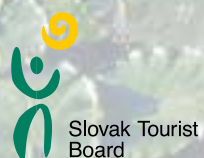


Spas in Slovakia

Slovakia - a part of Europe worth seeing



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Slovak Tourist Board

Spas in Slovakia

When water is a medicine

Slovakia is not a large country but it can offer many tourist attractions and opportunities to rest and relax. There are the high peaks of Tatra mountain range, thick forests with healing climate, lakes and mountain rivers, ancient castles, charming chateaus, historic towns and villages with unusual architecture and original folklore. Deep under the ground there are hidden treasures in the form of bizarre caves and springs of mineral and thermal waters, which is the result of Tertiary era's volcanic activities in the Carpathian Mountain Range. Geysers of crystal clear water gave rise to the building of spa towns as centres of recreation and health. In the most eastern part of Slovakia there are spas in Bardejov, in the central Vah river area it is Piešťany, Trenčianske Teplice and Nimnica and in the Capathian valleys there are Rajecké Teplice, Bojnice, Turčianske Teplice, Sliac, Sklené Teplice and Vyšné Ružbachy. In the mountains there were suitable conditions for spas Lúčky, Korytnica and Brusno and in the area of inner Carpathian range Dudince and Čiž. In addition to water in Slovakia another factor, which has especially healing effect on the human body is also the healing climate. Slovak climate spas are represented mainly by High Tatras healing and recreational resorts in Nový Smokovec, Štrbské Pleso, Štós and Lučivná. Majority of spas can be proud of history going back to the Middle Ages. According to the earliest written records spa treatment in case of some of the thermal springs dates back to the end of 14th and beginning of 15th century. These were temporary facilities - small pools, dug out holes, alternatively wooden vats filled with hot water. The bathing and treatment took place in the open air, without any protection from rain and bad weather. Gradually, spa towns were built with a single purpose - to provide the visitor with health treatment, as well as relaxing atmosphere with entertainment. Inseparable elements of the spa treatment are also cultural and social life. All Slovak spas, many of them of international importance offer their guests not only a wide variety of health treatment, but also a reconditioning programmes, recreation for the whole family, relaxation in an ecologically clean environment and many opportunities for various sports and mountain tours. There is a choice of tours to enjoy the beautiful countryside, its history and places of interest, or just wander wherever you like...

In Slovak spa everyone will find the right thing to help his body to overcome the pitfalls of today's lifestyle full of stress.



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Piešťany

You will find this major Slovak spa at the northern end of the Danube River Lowlands in the valley of the Váh River. From the east they are flanked by Považský Inovec Mountains and to the west Small Carpathian Mountains. They have lowland climate, with warm, dry summers and mild winters.

First more detailed description of spas in Piešťany dates from year 1549. For many years the major owner was the Erdödy family, who in



1822 built the first bathhouse, the still in operation and historically protected Napoleonic Spas. In 1889 the Erdödy family leased the spas to the company of Alexander Winter. He transformed Piešťany into a modern and fashionable centre for the wealthy, known all around the world.

Currently the spas cover an area of 40 hectares partially in the centre of Piešťany, but mainly on an

island formed on the Váh River. They are a typical spa town with unique atmosphere and busy social life. Apart from the famous symbol - a man breaking a crutch over his knee, one of the main features of the town is a covered colonnade bridge, designed by a major Slovak architect Emil Beluš. The spa and accommodation resort is situated in the grounds of a beautiful park on the Spa Island where the guest have available 2,400 beds in middle and high category with all comforts.

Piešťany

Suggestions for spare time

In town: Balneology Museum, social and cultural events, water sports at a nearby Sĺňava lake, fitness, minigolf, cycling routes along the Váh River, tennis, and swimming.

Excursions: Bratislava - capital of Slovakia, chateau in Smolenice, castle in Červený Kameň, chateau in Topoľčianky, ruins of Beckov and Čachtice castle, Great Moravian Court in Ducové, Moravany nad Váhom with major archaeological sites from the paleolithic era (unique find of Moravian Venus) together with beautiful renaissance chateau, and Austrian capital Vienna (160 km).

Treatment

- movement apparatus ailments
- neurological disorders

Natural healing source

Low mineralized hydrogencarbonate, mixed calcium-sodium, sulphur, hot water, and sulphur mineral mud.

