centre offering baths in water and peloids, as well as therapeutic and relaxation treatments. The gentle climate and rich natural resources facilitate the healing of orthopaedic, neurological, rheumatic, respiratory, endocrinological, cardiovascular, musculoskeletal and high blood pressure problems.

Ustka has been awarded the Blue Flag by the Foundation for Environmental Education (FEE) for its pristine beaches.

- www.ustka.pl/en
- www.pomorskie.travel/en

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Sopot:
see you on the pier

A popular seaside resort where you can pamper your body, and rub shoulders with the stars.

Sopot has two very distinct faces. One of them is the world of luxury hotels, with their sumptuous spa facilities, fancy restaurants and boutiques, and glamorous events, while the other consists of the therapeutic treatments offered by the local sanatoriums. The visitors who come to enjoy these two very different sides often end up crossing paths on the pier, which is the longest in Europe. Interestingly, the iodine concentration levels at the end of the pier are double those at the shoreline. Whilst taking a relaxing walk along the pier, with the softly lapping waves below and crying seagulls overhead, you can stop and watch the passing ships through special binoculars on the boardwalk. The heart of the town is the central square, which is towered over by a historic 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.

The local health resort facilities focus on curing circulation and respiratory problems, rheumatic changes in the joints and spine, osteoporosis and obesity.

- **www.visit.sopot.pl/en**
- **www.pomorskie.travel/en**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Gołdap:
the spa showcase of Warmia and Mazury

A town with a unique climate, glorious nature and the cleanest air in the region.

Gołdap is a health resort with a unique climate and a wide range of mudbath treatments on offer. At the heart of the town are the spectacular graduation towers - the fourth largest in Poland – while there is also a mineral water pump room and a sanatorium offering treatment of diseases of the upper and lower respiratory tract, the musculoskeletal and cardiovascular systems, psychosomatic diseases, obesity and skin problems through balneotherapy, cryotherapy, and many more.
Its location and topography make Gołdap a fantastic year-round destination for active tourism. Water sports enthusiasts have a modern beach waiting for them, while skiing fans can enjoy the slopes on Piękna Góra Rudziewicz and cyclists can make the most of 170 km of scenic cycle paths, also taking in the Green Velo route. The most popular attractions in the region include the historic Stańczyki viaducts, the Rapa pyramid and the historic water tower, which also doubles as a local viewpoint.

