

Sanatorium offer

16 people
3 days/ 2 nights
Hostel Augustów

Day 1: 11:00 – arrival to Augustów
Check-in in Hotel Augustów. 14:00 – Lunch. 16:00 – medical examination and choosing proper procedures adapted to your needs. Procedures provided during stay: massage, hydrotherapy, systemic cryotherapy, peat poultices. 19:00 – dinner.



Pic. Tourism Brands Cluster of Eastern Poland, Office Archives

Day 2: 8.00 – breakfast. 9:00 – trip to Water park in Suwałki (2h), On guests' request – additional spare time in Suwałki (for shopping etc.) 14:00 – return to Augustów, lunch. Treatments and relaxation therapy.

List of other possible treatments:

1. Cryo chamber + rotor
2. Spinal massage
3. Underwater pressure massage
4. Pear bath (with hydro massage, ozone therapy, chromotherapy)
5. Peat poultices
6. Laser light therapy
7. Ultrasounds treatment
8. Galvanization treatment
9. Electro stimulation
10. Diadynamic therapy
11. Interference therapy
12. TENS nerve stimulation
13. Kotz currents
14. Ionoforesis
15. 4-chamber galvanisation bath treatment
16. Dry carbonic-acid baths
17. Cryogel treatment
18. Kryotur (rubber poultice, water as coolant, $\sim 10^0\text{C}$)
19. Bioptron Lamp
20. Magnetic field therapy (low frequency)
21. Shortwave diathermy (high frequency)
22. Terapuls device (high frequency electromagnetic field treatment)
23. Sollux lamp (red and blue filter)¹

Day 3: 8:00 – breakfast. Trip to water park or spare time. 12:00 – Departure of guests to Russia.

*It is also possible to do a ski tour around Augustów. Approximate cost per 1 person (in a group of 16) 385 PLN/person (92 EUR/person)

¹ <http://www.hotelaugustow.pl/special/pobyt-rehabilitacyjny/>

Price DOES NOT include:

- transport
- visa
- insurance on the territory of Poland
- additional visits to water park
- additional medical and relaxing treatments

Price includes:

- accommodation
- full board (breakfast, lunch, dinner)
- medical advice
- treatments included in the programme: massage, hydrotherapy, systemic cryotherapy, peat poultices
- trip to water park (2h on site)

*Additional cost of hiring a translator: 863 PLN/person (206 EUR/person)

*All treatments are carried in the Augustów Spa, under the address: Sanatorium Uzdrowskie Augustów, ul. Zdrojowa 3/5/7, phone no.: + 48 87 643 28 71