EN

UZDROWISKO
NAŁĘCZÓW
Uzdrowiska Polskie

PRICE LIST 2019

TERMY PAŁACOWE

ul. Paderewskiego 1a, T: +48 81 50 14 456

The facility offers 138 beds in comfortable rooms. All rooms are fitted with air conditioning, an electric kettle and a TV set. We also offer rooms fully adapted for people with disabilities, suites, and VIP rooms. The facility offers a selection of SPA treatments. It includes 7 Clarins beauty salons, 11 wellness treatment salons, a Matrix hairdressing salon, as well as a swimming pool with water aerobics equipment. Termy Pałacowe constitutes also a perfect location for organizing conferences and integration meetings.

PAWILON ANGIELSKI

Al. Małachowskiego 1, T: +48 81 50 14 356 ext. 0308

The pavilion offers 60 beds and each room is fitted with a kettle, a fridge, a phone and a TV set. The facility is also adapted to the needs of guests on wheelchairs. Pawilon Angielski offers a restaurant and library/study. The facility includes also a treatment center offering water and dry massages.

KSIĄŻĘ JÓZEF SANATORIUM

Al. Kasztanowa 6, T: +48 81 50 14 356 ext. 0400

The Książę Józef Sanatorium is in a historic building with renovated interiors, which is located in the center of Park Zdrojowy. It offers 131 beds in single and double rooms, as well as a suite with a terrace. Each room is fitted with a TV set, a phone and a kettle. Furthermore, the facility offers a rehabilitation area, dining room, analytical laboratory, and cryo-chamber.

CARDIOLOGY HOSPITAL

ul. Górskiego 5, T: +48 81 50 14 356 ext. 0200

A specialist hospital facility with an outpatient clinic and cardiology diagnostics center fitted with state-of-the-art equipment. The hospital is also adjusted to carry out rehabilitation of motor organ disorders. Health and safety of treatment is ensured 24 hours a day by medical staff. The hospital includes 164 beds.

FORTUNAT SANATORIUM

ul. Kościuszki 7, T: +48 81 50 14 356 ext. 0600

The Fortunat Sanatorium is located 900 m from Park Zdrojowy at a fenced estate including a small park, walking paths, waterhole, and gazebo. Fortunat offers mostly single rooms with balconies, fitted with a phone, TV set, and kettle. Furthermore, the facility includes a spacious dining room and treatment area, as well as an exercise room with rehabilitation equipment. The facility offers 126 beds.

JESIENNA REZYDENCJA

ul. Kościuszki 7, T: +48 81 50 14 356 ext. 0600

The facility is located 900 m from Park Zdrojowy, near the Fortunat Sanatorium. The residence offers double rooms with balconies and duplex suites fitted with a kitchenette, TV set, phone, and kettle. At an additional fee the facility offers medical treatments performed with the use of state-of-the-art rehabilitation and wellness methods. The facility includes 115 beds.

STARE ŁAZIENKI

al. Grabowa 4

Stare Łazienki is a small and stylish facility located in the center of Park Zdrojowy, right next to the pond. The interiors feature stuccoworks and columns and the exteriors - balconies and terraces. In 1957, the building was enetered into the register of object of cultural heritage. The facility offres single and double rooms fitted with a phone and TV set. On the ground level are surgeries for performing water, heat and inhalation treatments. The facility holds 20 beds.

WERANDKI

ul. Małachowskiego 7, T: +48 81 50 14 356 ext. 0782

Werandki is the only Diagnostics & Physiotherapy Centre in the east of Poland, which is fitted with state-of-the-art equipment and comprehensively handles four fields of medical rehabilitation: Cardiology Zone, Orthopedics Zone, Training Zone, and Diagnostics Zone. The innovative way of improving the cardiovascular system performance offered in Werandki, which combines two types of therapies with the use of modern technology and equipment, is more effective and safer than traditional forms of rehabilitation used in cardiology up to this day.

PACKAGE: SENIOR'S HEALTH

A health resort treatment stay including 3 treatments a day

A package created specifically for elderly people, experiencing a decrease in vital strengths, suffering from illnesses which become more and more burdensome with age. Treatments individually selected and ordered by a specialist doctor will regenerate as well as bring back the physical and mental efficiency.

Scotch douches

THE PRICE INCLUDES:

- 6 nights or more, in a selected facility,
- 3 meals a day,
- 3 treatments a day, ordered individually by a doctor,
- 24/7 doctor and nurse care,
- free access to the Atrium waterpark (1 hour per day),
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person / in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Książę Józef Sanatorium	Double suite	205	200
	Double suite for 1 person	405	405
	Single room (east wing)	205	195
	Double room (east wing)	160	150
	Single room (west wing)	185	175
	Double room (west wing)	135	125
	Triple room	135	125
	Triple room for 1 person	260	250
Pawilon Angielski	Single room	245	210
	Double room	195	180
Fortunat Sanatorium	Single room	185	155
	Double room	165	135
Jesienna Rezydencja	Triple suite	125	122
	Triple suite for 1 person	210	200
	Double room for 1 person	210	200
	Double room	155	145
Cardiology Hospital	Single room	210	200
	Double room	185	175

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

PACKAGE: A WEEK FOR THE HEART

A health resort treatment stay including 3 treatments a day

Designed for people of any age who are at risk of coronary artery disease and other cardiovascular diseases. The package is recommended for people with a sedentary lifestyle, working under chronic stress, suffering from obesity, smoking, and those suffering from other afflictions making their life difficult.

THE PRICE INCLUDES:

- 5 nights in a selected facility,
- 3 meals a day (also catering for special dietary requirements),
- initial medical examination,
- 3 classical, partial massages,
- 15 treatments, ordered individually by a doctor,
- ECG,
- 3 laboratory tests: blood morphology, urinalysis and ESR test,
- unlimited access to the Atrium waterpark,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price per stay / 1 person / PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	1440	1390
	Double suite VIP for 1 person	1849	1799
	Double suite	1390	1338
	Single suite	1749	1699
	Double room LUX	1338	1285
	Single room LUX	1649	1599
	Double room	1285	1235
	Single room	1539	1489
Pawilon Angielski	Double room for 1 person	1289	-
	Double room	1030	-

Swimming pool at Termy Pałacowe

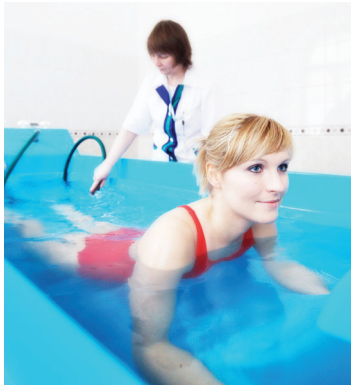
PACKAGE: INTENSE THERAPY

A health resort treatment stay including 5 treatments a day

As the name suggests, the package assumes a treatment which allows to quickly „stand on own feet". Each patient taking advantage of the Intense Therapy package is entitled to as many as 5 treatments a day, individually ordered by a doctor.

