

Treatments available as part of the „Regeneration and Stress Relief” package:

TREATMENTS GROUP	TREATMENT	ESTIMATED DURATION
CONSULTATIONS	Qualification visit	up to 15 min
	Psychophysical balance consultation	45 min
MASSAGE	Partial massage	25 min
	Pneumatic BOA massage	25 min
BALNEOLOGY	Brine bath	15 min
	Ozone bath	15 min
	Dry ozone bath (ozone therapy)	10 min
	Pearl bath	15 min
	Hydromassage	15 min
	Whirlpool bath for lower limbs	15 min
	Brine whirlpool bath for lower limbs	15 min
	Carbonic acid bath	15 min
	Dry carbonic acid bath	10 min
	Neuroregenerative bath	15 min
KINESIOTHERAPY	Outdoor group exercises	55 min
	Circuit training with a physiotherapist	25 min
	Group exercises in the gym	30 min
	Group breathing exercises in a brine chamber	25 min
	Group exercises in the brine pool	30 min
	Music Therapy in a brine chamber	45 min
	Yoga	60 min
	Pilates	45 min

The selection of the set of treatments is made by the physiotherapist during the initial qualification visit. An integral part of the therapy is group activities in the gym, in the brine pool or outdoors.