Treatment methods

Bathing in pools and baths, sulphur mud wraps, mud baths, rehabilitation treatment, water treatment, electro-treatment, mechanotherapie, oxygenotherapie, manipulation treatment, acupuncture, denzitometrics, classical, reflexology and underwater massages.

Smrdáky

Suggestions for spare time

In town: dance and folklore evenings, concerts, movies, walks in a sprawling spa park, fitness, volleyball, bicycle rental.

Excursions: Bratislava capital of Slovakia, Záhorská gallery in Senica, Roman rotund of St. George from 13th century in Skalica, Červený Kameň castle, recreational resort Jahodník with Driny cave and Smolenice castle, tours across Biele Karpaty.

Treatment

- skin diseases
- movement apparatus ailments

Natural healing source

Chloride, hydrogencarbonate, sodium, sulphur, hypotonic water. Content of free and combined hydrogen sulphide is up to 640 mg/l water. This is the most concentrated sulfide water in Europe, sulphure mineral mud.

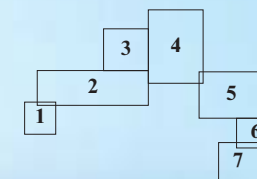
Treatment methods

Sulphur baths with hydrogen sulphide content up to 80 mg/l, sulphur mud wraps, water treatment, rehabilitation treatment, classical, reflexology massages, electro-treatment, heat treatment.

Smrdáky

The spa is located at the foot of Biele Karpaty Mountains in Western Slovakia, lowland climate, with warm, dry summers and mild winters. First written record about spas is from year 1551. Currently there are 340 beds for adults, 100 beds for children. Children between the ages 3 - 5 years can receive the treatment, accompanied by their parents.

1. Healing mud wrap
2. Napoleonic spa (1822)
3. Art Deco spa hotel Thermia Palace
4. Balnea Esplanade Hotel
5. Spa hotels Central and Vietoris, Smrdáky
6. Fitness center
7. Swans on the Váh River



Trenčianske Teplice

The spa is located in a northwestern part of Slovakia close to Trenčín in one of the side valleys of central Váh River region. Altitude is 272 m above the sea level. Due to its position the spa is protected from winds, as well as easily accessible to sunshine from the south. Their romantic beauty inspired the famous novelist Mór Jókai to describe them as the Pearl of Carpathian.

First written mention about the warm springs in this area dates back to 1242, detailed description comes from Tomáš Jordán from Klausenburg dated 1580.



In 1594 magnate Štefan Illésházy acquired the spa, together with Trenčín castle. In 1835 they were bought by a Viennese banker baron Juraj Sina. The most beautiful memory of the Sina period is Hammam Bath house. It was built by a granddaughter of Juraj Sina Ifigénia in 1888, originally as a bathhouse in a Moorish style. Currently the spa has 1,158 beds for the most discerning, as well as less demanding clients.

Suggestions for spare time

In town: musical festival (54 years) "Musical Summer", film festival "ART film", thermal open-air summer swimming pool Zelená žaba, tennis, minigolf, walks in the spa park, social and cultural events in Spa Hall.

Excursions: town of Trenčín with its Castle, with its history dating back to the Roman Empire, M. A. Bazovský gallery, housed in a piaristic monastery (1653) with a stunning dining room, classic-empire style chateau in Topolčianky with elegant park and rich collections, Glass Museum in Lednické Rovne. Tours - in Biele Karpaty Mountains and Strážovské vrchy, Čičmany - a village with original folk architecture.

Treatment

- movement apparatus ailments
- neurological disorders
- accidents and surgery treatment
- psoriasis

