Spa & Wellness in Poland

UNION FOR ENTERPRISING PEOPLE
COMPETITIVENESS PROGRAMME

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European Regional Development Fund
INTERFERIE S.A. based in Lubin is one of the leading companies on the Polish tourist services market. The company is listed on the Warsaw Stock Exchange. When the company was created it took over more than a dozen tourist and recreation resorts, sanatoriums and hotels that previously had been the property of KGHM Polska Miedź S.A.

Having operated on the tourist market since 1992, we have gained a great deal of experience in organising all kinds of tourist events. We are a member of the Polish Chamber of Tourism and the Lower Silesia Tourism Organization.

Resorts which belong to INTERFERIE S.A. are located in different regions of varied climate and scenery:
- on the Baltic coast – in Świnoujście, Kołobrzeg, Ustronie Morskie and Dąbki
- in the mountains – in Szklarska Poręba and Świeradów Zdrój.

INTERFERIE S.A. also owns two hotels located in the Legnica – Głogów Copper Basin – in Lubin, next to the headquarters of KGHM Polska Miedź S.A., and in Głogów. Our tourist office is situated in the centre of Lubin.

We are a company which provides a wide range of services: family holidays, holidays for children and young people, preventative and curative stays, excursions, weekend and festive breaks, conferences, trainings, events.

We are aware of the fact that more and more tourists, being concerned with the condition of their health, are deciding to choose recreation that would also give them the opportunity to undergo specialist curative treatments. Hence, we would especially like to draw your attention to our breaks which offer rehabilitation and health treatments. Our centres have well-equipped, modern surgeries and employ caring, professionally-trained medical staff (doctors, physiotherapists, masseurs).

We kindly invite you to try our services.
Kołobrzeg – well-known, renowned as the biggest health resort at the Polish seaside. The city has a curative microclimate and a long sandy beach. There are wonderful opportunities for swimming and sunbathing. Kołobrzeg is a city with a history going back more than a thousand years. It started to develop into a health resort in the first half of the nineteenth century. In the city there are many interesting historic monuments. Kołobrzeg also hosts various interesting cultural and sporting events. Forest hiking fans may choose to go walking in the Kołobrzeski Forest – full of natural monuments. The beach is sandy and wide and also has lifeguards. There are such facilities as a water slide and bouncy castles for children. In a word – Kołobrzeg is a city attractive at any time of the year.

‘Chalkozyn’ is a recreation and rehabilitation centre located at the seaside (200 metres away from the beach and pier) next to a park. The centre offers 321 beds in single, double and triple rooms and apartments. All the rooms have been recently modernized and are equipped with phones, radios and satellite TV. We offer exquisite traditional and delicious dishes of homemade Polish food.

In the building there is a lift, a coffee bar, billiard and a cafe in which we organise dance evenings. The centre also has a conference room for 50 people, equipped with a beamer, a TV set, a VCR and white boards. The room has its own buffet and catering room. ‘Chalkozyn’ has its own modern and well-equipped treatment centre. During their stay our guests may undergo many curative treatments such as saline baths, pearl baths, underwater massage, vertical massage, spine massage, therapeutic mud compresses, Magnetronic, laser treatment, interdyn, ultrasounds, diadynamic, iontophoresis, sollux, bioptron. The centre also offers acupuncture sessions and spine problems treatment.

A visit to our centre may be also helpful for patients with circulatory and motor system diseases, diabetes and upper respiratory tract problems.

‘Chalkozyn’ centre is also the location of a Stutter Therapy Centre, which specialises in treating speech disorders.

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Świnoujście, a town located on several dozen islands, is without doubt one of the most beautiful tourist spots on the Baltic coast. The city has a specific, mild microclimate with long summers and short, warm winters. Due to the unusual scenic and climatic conditions (saline springs and moist air rich in sea spray) the town has obtained the status of a spa. Świnoujście is surely one of the most attractive seaside resorts. The town has splendid natural conditions – a beautiful sandy beach (almost 100 m wide) with easy access to the sea and a promenade with numerous shops and cafes. Additionally, the unique island location of the town creates opportunities for cycling, hiking, water sports, sailing and fishing.

HEALTH & SPA RESORT Barbarka

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"Barbarka" is a large, modern building of a high standard, wonderfully located next to the seaside promenade and in close proximity to a beautiful, wide beach.

We offer stays of any length, depending on your needs, at attractive prices.

The hotel offers cosy single, double and triple rooms, all of them equipped with bathrooms, satellite TVs, radios, phones and refrigerators. All together we have 130 beds. In the building there is a cafe and a lift for guests' comfort. The building is safe and has facilities for the disabled.

