



**PRICE LIST 2020**



In the direct vicinity of the salt graduation tower, in the very heart of Park Zdrojowy in the beautiful Konstancin Jeziorna, we've created a unique oasis of tranquility. The low-key hotel-restaurant complex offers accommodation in single and double rooms as well as high standard apartments (49 beds in total). Taking advantage of natural raw materials and state-of-the-art technologies we've created a rich offer of treatments in terms of physical therapy, balneology-climate healing, as well as biological regeneration, ensuring the increase of vitality and regeneration of the body and soul. The facility's unquestionable advantage consists in a wellness area with a brine pool, and a complex of hot tubs and saunas. The facility includes also the Przedwiośnie restaurant, a lobby bar, and two conference halls.

## PHYSIOTHERAPY HOSPITAL

ul. Sue Ryder 1, T: +48 22 484 28 63 or 64



The modern Hospital located at Sue Ryder street offers diagnostics, treatments, and rehabilitation for people suffering from diseases of the circulatory, nervous, respiratory, and motor systems, as well as many treatments in terms of kinesiotherapy and physical therapy, for example individual or group exercises, massages, magnetotherapies, cryotherapies, as well as many more. Ambulatory services, taking advantage of diagnostic examinations, are also provided at the hospital. An additional advantage of the Physiotherapy Hospital consists in its location - the surrounding of forests which has a positive impact on the course of the rehabilitation. **The facility includes 213 beds.**



Hotel Konstancja is located 20 km from the center of Warsaw. It is a low-key facility which offers 1-, 2-, 3-person rooms with bathrooms, TV, and Wi-Fi access (49 beds in total). The hotel includes also a dining room and a spacious conference hall. Its additional advantage is its close vicinity to the Park Zdrojowy and a salt graduation tower (150 m) which works in favor of relaxing in a comfortable and healthy manner.

## BIAŁY DOM

ul. Mostowa 5, T: +48 22 484 28 30, +48 22 484 28 35



White House Movement Therapy Center handles comprehensive rehabilitation of patients in terms of the motor and respiratory system diseases, as well as neurology and rheumatology. We direct our offer to patients who look for both traditional treatments as well as modern therapeutic methods with the use of top grade equipment. As one of the few facilities in Poland our Center offers the possibility to take advantage of rehabilitation with the use of an exoskeleton. The facility includes 30 beds, in single and double rooms, a large sports hall, treatment base, and cafeteria.

## PACKAGE: TREATMENT STAY

A health resort treatment stay with 2 treatments a day

Health resort treatment stay in Konstancin-Jeziorna is ideal for those who want to improve their general physical condition and mobility and/or to alleviate pain by using intensive physiotherapy, and at the same time relax and recharge batteries, taking advantage of the unique microclimate of the graduation tower and the SPA Park.

### THE PACKAGE INCLUDES:

- **5 nights** at Hotel Konstancja (the stay starts at suppertime on Sunday evening with supper and ends at dinnertime on Friday),
- 3 served or buffet-style meals a day (Hotel Konstancja or EVA Park Life & SPA – depending on the season),
- initial medical examination with treatment arrangements,
- **10 physiotherapy treatments** at Biały Dom (from Monday to Friday),
- 15% discount on additional treatments,
- **1 x 75 min admission to the Wellness Zone** at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs – one with brine and two with fresh water) and a 50% discount for subsequent entries,
- **5 x inhalations:** free admission to the graduation tower (on opening dates for the graduation tower) – Season A only,
- 10% discount on SPA treatments in EVA Park Life & SPA,
- 2 x free rental of Nordic Walking poles,
- access to 24/7 nursing care at Physiotherapy Hospital (excluding the cost of medicines and medical devices used and travel costs).



Hotel Konstancja	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	949	899
Double room	749	699
Double room for 1 person	999	949

## 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 commissioned by a specialist doctor will regenerate as well as bring back the physical and mental efficiency.

### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day,
- initial medical examination with treatment arrangements,
- **15 physiotherapy treatments** carried out from Monday to Friday,
- **1 x 75 min admission to the Wellness Zone** at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs – one with brine and two with fresh water) and a 50% discount on subsequent entries,
- **7 x inhalations:** free admission to graduation towers (according to the opening dates of the graduation tower),
- 10% discount for SPA treatments in EVA Park Life & SPA,
- free rental of nordic walking poles,
- unlimited access to the Wellness Zone, \*
- unlimited access to the Fitness Zone at Biały Dom, \*
- access to 24/7 nursing care.



Facility		Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Physiotherapy Hospital, Biały Dom, Hotel Konstancja	Family suite for 2 persons **	1995	1889
	Family suite for 3 / 4 persons **	1862	1764
	Single room	1760	1610
	Double room	1399	1260
	Double room for 1 person	1875	1715
EVA Park Life & SPA	Triple room	1330	1260
	Single room	2795	2585
	Double room	2025	1955
	Double room for 1 person	3145	2999

\* Applies only to stays at EVA Park Life & SPA.

\*\* Applies only to Hotel Konstancja.

## PACKAGE: SEASON TREATMENT

A health resort treatment stay

Seasonal health resort treatment stay is an offer for those looking for a combination of a comfortable rest and doing something for their health and fitness. Improved fitness and well-being are guaranteed not only by SPA and relaxation treatments and unlimited access to the Wellness Zone, but also the possibility of active use of the spa town's advantages any time of year. The package is also enriched with higher discounts for additional physiotherapy treatments, improving the overall physical condition and motor fitness to relieve any pain.