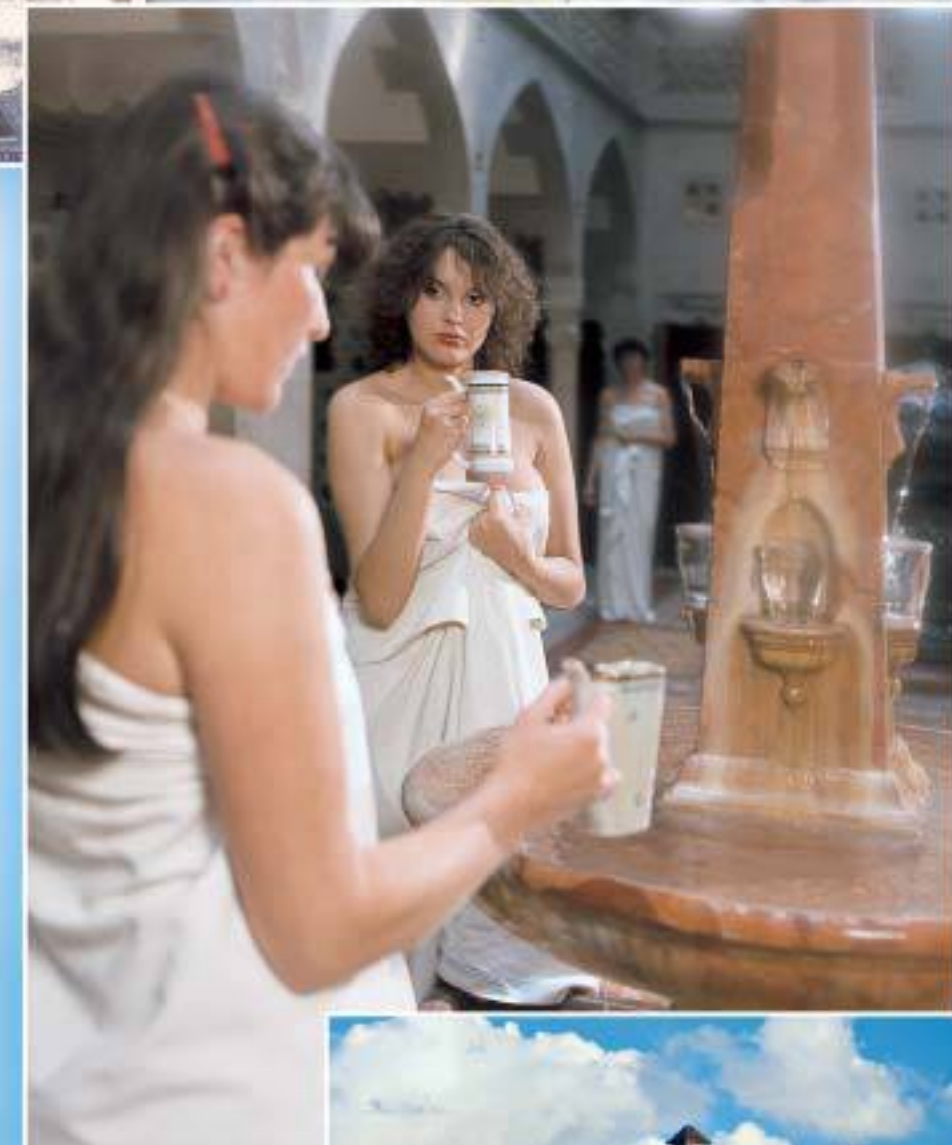
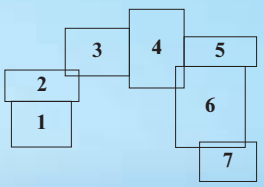
Natural healing source

Five springs of low mineralized, sulfate-hydrogencarbonate, calcium-magnesium, sulphur, warm water. Water temperature is between 36 - 40 °C.