THE PRICE INCLUDES:

- 6 nights or more, in a selected facility,
- 3 meals a day at the restaurant of the selected facility,
- 5 treatments a day, ordered individually by a doctor,
- 24/7 doctor and nurse care (does not apply to Termy Pałacowe),
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.



FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Książę Józef Sanatorium	Double suite	240	225
	Double suite for 1 person	340	330
	Single room (east wing)	235	225
	Double room (east wing)	185	175
	Single room (west wing)	235	225
	Double room (west wing)	185	175
	Triple room	177	173
	Triple room for 1 person	280	270
Pawilon Angielski	Single room	255	245
	Double room	215	205
Fortunat Sanatorium	Single room	235	225
	Double room	185	175
Jesienna Rezydencja	Triple suite	185	175
	Triple suite for 1 person	280	270
	Double room for 1 person	235	225
	Double room	185	175
Cardiology Hospital	Double room for 1 person	235	225
	Double room	185	175

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	420	410
	Double suite VIP for 1 person	520	510
	Double suite	370	360
	Single suite	470	460
	Double room LUX	320	310
	Single room LUX	420	410
	Double room	215	205
	Single room	285	275

TERMY PAŁACOWE RESTAURANT
T: +48 81 50 14 456 ext. 0112

The Termy Pałacowe Restaurant mainly serves traditional Polish dishes, but also regional and international ones. Apart from a set daily menu, the kitchen also serves a la carte dishes. The guests can also take advantage of a cocktail bar with a wide selection of spirits. An additional attraction of the restaurant consists in a patio with a view on the Nałęczowski Park Zdrojowy, where in the summertime the guests can have their meals.
The restaurant offers 75 seats.

Meals for guests residing in Termy Pałacowe are served in the following hours:
Breakfast: ..... 7:00 am - 10:00 am
Lunch: ..... 2:00 pm - 4:00 pm
Half board: ..... 4:00 pm - 5:30 pm
Dinner: ..... 6:00 pm - 8:30 pm

The restaurant is open every day:
7:00 am - 10:00 pm

PACKAGE: I CARE FOR MY HEART

A health resort treatment stay including examinations

Package: I care for my heart – is prepared for anyone who suffers from heart and circulatory problems. It is also possible to perform prophylactically, necessary cardiological examinations. Comprehensive screening of the heart, will allow you to assess its condition and functioning, and help determine the causes of various ailments that make life difficult every day.

THE PRICE INCLUDES:

- 2 nights in a selected facility,
- 3 meals a day,
- initial medical examination,
- test: Resting ECG, exercise ECG, echocardiogram, measurement blood pressure, Holter ECG or Pressure Holter (RR), a set of laboratory tests,
- meeting with a doctor - discussion of results,
- consultation with a physical therapist,
- dietetic consultation,
- psychological consultation,
- 24/7 doctor and nurse care,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Pawilon Angielski	Single room	1119	-
	Double room	1020	-
Cardiology Hospital	Single room	1040	1020
	Double room	938	915

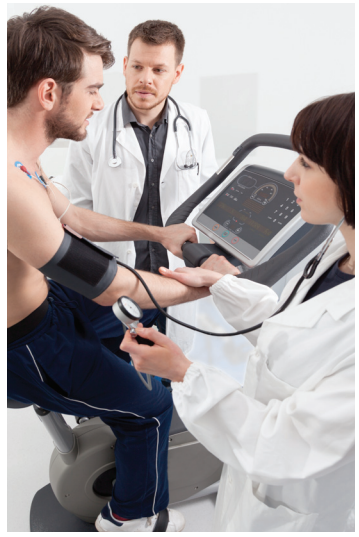
PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

PACKAGE: EARLY CARDIOLOGY REHABILITATION

A rehabilitation treatment stay

Early rehabilitation is a program addressed to people who within no less than 2 months from beginning the stay have experienced a heart attack, a cardiology surgery (bypass, heart valve replacement surgery, etc.), as well as other cardiac surgery treatments: artificial cardiac pacemaker, coronarography, coronary angioplasty. We carry out the rehabilitation at the Cardiology Hospital located within Park Zdrojowy.



THE PRICE INCLUDES:

- accommodation at the Cardiology Hospital,
- 3 meals a day (with the possibility to select a diet in accordance with medical recommendations),
- custom psychological treatment and care,
- a program of treatments and exercises recommended by the doctor,
- 24/7 doctor and nurse care,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Cardiology Hospital	Single room	195	185
	Double room	165	155

MEDICAL STAYS

A health resort medical stay with 2 treatments a day

An excellent choice for people who want to improve their overall physical condition, mobility and alleviate pain by using intense physiotherapy, and at the same time want to relax using the unique microclimate of Nałęczów.

THE PRICE INCLUDES:

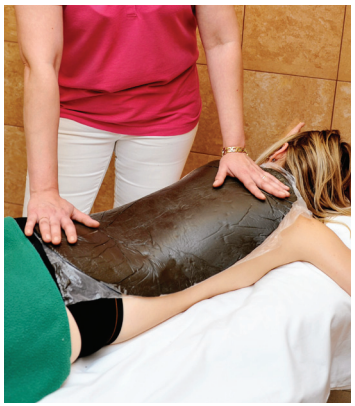
- 3 nights or more, in a selected facility,
- 3 meals a day,
- initial medical examination,
- doctor and nurse care when needed,
- 2 treatments a day,
- 10% discount for SPA treatments (from Monday to Friday),
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Sanatorium Książę Józef	Double suite	193	188
	Double suite for 1 person	395	390
	Single room (east wing)	195	185
	Double room (east wing)	145	135
	Single room (west wing)	170	160
	Double room (west wing)	120	110
	Triple room	120	110
	Triple room for 1 person	245	235
Pawilon Angielski	Single room	220	-
	Double room	180	-
Sanatorium Fortunat	Single room	170	140
	Double room	150	120
Jesienna Rezydencja	Triple suite	110	107
	Triple suite for 1 person	190	180
	Double room for 1 person	195	185
	Double room	140	130
Cardiology Hospital	Double room for 1 person	195	185
	Double room	170	160

PACKAGE: THE MAGIC OF HEALTH

A health resort medical stay with 3 treatments a day

A medical stay constitutes a good choice for people who want to improve their physical condition, motor skills, and mitigate pain afflictions with intense physical therapy.