### THE PACKAGE INCLUDES:

- **6 nights** at EVA Park Life & SPA,
- 2 restaurant meals a day – a rich buffet-style breakfast and dinner from the menu created by our Chef,
- a 50 PLN voucher for SPA or relaxation treatments or a 150 PLN voucher for SPA or relaxation treatments (autumn/winter season only),
- **unlimited admission to the Wellness Zone** (brine pool, dry and steam sauna, hot tubs - one with brine and two with fresh water),
- **6 x inhalations:** free admission to the graduation tower (on the opening dates of the graduation tower),
- 1 x sweet afternoon treat,
- 20% discount on physiotherapy treatments at Biały Dom (for purchasing treatments for min. 150 PLN – a free medical consultation),
- **EXTRA:** 2 x 1 litre of brine to extend the brine treatment at home),
- a glass of wine for supper,
- free rental of Nordic Walking poles,
- unlimited access to the Fitness Zone at Biały Dom,
- 10% discount on SPA treatments in EVA Park Life & SPA.



EVA Park Life & SPA	Price per stay / 1 person / in PLN	
	AUTUMN / WINTER	ADDITIONAL DAY
Single room	1949	319
Double room	1499	229
Double room for 1 person	2349	379
	SPRING / SUMMER	ADDITIONAL DAY
Single room	2199	349
Double room	1699	249
Double room for 1 person	2599	379

## PACKAGE: SEASON TREATMENT

A health resort treatment stay with 2 treatments a day

Seasonal health resort treatment stay is ideal for taking advantage of the seasonal weather and of the unique climate of the spa town in order to improve your health and wellbeing. From the usual treatment stay it differs not only in the length although the two extra days can make a huge difference to our health; it offers even more treatments to improve your general physical condition and mobility and/or relieve pain. Seasonal spa stay also offers higher discounts for additional physiotherapeutic procedures.

### THE PACKAGE INCLUDES:

- **7 nights** at Hotel Konstancja (the stay starts at supertime on Sunday evening with supper and ends at breakfast time on the following Sunday)
- 3 served or buffet-style meals a day (Hotel Konstancja or EVA Park Life & SPA – depending on the season)
- initial medical examination with treatment arrangements,
- **10 physiotherapy treatments** at Biały Dom (from Monday to Friday),
- 20% discount on additional treatments,
- **3 x 75 min admission to the Wellness Zone** at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs - one with brine and two with fresh water) and a 50% discount for subsequent entries,
- **7 x inhalations:** free admission to the graduation tower (on opening dates for the graduation tower),
- 10% discount on SPA treatments in EVA Park Life & SPA,
- free rental of Nordic Walking poles,
- **EXTRA:** 2 x 1 litre of brine to extend the brine treatment at home (autumn/winter season only),
- access to 24/7 nursing care at Physiotherapy Hospital (excluding the cost of medicines and medical devices used and travel costs).



Hotel Konstancja	Price per stay / 1 person / in PLN	
	AUTUMN / WINTER	ADDITIONAL DAY
Single room	1349	189
Double room	1049	145
Double room for 1 person	1399	189
	SPRING / SUMMER	ADDITIONAL DAY
Single room	1449	179
Double room	1199	139
Double room for 1 person	1549	189

## PACKAGE: INTENSIVE THERAPY

A health resort treatment stay - 5 treatments a day!

This package is designed for all those who are tired of the hardships of everyday life and need a quick regeneration of the body. It contains 25 treatments individually commissioned by a doctor from the available offer of motor and physical rehabilitation and balneotherapy. In addition to the treatments, patients have unlimited access to the Wellness Zone at EVA Park Life & SPA and the Fitness Zone at Biały Dom.

### THE PACKAGE INCLUDES:

- 7 nights or their multiple,
- 3 meals a day,
- initial medical examination with treatment arrangements,
- 25 physiotherapy treatment (from Monday to Friday),
- 1 x 75 min admission to the Wellness Zone at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs - one with brine and two with fresh water) and a 50% discount on subsequent entries,
- 7 x inhalations: free admission to graduation towers (according to the opening dates of the graduation tower),
- 10% discount for SPA treatments in EVA Park Life & SPA,
- 2 x free rental of nordic walking poles,
- unlimited access to the Wellness Zone, \*
- unlimited access to the Fitness Zone at Biały Dom, \*
- 1 x sweet treat (coffee, cake), \*
- access to 24/7 nursing care.



Facility		Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Physiotherapy Hospital, Biały Dom, Hotel Konstancja	Family suite for 2 persons **	2189	2119
	Family suite for 3 / 4 persons **	2049	1979
	Single room	1925	1750
	Double room	1570	1419
	Double room for 1 person	2045	1874
	Triple room	1489	1419
EVA Park Life & SPA	Single room	2935	2725
	Double room	2185	2115
	Double room for 1 person	3285	3145

\* Applies only to stays at EVA Park Life & SPA.

\*\* Applies only to Hotel Konstancja.

## PACKAGE: RELAX

A prophylactic treatment stay

An offer for people who in a short time want to improve their well-being, strengthen their vitality, and rest taking advantage of traditional and verified advantages of the Uzdrowisko Konstancin-Zdrój with the graduation tower and the beautiful SPA Park.

