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The Solec-Zdrój Mineral Pools

The Mineral Pools in Solec-Zdrój is not only regular water spa. It provides high content of minerals that come from the spring of medicinal water. The complex consists of several parts including the Recreation Pool, the Exterior Pool, the Brine and Sulphide Pool, the Saunarium, the Health Center Rehabilitation Clinic.

Sulphide bath is unusually strongly mineralized, healing, chloride and sodium, sulphide, bromide, iodide and boron bath, which has the highest content of sulphide compounds under natural conditions and a unique composition of minerals. The effect of the bath on human body starts from the very first contact of the skin with water through gentle peeling of the epidermis and stimulation of restorative processes later on. Indications for sulphide bath include: degenerative diseases of joints, rheumatoid arthritis, ankylosing spondylitis,

degenerative disc disease, pain syndromes of the spine, states after trauma of motor organs, atherosclerosis of peripheral arteries, psoriasis, seborrheic dermatitis.

The Saunarium of Mineral Pools consists of three saunas complemented with a SPA hydro-massage bathtub, tepidarium, sensation showers and Russian banya. The BIO herb sauna is a steam sauna with essential oils; apart from the effect of the oils, it has a refreshing and relaxing effect. The steam sauna stimulates circulation and cleanses the body. In the Finnish sauna, thanks to high temperature, and low humidity, a body is cleansed of toxins, while muscle tension is relieved. Main advantages of the sauna include: the improvement of circulation in the skin and internal organs, the reduction of cellulite, the decrease of blood pressure, the release of endorphins - hormones of happiness, the increase of immunity, etc.



For more information click [here](#)

Photos: <http://www.basenymineralne.pl/>