



**The Association
of Polish
Spa Communities**

POLISH SPA RESORTS

Wojciech Fułek

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45

statutory
spa resorts





spa resort,
which is arranged in an
underground mining pit

Wieliczka





The geographical map of Polish spas

Spas are located in all geographical regions of our country. By analysing the geographical map we can distinguish the following spas:

- Seaside spas located in northern Poland,
- Lowland and highland spas located in central Poland,
- Mountain and submountain spas located in southern Poland.





The characteristics of spa location

- Diversified landscape,
- Proximity of national and landscape parks, and nature reserves,
- Big cities within 100 km,
- Nearby tourist attractions.





Products of Polish spas



Treatment and rehabilitation

- High standard medical services,
- World class rehabilitation and therapeutic equipment,





Devices used in health resort therapy

- Mineral water pump-rooms
- Therapeutic and rehabilitation pools
- Aerosol chamber





Devices used in health resort therapy

- Cryotherapy chambers
- Underground excavation





Spa parks and fitness trails





The unique spa products

- Various types of mineral waters
- Mud
- Minerals
- Cosmetic products





Spas are not only places for treatment and rehabilitation

- Prevention
- Recreation
- Rest





Spas - cultural centers

- Festivals,
- Concerts,
- Exhibitions,
- Theaters





Spas – wide spectrum of gastronomy

- Healthy & Traditional regional cuisine





Prevention in spa – lower costs for illness in the future:

- Multimodal behavioural interventions
 - health education
 - physical activities under control of qualified personnel
 - healthy nutrition and eating habits
 - management of psychosocial factors

Recognition of risk for main chronic diseases – risk score:

**ENHANCE HEALTH
RELATED QUALITY OF LIFE**











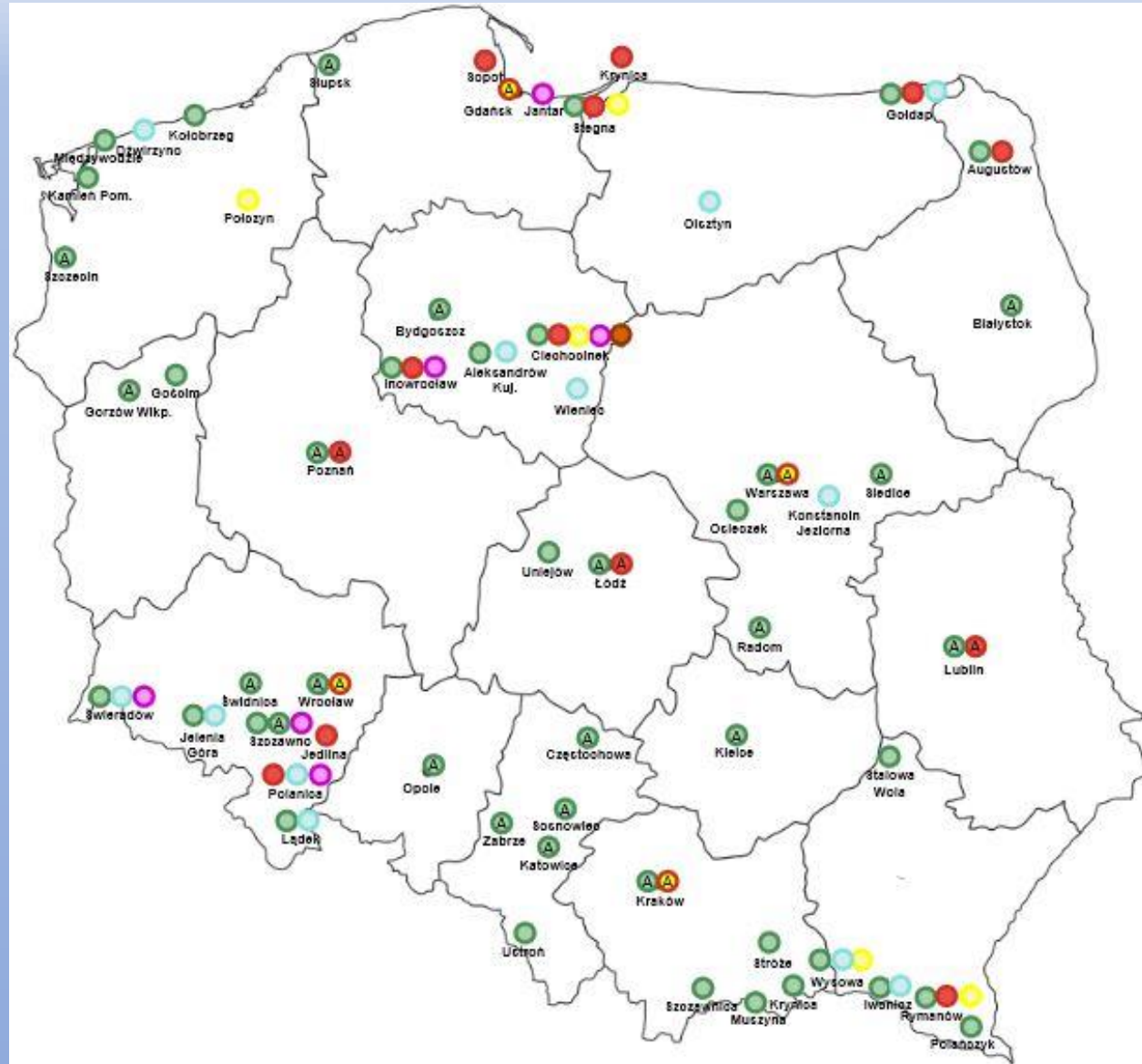
The types of guaranteed services:

