



„RABKA” SPA –a Multitude of Possibilities

Agenda

- Rabka and its microclimate
- Graduation tower and Rabka monuments
- " Health Resort Rabka " S.A ' and its natural raw material
- Natural cosmetics based on Rabka brine
- Treatments
- SPA treatments - based on Rabka brine.
- STRD - Scanning Thermoregulation
Diagnostics

Rabka-Zdrój

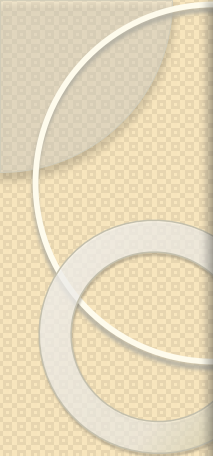


The Spa is located in a picturesque scenery and it has a unique source of brine, which allows our guests to enjoy a unique microclimate, full of salutary minerals. Thanks to this wealth, we offer a wide range of treatments and relaxing activities bringing out one's beauty, and all this with the use of brine

Outstanding natural beauty and landscape

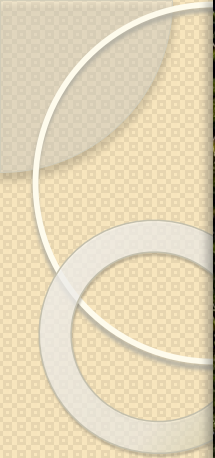
- Luboń Wielki (1022m above sea-level) and Turbacz (1311m asl) dominate over Rabka
- During the day heated air rises to the heights of the basins, and in the evening the cold and clean air flows down from the peaks to the valleys .
- The air is constantly ionized by solar radiation, wind energy and waterfalls.











Graduation Tower

The brine that gets to the top of the column falls down and sprays the blackthorn and at the same time it creates salty aerosol.



A walk in the vicinity of the tower helps one deepen and harmonize breath, the salty aerosol has a positive effect on the respiratory system.



Monuments and folk music traditions

- There's a unique atmosphere of Podhale folklore; you can listen to folk music. A visit to the Ethnographic Museum of Władysław Orkan from the XVIIth century will introduce you to the climate of Rabka.



The "Spa Rabka" SA consists of:

- Institute of Natural Medicine - the so-called "Health and Beauty Centre"
- Spa Cardiology Hospital
- Spa Children's Hospital
- Sanatorium for children with a supervisor
- Sanatorium for adults



Rabka Spa is a tradition for over a hundred years

Rabka Spa is a place which, for over a hundred years, has welcomed patients seeking relaxation, health and well-being. Feel free to use our therapeutic offer which includes education on proper nutrition, weight loss diet for children 3-18 years, cardiac stays and rehabilitation



Natural Raw Material

Brine - water which contains more than 15 g of salt per one liter of water.

Healing water that comes out of the depths of the earth and is created under specific conditions: the absence of light and air, high pressure and temperature. It is not possible to produce it in a laboratory.



Brine is a "ready-made" cure and as such has the official certificate.

The most important resource is the iodine - bromine brine with iodine concentrations belonging to the highest in Europe. The first bathing resort was opened in 1864.

NATURALNE KOSMETYKI NA BAZIE RABCZAŃSKIEJ SOLANKI





Rabczańska solanka, lecznicze maści i żele







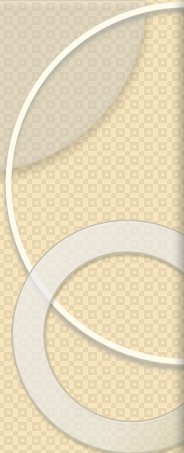
Ekskluzywna Thermal SPA Line o zapachu passiflory



Seria Lemon Grass z kompleksem
wyszczuplającym
i antycellulitowym
o zapachu trawy cytrynowej


Rabczańska seria kąpielowa





Kosmetyki z Uzdrowiska Rabka stworzono z myślą o codziennej pielęgnacji skóry normalnej i wrażliwej, oraz dla osób z problemami alergicznymi i łuszczycowymi.

