

SLOVAKIA

SPAS

HEALING SECRETS

TRAVEL TO
SLOVAKIA
GOOD IDEA

www.slovakia.travel

DISCOVER SLOVAK SPAS' HEALING SECRETS

Slovakia has 1,782 mineral springs, 82 of which are designated as natural healing waters. Spas – which have been used since time immemorial – can be found right across our small country. And this

rich resource from deep benefits those with specific ailments, the young and healthy, as well as sportspeople who seek rest and renewed energy. The Slovak spa sector's unique position was

awarded the prestigious ITB Medical Tourism Destination Award (2022, Berlin) in recognition of its comprehensive post-Covid programme that set an inspirational benchmark for many countries.

Let us talk you into coming and experiencing the serenity and power of Slovak spas!

DISCOVER BENEFICIAL WATERS AND UNIQUE MUD

The composition of healing water at many of our spas is unique in Europe, and several sulphur springs are especially noteworthy. Because the proportion of mineral substances, rare trace elements, and soluble gases in our waters is very high, some Slovak spas have become world famous. And as well as radon water, all types of balneology water also naturally arise here. Another natural feature is globally unique Piešťany sulphurous mud (peloid), which is used in medicinal procedures thanks to its beneficial effect on the locomotor system, rheumatism, and nervous system ailments. And besides waters and muds, Slovakia also has places where the climatic conditions themselves are so exceptional that just breathing the air delivers benefits.

FULL RELAXATION

As legally protected environments with designated status, you can have full confidence in spa towns. The healing resources – both water and mud – are also statute protected and constantly monitored to prevent any contamination, and thereby preserve these precious resources for future generations. Each of our spas also has an accompanying attractive park with numerous old and rare trees, which also sets Slovak spas apart from other countries.

BE PAMPERED BY AGE-OLD PROCEDURES

That Slovakia's splendid spas date back to ancient times is proven by the Roman travertine hot baths in Dudince. The application of mud and peat for medicinal purposes in spa towns has been known since the modern age. And you can still enjoy them today, under the expert supervision of top balneologists and physiatrists.

ENJOY ATTRACTIVE PLACES NEARBY

Amazing hiking, national parks, caves, UNESCO sites, historical towns, beautiful castles, enchanting manor houses, and open-air folk museums – Slovak spas always have interesting sights and activities around. And we've got some terrific tips to truly get the most out of your Slovakia trip after a spa treatment.





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DIVE INTO MUD FROM THE VÁH'S RIVERBED

Legend has it that a peacock's broken leg healed in the Piešťany mud – inspiring witnesses to this “miracle” to also try the local waters.



- unique natural sulphur mud
- 200-year spa tradition
- excellent accessibility from Bratislava, airport directly in Piešťany
- cultural opportunities (concerts, shows), golf, and cycling



THE CRADLE OF WORLD BALNEOLOGY

Piešťany spa island and its healing springs were much loved by Napoleonic soldiers and Arab sheikhs way before the spa was officially established in the 18th century – and it remains a leading European spa and birthplace of world balneology. The period when the spa was leased by Ľudovít Winter – a Jewish businessman of Slovak-Hungarian origin – can be considered the spa's illustrious heyday. He established the spa's global reputation and was responsible for transforming the sleepy village into a thriving town. Spa island is dominated by

the majestic Art Nouveau hotel Thermia Palace 5* building, the restaurant of which features an original four-metre painting by the world-famous Czech Alphonse Mucha. He dedicated it to the baths in gratitude for his daughter Jaroslava's recovery from ill health, hence the painting's motif is the healing of a girl wearing traditional Piešťany costume. The world-famous painter often frequented the spa, and was not alone: it was also popular with composer Ludwig van Beethoven and Czech conductor Oskar Nedbal. Enjoy a stay on spa island at the Thermia Palace 5*, Esplanade 4*, Splendid 3*, Pro Patria 2*, or Yalta 2* hotels.



Piešťany spa mainly specialises in the treatment of inflammatory and degenerative diseases of the musculoskeletal system and nervous diseases. Piešťany mud contains active sulfur and about 20 strains of sulfur bacteria that are unique in the world. As such, it has one of the best and most famous healing muds in the world with a rather goeey and buttery consistency, with a steel blue to black colour. In connection with the unique composition of thermal sulphur water and specialized treatment procedures, joint inflammation is reduced, and mobility restored: the immune system is strengthened, damaged cartilages are regenerated, and joints' degenerative process is slowed. The professional team of specialist doctors and physiotherapists will tailor a programme of procedures for that you leave Piešťany fit and well. Treatment indications have also been extended to include post-Covid syndrome, such as ailments associated with the nervous and locomotor system.



Slovenské liečebné kúpele, a.s. Piešťany
 ensanahotels.com/en
 36 – 39 °C



dolné Považie region
 Piešťany



Every hotel has a wellness centre, amongst which the most attractive is at the Thermia Palace hotel, which is directly connected to the Irma spa building. Here you'll find the traditional and well-known mirror bath (thermal sulphur bath) and mud bath (mud bath). The newly built wellness centre has both an indoor pool, and year-round outdoor pool with thermal water, as well as Finnish and steam saunas and stunning views of the beautiful English garden.

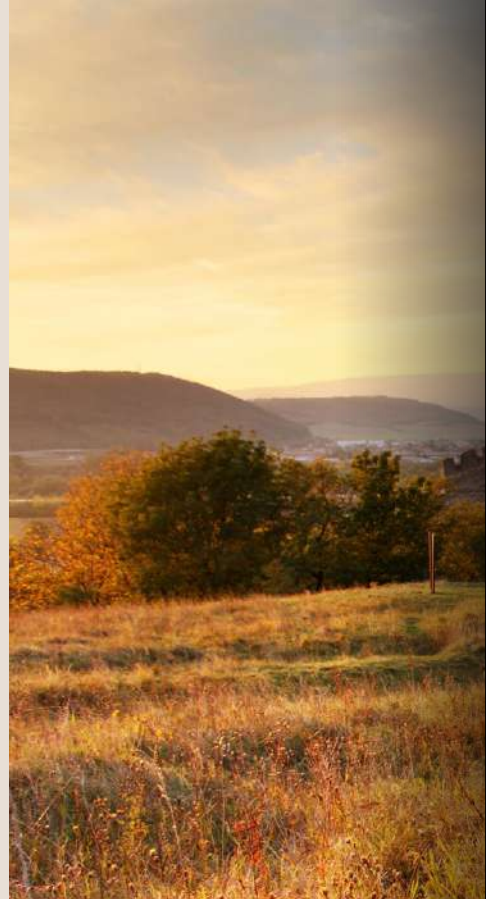




▲ Be sure to check out the historic city of **Trnava**, which is known as "Little Rome" thanks to its numerous sacred buildings and towering spires. Just 33 km from Piešťany.



◀ **Trnava Synagóga Café** is very popular with locals and visitors, and has become a symbol of the town. This synagogue remained in use until the 1950s, and is famed for its stylish interior, original artworks, and attractive altar. Enjoy great coffee and delicious cakes.