Treatment methods

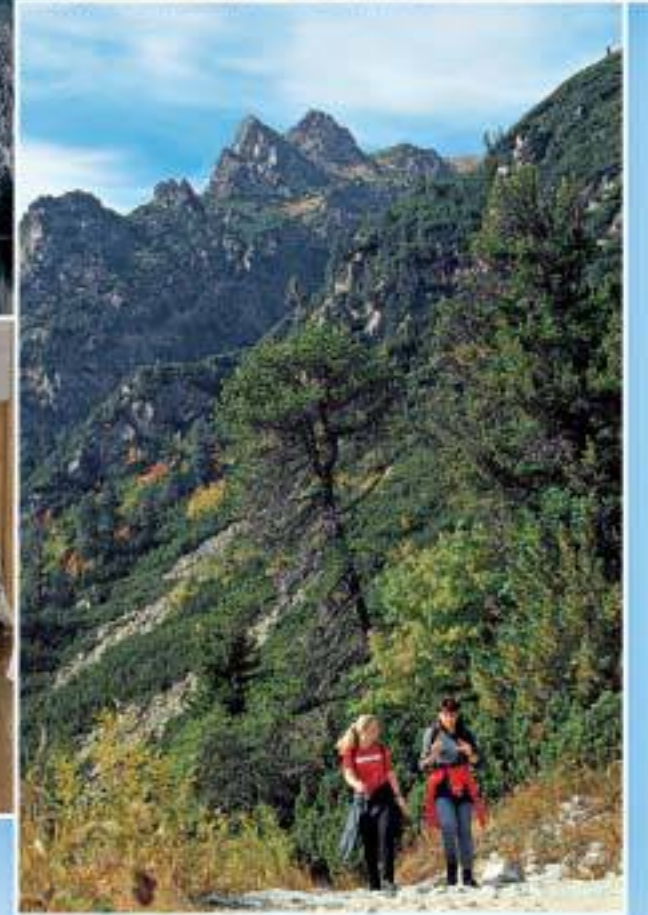
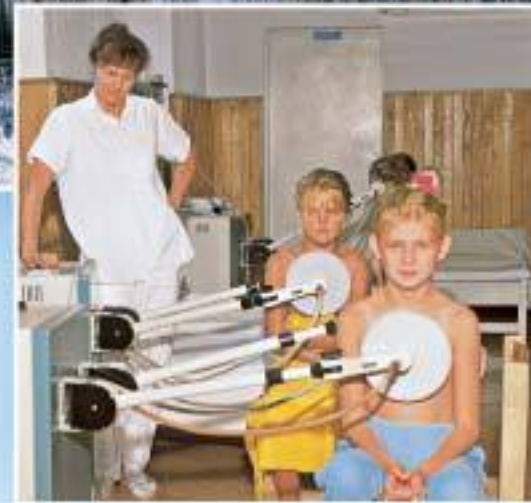
Thermal bath and pool treatment, special additives baths, water treatment, Kneip procedures, electrotherapy, classical, reflexology and underwater massages, rehabilitation treatment, hydro-kineso therapy, acupuncture, manipulation treatment, laser, oxygen therapy, gas injections, sauna, treatment system TOMESA (water, light environment of the Dead Sea) for psoriasis treatment, sulphur mud and peat.

1. Spa hotel Krym
2. Summer swimming pool Zelená žaba
3. Trenčianske Teplice
4. Hammam spa (1888)
5. Charming architecture of the spa center
6. Drinking cure
7. Trenčín Castle



Vysoké Tatry

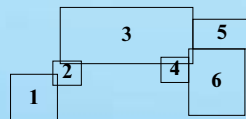
High Tatras mountain range is in the northern part of Slovakia. They contain a high concentration of natural wonders, rich and original fauna and flora. Due to the extraordinary healing properties of the climate there is a number of climate spas.



Nový Smokovec

The spa is in the centre of the High Tatras National Park, at altitude 1,018 metres above the sea level. One of the first doctors, who laid the foundations to the Tatra climate therapy was MUDr. Mikuláš Szontágh (1843 - 1899). After a three-year study of climate conditions he built a sanatorium, where he utilized the healing properties of the climate in Tatras. In the autumn of 1876 he opened the first two treatment facilities. Currently there are 320 beds available.

1. Spa Nový Smokovec
2. Children taking inhaling cure
3. Štrbské pleso (19.8 ha)
4. Spa Lučivná
5. Spa house Solisko
6. Tourism in High Tatras



Suggestions for spare time

In Vysoké Tatry: walking tours, bicycle tours, roller-blading, paragliding, bungee jumping, horse riding, tennis, fishing, 9 ski resorts, - downhill and cross-country tracks from 5 to 50 kilometres.

Excursions: Poprad, Kežmarok, Spišská Belá, Levoča (unique wood carvings by Master Paul from Levoča - St. Jacob's Church from 15th century), Spišská Sobota, Spišská Kapitula, Museum of Liptauer village in Pribylina, Vikolínec (UNESCO), Carthusian Červený Kláštor, rafting on Dunajec River, chateaus in Betliar and Strážky, castles in Kežmarok, Krásna Hôrka and Stará Lubovňa, ruins of Spišský hrad, Ice Cave in Dobšiná, caves in Demänová, Važec and Belianska.