### THE PACKAGE INCLUDES:

- 7 nights or their multiple,
- 3 meals a day,
- 1 x 75 min admission to the Wellness Zone at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs - one with brine and two with fresh water) and a 50% discount on subsequent entries,
- 7 x inhalations: free admission to the graduation tower (on the opening dates of the graduation tower),
- 10% discount for SPA treatments in EVA Park Life & SPA,
- access to 24/7 nursing care.



Physiotherapy Hospital, Biały Dom, Hotel Konstancja	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Family suite for 2 persons *	1679	1609
Family suite for 3 / 4 persons *	1568	1498
Single room	1490	1400
Double room	1149	1050
Double room for 1 person	1599	1505
Triple room	1149	1050



\* Applies only to Hotel Konstancja.

## PACKAGE: INITIAL POST-ENDOPROSTHESIS REHABILITATION

Initial rehabilitation after endoprosthesis surgery

Initial post-endoprosthesis rehabilitation is a package for patients right after a joint replacement surgery who are unable to perform standard exercises due to unhealed postoperative wounds. For them, we have prepared a preliminary treatment programme, focused on bedside rehabilitation with a physiotherapist. Easier procedures, adjusted to the patient's condition, prevent complications, allow to learn how to control the movements in the joint and perform them correctly. This rehabilitation package is a prelude to post-endoprosthesis rehabilitation, aimed at returning to full or optimal mobility.



### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day,
- 2 medical consultations - preliminary and final,
- 24-hour emergency assistance of a caregiver in daily activities,
- dressing changes and thromboprophylaxis,
- **5 x bedside rehabilitation** (30 minutes each, Monday-Friday),
- removal of stitches,
- a rehabilitation program tailored to the patient's condition,
- 10% discount for SPA treatments in EVA Park Life & SPA.

Physiotherapy Hospital	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	2190	1999
Double room	1745	1675
Double room for 1 person	2305	2130



## PACKAGE: POST-ENDOPROSTHESIS REHABILITATION

Rehabilitation after endoprosthesis surgery

Patients leaving hospital after endoprosthesis surgery require rehabilitation and antithrombotic prophylaxis. To prevent thromboembolism, post-endoprosthesis patients should start rehabilitation and appropriate medication course should be initiated as soon as possible. We have prepared a rehabilitation program for post-endoprosthesis patients, combined with a stay at our facility. The program provides treatments that restore muscle strength and joint function and improve motor coordination, allowing for a quick and safe return to full fitness. It is a continuation of bedside rehabilitation started right after the surgery.



### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day,
- 2 medical consultations - preliminary and final,
- **15 physical medicine procedures** (5-20 minutes),
- **5 individual therapies** (30 minutes),
- **5 partial massages** (20 minutes),
- **7 x inhalations:** free admission to the graduation tower (on opening days of the graduation tower),
- 10% discount for SPA treatments in EVA Park Life & SPA,
- access to 24/7 nursing care.

Biały Dom, Physiotherapy Hospital	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	2190	1999
Double room	1745	1675
Double room for 1 person	2305	2130
Double room for 1 person*	1820	1675



\* Applies only to Biały Dom.

For patients with unhealed wounds / not removed stitches, we recommend the Initial Post-Endoprosthesis Rehabilitation package, with treatments individually adjusted to their functional and performance condition.

## PACKAGE: ORTHOPEDIC REHABILITATION

### Orthopedic rehabilitation

This package is dedicated to patients with shoulder, wrist, elbow, knee, ankle and other pain and injuries etc. Our proposed programme of treatments and rehabilitation with a physiotherapist (30 minutes a day) is always individually-adjusted to the specific ailment and to the patient's age, general condition and physical fitness.

#### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day,
- preliminary specialist medical consultations,
- **20 treatments/a week**, individually selected rehabilitation recommended by the specialist from the base of physio-, physical and balneotherapy treatments carried out from Monday to Friday,
- **5 x individual physiotherapy sessions** (30 minutes each),
- **7 x inhalations**: free admission to the graduation tower (on opening days of the graduation tower),
- **1 x 75 min admission to the Wellness Zone** in EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs – one with brine and two with fresh water) and a 50% discount on subsequent entries,
- 10% discount on SPA treatments in EVA Park Life & SPA,
- access to 24/7 nursing care.



#### Physiotherapy Hospital, Biały Dom, Hotel Konstancja

	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	2079	1869
Double room	1699	1530
Double room for 1 person	2199	1980



## PACKAGE: NEURO

### Neurological rehabilitation

For patients after ischemic stroke and so-called „Hemorrhages”, cranial-cerebral injuries, chronic neurological disorders such as multiple sclerosis, Parkinson's disease and parkinsonian syndromes, with neuropathies, and after spinal cord and nerve root injuries.

#### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day with the possibility of a proper diet recommended by a doctor and a dietitian,
- initial examinations carried out by a neurologist or a rehabilitation specialist,
- **individually adjusted rehabilitation (3 Options below)**,
- 24/7 nursing care.

Qualification based on a qualification survey for neurological rehabilitation.

