Whatever you think you know about spas is likely to be challenged by a visit to the spas of Poland. A trip to a Polish spa is an experience that will surprise and impress even the most frequent spa-goers. While the spas in Poland are actually more concerned with improving your overall health and wellbeing.

You will find that spas in Poland tend to be clustered together and there is a good reason for this: They like to take advantage of areas where the microclimate creates air ideal for healing respiratory ailments like asthma or near sources of therapeutic mud and thermal waters. The town of Krynica in the Carpathian Mountains is one of the most popular spa towns. The salt caves in Wieliczka have a healing effect on the respiratory system that is not unlike breathing a megadose of salty beach air. The Polish Spas Chamber of Commerce can recommend specific places that cater to your particular set of circumstances.

There are numerous interesting treatments that you might find in Polish spas. Magnetotherapy makes use of magnetic fields to reduce inflammation and increase circulation. Cryotherapy is another special treatment you can find here, whereby guests enter chambers of very low temperatures to boost the immune system and overall wellbeing. This is helpful for sports injuries, arthritis, and even stress.

The medical aspect is evident in most of Poland's health spas. Many employ physicians, dermatologists and other doctors to ensure that patients are receiving effective treatments that are safe for their particular set of conditions.

Spa hotels are destinations in and of themselves. The expertise of doctors, nutritionists and therapists all come together to create a respite in the truest sense of the word. Geothermal waters, natural springs, salt deposits and selenium water are just a few of the natural resources
employed in health and beauty treatments in Poland that will turn even the most skeptical of travelers into believers. A visit to a Polish spa is an experience you won't soon forget.