Treatment

Nový Smokovec, Štrbské Pleso

- respiratory tract disorders
- metabolism glands with internal secretion disorders
- treatment of damaged respiratory tract due to damage by caustic fumes, gases and irritant dust

Lučivná

- non-TB ailments of upper respiratory tract - children
- recovery after oncological treatment - children
- some disorders of circulatory system - children

Natural healing source

Štrbské Pleso has a high altitude climate, according to Swiss classification Stimulation Level 2, Nový Smokovec and Lučivná are graded as having moderate stimulation climate, according to Swiss classification Stimulation Level 1. Low air pressure due to its altitude, 1,817 hours of sunlight per year, clean, dust-free and silica-rich air and adequate levels of moisture provide excellent and refreshing stay.

Treatment methods

Climate-therapy, helio-therapy, inhalations, rehabilitation treatment, massages, water treatment, healing baths, water treatment, flushing of nasal cavities, special aerobics, water treatment procedures, pool, electro-therapy, acupuncture, sauna, steam bath, oxygen-therapy, psycho-relaxing methods, vacuum-therapy, gas injections.

Štrbské Pleso

Mountain climate spa in Slovakia with highest altitude of 1,351 metres above the sea level is Štrbské Pleso. Healing powers of this spa resort is given by the fact that already in this altitude are present healing properties of high altitude environment of sanatoria in the Alps.

Their origin dates back to 1877, when thanks to the founder of Štrbské Pleso, Jozef Szentiványi first balneological treatment procedures were offered as a part of accommodation facilities. Currently the patients have available the total of 190 beds for children and 360 beds for adults.

Lučivná

The spa is surrounded by woods at altitude 816 metres above the sea level in a thick coniferous forest with area of 25 ha.

It was founded in 1872 by baron Donát Szakmáry de Varad as a water treatment facility. Currently Lučivná is a climate sanatorium for children with 251 beds for children and 14 beds for their guardians.

Bardejov

The spa is in northeastern Slovakia, close to the Polish border on the southern slopes of Nízke Beskydy, altitude 325 m above the sea level. They have lowland climate, with mild winters and summers without heat.

History goes back to the Middle Ages. Already members of the Cisterian order knew these springs and used them for healing purposes. In 1247 King Belo IV. gave this territory as a gift to the city of Bardejov. Towards the end of the 18th century the city council decided upon a modern and generous construction. Social buzz reached the levels of much bigger cities and the spa acquired an air of luxury. In



1821 the spa hosted Russian czar Alexander, then empress Marie-Louise, wife of Napoleon I. In 1895 empress Elizabeth - Sisi, the wife of Franz Joseph visited the spa. Today the spa has 1,150 beds for adults and 100 beds for children.

Suggestions for spare time

In town: Bardejov is included on the UNESCO World Heritage listing. Historical centre has 23 buildings and its origins date back to the 14th century. Town Hall from 16th century contains the Šariš Museum with collection of icons. Directly in the spa grounds there is a Šariš folk architecture museum.

Activities - tennis, minigolf, bicycle tours, walks in the park, swimming, concerts, entertainment, open-air concerts. Ski lift and cross-country skiing.

Excursions: Košice - centre of eastern Slovakia with gothic church St. Elizabeth from 14th - 16th century, Carthusian Červený Kláštor, rafting on Dunajec River inside the Pieniny National Park, Spišský hrad (UNESCO), Zborov Castle ruins and Vysoké Tatry (High Tatras).

Natural healing source

Balneologically ten springs of natural hydrogencarbonate, chloride, sodium, iron, cold water are used. The overall mineral content of the used springs is from 1,600 to 9,400 mg/l.

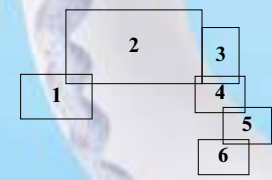
Treatment methods

Drinking cure, baths, inhalation and irrigation of mouth cavity, hydro-kinesis therapy, electro-treatment, light treatment, massages, heat cures, peat wraps, gas injections, water treatment, intestinal flushing, walks.

Treatment

- recovery after oncological treatment adults and children
- cardio-vascular system disorders
- digestive tract disorders
- ailments related to disorders in metabolism and internal secretion glands
- Non-TB ailments of respiratory tract - adults and children
- climacteric syndrome
- kidney and urinary tract disorders - adults and children.