OPTION I	
	• <b>mobility improvement</b> for 6 days a week (Monday-Friday for <b>90 minutes</b> , Saturday for 45 minutes)
	• (neuro)psychological therapy (5 days a week for 30 minutes) *
	OR occupational therapy (5 days a week for 30 minutes)
	OR hand therapy (5 days a week for 30 minutes)
	OR (neuro)speech therapy (2 days a week for 60 minutes) **

OPTION II	
	• <b>mobility improvement</b> for 6 days a week (Monday-Friday for <b>120 minutes</b> , Saturday for 45 minutes)
	• (neuro)psychological therapy (5 days a week for 30 minutes) *
	• occupational therapy (5 days a week for 30 minutes)
	OR hand therapy (5 days a week for 30 minutes)
	OR (neuro)speech therapy (2 days a week for 60 minutes) **
	• <b>CARE ASSISTANCE (7 AM to 7 PM)</b> (in getting dressed, eating, transport to treatments) ***

We also admit patients who are bed-ridden, who require full care, but are cooperating, with no disturbances of consciousness and/or behaviour, and not displaying the symptoms of advanced dementia syndrome.

OPTION III	
	• <b>mobility improvement</b> for 6 days a week (Monday-Friday for <b>120 minutes</b> , Saturday for 45 minutes)
	• (neuro)psychological therapy (5 days a week for 30 minutes) *
	• occupational therapy (5 days a week for 30 minutes)
	OR hand therapy (5 days a week for 30 minutes)
	OR (neuro)speech therapy (2 days a week for 60 minutes) **
	• <b>24/7 CARE ASSISTANCE</b> (support in everyday tasks and providing hygienic care) ***

Physiotherapy Hospital	Price per stay / 1 person / in PLN		
	OPTION I	OPTION II	OPTION III
Single room	1899	2499	3892
Double room	1549	1999	2999
Double room for 1 person	2099	2499	3899

\* Including for patients with linguistic disorders – aphasia.

\*\* Therapy for patients with speech disorders - indistinct speech, slurred speech, dysphagia. Speech therapy sessions available on Tuesdays and Thursdays.

\*\*\* Individual guardian's care 12/24 hours - it is available for an additional fee in accordance with the price list of the Company's services. Currently: 20 PLN / hour.

## PACKAGE: CARDIO

Health resort cardiologic rehabilitation

Dedicated to people after myocardial infarction, after coronary angioplasty, after CABG (bypass) surgery, after valve replacement.

Suggested stay: 2-3 weeks.

### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day with the possibility of a proper diet recommended by a doctor and a dietitian,
- preliminary examination by a specialist cardiologist,
- **diagnostic tests:** resting ECG, daily blood pressure measurement and heart echo or stress test or holter (EKG / RR) - depending on the medical indications,
- **laboratory tests:** morphology, electrolytes, creatinine, lipidogram, uric acid,
- individually selected rehabilitation from the available offer of motor and physical rehabilitation and balneotherapy - (**17 treatments / week**) an average of 3 treatments per day (from Monday to Friday) and 2 treatments on Saturday,
- **1 x 75 min admission to the Wellness Zone** at EVA Park Life & SPA (brine pool, dry and steam sauna, hot tubs - one with brine and two with fresh water) and a 50% discount on subsequent entries,
- **7 x inhalations:** free admission to graduation towers (according to the opening dates of the graduation tower),
- 10% discount for SPA treatments in EVA Park Life & SPA,
- 24/7 nursing care.



Physiotherapy Hospital	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	1980	1820
Double room	1620	1470
Double room for 1 person	2099	1925

**QUALIFICATION FOR ADMISSION:** Upon sending all relevant hospital discharge reports at least from the previous six months or earlier (if there were no such reports in the previous six months).

## PACKAGE: HEALTHY HEART

Cardiologic diagnosis and prophylactic

Age is an independent risk factor for cardiovascular diseases. However, in order to take care of the proper condition at an older age it is worth to undertake preventive actions. Primarily carry out a proper diagnosis and basing on its results immediately undertake actions which will prolong the good health of the cardiovascular system. The Healthy Heart diagnostic and prophylactic package - developed by experienced specialists, cardiologists and physical therapists from the Department of Cardiologic Rehabilitation - will help the body get on the healthy track. Suggested stay: 2 weeks.

### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day with the possibility of a proper diet recommended by a doctor and a dietitian,
- preliminary examination by a specialist cardiologist,
- **diagnostic tests:** resting ECG, daily blood pressure measurement and heart echo or stress test or holter (EKG / RR) - two tests to choose from depending from medical indications,
- **laboratory tests:** morphology, electrolytes, creatinine, lipidogram, uric acid, glucose, TSH,
- individually selected rehabilitation from the available offer of motor and physical rehabilitation and balneotherapy - (**17 treatments / week**) an average of 3 treatments per day (from Monday to Friday) and 2 treatments on Saturday,
- 10% discount for SPA treatments in EVA Park Life & SPA,
- 24/7 nursing care.



Physiotherapy Hospital	Price per stay / 1 person / in PLN	
	SEASON A 01.04-31.10	SEASON B 01.01-31.03 and 01.11-31.12
Single room	2099	1925
Double room	1730	1575
Double room for 1 person	2200	2030

## PACKAGE: EXOREHABILITATION

Rehabilitation with the use of exoskeleton

Rehabilitation with the use of exoskeleton is designed for patients with lower leg efficiency, people who are paralyzed or suffer from paresis, resulting from neurological diseases and injuries.

### THE PACKAGE INCLUDES:

- **7 nights** or their multiple,
- 3 meals a day with the possibility of a proper diet prescribed by a doctor and a dietitian,
- pre-qualification for therapy with exoskeleton,
- examination of a specialist in neurology or orthopedics or rehabilitation with the establishment of a treatment plan,
- **improvement** for 5 days a week,
- **rehabilitation with the use of the exoskeleton system**, one session per day, duration up to 60 minutes,
- 60 minutes exercises and rehabilitation treatments in accordance with the doctor's recommendation,
- **additional therapy** (30 minutes daily from Monday to Friday) - one of the following, according to the Patient's needs: therapy (neuro) psychological or occupational therapy or hand therapy,
- 10% discount for SPA treatments in EVA Park Life & SPA,
- 24/7 nursing care.