We offer exquisite homemade Polish food. Our traditional and delicious dishes are served in the dining room.

We provide recreation, curative and rehabilitation services. In our hotel you can treat circulatory, respiratory and motor system diseases along with endocrinological, neurological and age-related problems.

We have our own modern, well-equipped treatment centre. We offer a wide range of curative treatments such as therapeutic mud compresses, magnetic therapy, cryotherapy, light therapy and different kinds of massages.

We ensure 24-h medical and nursing care. We guarantee our guests a healthy, peaceful and comfortable stay.
**HEALTH & SPA RESORT**

**Argentyt**

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**Dąbki** – a town located on a narrow sandbar between the sea and the Bukowo lake. It is one of the most beautiful spots on the Baltic coast. Its charm attracts thousands of tourists every year. Its wonderful microclimate of sun, iodine filled sea air and beautiful pinewood guarantee healthy recreation all year round.

Dąbki is a great holiday place for people who enjoy hiking and cycling as well as for sailing and windsurfing fans and everyone who enjoys resting in silence, surrounded by enchanting and unspoilt nature.

‘Argentyt’ resort is situated at the base of the narrow sandbar which divides the Bukowo lake from the sea, 100 metres from a sandy beach. The resort offers 364 beds in double and triple rooms and apartments. Each room is equipped with a bathroom, satellite TV, a radio and a phone. There is a lift in the main building of the resort.

The premises of the resort encompass 2.5 hectares of mainly green spaces, there are also sports fields and play grounds. There is a 24-h attended car park. Food is served in a spacious, sun-lit dining room; we offer tasty and varied Polish dishes. The hotel’s cafe serves daily delicious coffee in various flavours, home-made cakes, beer, a selection of drinks and ice-cream desserts.

Our modern treatment centre has numerous treatment rooms, in which you can strengthen your health, relax and rest. Our range of treatments includes classical massage, baths and underwater massage, therapeutic mud compresses, electrotherapy, magnetic therapy, light therapy, gymnastics and fitness, inhalations and infrared sauna with colour therapy. We also offer our guests a session in a cryochamber, where, at the temperature of minus 150 degrees Celsius, they can cure their joint and muscle ailments, circulatory system disorders, skin afflictions and many other health problems.

The Centre also offers specialized holiday programmes, such as the weight-loss programme, rejuvenating programme and sports holidays. For more demanding guests we also have modern wellness and spa studios, a beauty parlour, a hairdressing salon and a biological regeneration studio. The resort’s rehabilitation programme includes numerous treatments, recreational and sports activities in a gym and a fitness room, on a tennis court and on a sports field. There are also great hiking and cycling opportunities along the sandbar as well as a sandy beach.
We would like to invite you to Ustronie Morskie.

This picturesque spot attracts holidaymakers all year round. Beautiful scenery, great hiking opportunities, a wind farm and the close proximity to Kołobrzeg and Koszalin are some of the undisputed attractions of this tourist spot. Ustronie Morskie also has a beautiful, peaceful beach. The spot attracts holidaymakers who seek fresh air filled with sea spray, which is helpful in fighting upper respiratory tract conditions. The sea breeze and storms create the best conditions for inhaling the healthy air. A wonderful climate, pinewoods, beautiful cliffs and a sandy beach with a pier attract many tourists and make them leave the place relaxed and well-rested.

'Cechsztyn' Centre is located in a seaside climatic belt, 200 metres from a sandy beach. We offer our guests 140 beds in single, double and triple rooms and studios. All rooms have undergone complex refurbishment and modernization. Each room is equipped with a bathroom, a phone, satellite TV and a radio. The Centre's wide range of services and its attractive location make 'Cechsztyn' the perfect holiday place – a place where you can recharge your batteries in a comfortable setting.

The centre's restaurant offers exquisite cuisine. Our menu, based on the best traditions of Polish cuisine, will satisfy even the most demanding gourmets. During the stay our guests are welcome to use curative treatments which can help them fight various illnesses of the neurological, rheumatologic, dermatological, circulatory and respiratory systems. We also help cure thyroid problems and neurosis. 'Cechsztyn' Centre has its own well-equipped treatment centre. Visit our gym and sauna to let go of all the stress of the day and strengthen your immune system. Beautiful scenery creates perfect opportunities for hiking and cycling. After a tiring day we invite you to relax in our cafe, in which we organise dance evenings, ballroom dance shows, and meetings with interesting people. In the summer you can attend one of our barbeque parties with music organized in the hotel's beautiful garden.

