

MEDICAL TRAINING NEW

Treatment	Duration	Price	Series of 5	Series of 10
Medical training	55 min	189 pln	898 pln	1 701 pln
Medical training 2+1 (2 patients + 1 physiotherapist)	55 min	249 pln	1 183 pln	2 241 pln

KINESIOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Individual rehabilitation with physiotherapist	30 min	109 pln	518 pln	981 pln
Individual rehabilitation with physiotherapist	55 min	189 pln	898 pln	1 701 pln
Individual rehabilitation 2+1 (2 patients + 1 physiotherapist)	55 min	249 pln	1 183 pln	2 241 pln
Group exercises in the brine pool	30 min	49 pln	233 pln	441 pln
Group exercises in the gym	30 min	39 pln	185 pln	351 pln
Nordic Walking exercises	55 min	39 pln	185 pln	351 pln
Yoga Medica	60 min	39 pln	185 pln	351 pln

HERBAL TREATMENTS

Treatment	Duration	Price	Series of 5	Series of 10
Full body herbal bath (3 types to choose from)	20 min	49 pln	-	-
Herbal inhalation	10 min	39 pln	-	-
Herbal eyes spray	10 min	39 pln	-	-
Partial herbal stamp massage	25 min	145 pln	-	-
Full body herbal stamps massage	55 min	245 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 79 pln
Saturday – Sunday / holidays, long weekends	9AM-9PM – single entry 99 pln
10-entry ticket (valid 3 months from the date of purchase)	799 pln
3-months ticket*	1 399 pln
6-months ticket*	1 999 pln
12-months ticket*	3 399 pln
Bathrobe rent	19 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	-	49 pln	-	-
Holistic consultation	-	149 pln	-	-
Physiotherapeutic consultation	30 min	69 pln	-	-
Dietary consultation	55 min	199 pln	-	-
Follow-up dietary consultation	30 min	99 pln	-	-
Psychodietetic consultation	55 min	149 pln	-	-

☒ - initial consultation required

SOPOTORIUM
MEDICAL RESORT

MEDICAL CENTER
PRICELIST



Sopotorium Medical Center & Spa
Bitwy Pod Płowcami 52
81-731 Sopot

phone +48 58 35 35 959
e-mail: med@sopotorium.pl
www.sopotorium.pl

06.01.2025

THERAPEUTIC MASSAGE

Treatment	Duration	Price	Series of 5	Series of 10
Partial massage	25 min	125 pln	594 pln	1 125 pln
Full body massage	55 min	205 pln	974 pln	1 845 pln
Partial sports massage	25 min	135 pln	641 pln	1 215 pln
Full body sports massage	55 min	235 pln	1 116 pln	2 115 pln
Draining massage based on warm balm	25 min	145 pln	689 pln	1 305 pln
Draining massage based on warm balm	55 min	245 pln	1 164 pln	2 205 pln
Full body honey massage	55 min	245 pln	1 164 pln	2 205 pln
Kobido therapy	60 min	269 pln	1 278 pln	2 421 pln
Zoga Face therapy	90 min	369 pln	1 752 pln	3 321 pln
Face massage with temporomandibular joint preparation	25 min	125 pln	594 pln	1 125 pln
Deep tissue massage	25 min	125 pln	594 pln	1 125 pln
Ice cube massage	25 min	125 pln	594 pln	1 125 pln
Partial Chinese cup massage	25 min	125 pln	594 pln	1 125 pln
Full body Chinese cup massage	55 min	205 pln	974 pln	1 845 pln
Breuss massage	25 min	125 pln	594 pln	1 125 pln
Partial massage for pregnant women basen on balm	25 min	145 pln	689 pln	1 305 pln
Full body massage for pregnant women basen on balm	55 min	245 pln	1 164 pln	2 205 pln
Partial lymphatic massage	25 min	125 pln	594 pln	1 125 pln
Full body lymphatic massage	90 min	245 pln	1 164 pln	2 205 pln
Lymphatic BOA pneumatic massage	30 min	49 pln	233 pln	441 pln
Modelling BOA pneumatic massage	45 min	69 pln	328 pln	621 pln
Modeling and anti-cellulite massage with a shockwave	45 min	219 pln	1 040 pln	1 971 pln