Physiotherapy Hospital	Price for 1 person / in PLN	Price for room / in PLN
Double room	299	598
Double room for 1 person	349	349
Double room (patient with carer)	-	399
Additional 10 exoskeleton sessions	990	-



## THE SALT GRADUATION TOWER

The salt graduation tower is a therapeutic facility - an outside inhalatorium. It was built in 1978 and is powered with brine from a nearby borehole, which thanks to the 7.5% concentration of minerals possesses medicinal properties. Because of the vaporized brine, the air surrounding the tower creates a peculiar micro-climate similar to that of the seaside. The included minerals support the regeneration of the upper respiratory tract mucous membrane. It also stimulates the immune system. Iodine, bromine, calcium, and magnesium are especially beneficial for health.

Admission prices:

Adult .....	12 PLN
(in winter)	10 PLN
Children and Concessions .....	7 PLN
(in winter)	6 PLN
Group (up to 11) .....	7 PLN
(in winter)	6 PLN
Family (2+1) .....	25 PLN
(in winter)	20 PLN
Family (2+2) .....	30 PLN
(in winter)	25 PLN



**8 PLN**  
**1L**  
a bottle

Extend your spa stay  
with a brine home treatment

Natural mineral healing water, sodium chloride 7.5% (brine), contains iron and iodine, hypothermal sourced from the "Warszawa 1G" spring located in the "Konstancin-Jeziorna" boring area at the depth of 1,750 metres. Its healing properties have been confirmed by the National Institute of Hygiene's Certificate No. HU-1/-WL-1/2008.

## MEDICAL SERVICES

### EXOREHABILITATION

Initial consultation - pre-qualification	free
Therapy qualification (medical and physical therapy consultation, medical examination, circa 60 minutes, adjusting the robot to the patient's physical needs, initial therapeutic session, circa 30-60 minutes) - concerns patients who passed the pre-qualification	180
Exo session with a therapist (single session)	150
Series of 5 exo sessions	700
Series of 10 exo sessions	1200

### NURSING SERVICES

Intravenous injections	21
Connecting an intravenous drip infusion	32
Intramuscular injections	16
Intradermal injections	16
Subdermal injections	16
Taking blood for laboratory tests	16
Compresses	9
Patches - small (finger)	6
Patches - medium (hand, foot, face)	11
Patches - large (upper limb, lower limb, torso)	16
Taking the temperature	2
Measuring body weight, height, determining BMI	11
Applying immobilizing dressing	16
Measuring the sugar level - with a glucose meter	6
Giving medicine / on demand / in accordance with recommendations	6
Full body hygiene	27
Hair maintenance	11
Enema	6
Instilling eye drops	6
Catheterization	27
Chest tapping	6
Measuring pressure and heart rate	6
ECG	16

## MEDICAL SERVICES

### MEDICAL CONSULTATIONS AND DIAGNOSTICS

Cardiologic consultation + ECG	135
Cardiologic consultation	125
Neurological consultation	125
Internal medicine doctor consultation	125
Orthopaedic consultation	125
Rehabilitation consultation	125
Psychiatric consultation	125
Consultation - advice from a nutritionist	125
Consultation - psychological advice	125
Individual psychotherapy (for children, youth and adults) - up to 50 mins	135
Psychotherapy for couples - up to 60 mins	190
Family psychotherapy - up to 60 mins	210
Psychotherapeutic consultation for parents - up to 60 mins	150
Transthoracic echocardiographic examination	125
Stress test	135
Holter ECG - 3 leads	125
Holter ECG - 12 leads	165
Pressure Holter (ABPM)	125
Holter ECG (24 h) + pressure Holter	210
ECG without interpretation and report	21
ECG with interpretation and report	40
Doppler ultrasound of the arterial and carotid arteries	100
INR test + determining by a doctor the dose of an anticoagulation medicine	40

### NEUROLOGICAL REHABILITATION - OTHER SERVICES

Functional consultation with a physical therapist	100
Psychological/neuro-psychological/neuro-speech therapy consultation - up to 45 minutes	125
Neuro-psychological/neuro-speech therapy diagnosis (with interpretation and recommendations)	250
Neuro-psychological opinion for the purposes of ZUS (Social Insurance Institution) and insurance companies	180
Therapy in terms of neuro-psychological/neuro-speech dysfunction (including aphasia) - 30-45 minutes	100
Neuro-psychological/neuro-speech therapy consultation + 5 therapeutic sessions 30-45 minutes each	400
Relaxation training (a group of minimum 5 people) 25 minutes	21

## MEDICAL TREATMENTS

### PHYSICAL THERAPY

BIO-V lamp	15
Sollux	15
Magnetic mat	15
Magnetronic	15
Electrostimulation	15
Interferential current	15
Tens currents	15
Kotz currents	15
DD currents	15
Traubert currents	15
Pulsed Short Wave Diathermy (PSWD)	15
Tonolysis	15
Galvanization	15
Ionophoresis	17
Scanning laser	15
Contact laser	17
Ultrasound	15
Phonophoresis	17
Local cryotherapy	15
Whirlpool water massage (pearl bath) - upper/lower limbs	17
Whirlpool water massage (pearl bath) - whole body - 20 minutes	28
Peat baths	17
Individual ultrasound brine inhalations with a dedicated filter - 5 treatments x 10 minutes	75
Individual ultrasound brine inhalations with a dedicated filter - 10 treatments x 10 minutes	125
Individual vitamin inhalations - 5 treatments x 10 minutes	75
Individual vitamin inhalations - 10 treatments x 10 minutes	125