THE PRICE INCLUDES:

- 3 nights or more, in Termy Pałacowe,
- 3 meals a day,
- initial medical examination,
- 3 treatments a day,
- 10% discount for SPA treatments (from Monday to Friday),
- evening dance parties at the Atrium Club,
- unlimited access to the Atrium waterpark,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	438	433
	Double suite VIP for 1 person	490	480
	Double suite	385	380
	Single suite	435	425
	Double room LUX	335	330
	Single room LUX	385	375
	Double room	283	278
	Single room	335	325

REHABILITATION STAY (PFRON)

Rehabilitation stays (co-)financed by PFRON

We organize and run fitness and recreation stays for persons:
- with dysfunction of the locomotor system,
- with cardiovascular diseases,
- with diabetes,
- with oncological and rheumatic diseases.

THE PRICE INCLUDES:

- 13 nights in a room with full sanitary facilities, TV set, kettle, telephone, Wi-Fi Internet connection (in public areas),
- 3 meals a day following special dietary requirements,
- Preliminary medical examination,
- 3 treatments a day individually selected by a doctor from the available standard treatments suitable for the condition (except on Sundays and public holidays),
- pro-health training,
- 24/7 medical and nursing care,
- medical consultation,
- 2 entries to the Atrium waterpark (1 hour each),
- 2 x all-day rental of Nordic walking poles,
- unlimited access to drink treatments with mineral waters.

STANDARD TREATMENTS PROVIDED FOR THE PFRON REHABILITATION STAY:

- swimming pool, carbon dioxide bath, inhalations, whirlpool massage of lower and upper limbs,
- fango, pearl bath, interdyn, interference, magnetotherapy,
- ionophoresis, galvanization, diadynamics, isodynamics, ultrasounds,
- phonophoresis, diathermy, therapy, bioptron, stimulation,
- solux, oxygen therapy, gymnastics / instrumental exercises.

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

REHABILITATION STAY (PFRON)

Schedule and prices of rehabilatation stays in 2019

FACILITY	Price per stay / single-room / PLN		Price per stay / double-room/ PLN	
Sanatorium Fortunat	HIGH SEASON 01.06-15.09	LOW SEASON 01.01-15.05 16.09-31.12	HIGH SEASON 01.06-15.09	LOW SEASON 01.01-15.05 16.09-31.12
Patient	2070	1930	1750	1680
Companion with treatments	-	-	1750	1680
Companion without treatments	-	-	1535	1460
Jesienna Rezydencja	Price per stay / double-room / PLN		Price per stay / triple-room / PLN	
Patient	1535	1390	1410	1265
Companion with treatments	1535	1390	1410	1265
Companion without treatments	1360	1120	1360	1120
Sanatorium Książę Józef	Price per stay / double-room / PLN		Price per stay / triple-room / PLN	
Patient	1680	1535	1680	1535
Companion with treatments	1680	1535	1680	1535
Companion without treatments	1500	1360	1500	1360
Pawilon Angielski	Double-room / PLN HIGH SEASON 26.05-15.09		Double-room / PLN LOW SEASON till 25.05 from 16.09	
Patient	1950		1810	
Companion with treatments	1950		1810	
Companion without treatments	1685		1540	

Sanatorium Fortunat
- 07.05 – 20.05
- 20.05 – 02.06
- 02.06 – 15.06
- 15.06 – 28.06
- 28.06 – 11.07
- 11.07 – 24.07
- 24.07 – 06.08
- 06.08 – 19.08
- 19.08 – 01.09
- 01.09 – 14.09
- 14.09 – 27.09

Jesienna Rezydencja
- 08.05 – 21.05
- 21.05 – 03.06
- 03.06 – 16.06
- 16.06 – 29.06
- 29.06 – 12.07
- 12.07 – 25.07
- 25.07 – 07.08
- 07.08 – 20.08
- 20.08 – 02.09
- 02.09 – 15.09
- 15.09 – 28.09
- 28.09 – 11.10
- 11.10 – 24.10

Sanatorium Książę Józef
- 14.04 – 27.04
- 27.04 – 10.05
- 10.05 – 23.05
- 23.05 – 05.06
- 05.06 – 18.06
- 18.06 – 01.07
- 01.07 – 14.07
- 14.07 – 27.07
- 27.07 – 09.08
- 09.08 – 22.08
- 22.08 – 04.09
- 04.09 – 17.09
- 17.09 – 30.09
- 30.09 – 13.10
- 13.10 – 26.10
- 26.10 – 08.11

Pawilon Angielski
- 17.04 – 30.04
- 05.05 – 18.05
- 12.06 – 25.06
- 24.06 – 07.07
- 25.06 – 08.07
- 21.07 – 03.08
- 03.08 – 16.08
- 16.08 – 29.08
- 29.08 – 11.09
- 11.09 – 24.09

The main objective of the Diagnostics and Physiotherapy Centre „Werandki" is to conduct complex rehabilitation stays and emergency rehabilitation.

In addition, we provide cardiological and orthopaedic diagnostics services and offer packages of professional endurance tests. The philosophy of our centre is to fully monitor the rehabilitation process with the use of the most modern diagnostic and physiotherapeutic equipment.

Our motto is "safety, experience, knowledge, innovation".

Cardiology Zone

The zone is designed for people of all ages who are at risk of ischemic heart disease and cardiovascular diseases. These are predominantly people with sedentary lifestyles, chronic stress, overweight and obese, hypertension, chain smokers and people with lipid disorders – high cholesterol, diabetics, diet or oral medication, as well as patients after coronary arterial interventions. Planned diagnostics and rehabilitation include, among other things, endurance tests, as well as individually selected training sessions with the use of equipment best suited to the patient's capabilities.

Training Zone

Training Zone is ideal for everyone - from professional athletes to beginners, to the elderly or overweight. The zone not only helps improve physical fitness and endurance, but also prevent injuries, reduce body weight or simply enhance the quality and comfort of everyday activities. No matter the requirements or expectations, we offer individually selected training, based on a preliminary functional assessment.

Orthopedics Zone

The zone is dedicated to people of all ages who have a problem with their locomotor system. Through an appropriately selected set of exercises on state-of-the-art equipment, it is possible to rehabilitate injuries of: spine (e.g. degenerative changes, pain, cervical and lumbar discopathy, postoperative rehabilitation), shoulder (e.g., shoulder impingement syndrome, arthropathy), elbow (e.g. injuries to the elbow joint – tennis or golfer elbow, ulnar nerve compression or cubital tunnel syndrome), hand (e.g. wrist and hand strain injury - carpal tunnel syndrome, Dupuytren's contracture), hip (e.g. degenerative changes, changes after injuries - entezopathies, interruptions, postoperative rehabilitation), knee (e.g. injuries and conditions cause by degenerative changes, after injuries - muscle ruptures, pulls), and ankle (e.g. injuries and conditions of the ankle joint, postoperative rehabilitation).