▲ This atmospheric castle has stood high on a rocky cliff since the 12th century. Guided tours are available, and if you're lucky you'll also catch a great cultural event. Just 26 km from Piešťany.

▼ Piešťany's **Eko Park** is a large petting zoo with many birds and animals. It also includes a children's amusement park with several attractions, and regular events for kids and families.



dobrykraj.sk





EXPERIENCE BEAUTIFUL ANTIQUITY

AT THE SPA WHERE
HISTORY WAS MADE

Rajecké Teplice has a splendid spa with extensive therapeutic wellness options, and it's just 200 km from the capital city Bratislava.



- beautiful and contemporary spa
- many attractive local hiking trails
- surrounding nature is virtually pristine
- the calvary in Rajecká Lesná has two nearby springs sourced for Rajec, the popular natural mineral water



A PLACE FULL OF CURIOSITIES

With a stunning location of Strážov hills rock formations to the west and the Malá Fatra mountain range to the east, the healing effects of Rajecké Teplice's thermal water have been known since the 14th century. The spa's architecture boasts magnificent antiquity and will exceed the highest expectations. A little-known curiosity is that in 1938 the Czech kings' crown jewels were secretly hidden in the safe at the Aphrodite Palace 5* hotel: the St. Wenceslas crown, scepter, apple, cross, robe, and sword.



The modern spa care centre with eleven thermal pools complements natural healing sources with rehabilitation techniques. The Spa Rehab Clinic is a leading rehabilitation centre where a professional medical team is dedicated to the diagnosis, prevention, and treatment of painful musculoskeletal system conditions. The spa also focuses on neurological and occupational diseases, and water cures.



Slovenské liečebné kúpele Rajecké Teplice, a.s.
 spa.sk/en
 35 – 38 °C

horné Považie region
 Žilina 14 km



▲ Bio-sanarium



The Natural Spa zone represents a unique concept for natural therapies, and is ideal for those seeking a natural approach to pursuing a healthy lifestyle. It's connected to the sauna world through a series of pools, saunas, and hydrotherapy therapies. Enjoy a thermal pool, Kneipp path, saunas, reflexology, salty hot baths, and cold natural pools. The zone also includes Kelo – Slovakia's largest sauna, which is lined with 300-year-old Arctic Circle kelo wood. Another benefit of the spa is the Aphrodite Beauty cosmetic and aesthetic studio.





▲ These stunning rock formations Súľovské skaly are amongst Slovakia's top natural wonders. Be sure to take a gentle hike along the 7.5 km educational trail through the area to Súľovský Castle.



◀ In the village of Rajecká Lesná you can see a true wonder – the Slovak Bethlehem. This beautiful, hand-carved 300-figure wooden exposition portrays not only the birth of Jesus Christ (as you'd expect from such scene), but also the history of Slovakia through key architectural landmarks. It was created over 15 long years by carver Jozef Pekara.

📍 Juraj Zbýňovec



BIRTH OF VENUS AND CAVE BATHING

Enjoy bathing in the cave's water – directly from the calcium- and magnesium-rich thermal spring.



GOETHE ALSO VISITED SKLENÉ TEPLICE

A really beautiful part of Slovakia is the Štiavnické Vrchy hills, nestled in the green valley of which are attractive 500-year-old spas. In the 14th century, Sklené Teplice had the first glass factory in then Hungary. It has seven springs ranging from 37 °C to 52.3 °C, which are among most important springs in the volcanic zone. The spa's sultry 42 °C "Parenica" cave steam bath makes it quite unique in Europe. Another attraction is the Banská thermal bath, which features a replica of Botticelli's Birth of Venus, and the Maria Theresa oriental-style bath with a beautiful stained-glass window. In the 17th century, Sklené Teplice stripped off to host the world's first International Congress of Naturalists, a notable attendee of which was Goethe - hence the name of the town's most beautiful spa building.



As the thermal water here is very rich in calcium and magnesium, the spa focuses on treating diseases of the nervous system and musculoskeletal system, rheumatic diseases, post-traumatic conditions, and physical regeneration. Therapeutic and preventive stays, weekends, and stays up to 28 days are available.



Sklené Teplice has four spa buildings: Alžbeta, Goethe, Matej Bel, and Thermal Relax. The latter has an exclusive antique-style wellness centre with various saunas. The outstanding unique feature is a natural cave with warm healing water for bathing.



Liečebné termálne kúpele, a.s. Sklené Teplice
 kupele-skleneteplice.sk/en
 37 - 52.3 °C

stredné Pohronie region
 Žiar nad Hronom 16.5 km



▲ Slovakia has the only bank in the world where you can save love rather than money. Banská Štiavnica's Love Bank safe comprises verses from the longest love poem ever penned - Marína, by the Slovak writer Andrej Sládkovič. Each verse is composed of boxes where a symbol of love or longing can be stored. The tour includes talking paintings and a Love Meter.

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 @ Martin Šopinec @schopinski

Marína + Sládkovič



Just outside Banská Štiavnica is the picturesque Svätý Anton village, famed for its glorious manor house set amidst a beautiful large English garden. Dating to 1744, baroque-classical style "Antol" is very well preserved and also includes a fascinating museum - it's just 19 km from Sklené Teplice so is an ideal trip when exploring the area.

msa.sk

LET YOURSELF BE TEMPTED BY TOP BALNEOLOGY AND

ORIENTAL ARCHITECTURE

Trenčianske Teplice is also sought after for its Moorish-style Hammam – a faithful copy of the original developed for the Egyptian King Izmail for his summer residence.

Therapeutic care at this iconic spa is mainly based on the application of sulphurous thermal water and healing mud (peloid). Trenčianske Teplice's water is estimated to be around 20,000 years old, which guarantees ecological purity. Water in pools and baths has the optimal balneological temperature of 35.5 °C to 39 °C, enabling direct use without heating or transport. This plays a significant role in the fact that sulphate is a water-soluble gas that quickly escapes into the air upon heating, cooling, or being transported. Research has shown the clear analgesic effect of sulphate both during and after bathing. In addition to these benefits, it should be mentioned that Trenčianske Teplice is also a really beautiful town with a purely spa character – it's in western Slovakia, amidst a shady 17-kilometre forested valley. Every summer the city hosts the oldest international chamber music festival in Central Europe, which is very popular with classical music lovers. Yet the main attraction is undoubtedly the Hammam dating from 1888. Its historic premises are still used as a restroom after the most popular procedure – a Sina bath.



The Sina pool is directly connected to the Hammam, and two sources of subterranean natural healing water flow directly into the pool without heat treatment.





The spa specializes in the treatment and prevention of diseases of the musculoskeletal system, nervous diseases, psoriasis, and post-Covid syndrome. Guests have access to spas in five indoor pools and baths, and two drinking springs. Balneologists here mainly focus on total and partial wraps with mineral fang (volcanic mud) matured in natural healing water, limoplast (fang with paraffin), compresses with rare natural peat, and sea mud compresses.



