

# ENJOY THE RELAX

TREATMENTS  
BEHANDLUNGSKATALOG  
KATALOG ZABIEGÓW

GB

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Interferie HOTEL MEDICAL SPA\*\*\*\*

Uzdrowskowa 15, 72-600 Świnoujście

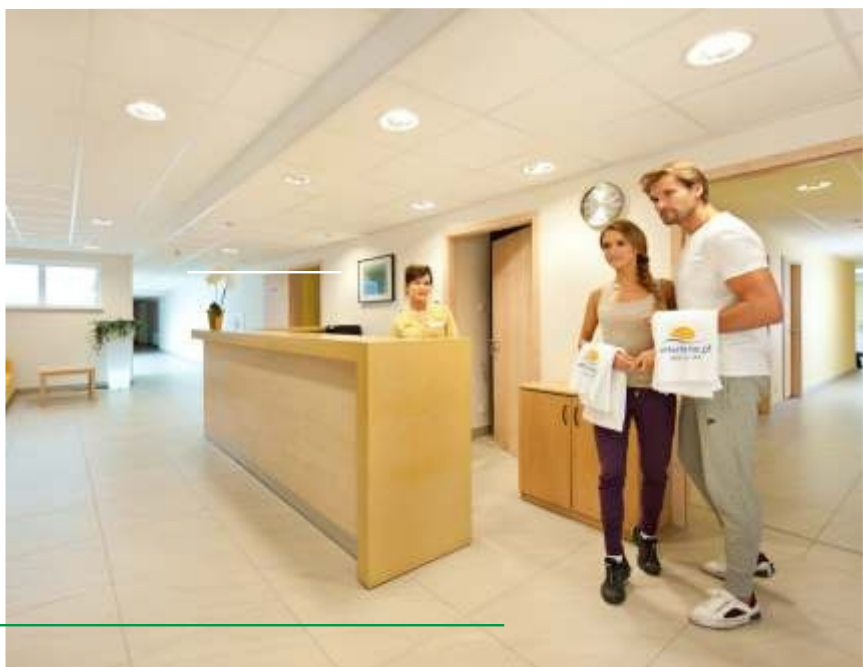
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# OFFER

- Electrotherapy
- Hydro-massage
- Gymnastic in pool General
- physical exercises (Dry) Saline
- Inhalations Borowinowa Baths
- Saline Baths Kinesiotherapy
- Cryotherapy
- Sollux Lamp
- Laser Therapy
- 
- 
- Magnetic Therapy
- Classic Massage
- Lymphatic Massage
- Nordic Walking
- Borowina Compresses
- Shockwave therapy
- Individual therapy
- Ultrasounds



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# PHYSIOTHERAPY

## MEDICAL VISIT



100 PLN

## PHYSIOTHERAPEUTIC CONSULTATION



60 PLN

## MEDICAL CERTIFICATE



40 PLN

## BLOOD SUGAR MEASUREMENT



10 PLN

## RESSURE MEASUREMENT



10 PLN

## BODY COMPOSITION ANALYSIS



20 PLN

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## ELECTROTHERAPY

It is stimulation by electric current, used to treat various pathological conditions of neuromuscular tissue, improve local circulation, reduce pain, increase range of motion and muscle strength. Electrotherapy includes: TENS current, DDM currents, interference currents, galvanic current and ionophoresis.



10 minut



30 PLN

## MUD PACKS

Treatment consisting of covering parts of the body with mud in the form of patches. Heated mud slowly gives off heat. Under its influence, the deeper tissues become congested and, as a result, they become loosened. In addition, it provides valuable ingredients through the skin: organic acids and mineral salts, which have anti-inflammatory, bactericidal and bacteriostatic effects.



10 minut



40 PLN

## MUD BATHS

These are baths with mud extract, giving the skin a unique smoothness. In addition, mud baths cleanse the body of toxins, reduce joint swelling and relieve inflammatory lesions.



15 minut



70 PLN



15 minut



70 PLN

## HYDROMASSAGE

This is a pearl bath with an additional massage with jets of water from the nozzles placed on the walls of the bath. It causes muscle relaxation, tissue congestion, movement of body fluids, increases the supply of venous blood to the heart and improves metabolism, gives a feeling of relaxation and relaxation.