HEALTH & SPA RESORT
'Cechsztyn'

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There are not many places in Poland that would serve recreational purposes better than the Szklarska Poręba region. The constantly altering mountain scenery, silence disturbed only by the murmur of clear streams and waterfalls – such surroundings definitely have a soothing influence on human soul.

Szklarska Poręba is the biggest climate resort of Lower Silesia, well-known and renowned since mid-nineteenth century. The covering of snow, which remains on the slopes for a long time, is the area’s greatest attraction. Due to these climatic conditions the area is a real paradise for skiers. All skiers will find something interesting here. Children and beginners may choose one of numerous ski lifts. More advanced skiers may be interested in the skiing complex situated on Szrenica and Babiniec with skiing routes of an overall length of more than 13 km. Close to the hotel, in Jakuszyce, there is a cross-country skiing route. From spring to autumn visitors can cycle on cycling routes of an overall length of 300 km and differentiated difficulty or hike on numerous tourist trails.

Szklarska Poręba is located close to the Polish-Czech border, so you can also enrich your holiday by visiting towns located on the border or even well-known cultural centres such as golden Prague or Liberec.

Hotel Bornit ****
A four-star hotel and recreation complex located in the picturesque area at the foot of Szrenica. The hotel offers its guests a wide range of attractions and a unique comfort of stay.

We offer 176 beds in single, double and quadruple (family) rooms and luxurious apartments.
In the hotel there is a restaurant which serves unique Polish and international cuisine. On the premises there are also: a winter garden – Patio and a night club, which organises discos.
On special request we organise extra events to enrich your stay. Our offer includes Old-Polish style barbeque feasts in an outdoor setting, refined banquets with an attractive artistic programme, dance evenings, discos and feasts. In the winter we invite you to take part in sleigh rides with a bonfire, in the summer time we offer cycling excursions or carriage rides.

To recharge your batteries visit our Recreation Centre which offers an indoor swimming pool, sauna, Jacuzzi, hairdressing salon, sunbathing studio and massages.

Hotel Bornit also has a biological renovation centre which offers dry massage, paraffin wax compresses, therapeutic mud compresses, inhalations, light therapy and laser therapy.

For those who enjoy games, there are two bowling alleys and billiards.

Hotel Bornit **** makes a perfect setting for conferences, trainings and company integration meetings. The hotel has 6 conference rooms, modern and well-equipped, that can seat from 30 to 140 people.
Hotel Malachit** located in the picturesque valley of the Izerskie Mountains offers 180 beds in modern, comfortable single and double rooms, studios and apartments. On the premises of the hotel there is a café and bar as well as a restaurant which serves buffet breakfasts. Our chef recommends specialities from our rich menu which includes Old-Polish cuisine. Facilities such as an indoor swimming pool, a spacious gym with basketball and volleyball courts, an open-air tennis court, exercise equipment, table tennis, sauna and billiards will help you relax and regenerate. Another attraction for our guests is an iodine-salt chamber. During just one session of 45 minutes your system’s condition improves just as if you had spent three days at the seaside.

The hotel also has two air-conditioned conference rooms for 50 and 140 people, equipped with a sound system, an OHP, a VCR, a screen, a flip-chart and a multimedia beamer.

Malachit Hotel offers specialist rehabilitation treatments for motor system diseases and circulatory and rheumatic problems. Our range of treatments include dry and underwater massage, vertical bath, saline bath, therapeutic mud compresses, radon and herbal inhalations, water aerobics, physiotherapeutic treatments: diadinamic, galvanization, iontophoresis, ultrasounds, TENS therapy, magnetic therapy. In the hotel there is a professionally equipped biological regeneration studio with Hydro Jet and Derma Life capsule.

HEALTH & SPA RESORT
Malachit **

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Świeradów Zdrój – a picturesque spot of exceptional natural beauty with wonderful climatic conditions offers holidaymakers lots of attractions all the year round. In the summer, tourists who enjoy mountaineering will have an opportunity to savour the beauty of the Izerskie Mountains. Also mountain bike fans will find many challenging routes here. In the winter Świeradów becomes a cozy winter sports station. Ski lifts and skiing routes of differentiated difficulty will meet every skier’s expectations.

Guests wishing to take good care of their health visit Świeradów Zdrój all year round. The curative properties of the spa’s waters have been well known and exploited in Poland since the sixteenth century. Nowadays, Świeradów Zdrój is one of only a few places in Poland where you can cure different health problems all year round and relax in peace and quiet, away from the bustle of the larger holiday centres. Mineral water springs and a unique mountain microclimate make Świeradów Zdrój even more attractive to tourists.
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