Clients can enjoy comfortable spa hotels with comprehensive services under one roof – Krym 4*, Pax 3* and Slovakia 3*. The Grand – the year-round, outdoor heated relaxation pool with attractions – is really quite exceptional and located right in the square with a connection to the Krym Hotel. Here wellness lovers will enjoy the newly built WellMed wellness-medical centre at Slovakia hotel, complete with sauna and pool world. Being connected with the Krym spa hotel that provides all procedures, modern wellness is combined with traditional spa treatments.



Kúpele Trenčianske Teplice, a.s.
 kupele-teplice.sk/en
 35.5 – 39 °C



stredné Považie region
 Trenčín 13.5 km



- spa town with a uniquely relaxing atmosphere
- quality medical wellness services
- good accessibility from Bratislava
- just 13.5 km from Trenčín Castle



▲ Climb to this highest tower of **Trenčín's castle** and be inspired by views across Považie! This beautiful castle is Trenčín town's proud landmark and just 13.5 km from Trenčianske Teplice. It is a national cultural monument, and one of the largest castles in Europe.



◀ If you love beautiful horses, you'll adore the **stud farm** in nearby Horné Motešice which breeds the elegant Furioso. You can take a riding course, take a trot, or just admire the majesty of these noble animals.

📷 **Soňa Niková** SN Equine Photography

TREAT YOURSELF TO A UNIQUE GOLD-PROCEDURE AND DISCOVER UNESCO SITES

Turčianske Teplice's thermal spring water reputedly not only cured King Sigismund of Luxembourg's gout, but also enabled him to reach a ripe old age.

It is said that the king – who ruled over our territory in the 15th century – never removed his golden crown, not even when bathing. According to legend, a combination of gold and Turčianske Teplice water achieved his miraculous healing. Other famous figures who visited Turčianske Teplice spa include Maximilian of Habsburg and "Sissi" Elizabeth of Bavaria. And you can enjoy Zlaté Kúpele spa too! The elegant Hotel Royal Palace 4* and its Royal Bath balneo centre now stand on the exact site of the original royal spring. Its luxurious mosaic pool – fed directly by subterranean thermal healing water springs – is in an iconic blue domed tower, representing Turčianske Teplice's Zlaté Kúpele spa.



- one of Slovakia's oldest spas
- spa also includes a great Aqua Park
- numerous nearby UNESCO sites
- unique procedure – globally available only here





Zlaté Kúpele spa has three welcoming hotels, each providing medical and wellness services. Saunas, outdoor and indoor pools await you, and kids will love the water park. Zlaté Kúpele spa also has a unique procedure:

for a regenerating and rejuvenating effect, gold leaves are gently applied to the body and face. Gold's rarity and healing effects are further increased by the benefits of Turkish healing water in a unique therapy.



These spas are especially sought after by those with musculoskeletal problems, urological problems and digestive tract inflammation, and post-cancer rehabilitation. A leading medical team and comprehensive medical services, the latest diagnostics, and high-quality technological facilities in conjunction with traditional spa services await guests.



Slovenské liečebné kúpele Turčianske Teplice, a.s.
therme.sk/en
38 °C



Turiec region
Banská Bystrica 34 km



dobrykraj.sk

▲ **Hronsek's wooden articular church** has been included on the UNESCO World Heritage List since 2008. The church was built in 1725 purely from oak and spruce wood, without one metal nail. The pretty courtyard has shady linden trees, two of which are as old as the church.



► Be enchanted by beautiful massive domes, pagoda stalagmites, and stunning waterfalls. One kilometre of this over three-kilometre cave can be explored by the public. Located in Dolný Harmanec in the Kremnické vrchy hills, this unmissable cave is one of the most beautiful in Slovakia.



Harmanecká jaskyňa



FIND A RESET AT THIS
FAIRY-TALE SPA

Bojnice features our most popular zoo, the “Princess's” castle, and a stunning spa. Be sure to visit this beautiful town in central Slovakia.



wellness center

© SLOVAKIA TRAVEL
 Martin Šopinec @schopinski

SPA FIRST MENTIONED IN 1549

This beautiful spa park includes natural springs and 11 spa houses, forming one of the most attractive spa areas in Slovakia – and complemented by the nearby Gothic-Renaissance castle. Bojnice Spa is the perfect place to enjoy complete relaxation or improve your health. Bojnice's historical thermal waters were first mentioned in King Koloman's charter of the year 1113 as being used for healing. The first written mention of the baths dates to 1549, when there were five communal pools in one place. Treatment is based on thermal water which improves metabolism and cellular immunological reactions, tissue functioning and oxygen supply, and thus the body's overall condition.



The treatment process uses a wide range of procedures, such as balneotherapy, reflexology, heat treatment, and therapeutic physical education – based on the principles of modern medical science and long-term practice. Bojnice spa's water treats locomotor-, rheumatic-, and nervous-system diseases, women's ailments, kidney and occupational diseases, and the treatment of post-Covid syndrome.



Contemporary spas naturally include high-quality wellness. At Bojnice, you'll find true relaxation and escape in the outdoor and indoor thermal pools, high-quality saunas, herbal and salt baths.



Kúpele Bojnice, a.s.
 kupele-bojnice.sk
 28 – 52 °C



horná Nitra region
 Bojnice



▲ Love adrenaline and welcome heights? Then this spiralling attraction is perfect. From the spa, you can reach the **Seagull in the Clouds viewpoint** by following the 40-minute yellow hiking trail or hop on the Spa Express mini-train and enjoy the ride.

▼ Explore a fairy tale! Bojnice's magical and romantic appearance puts other castles in the shade. Numerous Slovak and international filmmakers have succumbed to its beauty and celluloid charm, such as the filming of the famous Italian fairy-tale Princess Fantaghiro.