■ www.mazury.travel ■ www.uzdrowiskogoldap.pl

Stańczyki

Received by NSD/FARA Registration Unit

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

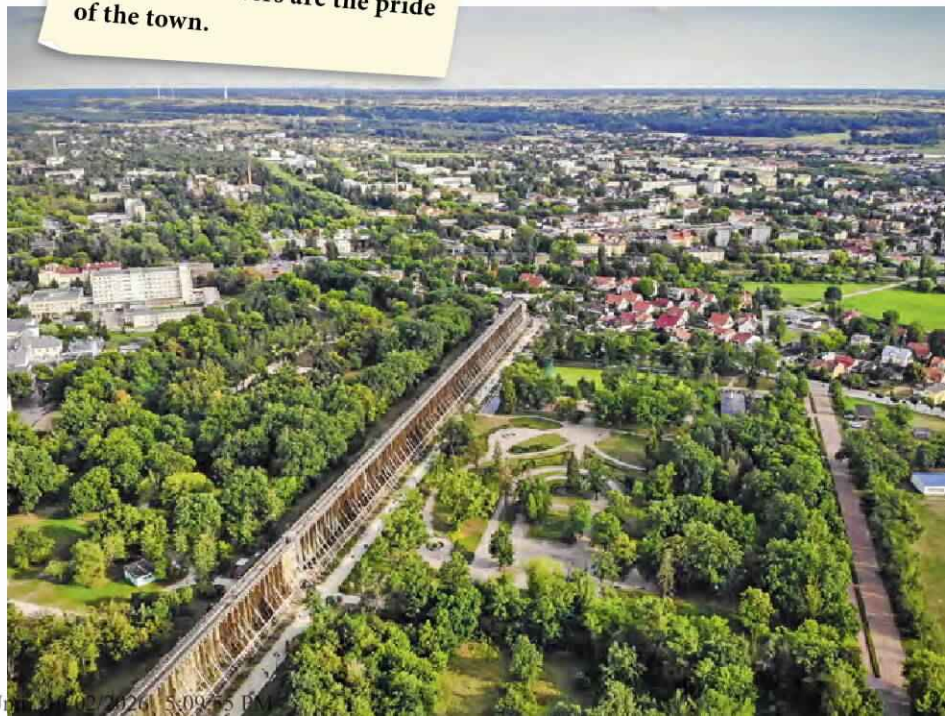
Ciechocinek:
a Pearl among Polish spas

A microclimate created by salt springs and a backdrop of thousands of flowers and rare plants all add up to make a stay here unforgettable, not to mention beneficial for body and mind.

Table salt has been produced here since the Middle Ages, while the salt springs themselves have been used for therapeutic purposes for the last 170 years or so. The spas in Ciechocinek offer a range of saline inhalation treatments, brine and peloid baths, and massages. The full list of available treatments comprises over 70 therapies aimed at treating orthopaedic injuries, neurological, rheumatic, cardiovascular, peripheral vascular and respiratory diseases, as well as obesity, diabetes, osteoporosis and gynaecological problems. The town is known nationwide for its distinctive landmark of the saline graduation towers, with the surrounding park full of plants and flowers that are specific to saline-rich environments. The largest flower carpet in the whole resort is composed of over 8,000 plants and redesigned early each summer.

- www.kujawsko-pomorskie.travel/en
- www.uzdrowiskociechocinek.pl

Ciechocinek's stunning graduation towers are the pride of the town.



Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Konstancin-Jeziorna:
an oasis of health just outside the capital

A popular garden town, Konstancin-Jeziorna is the perfect place to unwind away from the hustle and bustle of the city while still staying close 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, is home to one of the oldest paper mills in Poland, which first started operating over 200 years ago. The sanatoriums in the town help to treat neurological, respiratory, cardiovascular and high blood pressure problems, and offer magnet therapy, cryotherapy and physical therapy, as well as paraffin compresses and therapeutic massages. In the summer, visitors can enjoy the beneficial effects of the impressive graduation towers, which are surrounded by a wonderfully picturesque park and English garden.

- www.mazovia.travel
- www.uzdrowisko-konstancin.pl/teznia

Konstancin

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Nałęczów:
a spa with its own place in literary history

The scenery around this 19th century town with breathtaking gardens helps to soothe the nerves and restore a healthy balance.

A town whose unique atmosphere wins the hearts of all who visit it, including Nobel prize-winning novelist Henryk Sienkiewicz, it's no surprise that Nałęczow is mentioned so frequently in Polish poetry and literature. The spa facilities here are surrounded by a large park with a meandering brook running through it. Just outside the town are numerous charming valleys tucked away among hills that are perfect for exploring. Many of the houses in the town are over 100 years old, with the undoubted pearl being the palace dating back to the late 18th century. Visitors can also enjoy regular organised firework displays as well as sightseeing flights in a hot-air balloon.

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

■ **www.lubelskie.travel/en** ■ **www.spanaleczow.pl**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Busko-Zdrój:
nearly 200 years of tradition

Visitors are attracted here by 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, and is surrounded by a historic park that provides plenty of opportunities for active leisure after your treatments. Visitors here can enjoy facilities such as tennis courts, playgrounds for children, numerous restaurants and cafes, and even an outdoor concert hall, all set in lush greenery. Set away from more industrial areas, the spa treats neurological, orthopaedic, rheumatic and dermatological diseases, as well as brucellosis and osteoporosis. The local waters help to prevent atherosclerosis, while the brines rich in iodine and selenium strengthen the heart, prevent tumours and support the body's natural immunity. It's a perfect area for walking, cycling and horseback riding.

- www.ubz.pl/en
- www.swietokrzyskie.travel/en

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

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, and they complement each other well in terms of the treatments and possibilities for active leisure they offer.