Siłą tych produktów jest ich w pełni naturalny charakter. Wyprodukowane zostały z naturalnych składników, bez barwników i dodatkowych substancji zapachowych. Dzięki zawartości Rabczańskiej Solanki wszystkie kosmetyki z Uzdrowiska Rabka zawierają w swoim składzie biopierwiastki i mikroelementy takie jak: sód, brom, jod, bor, mangan i wapń oraz aniony wodorowęglanowe i chlorkowe. Składniki solanki posiadają działanie antybakteryjne, oczyszczające i przeciwzapalne.



Zawarte w kosmetykach cenne oleje i wyciągi roślinne, proteiny, witaminy A, E oraz z grupy B dodatkowo odżywiają, regenerują i wzmacniają skórę, włosy i paznokcie. Wykorzystywanie rabczańskich kosmetyków do codziennej pielęgnacji jest przedłużeniem kuracji solankowej w domowym zaciszu. Efekt świeżości i odnowy organizmu po pobycie w naszym uzdrowisku jest dzięki nim stale podtrzymywany. Rabczańskie kosmetyki na bazie solanki dedykowane są osobom w każdym wieku, dla których liczy się zdrowie i wysoka jakość produktów.

CLIMATOTHERAPY

Not only medical treatments are extremely important for the spa but also the local climate, the nature, the presence of natural sources of healing waters. In Climatotherapy the natural environment comes to the fore. The Climatotherapy method involves subjecting the patient to climatic factors of a certain intensity and for a certain time to elicit favorable metabolic and morphological changes. The treatments include: sunbathing, air baths, movement.



NORDIC WALKING

Climatotherapy is complemented by beautiful landscapes. Feel free to walk the diverse terrain. Especially Nordic walking is worth recommending. The best feature of it is that the intensity can be ideally adapted to the condition of the body, and most importantly, Nordic walking is a sport recommended for people who have very limited opportunities for physical activity because of the existing disease.



RABKA'S BRINE



Rabka is a place where
your body and soul will
benefit from the Rabka
brine.

BRINE INHALATIONS

The healing properties of Rabka brine are also used during the very popular individual saline inhalations. The effectiveness of inhaled saline lies in the healing power of brine that cleans the respiratory system, and has the anti-inflammatory and antibacterial effect. The inhalations are used in the treatment of upper respiratory system diseases. This is an extremely effective cure for a stuffy nose or sinus and severe asthma symptoms



SALT CAVE



The Salt Cave uses the beneficial effects of salt on the body by generating and maintaining the right microclimate, which stimulates the body's defense system and strengthens its immunity .

BRINE BATHS

The healing properties of Rabka brine are also used for bathing, which tones the skin, relaxes and rejuvenates. It can help to treat chronic arthritis, rheumatism, neuralgia. It helps in the treatment of neuroses, insomnia, states of nervous exhaustion, skin allergies. It can also help to strengthen immunity system and to increase metabolism.



POULTICE

Poultice is also included in the mineral treatments. The warm peat slowly releases the heat. In effect , it can reach the deeper tissues, and it helps the Aching muscles to relax. Furthermore, it provides valuable substances to the skin (organic acids and mineral salts) which can have inflammatory effect.



In addition to the mineral treatments we have a wide range of treatments such as physiotherapy, which uses innovative technologies that accelerate self-healing of the organism, which contributes to the restoration of the energy balance of the body and spirit , and lead to well-being. These treatments include:

- kinesthetictherapy
- hydrotheraphy
- massages
- phototherapy
- ultrasounds



SPA TREATMENTS BASED ON RABKA BRINE

"Rabka Health Resort " has an extensive wellness facilities. Peace, relaxation for body and spirit, a bit of luxury – that is what our SPA offers. Care and relaxation based on our cosmetics and various massages are a great way to rejuvenate and improve one's beauty

