

HERBAL TREATMENTS

Treatment	Duration	Price	Series of 5	Series of 10
„Herbal joint relaxation” bath	20 min	55 zł	261 zł	495 zł
„Aromatic relaxation for body and mind” bath	20 min	55 zł	261 zł	495 zł
„Herbal essence of beauty” bath	20 min	55 zł	261 zł	495 zł
Full-body herbal bath (arnica/pine)	20 min	55 zł	261 zł	495 zł
Herbal inhalation	10 min	45 zł	214 zł	405 zł
Herbal eye aerosol	10 min	45 zł	214 zł	405 zł
Partial herbal stamp massage	25 min	160 zł	760 zł	1 440 zł
Full-body herbal stamp massage	55 min	270 zł	1 283 zł	2 430 zł

RECREATION

Use of the recreational area, including a brine pool, jacuzzi, sauna complex, Kneipp path, cardio gym, and mineral inhalation chamber

	Price
Monday - Friday (8:00–21:00 - single entry)	90 zł
Saturday - Sunday / Public holidays / Long weekends (9:00–21:00 - single entry)	110 zł
10-entry pass (valid for 3 months from purchase date)	880 zł
3-month membership*	1600 zł
6-month membership*	2200 zł
12-month membership*	3800 zł
Bathrobe rental	20 zł

** entitles participation in group classes held in the brine pool, gym, mineral inhalation chamber, and outdoors from Monday to Thursday (limited spots, prior booking required)*

CONSULTATIONS

Treatment	Duration	Price
Initial consultation for treatments	15 min	55 zł
Holistic consultation	40 min	155 zł
Physiotherapy consultation	30 min	75 zł
Extended physiotherapy consultation with ultrasound	45 min	120 zł
Dietetic consultation	55 min	215 zł
Follow-up dietetic consultation	30 min	110 zł
Psychodietetic consultation	55 min	160 zł
Lung-focused diagnostics	55 min	55 zł
Psychophysical balance consultation	45 min	155 zł

✔ - treatment requires an initial qualification consultation

04.2026

MEDICAL CENTER PRICELIST



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SOPOTORIUM
MEDICAL RESORT

Therapeutic Massage

Treatment	Duration	Price	Series of 5	Series of 10
Partial massage	25 min	140 zł	665 zł	1 260 zł
Full-body massage	55 min	230 zł	1 093 zł	2 070 zł
Intensive partial massage	25 min	150 zł	713 zł	1 350 zł
Intensive full-body massage	55 min	260 zł	1 235 zł	2 340 zł
Drainage massage with balm	25 min	160 zł	760 zł	1 440 zł
Drainage massage with balm	55 min	270 zł	1 283 zł	2 430 zł
Full-body honey massage	55 min	270 zł	1 283 zł	2 430 zł
Kobido therapy	60 min	290 zł	1 378 zł	2 610 zł
Zoga Face therapy	90 min	390 zł	1 853 zł	3 510 zł
Facial massage with TMJ treatment*	25 min	140 zł	665 zł	1 260 zł
Deep tissue massage	25 min	140 zł	665 zł	1 260 zł
Partial Chinese cupping massage	25 min	140 zł	665 zł	1 260 zł
Full-body Chinese cupping massage	55 min	225 zł	1 069 zł	2 025 zł
Breuss massage	25 min	140 zł	665 zł	1 260 zł
Partial pregnancy massage with balm	25 min	160 zł	760 zł	1 440 zł
Full-body pregnancy massage with balm	55 min	270 zł	1 283 zł	2 430 zł
Partial lymphatic massage	25 min	140 zł	665 zł	1 260 zł
Full-body lymphatic massage	90 min	270 zł	1 283 zł	2 430 zł
BOA pneumatic lymphatic massage	30 min	55 zł	261 zł	495 zł
BOA pneumatic body contouring massage	45 min	75 zł	356 zł	675 zł
Shockwave body contouring and anti-cellulite massage	45 min	240 zł	1 040 zł	1 971 zł

* temporomandibular joint

Manual Therapy

Treatment	Duration	Price	Series of 5	Series of 10
Manual therapy	30 min	140 zł	665 zł	1 260 zł
Manual therapy	55 min	230 zł	1 093 zł	2 070 zł
Manual therapy with ultrasound guidance	60 min	250 zł	1 188 zł	2 250 zł
Visceral therapy	55 min	230 zł	1 093 zł	2 070 zł
Foot reflexology	55 min	270 zł	1 283 zł	2 430 zł
Pinotherapy	55 min	230 zł	1 093 zł	2 070 zł
Dental physiotherapy	55 min	230 zł	1 093 zł	2 070 zł
Kinesiology taping	-	55 zł	261 zł	495 zł