Iwonicz-Zdrój is tucked away amidst the forests of the Iwonicki Potok Valley, while Rymanow-Zdrój is located at the end of the same valley. Doctors have been recommending bathing in the local waters here for over 400 years. The charm of both places also lies in 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, providing mineral waters suitable for therapy for either drinking or bathing. Also known for its production of medical salts and cosmetics, Iwonicz-Zdrój has a historic town centre that boasts a charming pump room disguised as an orangery. People come to the resort to treat rheumatism, osteoporosis, musculoskeletal diseases and neurological conditions, as well as digestive, respiratory and gynaecological problems. And an interesting fact – the Bełkotka spring that lies just outside the town is so called due to the bubbles produced by the natural gas deposit underneath.

- **www.iwonicz-zdroj.pl**
- **www.rymanow.pl**
- **www.podkarpackie.travel/en**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

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 popular venue for political and business conventions.

Krynica-Zdrój is one of the oldest spas in Poland, located in an area with abundant mineral water resources. The town's main avenue is lined with picturesque traditional summer houses and health resort facilities, while scattered amongst the surrounding green hills are romantic old guest houses and ultra-modern hotels offering lavish spa treatments. The 19th century Romanówka Villa houses a museum dedicated to the primitivist painter Nikifor, whose drawings made on matchboxes and cardboard packaging, usually portraying views of Krynica, are now highly 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 waters from seven different springs. Other prominent health resorts located in the vicinity are Muszyna, Piwniczna and Wierchomla.

■ www.krynica-zdroj.pl ■ www.visitmalopolska

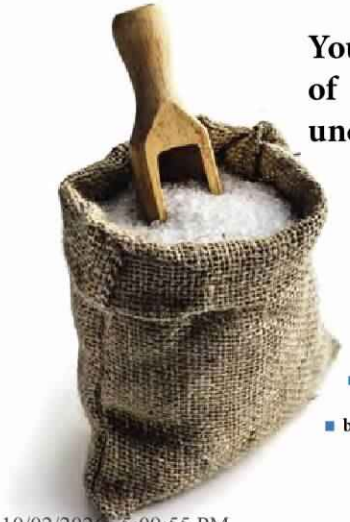
Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NBO EARA Registration Unit 10/02/2026 5:09:55 PM

Wieliczka and Bochnia:
subterranean health resorts

The air in the labyrinthine corridors of these mines is among the cleanest in the world, free from pollution and allergens.

If you have ever wanted to spend an extraordinary night deep underground, this is the place to do it. Far away from the noise of the city, special chambers guarantee a restful sleep in the saline-rich air of the Wieliczka Salt Mine. The beneficial effects of the mine's microclimate can also be enjoyed on the surface, in one of the local hotels. Many of these top-class facilities offer a treatment known as subterraneotherapy, which involves utilising the therapeutic benefits of the rare microclimate that occurs within natural underground rock salt chambers. It's a method that is used for treating a number of respiratory problems, such as asthma, other chronic pulmonary, bronchial, nasal, laryngeal, throat and sinus ailments, as well as allergies. In Bochnia, there are also recommended therapies for musculoskeletal disorders.



You can enjoy the beneficial effects of the mine's microclimate both underground and on the surface, in local hotels.

- www.health-resort.wieliczka-saltmine.com
- www.visitmalopolska
- bochnia-mine.eu

Received by NBO EARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

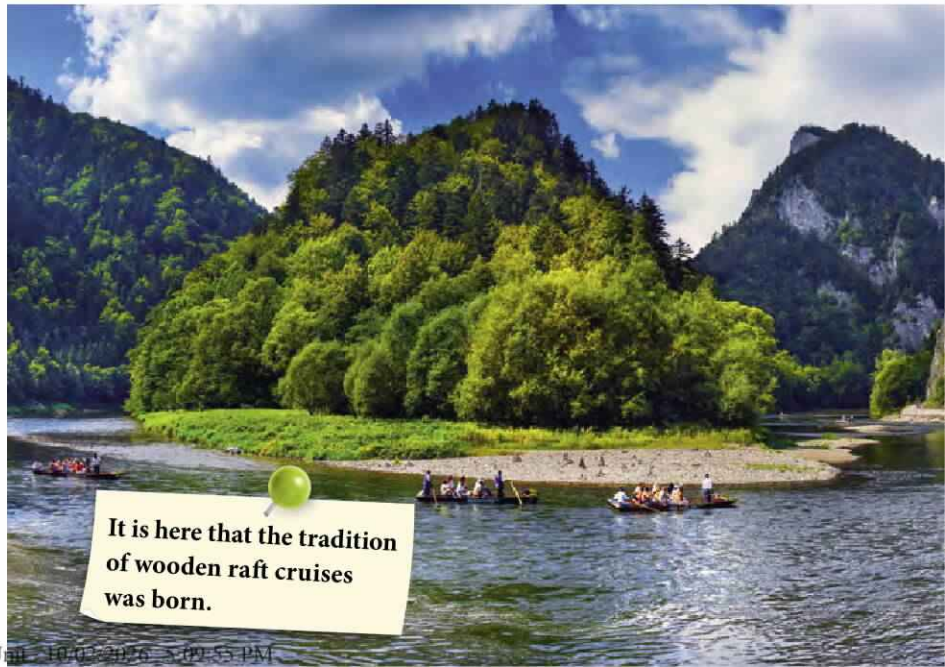
Szczawnica:
a charming spa in the Pieniny Mountains