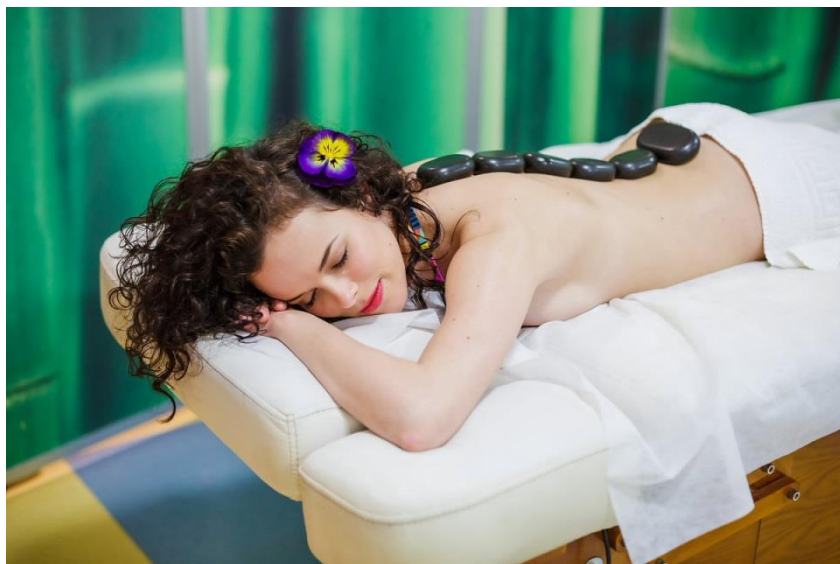


Massage with herbal stamps

Unusual Indonesian massage that uses stamps filled with aromatic herbs, fruit and spices. This massage aims to restore the harmony of the body – get rid of muscle tension, which has a positive effect on blood and lymph circulation. It helps to strengthen the immune system and also relaxes and improves mobility.



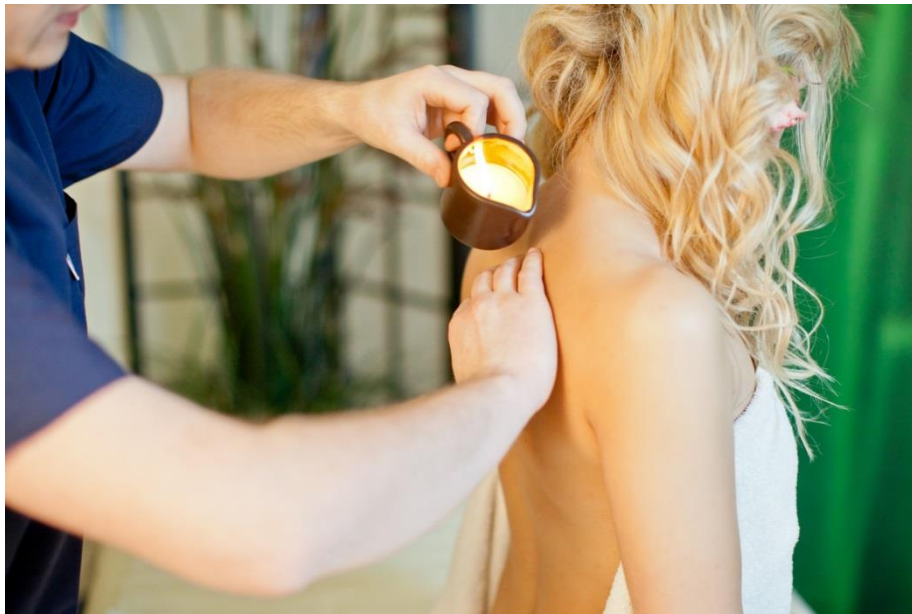
Massage with hot stones



Hot stone massage was already known in ancient times. Hot stone massage allows for a better flow of energy in a tired or sick body. Special stones massage stimulates blood and lymph circulation in the body.

Warm Oil Massage

The massage with warm oil makes the skin moisturized, smooth and velvety to touch. It soothes sensitive skin, makes it shine and improves its condition. The Massage with warm oil is also used in the fight against cellulite and firming treatments.



Mesotherapy

Mesotherapy is the most advanced, non-invasive skin rejuvenation method. It is a new mode of transport of the substance in the treatment of wrinkles, cellulite, stretch marks, flaccidity and skin discolorations



OFURO BATH

OFURO- bath in wonderfully warm goat's milk, relaxes the body and muscles, stimulates the circulation of blood. It relaxes and calms down - especially after physical activities. This is a truly royal ritual – it improves one's mood, moisturizes and nourishes the skin, restores vitality. It makes you feel beautiful and well groomed.