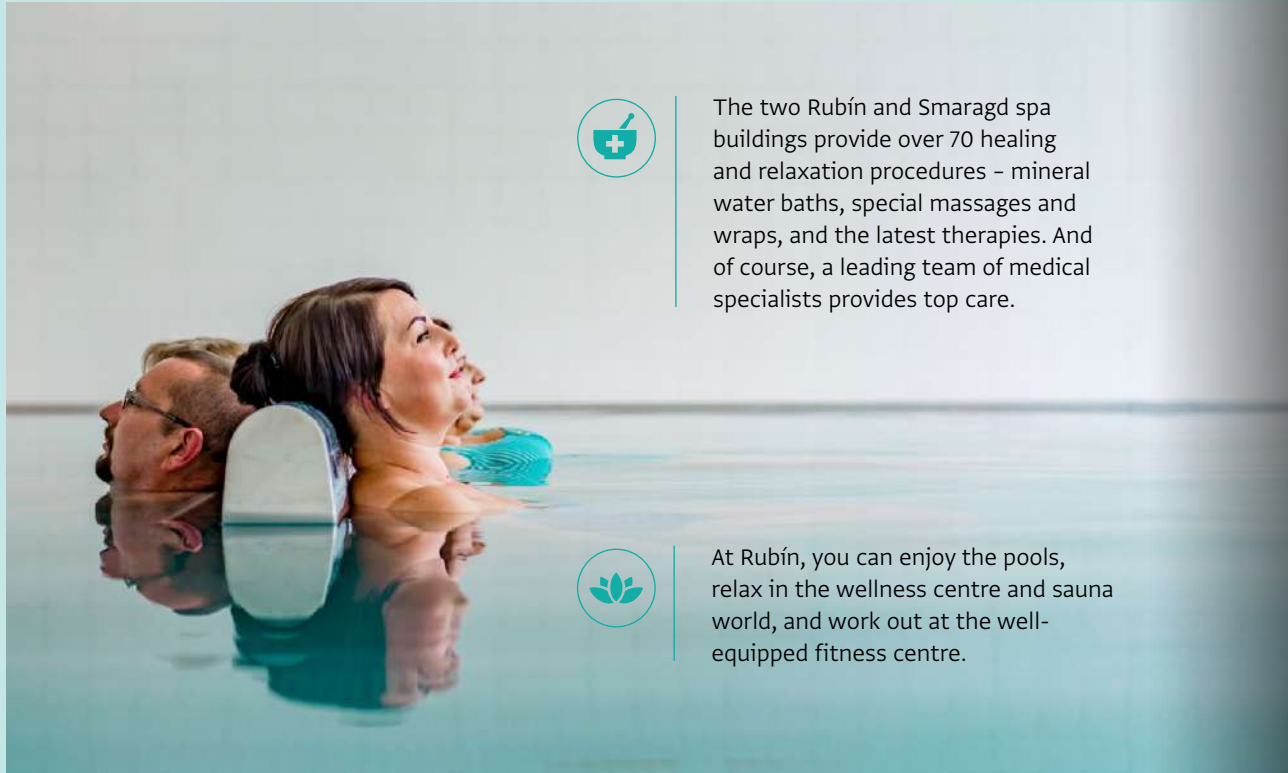


Dudince's most unique feature is its 2000-year-old Roman baths, 32 of which are cut into the travertine rock and were probably used by soldiers bathing in the healing mineral water. But after more springs were drilled, the flow of water to the baths ran dry.

A SPA WHERE THE SUN NEVER SETS

One of Slovakia's sunniest places and medicinal-composition water – welcome to Dudince. Only three springs in the world are similar, and one is the iconic Vichy spring.





The two Rubín and Smaragd spa buildings provide over 70 healing and relaxation procedures – mineral water baths, special massages and wraps, and the latest therapies. And of course, a leading team of medical specialists provides top care.



At Rubín, you can enjoy the pools, relax in the wellness centre and sauna world, and work out at the well-equipped fitness centre.

THE NEWEST SPA WITH THE LONGEST HISTORY

Although southern Slovakia's spas are relatively new, that the spring water's medicinal qualities have been renowned for over 2,000 years is proven by the 32 small, simple bath carved into the village's travertine rock. Archaeological excavations have discovered that this area had habitation even pre-Christ – attracted by hot springs that withstood even sub-zero winters. In the 19th century, Dudince's mineral water was even exported to Egypt and America for drinking cures, and the current spa dates back to the 1950s.

Its very rare sulphuric and carbonated water composition means that several diseases can be treated simultaneously – so one stay can treat high blood pressure or ischemic heart disease, as well as the musculoskeletal system or neurological diseases. Dudince and surrounding villages bask in up to 273 sunny days a year, and – being far from industry and large cities – this destination is an oasis of health and tranquillity.



Kúpele Dudince, a.s.
 kupeledudince.sk/en
 28 – 34 °C



Hont region
 Levice 29 km | Zvolen 55 km

► Love cycling? Then you'll love Dudince! A large cycle route that connects the Dudince, Hont and Šahy regions begins here. The route leads through several villages to Šahy town, where it heads north and returns to Dudince.



▼ **Dudinka thermal bath** is named after a fairy, to whom – according to legend – Dudince locals owe the local spring's healing power. The thermal bath located near the spa is fully renovated and has a very pleasant tranquil atmosphere.



ENJOY THE WATERFALL AND CALCIUM-RICH WATER

A shepherd reputedly discovered Choč water's healing effects after his sheep's injured legs recovered in the water. This miraculous news soon spread amongst townsfolk.



