



Spa Treatment in Rabka-Zdrój and a Balanced Lifestyle



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Agenda:

- Rabka and its microclimate
- Nature and landscape qualities
- „Uzdrowisko Rabka” S.A. („Rabka Spa” Inc)
- Brine – natural raw material
- Brine functions and usage
- Education and treatment
- Benefits of balneology

Rabka-Zdrój



Rabka-Zdrój – a foothill town located 500-560m above sea level that stands out for its mild microclimate.

Light breezes, high insolation(1800 hours a year) guarantee dry air and prevent fog formation. The air is clean and, thanks to many forests, rich in essential oils.

Outstanding nature and landscape qualities

- Two hills: Luboń Wielki (1022m a.s.l.) and Turbacz (1311m a.s.l.) tower over Rabka
- During the day the heated air floats from the valleys to the peaks, and in the evening cool and clean air flows from the peaks to the valleys.
- The air is constantly ionized with insolation, wind and fall energy.



„Uzdrowisko Rabka” S.A. Rabka Spa Inc. About us

Health is our mission

To fulfill the mission, every day, we take great care to meet our patients' needs as far as their health, relaxation and treatment is concerned.

Our goal is to maintain the high quality of our services and products so that anyone visiting Rabka Spa could benefit from its healing climate and natural resources.

„Uzdrowiska Rabka” S.A. (Rabka Spa Inc.) consists of:

- Nature-health centre called „Health and Beauty Centre”,
- Spa Cardiology Hospital,
- Spa children’s hospital,
- Child and Parent Sanatorium,
- Sanatorium For Adults



„Uzdrowisko Rabka” S.A.

Rabka Spa Inc.

- The beginning of every treatment is a **professional evaluation of individual needs** of every patient - adult or child.
- Spa or sanatorium treatment is recommended and controlled by doctors

Natural raw material

Brine – water consisting of 15 gr. of salt in a litre.

- The healing water comes from the depths of Earth and is produced in very specific conditions:
 - in the lack of light or air,
 - in high pressure and temperature,
 - **It is impossible to produce such water in a laboratory.**



Brine is „ready-made medicine” and as such, it possesses an official certificate

The most important material is iodine –bromine brine whose concentration of iodine is one of the highest in Europe,

The first bathing centre was established in 1864,

Salt bath effects

- The effects are connected with the irritating influence of salt penetrating the skin and sweat glands exits – which makes skin more flexible.
- Chloride-sodium ions affect sensory and motor receptors in skin and reduce nerve excitability

Application

Regular use of **salt baths** causes general actions such as normalisation of blood pressure, better metabolism, muscles relaxation and reduction of nerve excitability.



The baths cure skin and food allergies, osteoarthritis, increase immunology.

Brine

- The unique brine is also used for individual inhalations
- Mud treatment has a very wide range of application. Therapeutic mud (peat) makes the base of wraps.
- In spa therapy physical activity is extremely important - kinesitherapy, whirlpool baths, power shower, underwater massage of the whole body and many more.



Brine graduation tower

Brine is pumped to the top of the tower, and then, while running down it hits brushwood twigs and partly evaporates.



Walking near the graduation tower helps one to breath deeply, and the salt aerosol is beneficial for the respiratory system.



We gather our experience through:

- Complex offers for specific target groups: for the harmony of body, mind and spirit, healthy diet, stress management, detox
- Relying on local materials and healing/relaxing methods – we offer true experience originating in the unique, local tradition and raw materials (salt baths, mountains, microclimate)
- The quality and originality of the products and services

„Uzdrowisko Rabka” S.A.
(Rabka Spa Inc.) is the
pioneer in using brine in
cosmetics.



Lifestyle education

Nine factors connected with diet and lifestyle are responsible for the risk of heart attack in 95% .

These are:

- smoking,
- cholesterol level,
- overpressure,
- diabetes,
- overweight,
- nutritional habits,
- physical activity,
- alcohol consumption,
- Other psychosocial factors – emotional stress and depression.

Spa treatment goals:

- Tapping adaptation and compensation skills- which is basic for health improvement after treatment and regaining harmony.

The process is however time-consuming, and thus we cannot expect any miracle recovery after a few day stay in the Spa.

Thank you for your attention.