- Spa treatment
- Therapeutic rehabilitation
- Therapeutic rehabilitation within the Social Insurance pension prevention
- 14-day rehabilitation stays full price and the funding of the State Rehabilitation Fund of the Disabled
- Full cost individual stays with rehabilitation
- Rehabilitation clinics under contracts with the National Health Fund



Types of rehabilitation of Social Insurance Institution of pension prevention

-  organ of hearing
-  movement organ
(in an outpatient system)
-  circulatory system
-  circulatory system
(in an outpatient system)
-  psychosomatic illnesses
-  respiratory system
-  oncological diseases
breast gland
-  voice organ





Indications to stay in a spa:

1. Restoration of the ability to lead an independent life that has been lost due to illness, accident, surgery.
2. Primary prevention (limiting risk factors of developing illnesses „of aging” and „in aging”).
3. Secondary prevention (prevention of occurrence of complications or recurrences).
4. Start- up of existing functional reserves and training of body's defense mechanisms.
5. Limitation of disability.
6. Allowing to return to work.
7. Health education.
8. Psychological support, psychotherapy.



Stay/Rehabilitation in a spa:

1. The appropriate functional training in order to improve responsiveness to stimuli and increase the adaptability of the organism to environmental changes.
2. Improving the overall efficiency and increase the body's ability to exercise.
3. Lifestyle changes.
4. Health education.
5. Secondary prevention.



The benefits of rehabilitation spa:

1. Qualified medical personnel, providing variety of services of rehabilitation.
2. High class rehabilitation equipment.
3. The variety of surgical base (the use of natural medicinal resources)
4. Many years of experience comparable to specialized rehabilitation centers.
5. Geographical environment, climate.



Stay at the spa is the time for the patient to get to know:

1. Health education
2. Health promotion
3. Prevention



Prevention and
Health Promotion





Why go to the Polish spas?

- Outstanding landscape and natural assets,
- A few hundred years' spa treatment tradition,
- Unique (in Europe) and various natural resources whose therapeutic properties are scientific,





Why go to the Polish spas?

- High quality and professionalism of services,
- Low prices,
- Professional medical staff.





Other specializations of Polish spas

- treatment and prevention of skin
- cosmetology
- orthodontics
- plastic surgery





**The Association
of Polish
Spa Communities**



EKO HESTIA SPA

**ERGO
HESTIA®**

The Association of Polish Spa Communities, together with ERGO Hestia Group, has been organising an ecological contest for the spa communities since 5 years.

EKO HESTIA SPA is the unique contest dedicated only to spa communities, in which the most interesting initiatives and investments related to environmental protection and ecological education are rated, systematically implemented by Polish resorts in the last 5 years. An important element of the activities undertaken by communities is also systematic ecological education of local communities and tourists.

The main prize in the contest is funded by the ERGO Hestia Group. For the last 5 years, Hestia donated 500 000. PLN for further ecological activities in the communities.



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