

MEDICAL TRAINING

Treatment	Duration	Price	Series of 5	Series of 10
Medical training	55 min	210 pln	998 pln	1890 pln
Medical training 2+1 (2 patients + 1 physiotherapist)	55 min	275 pln	1306 pln	2475 pln

KINESIOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Individual rehabilitation with physiotherapist	30 min	120 pln	570 pln	1080 pln
Individual rehabilitation with physiotherapist	55 min	210 pln	998 pln	1890 pln
Individual rehabilitation 2+1 (2 patients + 1 physiotherapist)	55 min	275 pln	1306 pln	2475 pln
Group exercises in the brine pool	30 min	54 pln	257 pln	486 pln
Group exercises in the gym	30 min	43 pln	204 pln	387 pln
Nordic Walking exercises	55 min	43 pln	204 pln	387 pln
Pilates	45 min	43 pln	204 pln	387 pln
Yoga Medica	60 min	43 pln	204 pln	387 pln
Circuit training with a physiotherapist	25 min	32 pln	152 pln	288 pln

HERBAL TREATMENTS

Treatment	Duration	Price	Series of 5	Series of 10
"Herbal relaxation for joints" bath	20 min	55 pln	261 pln	495 pln
"Aromatic relief for body and soul" bath	20 min	55 pln	261 pln	495 pln
"Herbal essence of beauty" bath	20 min	55 pln	261 pln	495 pln
Full body herbal bath (3 types to choose from)	20 min	55 pln	261 pln	495 pln
Herbal inhalation	10 min	45 pln	214 pln	405 pln
Herbal eyes spray	10 min	45 pln	214 pln	405 pln
Partial herbal stamp massage	25 min	160 pln	760 pln	1440 pln
Full body herbal stamps massage	55 min	270 pln	1283 pln	2430 pln

☒ - initial consultation required

RECREATION

Use of the recreation zone, consisting of brine pool, sauna complex, jacuzzi, Kneipp path, cardio gym and mineral inhalation chamber

	Price
Monday – Friday	8AM-9PM – single entry 90 pln
Saturday – Sunday / holidays, long weekends	9AM-9PM – single entry 110 pln
10-entry ticket (valid 3 months from the date of purchase)	880 pln
3-months ticket*	1600 pln
6-months ticket*	2200 pln
12-months ticket*	3800 pln
Bathrobe rent	20 pln



* entitles you to participate in group exercises in the brine pool, gym, mineral inhalation chamber and outdoor from Monday to Thursday (the number of places is limited, prior reservation required)

CONSULTATIONS

Treatment	Duration	Price	Series of 5	Series of 10
Initial consultation before treatments	-	55 pln	-	-
Holistic consultation	-	155 pln	-	-
Physiotherapeutic consultation	30 min	75 pln	-	-
Extended physiotherapy consultation with ultrasound (USG)	45 min	120	-	-
Dietary consultation	55 min	215 pln	-	-
Follow-up dietary consultation	30 min	110 pln	-	-
Psychodietetic consultation	55 min	160 pln	-	-
Diagnostics dedicated to the lungs	55 min	55 pln	-	-

☒ - initial consultation required

SOPOTORIUM MEDICAL RESORT

MEDICAL CENTER PRICELIST



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18.01.2026

THERAPEUTIC MASSAGE

Treatment	Duration	Price	Series of 5	Series of 10
Partial massage	25 min	140 pln	665 pln	1260 pln
Full body massage	55 min	230 pln	1093 pln	2070 pln
Partial sports massage	25 min	150 pln	713 pln	1350 pln
Full body sports massage	55 min	260 pln	1235 pln	2340 pln
Draining massage based on warm balm	25 min	160 pln	760 pln	1440 pln
Draining massage based on warm balm	55 min	270 pln	1283 pln	2430 pln
Full body honey massage	55 min	270 pln	1283 pln	2430 pln
Kobido therapy	60 min	290 pln	1378 pln	2610 pln
Zoga Face therapy	90 min	390 pln	1853 pln	3510 pln
Face massage with temporomandibular joint preparation	25 min	140 pln	665 pln	1260 pln
Deep tissue massage	25 min	140 pln	665 pln	1260 pln
Ice cube massage	25 min	140 pln	665 pln	1260 pln
Partial Chinese cup massage	25 min	140 pln	665 pln	1260 pln
Full body Chinese cup massage	55 min	225 pln	1069 pln	2025 pln
Breuss massage	25 min	140 pln	665 pln	1260 pln
Partial massage for pregnant women basen on balm	25 min	160 pln	760 pln	1440 pln
Full body massage for pregnant women basen on balm	55 min	270 pln	1283 pln	2430 pln
Partial lymphatic massage	25 min	140 pln	665 pln	1260 pln
Full body lymphatic massage	90 min	270 pln	1283 pln	2430 pln
Lymphatic BOA pneumatic massage	30 min	55 pln	261 pln	495 pln
Modelling BOA pneumatic massage	45 min	75 pln	356 pln	675 pln
Modeling and anti-cellulite massage with a shockwave	45 min	240 pln	1040 pln	1971 pln