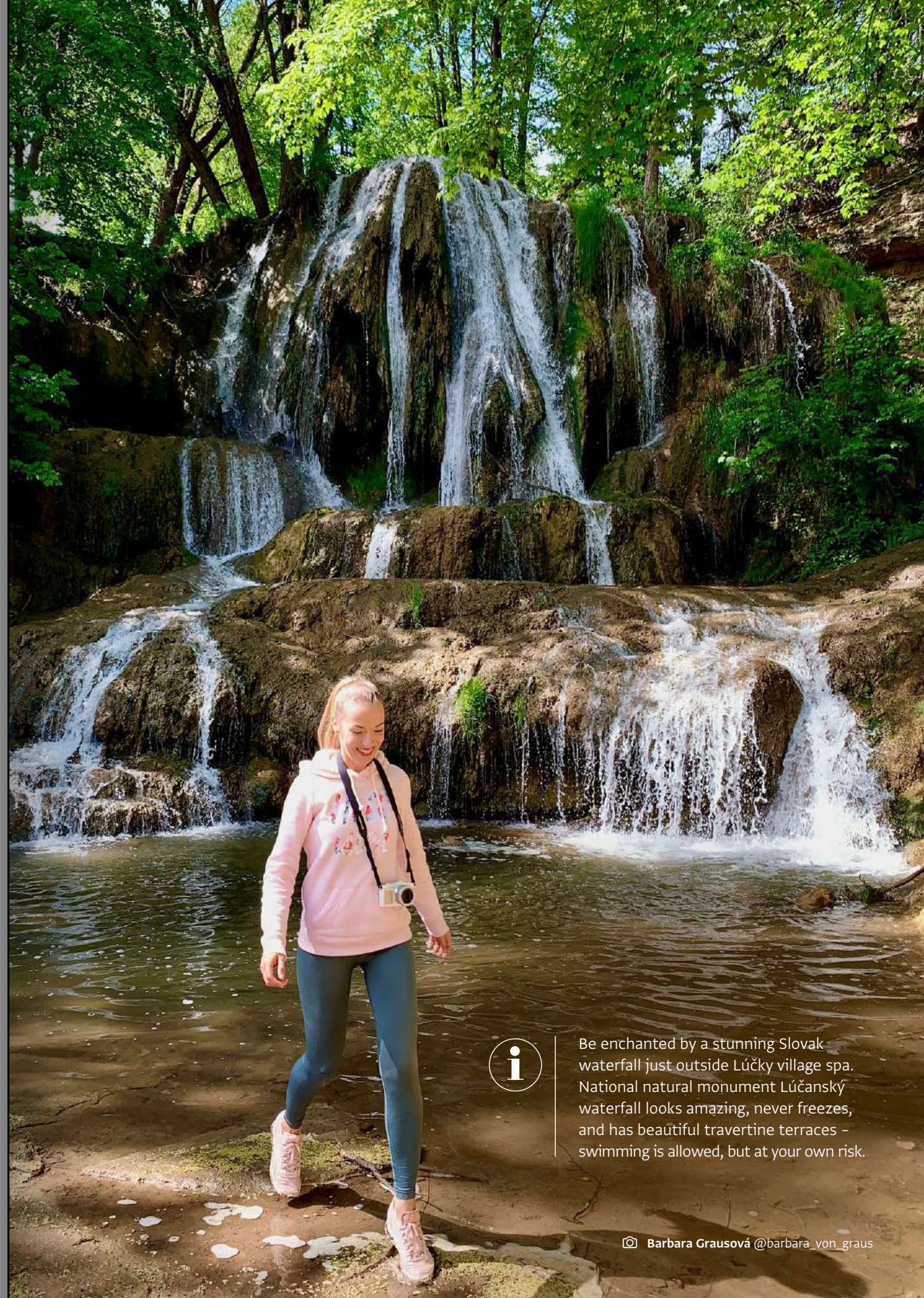
© Marek Hajkovský

Liptov is one of the leading tourism destinations in Slovakia, and in Lúčky village you'll find an outstanding spa. Its mineral spring has been used to treat various ailments since the 13th century, and contains 606 mg of calcium per litre of water, which is half the calcium content of milk. So drink two glasses of this water and it's the same as drinking a glass of milk.

In addition to the baths, the village's outstanding feature is beautiful Lúčanský waterfall. Located in the middle of the village, the 12-metre waterfall cascades from a travertine terrace into a picturesque lake, and is a rare natural phenomenon in Slovakia.



- spa ideal for the whole family
- numerous attractive places nearby
- cinema directly at Choč spa building
- combine winter stays with skiing



Be enchanted by a stunning Slovak waterfall just outside Lúčky village spa. National natural monument Lúčanský waterfall looks amazing, never freezes, and has beautiful travertine terraces – swimming is allowed, but at your own risk.



© Marek Hajkovský



The spa's water is beneficial for postoperative conditions and generally increases immunity. It is ideal for treating locomotor system diseases, osteoporosis, endocrine gland diseases, and the treatment of post-Covid syndrome. Enjoy a wide range of healing and relaxation procedures such as hydrotherapy, light therapy, electrotherapy, peat and paraffin wraps.



The spa area includes an all-season AQUA-VITAL Park with healing thermal water. You can find there an outdoor sitting pool with 36 °C – 38 °C temperature, recreational pool with various attractions, indoor thermal pool, and indoor and outdoor sauna world. The Dependance Liptov 3* - which has a direct connection to the Choč hotel spa building and Balneocentre building - you can enjoy the wet and dry salt caves and warm up at sauna world.



KÚPELE LÚČKY a.s.
spalucky.com
28 – 38 °C



Liptov region
Ružomberok 14 km



▲ **Choč mountain** (1611 m) is the ideal high-altitude destination for those who love hiking, adrenaline sports, and absolutely beautiful views.

▼ Quaint village **Vlkolínec** – monument reserve of folk architecture and UNESCO-listed, where time has stood still. Explore how Slovak life was and continues to be.





BOOST YOUR IMMUNITY IN THE HEART OF THE HIGH TATRAS

Doctors have long recommended the beneficial effects of mountain climates, with long-term stays in clean air a traditional and recognized treatment.

Nový Smokovec's climatic spa is especially attractive thanks to its ideal High Tatras location, which seems to have an inspirational "miraculous power" - with visitors enjoying better breathing, sleeping, and overall being. And these miracles have a scientific explanation: mountain air has fewer allergens, and lower atmospheric pressure supports the formation of new red blood cells, even increasing the number after a longer stay. That increases the body's oxygen supply and supports deeper breathing, which improves condition, convalescence after respiratory tract diseases, and general health. The High Tatras' beautiful environment and atmosphere are unique, and undoubtedly contribute to overall healing and positive mood. Count Štefan Csáky founded spas here in 1797 when he built three wooden buildings and a spa by the spring. The modern climate spa in Nový Smokovec was opened in 1876

by doctor Mikuláš Szontágh, who was inspired by sanatoriums in the Alps and sought to replicate the experience here. Nový Smokovec spa comprises spa hotel Palace 3*, Branisko 3* and the newly opened Palace Grand 3*+.



- numerous local attractions
- option to combine stays with skiing
- magnificent nature
- spa hosts presentations, fun events, and live music

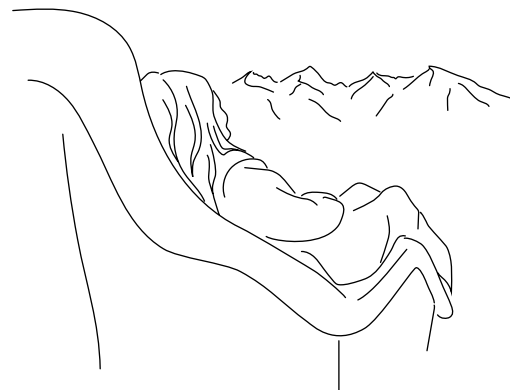


Climatic baths primarily focus on the treatment of respiratory problems. Non-tuberculous diseases of the respiratory tract (allergic rhinitis, asthma, pulmonary fibrosis, bronchitis), as well as diseases and disorders of endocrine glands, mental illnesses, occupational diseases, and post-Covid

syndrome are treated here. In addition to outdoor treatment activities, you can treat yourself to a Tatra nasal shower, inhalation, oxygen therapy, peat compresses, massages, Scottish sprays, bubble baths, and much more.



At the Branisko 3* hotel, visitors can enjoy a Relax zone with a swimming pool with slightly salty water, a fitness centre, 4 types of saunas, salt inhalation and a tepidarium with a view of the Tatras.