Thermotherapy

Treatment	Duration	Price	Series of 5	Series of 10
Whole-body cryotherapy ☑	1-3 min	54 zł	257 zł	486 zł
Local cryotherapy ☑	up to 5 min	43 zł	204 zł	387 zł
Cryotherapy clothing	-	139 zł	-	-

Hydrotherapy

Treatment	Duration	Price	Series of 5	Series of 10
Hydromassage	15 min	54 zł	257 zł	486 zł
Pearl bath (bubble bath)	15 min	54 zł	257 zł	486 zł
Ozone bath	15 min	54 zł	257 zł	486 zł
Lower limb whirlpool bath	15 min	43 zł	204 zł	387 zł
Brine lower limb whirlpool bath	15 min	43 zł	204 zł	387 zł
Magnesium lower limb whirlpool bath	15 min	54 zł	257 zł	486 zł
Brine and magnesium lower limb whirlpool bath	15 min	54 zł	257 zł	486 zł

Balneology

Treatment	Duration	Price	Series of 5	Series of 10
Brine bath ☑	15 min	43 zł	204 zł	387 zł
Peat suspension bath ☑	15 min	60 zł	285 zł	540 zł
Brine and peat bath ☑	15 min	70 zł	333 zł	630 zł
Carbonic acid bath ☑	15 min	43 zł	204 zł	387 zł
Dry carbonic acid bath	10 min	43 zł	204 zł	387 zł
Dry ozone bath (ozone therapy)	10 min	43 zł	204 zł	387 zł
Hop bath	20 min	54 zł	257 zł	486 zł
Lavender bath	20 min	54 zł	257 zł	486 zł
Neuroregenerative bath	15 min	54 zł	257 zł	486 zł
Partial peat compresses ☑	20 min	60 zł	285 zł	540 zł
Full-body peat compresses ☑	20 min	130 zł	618 zł	1 170 zł
Eye aerosol treatment	10 min	43 zł	204 zł	387 zł

Respiratory Therapy

Treatment	Duration	Price	Series of 5	Series of 10
Inhalation therapy	up to 10 min	43 zł	204 zł	387 zł
Reusable inhalation mask	-	43 zł	-	-
Brine graduation tower	45 min	43 zł	204 zł	387 zł
Psychotherapy session in the mineral inhalation chamber	45 min	75 zł	356 zł	675 zł
Group breathing exercises in the mineral inhalation chamber	25 min	43 zł	204 zł	387 zł

Medical Training

Treatment	Duration	Price	Series of 5	Series of 10
Medical training	55 min	210 zł	998 zł	1 890 zł
Medical training (2 patients + physiotherapist)	55 min	275 zł	1 306 zł	2 475 zł

Electrotherapy

Treatment	Duration	Price	Series of 5	Series of 10
Galvanization ☑	15 min	39 zł	185 zł	351 zł
Iontophoresis ☑	15 min	39 zł	185 zł	351 zł
Diadynamic currents ☑	15 min	39 zł	185 zł	351 zł
Träbert currents ☑	15 min	39 zł	185 zł	351 zł
Interferential currents ☑	15 min	39 zł	185 zł	351 zł
TENS therapy ☑	15 min	39 zł	185 zł	351 zł
Kotz currents ☑	15 min	39 zł	185 zł	351 zł
Microcurrent therapy ☑	15 min	39 zł	185 zł	351 zł
Bipolar electrostimulation ☑	15 min	39 zł	185 zł	351 zł
Magnetotherapy ☑	25 min	39 zł	185 zł	351 zł

Phototherapy

Treatment	Duration	Price	Series of 5	Series of 10
High-intensity laser therapy ☑	up to 15 min	54 zł	257 zł	486 zł
Sollux lamp ☑	15 min	39 zł	185 zł	351 zł

Sonotherapy

Treatment	Duration	Price	Series of 5	Series of 10
Shockwave therapy ☑	up to 15 min	75 zł	356 zł	675 zł
Ultrasound therapy ☑	up to 10 min	39 zł	185 zł	351 zł
Phonophoresis (ultrasound with medication) ☑	up to 10 min	39 zł	185 zł	351 zł

Kinesiotherapy

Treatment	Duration	Price	Series of 5	Series of 10
Individual physiotherapy	30 min	120 zł	570 zł	1 080 zł
Individual physiotherapy	55 min	210 zł	998 zł	1 890 zł
Individual physiotherapy (2+1)*	55 min	275 zł	1 306 zł	2 475 zł
Group exercises in a brine pool	30 min	54 zł	257 zł	486 zł
Group exercises in a gym	30 min	43 zł	204 zł	387 zł
Nordic walking	55 min	43 zł	204 zł	387 zł
Pilates	45 min	43 zł	204 zł	387 zł
Medical yoga	60 min	43 zł	204 zł	387 zł
Circuit training with a physiotherapist	25 min	32 zł	152 zł	288 zł

* 2 patients + physiotherapist