Diagnostics Zone

The zone offers all necessary diagnostic tests, e.g. performance tests such as maximum oxygen uptake (VO2 max) test, peak oxygen uptake (VO2 peak) test, ventilation/carbon dioxide production (VE/VCO2 slope) test, respiratory exchange ratio during exercise (RER=VCO2/VO2). These parameters are useful in assessing the extent to which anaerobic metabolism is used during exercise and determining the maximum oxygen uptake, determining the level of effort (heart rate or power) optimal for burning fat tissue. A muscular strength test on a dynamometer will help in turn assess strength and neuromuscular training, offering the possibility of archiving and exporting data for statistical analysis.

PRICE LIST 2019

WERANDKI
Centrum Diagnostyki i Fizjoterapii
Uzdrowisko Nałęczów

AMBULATORY SERVICES OFFERED AT WERANDKI

Type	Time	Price
Load distribution test	15 mins	15 PLN
Centre of gravity test	15 mins	15 PLN
Balance test	15 mins	15 PLN
Weightlifting training	20 mins	20 PLN
Spine exercises	20 mins	20 PLN
Strengthening exercises	20 mins	20 PLN
Traction	15 mins	15 PLN
IPN test	15 mins	20 PLN
Cardio-monitored training	20 mins	20 PLN
Body composition analysis	15 mins	25 PLN
Corrective training for posture disorders	45 mins	40 PLN

CARDIOLOGY ZONE		
Diagnostic visit	60 mins	130 PLN
Rehabilitation session - basic		
1 entry	30 mins	45 PLN
5 entries	30 mins	200 PLN
10 entries	30 mins	380 PLN
20 entries	30 mins	710 PLN
Rehabilitation session - comprehensive		
1 entry	60 mins	70 PLN
5 entries	60 mins	310 PLN
10 entries	60 mins	590 PLN
20 entries	60 mins	1100 PLN

TRAINING ZONE		
Diagnostic visit	60 mins	130 PLN
Individual training		
1 entry	75 mins	110 PLN
5 entries	75 mins	490 PLN
10 entries	75 mins	930 PLN
20 entries	75 mins	1750 PLN
Circuit training		
1 entry	75 mins	60 PLN
5 entries	75 mins	270 PLN
10 entries	75 mins	510 PLN
20 entries	75 mins	970 PLN

ORTHOPEDICS ZONE		
Diagnostic visit	60 mins	130 PLN
Rehabilitation session (basic)	60 mins	70 PLN
Rehabilitation session (individual)	60 mins	110 PLN
„Healthy spine" package	60 mins	110 PLN

DIAGNOSTICS ZONE	
Pulmonary diagnostic test	300 PLN
Cardiac diagnostic tests	120 PLN
Muscle strength test	110 PLN
Comprehensive diagnostics	440 PLN

PACKAGE: MODERN ORTHOPEDICS

The package is dedicated to people suffering from joint pain as well as static and dynamic body changes. This is also an ideal choice for those who are preparing for surgical treatments or who already underwent a surgical intervention of the hip-joint, knee-joint, or shoulder joint.

THE PRICE INCLUDES:

- 6 nights with full board,
- 4 x morning exercise session outside or in the swimming pool,
- 6 x massage (20 mins),
- 2 x muscle strength,
- 10 h test in the Orthopedics Zone,
- preliminary and end-of-stay physiotherapeutic test,
- unlimited access to the Atrium waterpark,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for stay/ 1 person/ in PLN
Termy Pałacowe or **Pawilon Angielski**	Single room	2999
	Double room	2499

PACKAGE: HEALTHY SPINE

The package is dedicated to people suffering from spinal overload syndromes, pain, and those who suffer from degenerative spinal changes or have a sedentary lifestyle.

THE PRICE INCLUDES:

- 6 nights with full board,
- 4 x morning exercise session outside or in the swimming pool,
- 6 x massage (20 mins),
- 10 h test in the Orthopedics Zone,
- preliminary and end-of-stay physiotherapeutic test,
- unlimited access to the Atrium waterpark,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for stay / 1 person/ in PLN
Termy Pałacowe or **Pawilon Angielski**	Single room	2999
	Double room	2499

PRICE LIST 2019

WERANDKI
Centrum Diagnostyki i Fizjoterapii
Uzdrowisko Nałęczów

PACKAGE: INNOVATIVE CARDIOLOGY

The package is dedicated to people suffering from ischemic heart disease, chronic stress, circulatory system diseases, as well as those who have a sedentary lifestyle, hypertension, lipid disorders, or who underwent coronary arteries interventions (plastics, stents, bypass).

THE PRICE INCLUDES:

- 6 nights with full board,
- 1 x health examination,
- 4 x morning exercise session outside or in the swimming pool,
- 2 x IPN test,
- 1 x cardiac diagnostic test,
- 10 h in the Cardiology Zone,
- 4 x nordic walking sessions (60 mins),
- 1 x discussion about risk factors,
- unlimited access to the Atrium waterpark,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for stay/ 1 person/ in PLN
Termy Pałacowe or **Pawilon Angielski**	Single room	2499
	Double room	1999

Preliminary examination: During the preliminary examination, posture, muscle length, muscle balance, joint stability, static and dynamic stabilisation, and strength of stabilising muscles is assessed. This helps detect any abnormalities and their significance for the patient and informs therapeutic management through targeted training.

Muscle strength assessment: Biodex System 4 is a set for evaluation and neuromuscular training in isometric, isotonic (concentric and exocentric), isokinetic (exocentric and concentric), reactive exocentric and passive motion conditions with the possibility of archiving and exporting data for statistical analysis. A mobile work station with a control panel is used to analyse the tests or exercises performed.

Morning exercises: Morning gymnastics is a short 15/20-minute peripheral training session with body weight, which is designed to awaken your nervous system, improve blood flow, increase hormone production, bring more oxygen to your body, and thus switch your brain to maximum performance mode. We do it just a few seconds after you leave bed, so you will have to exercise on an empty stomach. This stimulates growth hormone secretion and improves insulin sensitivity. Moreover, due to the concise form of morning gymnastics, its intensity and required flexibility, it relaxes the body and increases the production of endorphins, i.e. happy hormones. After a session of morning gymnastics, every morning you leave home smiling and ready to face the challenges of the whole day.