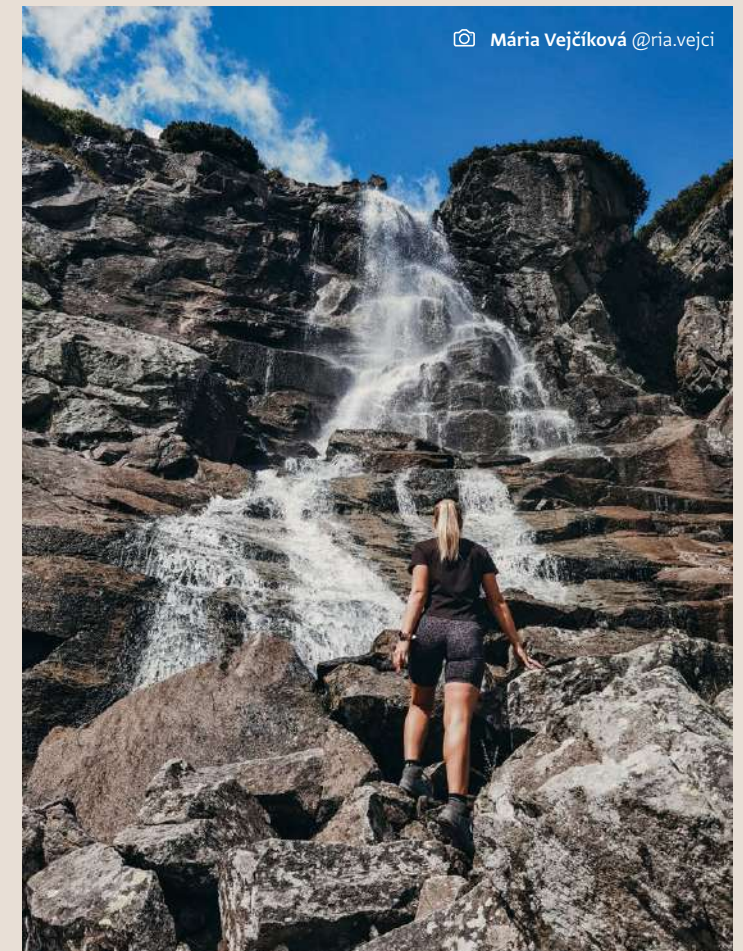


Kúpele Nový Smokovec, a.s.
kupelens.sk
climatic spa

High Tatras region
Poprad 14 km



▲ Iconic **Štrbské pleso** is the most accessible (also easily by car), largest, and most picturesque High Tatras lake. Enjoy walking or boating, ascend the Tatras Tower viewpoint, take a hike, or enjoy winter sports.



Mária Vejčíková @ria.vejci

► Just a gentle hike from Štrbské pleso is the beautiful **Skok waterfall** - most spectacular after heavy rain or the spring thaw and the Mlynica river catchment area is overflowing.

BREATHE DEEPLY

Rather than hot water, Štós Spa's curative source is the climate - thanks to 26 hectares of fresh-scented fir trees.



UNESCO-listed Jasovská cave is part of the Štós climatic spa. It is used for cave microclimate treatment (speleotherapy). Inhaling the cave's sterile air can greatly help asthma and other respiratory system diseases.

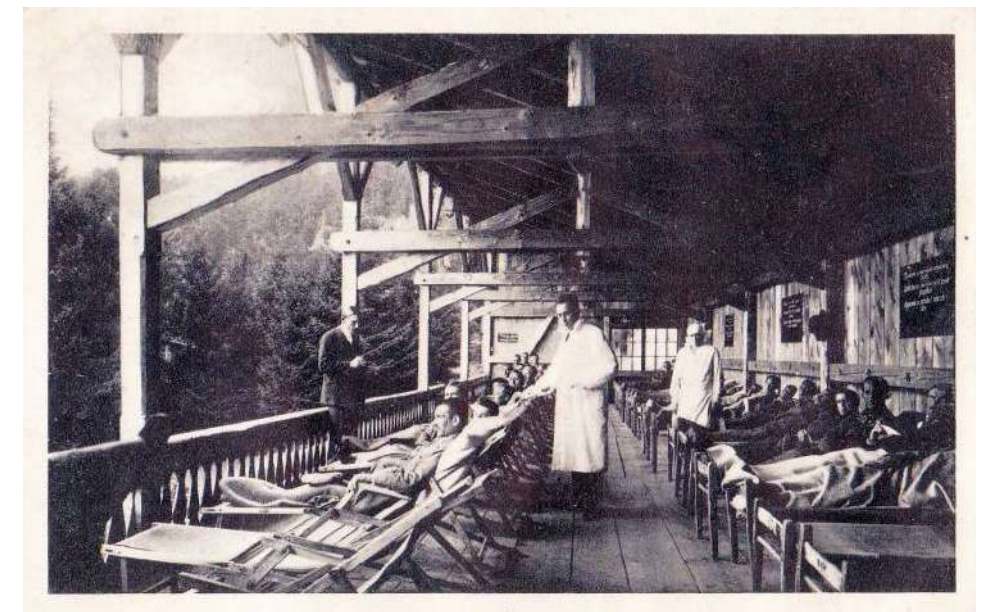




As well as treating respiratory diseases, Štós Spa focuses on immune system support. It is suitable for oncology patients, those with mental illnesses, as well as diseases of the spine and musculoskeletal system. The main procedure is climatotherapy, based on Štós Spa's very own 26 hectares of medicinal forest with numerous coniferous trees – especially fragrant and fresh firs. So the air is extremely clean, allergen-free, and saturated with oxygen anions. The spa also provides speleotherapy, a unique respiratory tract treatment provided in nearby Jasovská cave where patients inhale sterile aerosol from the cavern's underground spaces. This natural inhaler simply cannot be artificially recreated.



In the spa with more than 140 years of history, you can also immerse yourself in the spa's vital water world of saunas and pools, and enjoy the fitness centre.



CLEAN ALLERGEN-FREE AIR

Located on the border of the Slovak Karst and Slovak Paradise national parks in the densely forested Volovské vrchy hills, Štós climatic spa was founded in 1881 by Róbert Komporday. The natural healing source is the legally recognised climatic conditions as suitable for treatment, while pre-existing sanatoriums in Davos (Switzerland) and Merano (Italy) served as a model in the 19th century. Štós has an extremely high-quality climate, which – according to the Swiss classification – is rated at the 1st level of stimulation, i.e. the highest level of climatic conditions for healing. This spa's mission has always been the treatment of asthma, allergies, and respiratory diseases.



- attractive spa park with 205 tree species from around the world
- Slovak Karst caves nearby
- unforgettable hikes in Slovak Paradise
- good accessibility from Košice and Rožňava