1. Colonnade concert
2. Spa house Astória
3. Folk architecture museum
4. Varied water treatment programme
5. Spa house
6. The Colonnade offers 8 springs



Bojnice

Altitude 290 metres above the sea level, at the eastern foothills of Malá Magura. They have warm, mildly moist lowlands climate.

First written record about the thermal springs in Bojnice is in a letter from King Koloman from 1113, which is deposited at the Zobor abbey. From 17th until 20th century the spa resort was owned by the Pálffy family, which transformed Bojnice into a modern European spa resort. New era begun during the 30s of the 20th century, under the stewardship of their owner Ján Bafa. Currently patients have available 500 beds.



Dudince

Located at the foothills of Krupinská vrchovina. They have lowlands climate with hot dry summers and mild winters. Thermal waters of Dudince come from a joint, deep subterranean lake and adjacent cavities, which are heated in a great depth. It is very likely that already Roman soldiers were enjoying these waters. Aproximately 32 pools have been preserved until today as a protected heritage site under the name Roman Baths. In 1900 Oberndorf family built a first pool here. In European terms the spa has a unique properties, similar to those in Vichy spa and in Japan. Currently there are 700 patient beds available.

Bojnice

Suggestions for spare time

In town: festival Summer music spa, exhibitions, social events, bathing in thermal pool STRAND all year around, tennis, sport fishing, horse riding, bicycle tours, summer pool Čajka, romantic chateau Bojnice, ZOO.

Excursions: chateau in Topoľčianky, mining towns Kremnica with Kremnica Castle and Coins and Medals Museum and Banská Štiavnica (UNESCO) with open-air Mining Museum, village Čičmany with original folk architecture, national parks Malá Fatra and Nízke Tatry.

Treatment

- movement apparatus ailments
- nervous disorders
- treatment of burns

Natural healing source

Healing hydrogencarbonate sulfate and calcium-magnesium thermal water with a temperature of 28 to 52 °C.

Dudince

Suggestions for spare time

In town: cultural and social events, walking tours, summer amphitheater, summer swimming pool, picture exhibitions, swimming, tennis, archaeological sites Roman Baths.

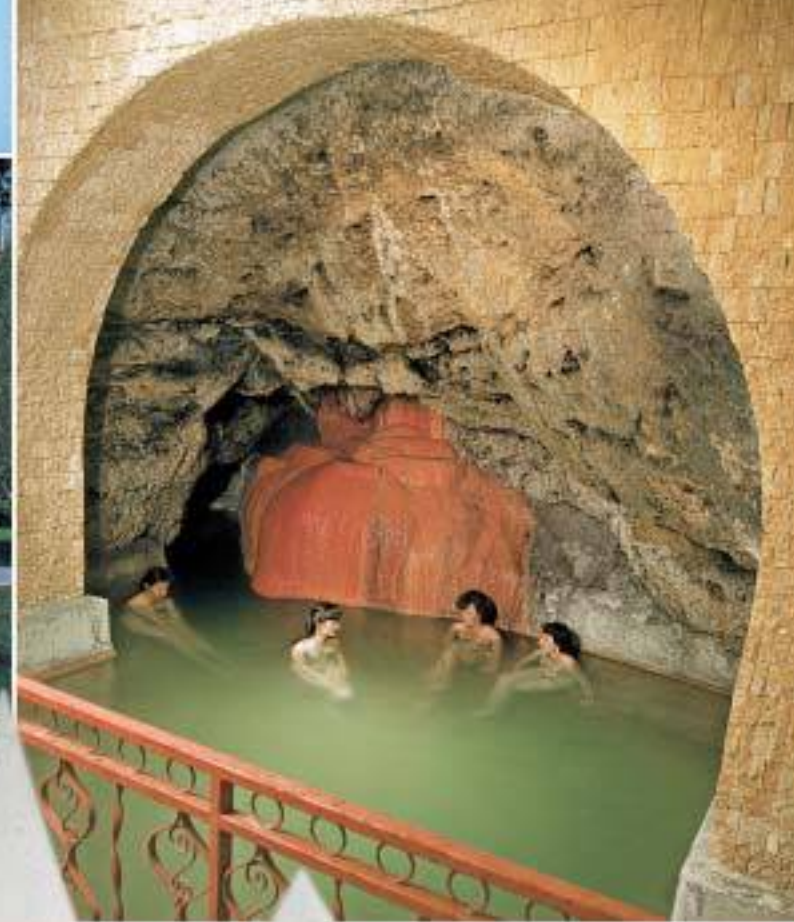
Excursions: Banská Štiavnica (UNESCO), baroque-classical chateau Antol with hunting museum, Zvolen with renaissance castle, Levice.