Exercise test: A test based on the relationship between the changing ECG record during increasing physical activity, resulting in an increase in oxygen demand, which the body compensates by increasing the blood flow through coronary vessels. In people with coronary flow failure, above a certain effort, this demand can no longer be met by increased flow and myocardial ischemia develops.

IPN test: The IPN test is based on a submaximal exercise test (determination of individual training heart rate level, classification of fitness level). It is the basis for further training planning. After the cardiovascular fitness test has been analysed, the results are automatically translated into an individual training plan.

Massage: This is a set of manual procedures that have a mechanical effect on the surface of the body: skin, fascia, ligaments, joint capsules, and capillaries directly, but indirectly on the cardiovascular and nervous systems, digestive and respiratory systems, endocrine system and internal organs.

GIFT VOUCHERS

GIFT VOUCHERS

BUY SERVICES IN PACKAGES AND SAVE MONEY!

100 PLN VOUCHER — SAVE 100 PLN — TREATMENTS WORTH 200 PLN

200 PLN VOUCHER — SAVE 50 PLN — TREATMENTS WORTH 250 PLN

300 PLN VOUCHER — SAVE 107 PLN — TREATMENTS WORTH 407 PLN

400 PLN VOUCHER — SAVE 165 PLN — TREATMENTS WORTH 565 PLN

PRICE LIST 2019

WERANDKI
Centrum Diagnostyki i Fizjoterapii
Uzdrowisko Nałęczów

GIFT VOUCHERS

SCOPE OF SERVICES				
Service	100 PLN Package of 3 services	200 PLN Package of 3 services + 4 of your choice	300 PLN Package of 4 services + 7 of your choice	400 PLN Package of 5 services + 10 of your choice
Initial and interim examination with a physiotherapist	✔	✔	✔	✔
Muscle strength assessment	✔	✔	✔	✔
Massage (up to 20 mins)	✔	✔	✔	✔
Initial exercise heart rate test	✘	✘	✔	✔
Final exercise heart rate test	✘	✘	✘	✔
Load distribution test (15 mins)	✘	✔	✔	✔
Centre of gravity test (15 mins)	✘	✔	✔	✔
Balance test (15 mins)	✘	✔	✔	✔
Weightlifting training (20 mins)	✘	✔	✔	✔
Spine exercises (20 mins)	✘	✔	✔	✔
Strengthening exercises (20 mins)	✘	✔	✔	✔
Traction (15 mins)	✘	✔	✔	✔
IPN test (15 mins)	✘	✔	✔	✔
Cardio-monitored training (20 mins)	✘	✔	✔	✔

Key for packages: services included in the package — optional services to choose from

TERMS AND CONDITIONS FOR VOUCHERS:

- The voucher is valid for 6 months from the date of purchase. The voucher can be redeemed from Monday to Friday.
- For each service used, the customer receives one stamp.
- The scope of services provided under the voucher is specified in the Terms and Conditions for Gift Vouchers for Services at "Werandki". The Terms and Conditions are available in the Sales Department, at the reception of the „Werandki" facility and at www.werandki.pl
- The voucher cannot be returned or exchanged for cash.
- Treatments not used during the voucher's validity period are forfeited.
- Additional rehabilitation services in „Werandki" for voucher holders are available with a 20% discount.
- The voucher can be redeemed by different persons.

HOTEL STAY

Accommodation with breakfast *

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Sanatorium Książę Józef	Double suite	120	110
	Double suite for 1 person	205	195
	Single room (east wing)	110	100
	Double room (east wing)	110	100
	Single room (west wing)	100	90
	Double room (west wing)	90	80
	Triple room	85	75
	Triple room for 1 person	155	145
Pawilon Angielski	Single room	195	175
	Double room	145	125
Sanatorium Fortunat	Single room	110	100
	Double room	110	100
Jesienna Rezydencja	Double suite	110	105
	Double suite for 3 persons	100	93
	Double suite for 1 person	205	195
	Double room for 1 person	140	130
	Double room	85	75
Cardiology Hospital	Double room for 1 person	110	100
	Double room	110	100
Termy Pałacowe	Double suite VIP	235	230
	Double suite VIP for 1 person	470	460
	Double suite	210	205
	Single suite	420	410
	Double room LUX	180	175
	Single room LUX	280	275
	Double room	155	150
	Single room	220	215

* In the buildings of the Termy Pałacowe and Pawilon Angielski: breakfast and dinner - buffet, in sanatorium facilities, breakfast is served to the table.

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

HOTEL STAY

Accommodation with full board *

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Sanatorium Książę Józef	Double suite	162	152
	Double suite for 1 person	247	237
	Single room (east wing)	152	142
	Double room (east wing)	152	142
	Single room (west wing)	142	132
	Double room (west wing)	132	122
	Triple room	127	117
	Triple room for 1 person	197	187
Pawilon Angielski	Single room	237	217
	Double room	187	167
Sanatorium Fortunat	Single room	150	140
	Double room	153	143
Jesienna Rezydencja	Double suite	153	148
	Double suite for 3 persons	142	135
	Double room for 1 person	180	170
	Double room	125	120
Cardiology Hospital	Double room for 1 person	150	140
	Double room	153	143
Termy Pałacowe **	Double suite VIP	305	300
	Double suite VIP for 1 person	530	525
	Double suite	280	275
	Single suite	480	475
	Double room LUX	255	245
	Single room LUX	350	345
	Double room	225	220
	Single room	290	285

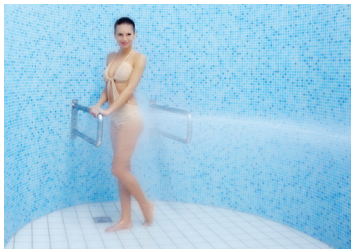
* In the buildings of the Termy Pałacowe and Pawilon Angielski: breakfast and dinner - buffet, lunch served; in sanatorium facilities, all meals are served to the table.