## MEDICAL TREATMENTS

### KINESIOTHERAPY

Individual therapy - 60 minutes / 30 minutes	100 / 60
Partial massage - 15 minutes	40
Partial massage - 10 x 15 minutes	350
Full massage - 45 minutes	100
Pneumatic massage	35
Group respiratory, isometric, isotonic, condition, balance exercises - circa 30 minutes	19
Pulley and weight system exercises (upper limbs) - 15 minutes	16
Pulley and weight system exercises (lower limbs) - 30 minutes	26
Mechanotherapy: active exercises using equipment (treadmill, stepper, bike, balance platforms) - 30 minutes	21
Manual dexterity exercises - 30 minutes	21
Individual exercise instructions for specific diseases - 30 minutes	50
Respiratory exercises - bottle - 20 minutes	16
Kinesiotaping - small application	20
Kinesiotaping - large application	40

A set of 10 treatments  
**5% off**

A set of 20 treatments  
**10% off**

A set of 30 treatments  
**15% off**



## PACKAGE: WEEKEND IN A BRINE ATMOSPHERE

SPA stay

**THE PACKAGE INCLUDES:**

- 2 nights,
- breakfasts and dinners,
- paraffin hand treatment,
- unlimited access to the brine water park,
- free access to the salt graduation tower.



	ACCOMMODATION	Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double room	499	479
	Single room	649	629

## PACKAGE: SPA A LA CARTE

SPA stay

**THE PACKAGE INCLUDES:**

- 2 nights,
- breakfasts and dinners,
- a PLN 100 SPA gift card,
- unlimited access to the brine water park,
- free access to the salt graduation tower.



	ACCOMMODATION	Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double room	549	529
	Single room	699	679

## PACKAGE: PROPHYLACTIC PRO-HEALTH

SPA stay

**THE PACKAGE INCLUDES:**

- 2 nights,
- breakfasts and dinners,
- partial massage or lymphatic drainage in a suit,
- paraffin hand treatment,
- unlimited access to the brine water park,
- free access to the salt graduation tower.



	ACCOMMODATION	Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double room	664	644
	Single room	809	789

## PACKAGE: RELAX SPOT

SPA stay

**THE PACKAGE INCLUDES:**

- 2 nights,
- breakfasts and dinners,
- aromatic whole-body salt peeling followed by massaging in body lotion,
- treatment with basic face care,
- unlimited access to the brine water park,
- free access to the salt graduation tower.



	ACCOMMODATION	Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double room	1039	1019
	Single room	1179	1159

## PACKAGE: SALT PACKAGE

### SPA stay

**THE PACKAGE INCLUDES:**

- 1 night,
- breakfast and dinner,
- paraffin hand treatment,
- partial massage or lymphatic drainage in a suit,
- aromatic peeling,
- unlimited access to the brine water park,
- free access to the salt graduation tower.



	ACCOMMODATION	Price per stay / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double room	475	465
	Single room	549	539



### A new restaurant on the culinary map of Konstancin-Jeziorna, in the Spa Park, right next to the salt graduation tower!

It is our great pleasure to invite you to our Restaurant in EVA Park Life & SPA. In the new room on the ground floor of the building, our guests, enjoying a beautiful view of the Spa Park, can taste dishes from a perfectly composed menu. The carefully arranged interiors of the restaurant combine the modern character of the EVA Park facility with intimate ambience conducive to social gatherings. Apart from the main hall, the restaurant also has a comfortable VIP area, which we recommend for business meetings or organized functions. But the greatest advantage of our restaurant is the menu, carefully composed by our Chef, Artur Andrzejewski, who drew inspiration from Polish tradition and world cuisine. International flavours and aromas, served in exquisite form, are sure to satisfy even the most discerning palates.

## HOTEL STAY

### Overnight with breakfast



	ACCOMMODATION	Price per 1 day / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>EVA Park Life &amp; SPA</b>	Double suite	699	599
	Double suite for 1 person	699	599
	Single room	299	279
	Double room	399	379
	Double room for 1 person	349	329
	Extra bed with breakfast	150	130

- 1 night / breakfast / unlimited access to the brine water park,
- a 10% discount on SPA services and access to the salt graduation tower.

Additionally paid - buffet breakfast: 40 PLN, dinner/supper: 65 PLN, dinner: 50 PLN, supper: 40 PLN.  
Extra bed for a child under 12 - 99 PLN/day.

	ACCOMMODATION	Price per 1 day / 1 person / in PLN	
		SEASON A 01.04-31.10	SEASON B 01.01-31.03 01.11-31.12
<b>Physiotherapy Hospital, Biały Dom, Hotel Konstancja</b>	Family suite for 2 persons *	320	300
	Family suite for 3 or 4 persons *	440	400
	Single room	160	140
	Double room	240	190
	Double room for 1 person	190	160

- 1 night / breakfast / a 10% discount on SPA treatments and services and brine water pool.