MANUAL THERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Manual therapy	30 min	125 pln	594 zł	1 125 pln
Manual therapy	55 min	205 pln	974 zł	1 845 pln
Osteopathic therapy	55 min	205 pln	974 zł	1 845 pln
Craniosacral therapy	55 min	205 pln	974 zł	1 845 pln
Visceral therapy	55 min	205 pln	974 zł	1 845 pln
Foot reflexology	55 min	245 pln	1 164 zł	2 205 pln
Pinotherapy	55 min	205 pln	974 zł	1 845 pln
Dental physiotherapy	55 min	205 pln	974 zł	1 845 pln
Dry needling	up to 30 min	99 pln	470 zł	891 pln
Kinesiotaping		50 pln	-	-

BALNEOLOGY

Treatment	Duration	Price	Series of 5	Series of 10
Brine bath ☒	15 min	39 pln	185 pln	351 pln
Mud bath ☒	15 min	39 pln	185 pln	351 pln
Brine bath with mud ☒	15 min	49 pln	233 pln	441 pln
Carbonic acid bath ☒	15 min	39 pln	185 pln	351 pln
Dry carbonic acid bath	10 min	39 pln	185 pln	351 pln
Dry ozone bath (ozone therapy)	10 min	39 pln	185 pln	351 pln
Hop bath	20 min	49 pln	233 pln	441 pln
Lavender bath	20 min	49 pln	233 pln	441 pln
Partial mud wraps ☒	20 min	39 pln	185 pln	351 pln
Full body mud wraps ☒	20 min	109 pln	518 pln	981 pln
Eyes spray	10 min	39 pln	185 pln	351 pln

INHALATIONS

Treatment	Duration	Price	Series of 5	Series of 10
Inhalations	10 min	39 pln	185 pln	351 pln
Reusable inhalation mask	-	39 pln	-	-
Graduation tower	45 min	39 pln	185 pln	351 pln
Psychotherapeutic session in the mineral inhalation chamber	45 min	69 pln	328 pln	621 pln
Group breathing exercises in the mineral inhalation chamber	25 min	39 pln	185 pln	351 pln

HYDROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Hydromassage	15 min	49 pln	233 pln	441 pln
Pearl bath	15 min	49 pln	233 pln	441 pln
Ozone bath	15 min	49 pln	233 pln	441 pln

THERMOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Systemic cryotherapy ☒	1-3 min	49 pln	233 pln	441 pln
Local cryotherapy ☒	do 5 min	35 pln	166 pln	315 pln
Outfit for cryotherapy		139 pln	-	-

ELECTROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Galvanic therapy ☒	15 min	35 pln	166 pln	315 pln
Ionophoresis ☒	15 min	35 pln	166 pln	315 pln
Diadynamic current ☒	15 min	35 pln	166 pln	315 pln
Trabert's current ☒	15 min	35 pln	166 pln	315 pln
Interferential (Nemeck's) current ☒	15 min	35 pln	166 pln	315 pln
TENS current ☒	15 min	35 pln	166 pln	315 pln
Kotz current ☒	15 min	35 pln	166 pln	315 pln
Microcurrent ☒	15 min	35 pln	166 pln	315 pln
Bipolar electrostimulation ☒	15 min	35 pln	166 pln	315 pln
Magnetotherapy ☒	25 min	35 pln	166 pln	315 pln

PHOTOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
High-energy laser ☒	do 15 min	49 pln	233 pln	441 pln
High-energy laser during individual session with a physiotherapist ☒	do 15 min	35 pln	166 pln	315 pln
Sollux lamp ☒	15 min	35 pln	166 pln	315 pln

SONOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Shockwave ☒	do 15 min	69 pln	328 pln	621 pln
Shockwave during therapy session ☒	do 15 min	49 pln	-	-
Ultrasounds ☒	do 10 min	35 pln	166 pln	315 pln
Phonophoresis (ultrasounds + medication) ☒	do 10 min	35 pln	166 pln	315 pln
Combined therapy (ultrasounds + electricity) ☒	do 15 min	35 pln	166 pln	315 pln

☒ - initial consultation required