Slimming "Lemongrass" Treatment

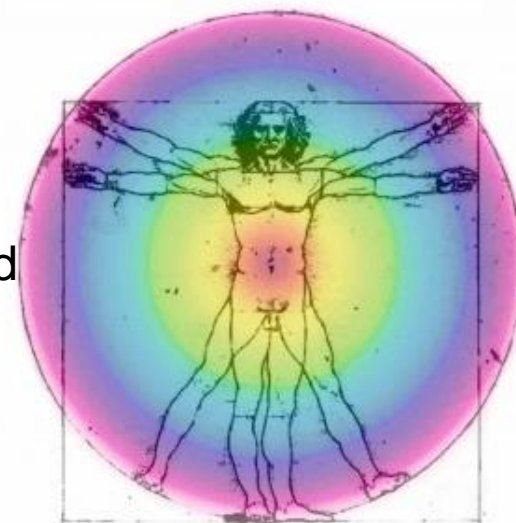


Slimming treatment with the use of cosmetics based on Rabka brine with slimming and anti-cellulite effect called Lemon Grass. The treatment with lemongrass is an effective way of body modelling, cellulite and fat reduction.

STRD - Scanning Thermoregulation Diagnostics

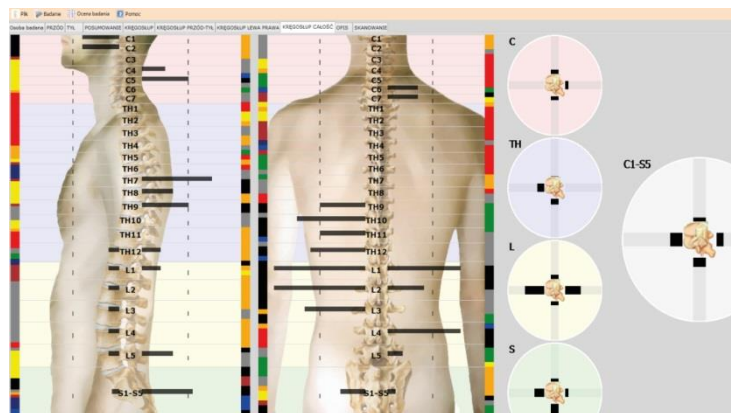
Skaningowa diagnostyka termoregulacyjna STRD

STRD - Scanning Thermoregulation Diagnostics is a highly objective method of assessing our patients treatment. The origins of the scanning thermoregulatory diagnosis can be traced in the 50s in Germany. It should be mentioned also that the father of medicine Hippocrates who lived 400 years BC would impose wet clay on patient's body and observed its drying. Thanks to that he could see where the disease developed - these places were drying faster .