Additionally paid - breakfast: 25 PLN, dinner: 37 PLN, supper: 25 PLN, supper/dinner: 55 PLN.  
Extra bed for a child under 12 - 89 PLN/day (in both seasons).  
Extra bed for a person above 12 - 100% regular price.

\* Applies only to Hotel Konstancja.

## SPA AND WELLNESS SERVICES

### FACE CARE

Facial care treatment individually selected to fit the needs of the skin	60 mins	250
Advanced facial care treatment individually selected to fit the needs of the skin	90 mins	350
Intracuticals – a highly oxygenating and nutritious treatment	60-90 mins	450
Maximus – lifting treatment	1 treatment	400
Maximus – lifting treatment / 4 treatments		1200



### MASSAGES AND BODY CARE

Partial relaxing massage	25 mins	130
Aromatherapy massage	60 mins	200
Relaxing massage with nutritious Shea butter	60 mins	200
Relaxing massage with aromatic candle wax	60 mins	200
Body treatment rituals followed by a massage	120 mins	400
Relaxing SPA ritual combined with face care	150 mins	450
Aromatherapy peeling with massaging in butter	60 mins	220
Aromatherapy peeling with a massage	80 mins	270



### CARE FOR TWO

Body treatment rituals ending with a massage	120 mins	750
Relaxing SPA ritual combined with face care	150 mins	850
Aromatherapy peeling with a massage	80 mins	530
Relaxing massage with aromatic candle wax	60 mins	380
Relaxing massage with nutritious Shea butter	60 mins	380



### BIOLOGICAL REGENERATION

Icoone back massage	25 mins	150
Icoone back massage / 10 treatments		1100
Lymphatic drainage	40 mins	60
Lymphatic drainage / 4 treatments		200

## SPA AND WELLNESS SERVICES

### BODY MODELING TREATMENTS

Maximus shoulders or calves	1 treatment	350
Maximus shoulders or calves / 6 treatments		1800
Maximus thighs, buttocks or abs	1 treatment	450
Maximus thighs, buttocks or abs / 6 treatments		2400
Icoone	1 treatment	350
Icoone / 10 treatments		2000
Carboxytherapy – CO <sub>2</sub> needle mesotherapy	1 treatment	250
Carboxytherapy – CO <sub>2</sub> needle mesotherapy / 6 treatments		1200



### HAND AND FOOT CARE

Hand SPA	40 mins	50
Paraffin hand treatment	20 mins	35
Aromatherapy foot SPA	60 mins	130



### FACE CARE

Vitamine C peeling	30-60 mins	300
Biomimetic peptide peeling	30-60 mins	350
MangoLift Collagen Therapy	30-60 mins	350
Pumpkin therapeutic treatment	30-60 mins	300
Pumpkin therapeutic treatment with cleansing	60-90 mins	350
Mango Peel	30-60 mins	300
Azelaic Peel	30-60 mins	300



## BUSINESS OFFER – CONFERENCES AND TRAINING COURSES

EVA Park Life & SPA offers four conference rooms, which can be individually arranged with a sliding wall system. In our conference rooms, it is possible to organize conferences and multi-person training courses, company events or workshops, as well as more intimate events such as a management or board meeting outside the company's headquarters.

Our business rooms are fully equipped with multimedia, with a dedicated VIP Wi-Fi network. Perfectly planned arrangement of the space allows to adjust it to the needs of the company and event participants. The comfort of meetings is ensured by air-conditioning, as well as large glazing which has a positive effect on mental activity and concentration. If necessary, the system allows for complete darkening of the room, which is an ideal solution for organizing trainings with the use of multimedia presentations.

The large, spacious foyer and Lobby Bar at the Main Reception is an additional area used for coffee breaks, exhibition space, and can also be an integral part of the rooms during events.

**We guarantee the care of a dedicated coordinator for each conference group.**

CONFERENCE ROOMS	Floor area	Net price / in PLN	Gross price / in PLN
„Glass” conference room – Part A	48 m <sup>2</sup>	800	984
„Glass” conference room – Part B	52 m <sup>2</sup>	800	984
„Glass” conference room – Parts A and B	100 m <sup>2</sup>	1200	1476
„Glass” conference room – Part C	107 m <sup>2</sup>	1000	1230
„Park” conference room	20 m <sup>2</sup>	600	738
„Graduation tower” conference room	69 m <sup>2</sup>	1000	1230
„VIP Room”	33 m <sup>2</sup>	800	984
Hotel Konstancja conference room	140 m <sup>2</sup>	1200	1476

REFRESHMENTS/MEALS*	Net price / in PLN for 1 person	Gross price / in PLN for 1 person
All-day coffee and tea making facilities	45	55,35
One-time break	30	36,90
A package of drinks for meals	10	12,30
Buffet lunch	68	73,44
Buffet dinner	80	86,40
Full dinner	from 120	from 129,60

\* Price for the basic package depends on the menu.  
All additional services are priced individually, at the customer's request.  
Conference rooms are rented from 7 AM to 7 PM.