Treatment

- movement apparatus disorders
- neurological disorders
- cardio-vascular disorders

Natural healing source

Natural, medium mineralized hydrogencarbonate, chloride, sodium-calcium, carbonate, sulfur, lukewarm, hypotonic water.



Sklené Teplice

Suggestions for spare time

In town: cultural events, sports centre, thermal open-air swimming pool, walking tours, fishing.

Excursions: Banská Štiavnica, Kremnica, Zvolen, Banská Bystrica, chateau Antol, Šášov and Sitno castle ruins.

Treatment

- neurological disorders
- movement apparatus disorders

Natural healing source

Natural healing, low mineralized, sulfate, calcium-magnesium thermal hypotonic water.

Turčianske Teplice

Suggestions for spare time

In town: fitness centre, sauna, solarium, table tennis, tennis, summer thermal swimming pool, cyclo-tourism, traditional events – orchid exhibition, and painters' symposium, Mikuláš Galanda Gallery.

Excursions: Malá and Veľká Fatra, chateua Diviaky, castles Zniev, Blatnica and Sklabiňa, Slovak Village Museum in Martin, Kremnica, Banská Bystrica.

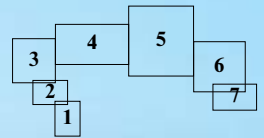
Treatment

- neurological disorders
- movement apparatus disorders – adults and children
- kidney and urinary tract disorders – adults and children
- gynaecological children's disorders
- some disorders of children's digestive tract, mainly post stomach surgery treatment
- treatment for dialysis patients

Natural healing source

Six balneological springs of natural lukewarm and hot, low mineralized sulfate hydrogencarbonate calcium-magnesium hypotonic water.

1. Well equipped fitness centre
2. Spa house Diamant Dudince
3. Bojnice Castle with swimming pool Čajka
4. Spa house Bojnice
5. Steam bath Sklené Teplice
6. Turčianske Teplice spa
7. Quaint architecture of Čičmany



Sklené Teplice

The town lies at the foot of Štiavnické vrchy at the altitude of 400 metres above the sea level. The climate is warm, moderately humid, with cold winter.

As early in the 16th century hot springs in Sklené Teplice were used for steam baths in caves, as well as glass manufacturing. First written record about the spa is from 1549 by Juraj Wernher. Currently the spa has 256 beds available.

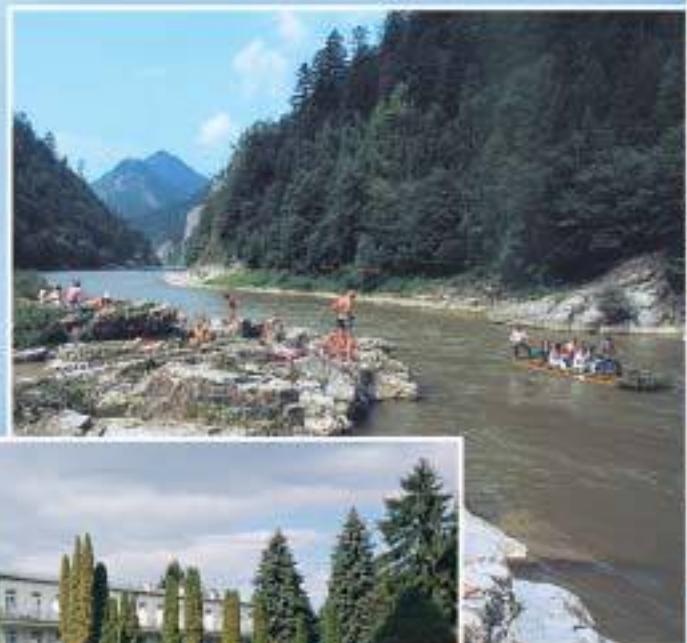
Turčianske Teplice

The spa is in the middle of Slovakia at 518 metres above the sea level. The climate is mild warm with moderately cold winters.

First mention about the existence of the thermal healing springs can be found in the gift certificate from the King Ladislav IV. from 1281. Early in the 16th century begun the construction spa buildings. Currently there are 410 beds for adults and 54 beds for children.