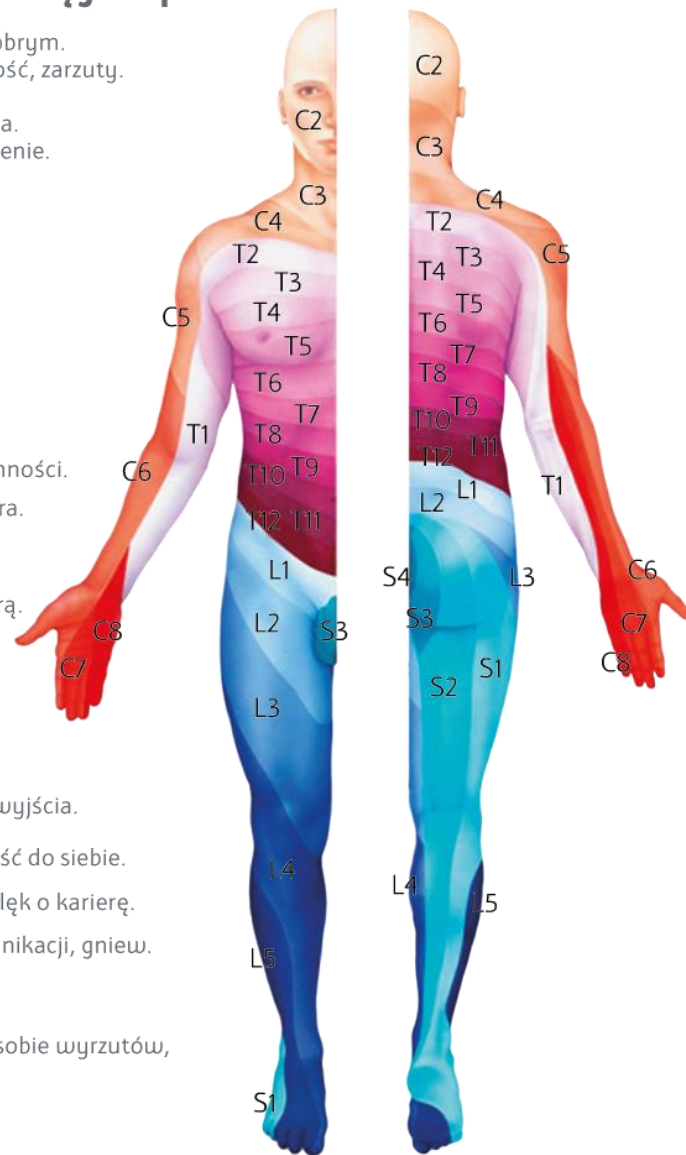
Spine – „the tree of life”

Healthy spine allows for the proper functioning of the nervous system , and thus allows a wholesome life. Spine injuries affect the work of individual organs and systems . The vast majority of back pain is not caused by mechanical damage but chronic stress at different levels of human functioning - mental, emotional or physical . STRD Diagnosis allows you to quickly determine the real cause of the ailment. By getting to know your spine you can understand yourself better.



Jak odczuwamy stres w kręgosłupie

C1	Ucieczka od życia, poczucie, że nie jest się dość dobrym.
C2	Odrzucanie mądrości, niezdecydowanie, chwiejność, zarzuty.
C3	Poczucie winy, męczeństwo, poniżanie siebie.
C4	Tłumiony gniew, rozgoryczenie, spiętrzone uczucia.
C5	Lęk przed ośmieszeniem i upokorzeniem, przeciążenie.
C6	Cudze ciężary, opór, brak elastyczności.
C7	Zamieszanie, gniew, bezradność, wzburzenie.
T1	Strach przed życiem. Zbyt wiele do pokonania.
T2	Lęk, ból, zranienie. Odmowa odczuwania.
T3	Wewnętrzny chaos. Głębokie dawne urazy.
T4	Rozgoryczenie. Wykazywanie błędów innym.
T5	Odmowa okazywania uczuć. Wściekłość.
T6	Gniew wobec życia. Strach przed przyszłością.
T7	Gromadzenie bólu. Odmowa odczuwania przyjemności.
T8	Obsesja niepowodzeń. Odrzucanie własnego dobra.
T9	Poczucie, że jest się ofiarą, że życie zdradziło.
T10	Odmowa przyjęcia odpowiedzialności. Bycie ofiarą.
T11	Niska samoocena. Lęk przed związkami z innymi.
T12	Odebranie sobie prawa do życia. Niepewność.
L1	Wołanie o miłość, potrzeba bycia samemu.
L2	Utknięcie w cierpieniach dzieciństwa, brak drogi wyjścia.
L3	Negowanie seksualności, poczucie winy, nienawiść do siebie.
L4	Brak bezpieczeństwa finansowego, bezbronność, lęk o karierę.
L5	Brak poczucia bezpieczeństwa, trudności w komunikacji, gniew.
S1	Utrata mocy. Zadawniony gniew.
S2	
S3	
S4	Utrata wewnętrznej równowagi, upór, czynienie sobie wyrzutów, trzymanie się dawnych cierpień.
S5	



SKANINGOWA DIAGNOSTYKA TERMOREGULACYJNA (STRD)

www.strd.com.pl

Uzdrowisko
Rabka

Thank you for your attention