## COMFORT CONFERENCE ROOMS

The 100 m<sup>2</sup> „Glass A+B” conference room



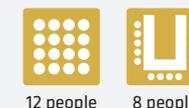
The 107 m<sup>2</sup> „Glass C” conference room



The 69 m<sup>2</sup> „Graduation tower” conference room



The 20 m<sup>2</sup> „Park” conference room



## BRINE WATER PARK – WELLNESS ZONE

### SINGLE ENTRY (unlimited stay time)

#### FROM MONDAY TO FRIDAY:

Adults	60
Concessions *	45
Families (2 adults, 1-2 children)	150
Each subsequent child	20

#### SATURDAY, SUNDAY AND PUBLIC HOLIDAYS:

Adults	100
Concessions *	65
Families (2 adults, 1-2 children)	250
Each subsequent child	30



### SINGLE ENTRY (limited stay time)

#### FROM MONDAY TO FRIDAY:

Adults – 75 minutes (every additional minute)	30 0,50
Concessions * – 75 minutes (every additional minute)	20 0,50

#### SATURDAY, SUNDAY AND PUBLIC HOLIDAYS:

Adults – 75 minutes (every additional minute)	45 1
Concessions * – 75 minutes (every additional minute)	35 1



### ONE-MONTH ENTRY PASS \*\*

Personalised Pass	470
Families (2 adults, 1-2 children)	680
Large families (2 adults, 3-4 children)	820
Concessionary Pass	370

### CLASSES WITH AN AQUA FITNESS INSTRUCTOR

Aqua Fitness 30 mins (pool entry for 50 mins)	25
Aqua Fitness Pass (8 entries)	180
Individual swimming lesson 55 mins (1 entry)	100
Individual swimming lesson 55 mins – pass (8 entries)	600

\* Concessionary entry/pass is valid upon producing proof of age or entitlement:  
 • children under 16 years of age,  
 • schoolchildren and students under 26 years of age (upon producing a valid ID card),  
 • seniors 60+, pensioners and invalids (upon producing a valid ID card).

\*\* The pass may be used only by persons who are listed on it with their name and surname.

#### Children up to 3 years of age FREE!

Holders of the Varsovia Card are entitled to a 10% discount.  
 The prices do not include the cost of renting a towel and a bathrobe:  
 one-time rental: a towel – 20 PLN, a bathrobe – 30 PLN.  
 A deposit for the band – 20 PLN

## ADDITIONAL INFORMATION

### Important additional information

Check-in time: 2 PM, check-out time: 11 AM

A 24/7 reception is available at the following facilities: EVA Park Life & SPA, Biały Dom and Physiotherapy Hospital.

Parking at health resort facilities:

- Hotel Konstancja, Biały Dom – unguarded car park – FREE for hotel guests.
- EVA Park Life & SPA – unguarded car park – FREE for hotel and pool guests.
- Physiotherapy Hospital – unguarded car park – paid. Limited number of spaces.

Treatment procedures are performed:

- from Monday to Friday excluding public holidays – Packages: Senior Health, Intensive Care, Post-Endoprosthesis Rehabilitation, Exorehabilitation, Initial Post-Endoprosthesis Rehabilitation and Orthopedic Rehabilitation,
- Monday to Saturday excluding public holidays – Packages: Neuro, Healthy Heart, Cardio.

We reserve the right to refuse admission of a patient in case of contraindications or other circumstances limiting the possibility of rehabilitation. Additional diagnostics, necessary medicines and medical devices payable according to the costs incurred.

### Children

1. Children up to the age of 5 – **FREE OF CHARGE**. The stays of children up to the age of 6 are executed in terms of the stays of their legal guardians (children are not entitled to: treatments, meals, a separate bed).
2. Children between the ages of 5 and 12 – **50% off from the standard price** (half food portions, sharing bed with a parent/parents).
3. Children above the age of 12 are treated as adults in terms of prices, accommodation, and food.

Extra bed for a child up to 12 years old – **89 PLN** (Konstancja, Biały Dom), **99 PLN** (EVA Park Life & SPA).

On demand we offer cots for small children – subject to availability and at prior notice.

Children's cot – **30 PLN/day**.

For children under the age of 18 we do not perform natural therapy treatments.

### Discounts

We accept the following cards: Large Family Card, National Senior Card, Toruń Disabled Persons Card, Toruń Big Family Card, Toruń Senior Card, Poznań Golden Card, Konstancin Benefits Card, Health Resort Benefit Card, Warsaw Citizen Card, Maria Curie-Skłodowska University Program.

Up to **20%** – in season A and B – **LAST MINUTE** – current offer on the website of the Spa.

The discounts do not apply to special offers. Only one discount applies to one stay.

The price list is for information purposes only and does not constitute an offer within the meaning of Art. 66 §1 of the Polish Civil Code. All prices are inclusive of VAT (gross). The Company reserves the right to change the price list during the calendar year.



Uzdrowisko  
Konstancin-Zdrój

## ENQUIRIES · BOOKING · SALE

24-hour telephone contact:

T: +48 22 484 28 78 or +48 22 484 28 55 (8:00-17:00)

T: +48 22 484 28 88 (after 17:00)

E: [rezerwacje@uzdrowisko-konstancin.pl](mailto:rezerwacje@uzdrowisko-konstancin.pl)

[www.uzdrowisko-konstancin.pl](http://www.uzdrowisko-konstancin.pl)

Uzdrowisko Konstancin-Zdrój S.A.

ul. Sue Ryder 1, 05-510 Konstancin-Jeziorna

NIP: 1230004427



UZDROWISKO  
**KONSTANCIN**  
Uzdrowiska Polskie



UZDROWISKO  
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Uzdrowiska Polskie



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**IWONICZ**  
Uzdrowiska Polskie



UZDROWISKO  
**KAMIEŃ POMORSKI**  
Uzdrowiska Polskie

Uzdrowisko Konstancin-Zdrój S.A. należy do:



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