Kúpele Štós, a.s.
kupele-stos.sk
climatic spa



Košice region
Košice 43 km

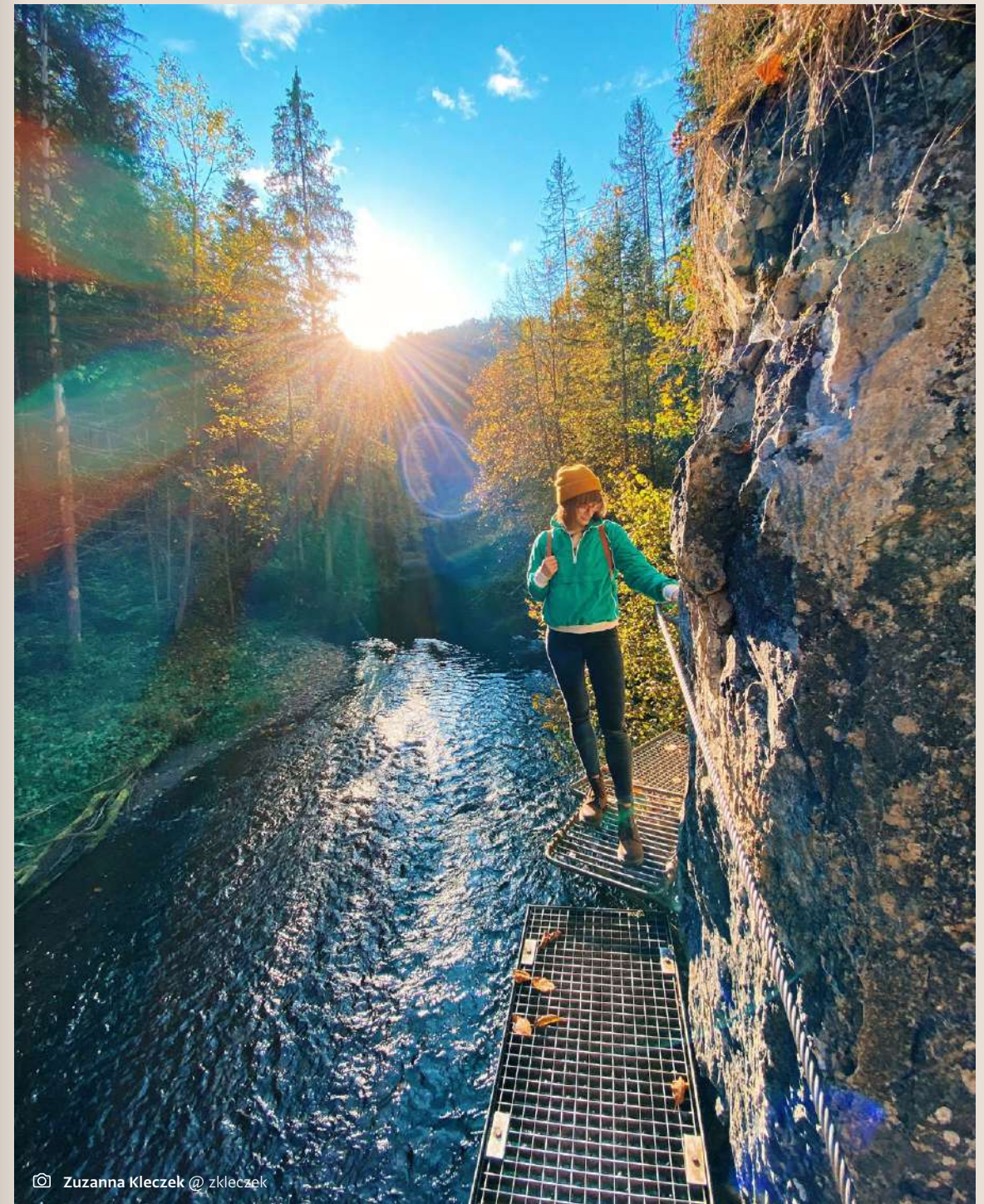


▲ The dominant feature of Košice, the second largest city in Slovakia and the centre of the east, is St. Elizabeth's Cathedral – city's outstanding landmark, which is the country's largest church.



◀ In Betliar you'll discover the only manor house in Slovakia that has been fully preserved with original furnishings and collections – it thankfully avoided the plundered or rebuilt fate of our other noble residences. Since nationalisation it's been a popular museum, showcasing the lavish lifestyle and opulent belongings of the renowned Andrassy family, who were considered among the leading aristocrats of 19th century Europe.

📍 **Betliar Museum**



📷 Zuzanna Kleczek @ zkleczek

▲ Hikes in the Slovenský raj (Slovak Paradise) National Park are considered some of the most beautiful in Slovakia. With such pristine and wild nature, hikes often require ladders, chains, and metal steps. This photo features the Hornád river meander.



EMPRESS SISSI WAS ALSO TREATED HERE

Few places in Slovakia can boast such architectural gems as Bardejov Spa.



- numerous great local cycle paths, known as "medicinal single-tracks"
- open-air museum of folk architecture nearby
- spa includes a sports area and 3D cinema
- medieval Bardejov (UNESCO listed old town) just 5 km away



▲ The People's Spring pavilion features the Medicinal Spring and the Main Spring from which everyone is free to drink.

EIGHT PRECIOUS SPRINGS

In the northeast of Slovakia, in the Low Beskydy Mountains amidst pristine nature with a unique climate, you'll find one of the oldest and most beautiful Slovak spas. The first mention of its healing springs dates back to 1247. The spa was visited by Napoleon's wife Marie Luise, the Russian Tsar Alexander I, as well as the famous Empress Sissi - hence the hotel of the same name that includes an evocative museum suite. Bardejov Spa is unique in Slovakia in having a covered spa colonnade with eight mineral springs - which are the spa's jewel in the crown and among the most coveted European mineral springs. In addition to treatments, enjoy the spa's varied cultural and social life. Concerts are traditionally organized here as part of the International Cultural Summer, as well as popular summer promenade concerts.

📷 Zoltan Dobak @zoltan.dobak



▲ Empress Sissy's apartment



The spa water's mineral composition has a wide range of indications for diseases and ailments: oncological and nervous, circulatory and digestive system, musculoskeletal system, women's, and occupational. The spa provides comprehensive medical care with individualised treatment programmes for children and adults. Procedures are provided in a modern balneotherapy centre, which is connected to the main treatment buildings. The water is also suitable for drinking cures, and the spa focuses specifically on the treatment of post-Covid syndrome.



🌐 **Bardejovské kúpele a.s.**
kupele-bj.sk
🌡️ 30 - 36 °C

📍 Šariš region
Bardejov 5 km | Prešov 42 km



Sit back, be pampered at the modern Beauty Studio at the Ozón 3* hotel, and find complete relaxation at the Wellness Spa's pool and sauna world. Enjoy the procedure in which Bardejov mineral water is mixed with beer. A beer bath has rejuvenating effects on the body, and benefits eczema and skin dermatitis. Outstanding wellness awaits you also at the Alexander 4* hotel.

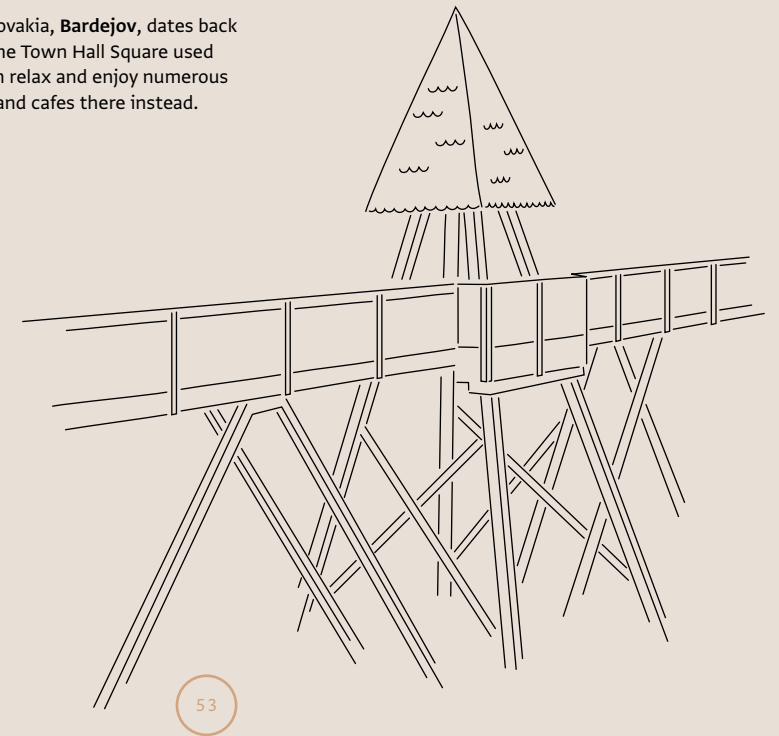




▲▼ The oldest open-air museum in Slovakia and the **Museum of Folk Architecture** are also located in the spa area. The 24 dwellings document the folk architecture and culture of the Ruthenian population that lived in the upper Šariš and northern Zemplín region. The museum also includes an outstanding wooden church, which was brought here from Mikulášová village and built in 1730.