** **ADDITIONALLY:** unlimited access to the Atrium water complex (once per stay).

MEDICAL TREATMENTS *

HYDROTHERAPY

Whirlpool massage of lower limbs	16 PLN
FANGO treatment	15 PLN
Hydro-massage	16 PLN
Pearl bath	16 PLN
Dry carbonic acid bath	16 PLN



PHYSICAL THERAPY

Phonophoresis	12 PLN
Bioptron light therapy	10 PLN
Diadynamics	10 PLN
Galvanization	10 PLN
Interferences	10 PLN
Ionophoresis	10 PLN
Local cryo-therapy	13 PLN
Laser therapy	12 PLN
Magnetotherapy	12 PLN
Solux	10 PLN
Oxygen therapy	10 PLN
Ultrasounds	12 PLN
Kotz, Traebert currents	10 PLN
Dry partial massage	22 PLN
Stimulation	12 PLN

PAKIETY ZABIEGOWE

Pakiet 1	**Zabiegi fizykalne**	30 dowolnie wybranych zabiegów fizykalnych suchych	250 PLN
Pakiet 2	**Rehabilitacja ruchowa**	10 ćwiczeń na przyrządach, 10 ćwiczeń indywidualnych	200 PLN
Pakiet 3	**Mix**	10 zabiegów fizykalnych, 10 zabiegów balneologicznych	250 PLN
Pakiet 4	**Masaż + fizjoterapia**	10 masaży, 20 zabiegów fizjoterapeutycznych	380 PLN
Pakiet 5	**Masaż**	10 masaży	180 PLN

* Price list valid in sanatorium facilities.

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

MEDICAL TREATMENTS *

KINESIOTHERAPY

Interval training with a bicycle ergometer	10 PLN
Active breathing exercises	10 PLN
General spine improvement exercises (group)	10 PLN
Exercises (multi-gym machine)	10 PLN
Exercises with equipment	20 PLN
Free active exercises (Universal Exercise Unit)	10 PLN
Post-stroke exercises	30 PLN
Group gymnastics, average	10 PLN
General improvement individual exercises	20 PLN
Post-surgery gymnastics	10 PLN
Exercises with the use of a ROTOR device	10 PLN

* Price list valid in sanatorium facilities.

WHITE CLAY POOL
T: +48 81 50 14 456 ext. 0101

White clay gets its properties from a high content of aluminum silicate (firming, cicatrizing), various micro-elements such as silicon, magnesium, iron, potassium, as well as sodium and mineral salts (nourishes and regenerates). It is used to care for dry and delicate skin. Soft clay delicately cleanses and nourishes the skin, at the same time having a refreshing effect. It eliminates dead cells and stimulates the regeneration.

The only white clay pool in Poland, is open every day between 9:00 am and 10:00 pm.
Saturday-Sunday ..... 35 PLN
Monday-Friday ..... 20 PLN

Session: 20 mins

OUTPATIENT STAY

A health resort medical stay

All insured patients can take advantage of outpatient care. Outpatient care constitutes a program addressed to patients in a stable phase of a heart disease without a history of abrupt cardiac arrhythmia, or other contradictions for health resort treatments.

THE PRICE INCLUDES:

- accommodation / 3 meals a day / 24/7 doctor and nurse care.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Książę Józef Sanatorium	Double room	120	110
Fortunat Sanatorium	Single room	125	115

MEDICAL CARE STAY

A health resort medical stay

The medical care stay constitutes a package including around the clock care of doctors and nurses. It is designed for people who are recommended to change the climate and surrounding in order to improve their health and strengthen the physical condition. In terms of the project there is the possibility to reserve one stay or more.

THE PRICE INCLUDES:

- accommodation / 3 meals a day / 24/7 doctor and nurse care.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Książę Józef Sanatorium	Double suite	150	150
	Double suite (plus extra bed)	100	100
	Double suite for 1 person	200	200
	Single room (east wing)	170	160
	Double room (east wing)	170	160
	Single room (west wing)	160	150
	Double room (west wing)	160	150
Fortunat Sanatorium	Single room	160	150
	Double room	160	150

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

PACKAGE: THE MAGIC OF SPA

A SPA stay

The most popular package, perfect to relax and get away from it all for just a moment yourself, but also as a gift for a significant someone. Developed in collaboration with our specialist. Don't wait, treat yourself to our SPA treatments and fully unwind!

THE PRICE INCLUDES:

- 1 night in a comfortable room,
- 3 meals a day,
- 3 SPA treatments a day selected by you and consulted with our specialist: aromatic bath, fango treatment, electro-stimulation, Scotch douche, paraffin hand treatment, lymphatic massage, foot spa detox, morning aqua aerobics,
- unlimited access to the Atrium waterpark,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	450	440
	Double suite VIP for 1 person	500	490
	Double suite	395	385
	Single suite	450	440
	Double room LUX	350	340
	Single room LUX	400	390
	Double room	300	290
	Single room	350	340

PACKAGE: THE MAGIC OF BEAUTY

A SPA stay

Regeneration, relaxation, and halting the effects of aging. The Magic of Beauty regains strength and good looks. Perfect as a gift for everybody - those in a hurry, with problems, but also those who can't find a moment for themselves.

THE PRICE INCLUDES:

- 1 night in a comfortable room,
- 3 meals a day,
- 1 face treatment from the following: Radiant Face - revitalizing mask, firming mask, or algae mask, Clarins Touch face massage, cavitation peeling,
- 1 body treatment from the following: body peeling, aromatherapy capsule treatment, algae (mineral) treatment, coconut treatment, cotton or three teas treatment, hair cutting and styling or hair compress, white clay pool session, cosmetic consultation,
- unlimited access to the Atrium waterpark,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	475	465
	Double suite VIP for 1 person	530	520
	Double suite	430	420
	Single suite	480	470
	Double room LUX	380	370
	Single room LUX	430	420
	Double room	330	320
	Single room	380	370

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

PACKAGE: TAKE WHAT YOU WANT

A SPA stay

Our specialists are going to help you compose such a set of treatments which will best suit your expectations. Take what you want is an „open" type of package with an individual selection of treatments from the entire offer of more than a hundred ones available.

THE PRICE INCLUDES:

- 1 night in Termy Pałacowe,
- buffet breakfast in the Termy Pałacowe restaurant,
- a gift card worth PLN 50 to be used on any SPA treatments selected by you during a consultation with our specialist,
- unlimited access to the Atrium waterpark,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price for 1 day / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe Prices in this package are not subject to any discounts.	Double suite VIP	310	300
	Double suite VIP for 1 person	360	350
	Double suite	260	250
	Single suite	310	300
	Double room LUX	235	225
	Single room LUX	285	275
	Double room	210	200
	Single room	260	250

MATRIX HAIRDRESSING SALON
T: +48 81 50 14 456 ext. 0108

PACKAGE: A WEEK IN PARADISE

A SPA stay

A few days of leisure, massages, and intense cosmetic treatments. All for your pleasure. Consultations with wellness and cosmetology specialists as well as individually selected treatments will make you feel beautiful and well rested.

