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OUTDOOR INHALATORIUM



UZDROWISKO
KONSTANCIN
Uzdrowiska Polskie

SALINE GRADUATION TOWER



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KONSTANCIN**
Uzdrowiska Polskie

THE GRADUATION TOWER is a health facility – outdoor inhalatorium constructed in 1978. It is powered by brine – curative water containing 7,5% minerals.

Brine is taken from „ig-1 warszawa” spring on the depth of 1750 m and pumped into the higher level of the graduation tower. Then by flowing down the fascine it evaporates and creates a unique microclimate. It is additionally mechanically broken into an aerosol. Minerals and microelements in the brine are absorbed by the mucous membrane of respiratory system and the skin.

Medical and prophylactic recommendations:

- chronic and remittent inflammatory conditions of respiratory system,
- neurosis,
- arterial hypertension,
- working in conditions of major pollution
- high temperature, living in big cities,
- smoking.

Contraindications:

- acute illness with high body temperature,
- chronic failure of coronary vessels, especially for patients with low blood pressure,
- recent myocardial infarction,
- cancer,
- hypersensitivity to bromine, iodine and other ions in the brine.

Recommended time of stay:

- vicinity of the sprayer („mushroom”) – up to 15 minutes,
- inside the graduation tower – up to 3 hours,
- outside the graduation tower – up to 8 hours.

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