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

This is where the tradition of wooden rafting tours was born, down the rapids of the Dunajec River that snakes between the rock cliffs of the Pieniny Mountains. It's an area that is famous for its picturesque gullies, such as the famous Homole, which is often called a miniature of the whole Pieniny range.

The spa uses acidic mineral waters from twelve local springs, and also offers peloid baths. The mild climate here helps to alleviate respiratory conditions, allergies, asthma and chronic infections, while special facilities are also available that focus on the treatment of musculoskeletal and rheumatic conditions. Szczawnica boasts many historic buildings, and a main street lined with houses with coats-of-arms painted above the doorways, just like 150 years ago.

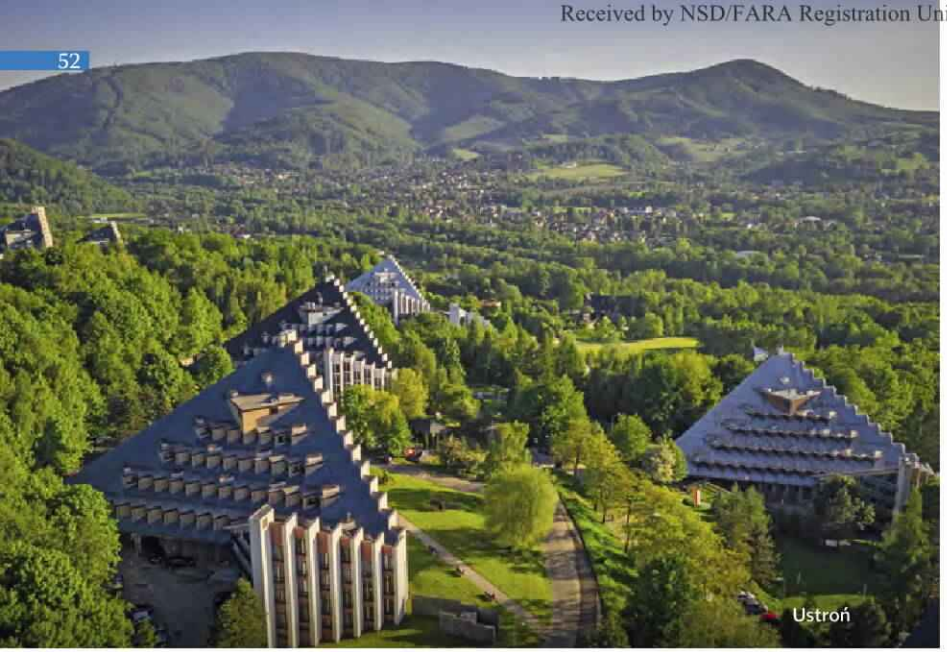
■ www.visitmalopolska ■ www.uzdrowiskoszczawnica.pl/en



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

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM


Ustroń

Wisła

Wisła and Ustroń:
two towns at the source of Poland's longest river

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

Wisła is a popular holiday resort and a great starting point for hiking and mountain bike rides. The hometown of Adam Małysz, one of the most successful ski-jumpers in history, it attracts large numbers of skiers every winter. There are numerous ski-lifts to take you up slopes of varying degrees of difficulty, with each one boasting a different view of the breathtaking panorama. The long, gentle slopes that descend to verdant valleys are particularly popular with fans of cross-country skiing. Ustroń, meanwhile, is known for its impressive health resort facilities and specialist clinics and hospitals located among scenic hills covered with dense forest. They cater for patients suffering from neurological, rheumatic, orthopaedic, cardiovascular, vascular and respiratory diseases and problems, as well as from diabetes, obesity and osteoporosis.