THE PRICE INCLUDES:

- 6 nights at Termy Pałacowe,
- 3 meals a day,
- 1 hot stones or stamp massage,
- 1 head and neck massage: Head in the Clouds
- 1 back massage: Your Back,
- 1 massage: Light Legs,
- 1 body scrub: Fruits & Salt with Plant powder or Delicate Peeling,
- 1 face treatment: Return of Balance from the Orient,
- 1 manicure,
- 1 pedicure,
- 1 care compress combined with styling at the Matrix hairdressing salon,
- 1 white clay pool session,
- 1 body treatment from the following: Body Modeling, Firming, or Lasting Moisturization,
- 1 face treatment from the following: Lasting Moisturization, Perfect Matting, Maximum Mitigation,
- 10 wellness treatments from the following classic treatments: electro-stimulation, fango treatment, Scotch douches, aqua aerobics, paraffin hand treatment, lymphatic massage, or Aromatic Bath.

FACILITY	ACCOMMODATION	Price per stay / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	2838	2775
	Double suite VIP for 1 person	2945	2885
	Double suite	2735	2673
	Single suite	2840	2780
	Double room	2633	2570
	Single room	2740	2680

PACKAGE: MAGIC TOUCH

A SPA stay

The Magic Touch stay constitutes a direct contact with an experienced therapist who will individually select a manual-relaxing or medical massage, which constitutes the base of this package. A verified panacea for the fast pace of life, omnipresent stress, and lack of physical activity.

THE PRICE INCLUDES:

- 2 nights in Termy Pałacowe,
- 3 meals a day,
- 1 x Scotch douches or 1 fango treatment,
- 1 classical partial massage,
- 1 exotic massage selected from the following: hot stones massage, cupping massage, candle massage, or aromatic massage,
- 1 body treatment (oil or chestnut),
- unlimited access to the Atrium waterpark,
- 1 white clay pool session (Atrium waterpark),
- free rental of nordic walking poles,
- sweet afternoon tea,
- evening dance parties at the Atrium Club,
- treatment with mineral waters in Pijalnia Zdrojowa.

FACILITY	ACCOMMODATION	Price per stay / 1 person/ in PLN	
		HIGH SEASON 28.04-31.10	LOW SEASON 01.01-27.04 01.11-31.12
Termy Pałacowe	Double suite VIP	1100	1080
	Double suite VIP for 1 person	1155	1135
	Double suite	1050	1030
	Single suite	1100	1080
	Double room LUX	1000	980
	Single room LUX	1050	1030
	Double room	938	928
	Single room	1000	980

CLASSIC SPA DAY

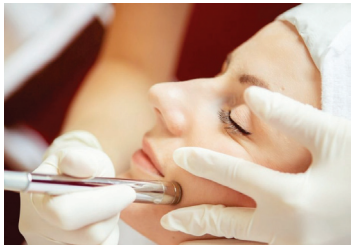
A day stay without overnight accommodation

SPA Day constitutes specially selected treatments thanks to which within one day you will regain your condition and vital strengths.

THE PRICE INCLUDES:

- lunch at the Termy Pałacowe restaurant,
- 3 treatments from the following offer of wellness treatments:
  - hydro-massage, electro-stimulation, pearl bath, fango treatment, Scotch douches, aqua aerobics, lymphatic massage, classic partial massage,
  - body cosmetic treatment: cotton treatment or algae treatment,
  - Radiant Face body treatment: revitalizing mask, moisturizing mask, or lifting mask.

Price: 290 PLN/person



SPA DAY DE LUXE

A day stay without overnight accommodation

SPA Day constitutes specially selected treatments thanks to which within one day you will regain your condition and vital strengths.

THE PRICE INCLUDES:

- lunch at the Termy Pałacowe restaurant,
- hot stones massage,
- face cosmetic treatment:
  Return of Balance from the Orient (CLARINS),
- body treatment: herbal and salt scrub

Price: 399 PLN/person

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

DAY SPA ATRIUM

A day stay without overnight accommodation

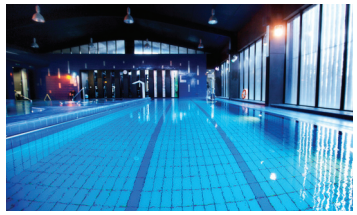
Entire day in the Atrium waterpark. Fun and wellness treatments will allow you to take a break from daily life and regain strengths before returning to work.

THE PRICE INCLUDES:

- access to the Atrium waterpark,
- 1 dish from the Atrium Club menu,
- body scrub,
- classic partial massage,
- 1 bowling session (1 hour).

Price: 135 PLN/person

Price: 249 PLN/family (2 adults + up to 3 children)



ATRIUM WATERPARK
T: +48 81 50 14 456 ext. 0101

The heart of the Atrium waterpark consists of a 300-sqm Aquatonic pool where the guests can take advantage of swimming paths, an artificial river, hot tubs, saunas - dry and wet, as well as bubble beds and pearl seats.
The swimming pool is open daily from 9:00 am to 10:00 pm.
Prices per hour:
Mon-Fri - 9 am-3 pm: 9 PLN, Mon-Fri - 3 pm-10 pm: 14 PLN,
Sat-Sun and public holidays: 18 PLN, children under 5 - free

Bowling alley:
Monday - Friday: PLN 20-50 / track / hour
Weekends and public holidays:
50 PLN / track / hour
Atrium Club:
Mon-Thu - 2 pm-10 pm, Fri - 2 pm-midnight,
Sat - 11 am-midnight,
Sun and public holidays: 11 am-11 pm

SPA TREATMENTS

CLASSIC TREATMENTS

Pool gymnastics	25 mins	20 PLN
Scotch douches	5 mins	25 PLN
Detox	30 mins	40 PLN
Electro-stimulation	15 mins	30 PLN
FANGO treatment	20 mins	30 PLN
Hydro-massage	15 mins	30 PLN
Aromatic bath	15 mins	35 PLN
Pearl bath	15 mins	30 PLN
Paraffin	20 mins	30 PLN
Pressure massage (lymphatic)	15 mins	40 PLN
Oxygen Therapy	15 mins	15 PLN

ADDITIONAL TREATMENTS

Powder bath	15 mins	50 PLN
Algae bath - slimming	15 mins	70 PLN
Cupping massage - full	60 mins	150 PLN
Cupping massage - partial	30 mins	80 PLN
Head and neck massage	30 mins	60 PLN
Stone massage	80 mins	170 PLN
Partial stone massage	40 mins	80 PLN
Full classic massage	50 mins	110 PLN
Leg and feet massage	50 mins	100 PLN
Slimming-modeling massage	60 mins	120 PLN
Back massage	20 mins	50 PLN
Relax from the Nile massage	60 mins	150 PLN
Stamp massage	60 mins	150 PLN
Candle massage	50 mins	110 PLN
Firming massage	50 mins	120 PLN
Partial aroma-therapy ritual	30 mins	80 PLN
Full aroma-therapy ritual	60 mins	150 PLN
Aroma relaxing-stimulating treatment	30 mins	80 PLN
Slimming/firming capsule treatment	30 mins	80 PLN
Partial classic massage	20 mins	50 PLN