MANUAL THERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Manual therapy	30 min	140 pln	665 pln	1260 pln
Manual therapy	55 min	230 pln	1093 pln	2070 pln
Manual therapy using ultrasound (USG)	60 min	250 pln	1188 zł	2250 pln
Osteopathic therapy	55 min	230 pln	1093 pln	2070 pln
Craniosacral therapy	55 min	230 pln	1093 pln	2070 pln
Visceral therapy	55 min	230 pln	1093 pln	2070 pln
Foot reflexology	55 min	270 pln	1283 pln	2430 pln
Pinotherapy	55 min	230 pln	1093 pln	2070 pln
Dental physiotherapy	55 min	230 pln	1093 pln	2070 pln
Dry needling	up to 30 min	110 pln	523 pln	990 pln
Kinesiotaping		55 pln	-	-

BALNEOLOGY

Treatment	Duration	Price	Series of 5	Series of 10
Brine bath ☒	15 min	43 pln	204 pln	387 pln
Mud bath ☒	15 min	60 pln	285 pln	540 pln
Brine bath with mud ☒	15 min	70 pln	333 pln	630 pln
Carbonic acid bath ☒	15 min	43 pln	204 pln	387 pln
Dry carbonic acid bath	10 min	43 pln	204 pln	387 pln
Dry ozone bath (ozone therapy)	10 min	43 pln	204 pln	387 pln
Hop bath	20 min	54 pln	257 pln	486 pln
Lavender bath	20 min	54 pln	257 pln	486 pln
Partial mud wraps ☒	20 min	60 pln	285 pln	540 pln
Full body mud wraps ☒	20 min	130 pln	618 pln	1170 pln
Eyes spray	10 min	43 pln	204 pln	387 pln

INHALATIONS

Treatment	Duration	Price	Series of 5	Series of 10
Inhalations	10 min	43 pln	204 pln	387 pln
Reusable inhalation mask	-	43 pln	-	-
Graduation tower	45 min	43 pln	204 pln	387 pln
Psychotherapeutic session in the mineral inhalation chamber	45 min	75 pln	356 pln	675 pln
Group breathing exercises in the mineral inhalation chamber	25 min	43 pln	204 pln	387 pln

HYDROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Hydromassage	15 min	54 pln	257 pln	486 pln
Pearl bath	15 min	54 pln	257 pln	486 pln
Ozone bath	15 min	54 pln	257 pln	486 pln
Whirlpool bath for lower limbs	15 min	43 pln	204 pln	387 pln
Brine whirlpool bath for lower limbs	15 min	43 pln	204 pln	387 pln
Magnesium whirlpool bath for lower limbs	15 min	54 pln	257 pln	486 pln
Brine and magnesium whirlpool bath for lower limbs	15 min	54 pln	257 pln	486 pln

THERMOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Systemic cryotherapy ☒	1-3 min	54 pln	257 pln	486 pln
Local cryotherapy ☒	up to 5 min	43 pln	204 pln	387 pln
Outfit for cryotherapy		139 pln	-	-

ELECTROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Galvanic therapy ☒	15 min	39 pln	185 pln	351 pln
Ionophoresis ☒	15 min	39 pln	185 pln	351 pln
Diadynamic current ☒	15 min	39 pln	185 pln	351 pln
Trabert's current ☒	15 min	39 pln	185 pln	351 pln
Interferential (Nemeck's) current ☒	15 min	39 pln	185 pln	351 pln
TENS current ☒	15 min	39 pln	185 pln	351 pln
Kotz current ☒	15 min	39 pln	185 pln	351 pln
Microcurrent ☒	15 min	39 pln	185 pln	351 pln
Bipolar electrostimulation ☒	15 min	39 pln	185 pln	351 pln
Magnetotherapy ☒	25 min	39 pln	185 pln	351 pln

PHOTOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
High-energy laser ☒	up to 15 min	54 pln	257 pln	486 pln
High-energy laser during individual session with a physiotherapist ☒	up to 15 min	39 pln	185 pln	351 pln
Sollux lamp ☒	15 min	39 pln	185 pln	351 pln

SONOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Shockwave ☒	up to 15 min	75 pln	356 pln	675 pln
Shockwave during therapy session ☒	up to 15 min	54 pln	-	-
Ultrasounds ☒	up to 10 min	39 pln	185 pln	351 pln
Phonophoresis (ultrasounds + medication) ☒	up to 10 min	39 pln	185 pln	351 pln
Combined therapy (ultrasounds + electricity) ☒	up to 15 min	39 pln	185 pln	351 pln

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