15 minut



60 PLN



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## LASER THERAPY

It is a procedure involving precise irradiation of tissues using laser light with biostimulatory parameters. It has anti-inflammatory, analgesic, anti-edema and improves microcirculation and accelerates tissue regeneration



5 minut



30 PLN

## MAGNETOTHERAPY

It is an effective method of treatment consisting in subjecting a given area of the body to the influence of a pulsating magnetic field of low frequency. Magnetotherapy treatment reduces pain, inhibits inflammatory processes, strengthens the body's immunity and eliminates spasms.



10 minut



30 PLN

## CRYOTHERAPY

The procedure involves local cooling of the body. Its effect is to relieve pain, reduce the activity of the inflammatory process, reduce muscle tension, reduce swelling, and consequently increase the mobility of cooled joints, increase muscle strength and shorten the time of injury treatment.



do 5 minut



30 PLN



do 5 minut



30 PLN

## ULTRASOUND

Treatment accelerating wound healing, analgesic, regenerating, increasing the extensibility of collagen fibers. It is characterized by deep thermal action.



## BRINE INHALATIONS

The treatment involves introducing brine by inhalation into the body. This reduces mucosal congestion and enhances the secretory function of the glandular cells of the respiratory tract, which leads to relaxation of the secretion. This facilitates expectoration and normalizes the secretory functions of the mucous membrane. The use of brine inhalations is indicated for diseases of the upper and lower respiratory tract.



10 minut



20 PLN

## SHOCK WAVE

Shockwave is a very effective method used in rehabilitation. It is one of the most effective methods of analgesic treatment for musculoskeletal disorders. The effect of the shock wave is analgesic, circulatory, and consequently there is a faster regeneration and healing of tissues. It is most often performed due to post-traumatic and degenerative changes in muscles, tendons, ligaments and joints.



120 PLN

## SOLUX LAMP

It is an electrical device emitting short radiation – visible white and infrared. The radiation reaches up to three centimeters into the tissue. It dilates blood vessels, improving blood circulation and reducing muscle tension and pain.



10 minut



30 PLN

## DRY BATH IN OZONE

It involves immersing the body in the ozone-oxygen mixture. Ozone and oxygen penetrate the skin, improving blood flow to tissues and muscles. It also has anticoagulant, bactericidal and anti-inflammatory properties.




60 PLN

# KINESIOTHERAPY

## GYMNASTICS (DRY)


Strengthening, relaxing and analgesic exercises, usually used in osteoarthritis and spinal diseases, individually to the group of patients and their diseases.

 25 minut

 25 PLN

## AQUAAEROBICS


A set of exercises conducted in the pool, working perfectly on all muscles causing them to strengthen. Gymnastics recommended in states of overload, limitation of mobility, degeneration and states of fatigue. It is also run for people who cannot swim.

 25 minut


 30 PLN

## INDIVIDUAL THERAPY

Individual therapy is the work of a physiotherapist with a patient, adapted specially to his disease, preceded by thorough interview and examination. Contains within itself manual techniques of modern methods of jotherapy, and also exercises, tailored to the patient's problem, as well as his age.

 30 minut

 70 PLN

 60 minut

 140 PLN



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# MASSAGE





## CLASSIC MASSAGE (PARTIAL)

It's the most popular type of massage. It can be performed in the form of a full or partial procedure. Classic massage improves tissue nutrition, increases muscle excitability and elasticity, has analgesic, relaxing and relaxing effects. This is a type of massage suitable for everyone and at any age.

	10 minut		20 minut
	50 PLN		100 PLN

## CLASSIC MASSAGE (FULL)



	50 minut
	210 PLN

## LYMPHDRAINAGE

Drainage mainly stimulates the lymphatic ducts, restores lymph flow in critical areas, improves blood flow and accelerates fluid exchange in the body.

	25 minut		50 minut
	130 PLN		240 PLN

## LYMPHDRAINAGE- BOA (pneumatic)

	30 minut
	80 PLN



## KINESIOTAPING

Kinesiotaping helps ght pain spine, even sharp and radiant. Dynamic plastering is effective in for people suffering from rheumatoid arthritis and after operations undergone. Most often kinesiotaping is however used for pain resulting from injuries and injuries



60 PLN

## MANUAL THERAPY

This is a recognized method of physiotherapy – the therapist presses the appropriate points on the body, reaches the painful places and restores muscle balance. Manual therapy can treat spinal ailments, degeneration and joint injuries, muscle pain, headaches and tension resulting from stress and fatigue.



160 PLN

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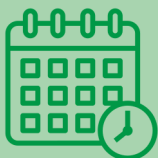
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Reservation of the date

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