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

SPA TREATMENTS

FACIAL TREATMENTS — CLARINS

Return of Balance from the Orient	45 mins	199 PLN
Absolute smoothing	75 mins	299 PLN
Radiant rejuvenation	75 mins	299 PLN
Youthfulness activator	75 mins	299 PLN
Perfect matting	75 mins	249 PLN
Maximum mitigation	75 mins	249 PLN
Lasting moisturizing	75 mins	249 PLN

BODY TREATMENTS — CLARINS

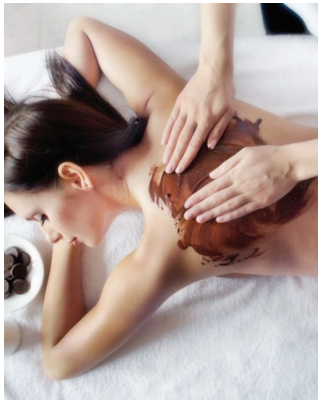
Firming (triple-active treatment)	60 mins	249 PLN
Body Modeling (triple-active treatment)	60 mins	249 PLN
Fruits & Salt with Plant powder	45 mins	219 PLN
Delicate scrub	45 mins	199 PLN
Silk body	75 mins	329 PLN

TREATMENTS FOR MEN — CLARINS

Energy for the body	30 mins	139 PLN
Tailor-made treatment	45 mins	199 PLN
Firming	75 mins	279 PLN

SPA BEAUTIFUL OCTAVIA - BODY TREATMENT

Herbal-salt treatment	45 mins	110 PLN
Algae treatment - slimming	45 mins	110 PLN
Firming-modeling treatment	45 mins	110 PLN
Cotton-moisturizing treatment	45 mins	110 PLN
Oil treatment	60 mins	160 PLN
Chestnut treatment	60 mins	160 PLN
Chocolate treatment	60 mins	160 PLN
Cherry treatment	60 mins	160 PLN



SPA TREATMENTS

OXYBRASION

Facial oxybrasion + mask	100 min.	300 PLN
Facial oxybrasion + neck + mask	50 min.	200 PLN

SPA BEAUTIFUL OCTAVIA - FACIAL TREATMENT

Radiant face - revitalizing mask	30 min.	70 PLN
Radiant face - firming mask	30 min.	70 PLN

SPA BEAUTIFUL OCTAVIA - ADDITIONAL TREATMENT

No-needle mesotherapy with an algae mask	60 min.	150 PLN
Skin examination - consultation	30 min.	60 PLN
Classic face cleansing treatment	90 min.	180 PLN
Traditional pedicure		95 PLN
Eyebrows regulation		10 PLN
Painting nails		20 PLN
Traditional manicure		65 PLN
Hybrid manicure		75 PLN
Hand paraffin		30 PLN
Henna - eyebrows and lashes		30 PLN
Wax hair removal		od 25 PLN
Diamond microdermabrasion with a mask		160 PLN
Cavitation peeling	30 min.	60 PLN
Cavitation peeling with an algae mask	45 min.	100 PLN

OXYGEN INFUSION

Facial oxygen infusion + cream	45 min.	190 PLN
Facial oxygen infusion + neck + cream	60 min.	210 PLN
Facial oxygen infusion + neck + neckline + cream	75 min.	240 PLN
Facial endomassage	60 min.	80 PLN
Radio waves - body, one part	50 min.	200 PLN
Radio waves - body, thighs and buttocks	100 min.	300 PLN
Radio waves - face	100 min.	300 PLN
Radio waves - eyes + forehead	50 min.	200 PLN

BODY TREATMENTS HILDEGARD BRAUKMANN

Light legs	60 mins	160 PLN
Relax for pregnant women	60 mins	150 PLN

FACE TREATMENTS HILDEGARD BRAUKMANN

Travel in the foam	60 mins	170 PLN
A treatment for vascular skin	60 mins	100 PLN
Hydro-special, revitalization and relief	60 mins	170 PLN

CLARINS BEAUTY PARLOUR
+48 81 50 14 456 ext. 0120
planowanietp@spanaleczow.pl
Open daily: 8:00 am to 8:00 pm

PRICE LIST 2019

UZDROWISKO NAŁĘCZÓW Uzdrowiska Polskie

ADDITIONAL INFORMATION

Important additional information

Check-in: 2:00 pm, check-out: 12:00 am

Tourist tax: 3.50 PLN / day / 1 person.

Parking at SPA facilities:

- Termy Pałacowe - unguarded car park - price PLN 15 / day.
- Fortunat Sanatorium, Jesienna Rezydencja, Cardiology Hospital, Pawilon Angielski - price 10 PLN / day. The number of places is limited. Pre-booking required.
- Książę Józef Sanatorium, Stare Łazienki - located in Park Zdrojowy - no parking spaces.

Healing treatments are offered from Monday to Saturday, excluding public holidays.

Pets welcome to stay only in standard rooms at Termy Pałacowe – 30 PLN / day.

24-hour medical and nursing care does not include the costs of diagnostics, used medicines and medical devices.

Children at Uzdrowisko Nałęczów

1. Children up to the age of 6 - FREE accommodation and board.
Accommodation for children is free when the child stays together with the parent(s) without an extra bed (sharing the bed with the parent(s)). Meals for children are free when the price paid includes meals for the parent(s) and the child stays in the same room as the parent(s).

2. Children between the ages of 6 and 12 - 50% off the standard price for a stay in a double room including breakfast (B&B). The price includes an extra bed with bed linen, as well as breakfast.

3. Children above the age of 12 are treated as adults when it comes to accommodation and board prices.

On demand, we offer cots for small children - subject to availability and at prior notice.
Children's cot 20 PLN / day.

We do not perform natural therapy treatments for children under the age of 18.

NQUIRIES - BOOKING - SALE

T: +48 81 50 16 027
E: rezerwacje@zlun.pl

Zakład Leczniczy "Uzdrowisko Nałęczów" S.A.
Al. Małachowskiego 5, 24-140 Nałęczów
NIP: 716-000-00-53
T: +48 81 50 14 275 Fax: +48 81 50 14 608

Bank A/C Number: PL 13 8733 0009 0000 1847 2000 0040