- www.wisla.pl
- www.uzdrowisko-ustron.pl/en

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Rabka-Zdrój:
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 over a hundred years.

If there is ever any doubt as to who the target patients are here, the clues lie in the Santa Claus statue in front of the main railway station, the multi-coloured fountain with elephants in the main park (Park Zdrojowy) and the Rabkoland theme park. Even the town's coat of arms reflects the character of the place: half of it is the face of the sun, and the other half is a smiling child's face. Rabka prides itself on the title of "Town of the Children of the World" that was bestowed on it by the International Chapter of the Order of the Smile. The conventions awarding the Order of the Smile to people for their "love, care and aid for children" are held in Rabka, and the town is also home to a museum dedicated to the Order that people can visit. In terms of the treatments offered in the resort, they focus mainly on treating respiratory and circulation problems.

■ **www.uzdrowisko-rabka.pl**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Thermal springs:
relaxation set in fairy-tale scenery

The thermal spring waters of the Podhale region are not only a valuable green energy source, but they also allow you to indulge your body and mind in complete comfort.

Sitting in a steaming thermal pool under a starry sky, surrounded by glistening snow, is the perfect way to unwind after a long day of hiking. The hot water helps to soothe and relax your muscles, which you will also find invaluable after a strenuous workout on the ski slopes. In Zakopane, you can just sit back in the pool and enjoy a view of the majestic Mount Giewont. And there's no chance of your children getting bored as there are slides for the older ones and shallow pools for the toddlers. If it's a little privacy you're looking for, there are also more intimate spots where you can rejuvenate your body in peace and quiet. Why not treat yourself to some spa treatments, or maybe a sauna, bubble bath or massage?

■ www.wellness.bukovina.pl/en

The thermal waters of Podhale reach temperatures of 37 degrees Celsius in the pools.

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Lądek-Zdrój

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-Zdrój lies amidst woods and grasslands at the foot of the picturesque Golden Mountains (Góry Złote). Their gentle slopes shelter the town from strong winds, but the climate is typically mountainous. The waters in Lądek-Zdrój are incomparable, suffused with naturally occurring radon, sulphur and hydrogen. The treatments on offer here focus on women's health issues, as well as osteoporosis, disorders of the nervous system and dermatological 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 rheumatic 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).

■ **www.uzdrowisko-ladek.pl**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

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.

Reaching temperatures of up to 90 degrees Celsius, the springs in Cieplice have been known about and used for centuries as they contain sulphur, fluoride and silicon compounds, which are beneficial in the treatment of musculoskeletal problems, rheumatoid arthritis, neurological disorders, urinary conditions, kidney problems and eye conditions. 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 the eyes and the periodontium, the tissues that support the teeth), and kinesiotherapy. The climate here is undoubtedly a major asset, as is the picturesque, mountainous landscape. The numerous hiking trails and wild nature of the Jelenia Góra Valley attract visitors from numerous nearby holiday resorts, while the local theatre stages performances and concerts all year round.

- **www.cieplice.pl**
- **www.uzdrowisko-cieplice.pl/en**

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM

Health and beauty treatments in big cities

There wide selection modern spa and beauty facilities available every major Polish town.

Swimming pools, jacuzzis, saunas, steam baths, fitness rooms: all these facilities are pretty much standard most hotels these days. Those seeking more sophisticated forms relaxation can also opt for salt caves, tepidariums heated stone benches, magnet and laser therapy, and various forms light therapy, while those looking to get back shape or simply give themselves good pampering can enjoy massage or any large number rejuvenating and beauty treatments. Some more unusual, and memorable, treatments include bathing goat's milk or chocolate. Many spas also seek inspiration from Far East, which often reflected interior decoration designed to create an atmosphere meditation.

■ www.infobasen.pl

Received by NSD/FARA Registration Unit 10/02/2026 5:09:55 PM