Sliac

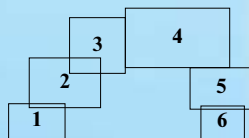
Spa is located at the base of Slovenské Rudohorie, surrounded by forest at altitude of 373 metres above the sea level. Winters are mild and summers without tropical heat, with a high number of sunny days. First written record of the healing water springs dates back 1244. Juraj Wernher in 1551 first described the healing properties of the waters. Sliac spa was visited in 1823 by Hungarian Palatine Jozef Habsburský and in 1847 by a poet and revolutionary Lajos Kossuth. Currently the spa can accommodate 676 adults and 120 children.



Kováčová

The spa is located at the base of Kremnické hory, 6 km from Zvolen at 300 metres above the sea level. The climate is pleasant with mild winters and summers without heat waves. Springs were discovered by accident in 1898/99 and subsequently local business people established a small spa. In 1967 an extensive geological research was conducted in Kováčová and a thermal water source with temperature of 48,5 °C and high output was established. Currently the spa accommodates 216 children in ages 2 – 18 years and 40 adults.

1. Spa resort in Kováčová
2. Sliac spa
3. Rafting on Dunajec River
4. Spa swimming pool in Rajecké Teplice
5. Vyšné Ružbachy spa
6. Crater with thermal water, Vyšné Ružbachy



Sliac, Kováčová

Suggestions for spare time

In town: Sliac Musical Summer, art exhibitions, casino, excursions, swimming in thermal pool, cross-country skiing, light aircraft excursions from Sliac airport.

Excursions: Zvolen with renaissance castle, Banská Bystrica, Banská Štiavnica (UNESCO), Kremnica, wooden church in Hronsek, all-day excursions to Nízke and Vysoké Tatry.

Sliac

Treatment

- circulatory system disorders - adults and children

Natural healing source

Sulfate-hydrogencarbonate, calcium-magnesium, carbonate, warm, hypotonic water. Emanation of spring gases.

Kováčová

Treatment

children:

- post-accident and post-surgery rehabilitation
- genetic orthopaedic disorders
- rheumatological disorders
- nervous disorders

adults:

- in Detvan House movement apparatus disorders
- nervous disorders

Natural healing source

Natural healing water, sulfate-hydrogencarbonate, calcium-magnesium, hypotonic, hot water with a temperature of 48.5 °C.



Rajecké Teplice

Suggestions for spare time

In town: city park, cultural events, 2 thermal swimming pools, tennis courts, volleyball, fitness centre with sauna, sport fishing.

Excursions: Bojnice with romantic castle and ZOO, Rajecká Lesná with Slovak Betlehem, Žilina, Čičmany, natural reserve Súľovské skaly, Manínska tiesňava.

Treatment

- neurological disorders
- movement apparatus ailments
- respiratory tract ailments in Kunerád House

Natural healing source

Natural warm hypotonic water.

Vyšné Ružbachy

Suggestions for spare time

In town: in summer tennis, volleyball, mineral water swimming pool, bicycle tours and in winter skiing, permanent open-air exhibition of international symposium of sculptors.

Excursions: Pieniny National Park, rafting on Dunajec River, Červený Kláštor, 13th century castle in Stará Lubovňa, Museum of folk architecture, Vysoké Tatry.

Treatment

- cardio-vascular apparatus disorders
- some respiratory tract disorders
- mental disorders and climacteric syndrome
- recovery after oncology treatment

Natural healing source

Low mineralized, hydrogencarbonate, calcium-magnesium, hypotonic, carbonate cold to lukewarm water with 21 °C at the source. Spring Izabela is used for treatment purposes.



Rajecké Teplice

Rajecké Teplice are located in the Rajčianka River valley in the Northwest Slovakia at the altitude of 420 metres above the sea level. The winters are mild and summers without tropical heat waves. First written record mentioning the thermal springs in the area dates back to 1376. First buildings allowing utilization of the hot springs were built 3 centuries later. Currently the spa accommodates 380 guests.

Vyšné Ružbachy

The spa is located at the foothills of Spišská Magura Mountains, 640 metres above the sea level. First written record about the spa dates back to 1549. During the 17th century mainly the Hungarian and Polish aristocracy frequented the spa. Currently the spa has 465 beds.