▲ The centre of the most Gothic town in Slovakia, **Bardejov**, dates back to the Middle Ages and is UNESCO-listed. The Town Hall Square used to stage public beheadings, but now you can relax and enjoy numerous cultural monuments and enjoy restaurants and cafes there instead.



► The wooden **Friendship Bridge** is in the Bardejov spa area. Designed by Ivan Otruba, it measures 54.2 m long and 11.6 m high, and is among Slovakia's five longest footbridges.

DISCOVER THE HEALING SECRETS OF SLOVAK SPAS FROM WEST TO EAST

- | | |
|--|------------------------------|
| ① Slovenské liečebné kúpele, a.s. Piešťany | ⑧ KÚPELE LÚČKY a.s. |
| ② Slovenské liečebné kúpele Rajecké Teplice, a.s. | ⑨ Kúpele Nový Smokovec, a.s. |
| ③ Liečebné termálne kúpele, a.s. Sklené Teplice | ⑩ Kúpele Štós, a.s. |
| ④ Kúpele Trenčianske Teplice, a.s. | ⑪ Bardejovské kúpele a.s. |
| ⑤ Slovenské liečebné kúpele Turčianske Teplice, a.s. | |
| ⑥ Kúpele Bojnice, a.s. | |
| ⑦ Kúpele Dudince, a.s. | |



TRAVEL OPTIONS TO SLOVAKIA

AIR TRAVEL



M. R. Štefánik Airport | Bratislava
www.bts.aero/en



Košice International Airport
www.airportkosice.sk/en



Poprad-Tatry Airport
www.airport-poprad.sk

TRAIN TRAVEL



Slovak Rail (ZSSK)
www.zssk.sk/en



Train travel planning
www.cp.hnonline.sk/en/vlakbusmhd/spojenie

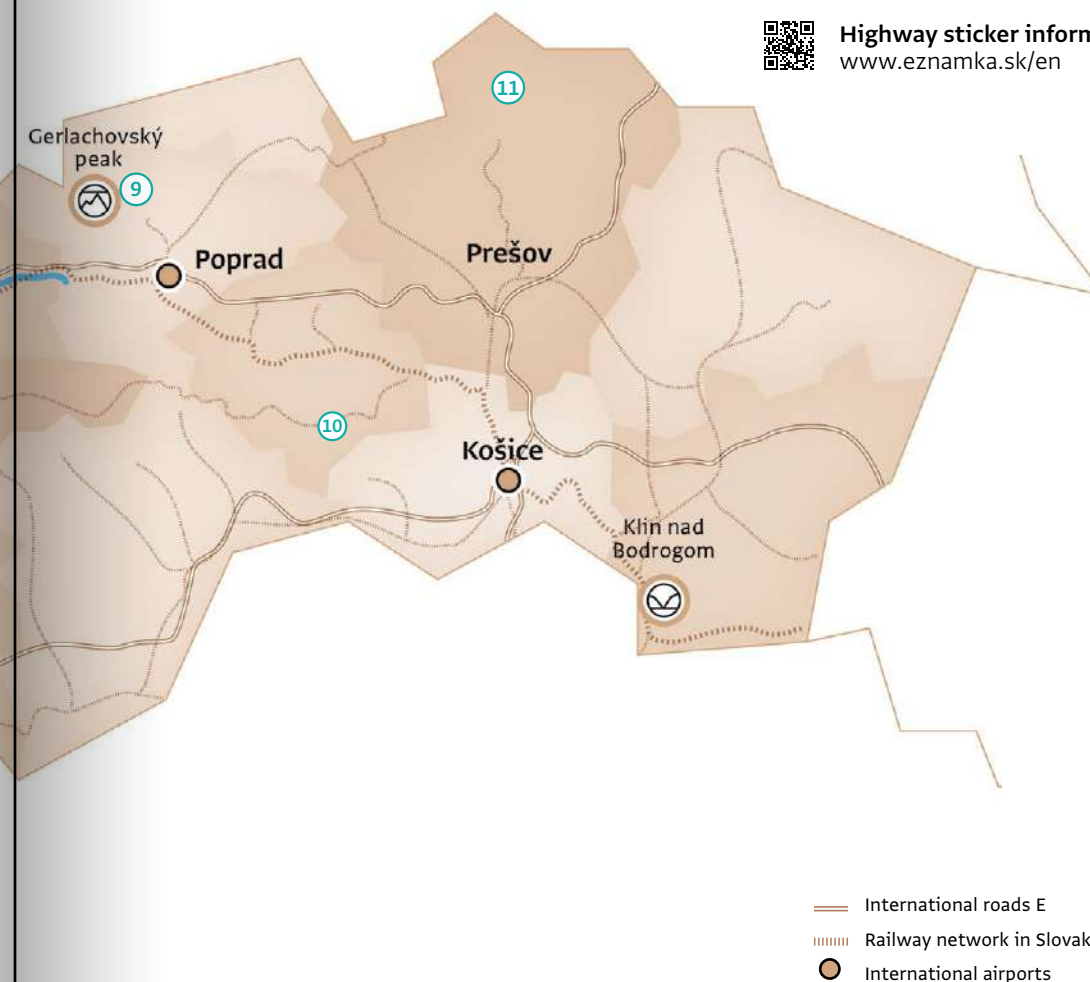
ARRIVAL BY BUS OR CAR



Online bus timetables
www.cp.hnonline.sk/en/vlakbusmhd/spojenie



Highway sticker information
www.eznamka.sk/en



- International roads E
- Railway network in Slovakia
- International airports

INDICATION TABLE

	oncological diseases	circulatory system diseases	digestive system diseases	metabolic disorders and glands with internal secretion diseases	respiratory tract non-tuberculous diseases	nerve diseases	locomotor system diseases	kidney and urinary tract diseases	mental illnesses	skin diseases	female diseases	occupational diseases
1 Slovenské liečebné kúpele, a.s. Piešťany						●	●					●
2 Slovenské liečebné kúpele Rajecké Teplice, a.s.	●					●	●					●
3 Kúpele Trenčianske Teplice, a.s.	●		●	●		●	●			●	●	●
4 Slovenské liečebné kúpele Turčianske Teplice, a.s.	●		●	●		●	●	●			●	●
5 Kúpele Bojnice, a.s.						●	●	●			●	●
6 Liečebné termálne kúpele, a.s. Sklené Teplice	●		●	●		●	●				●	●
7 Kúpele Dudince, a.s.		●				●	●					●
8 KÚPELE LÚČKY a.s.	●		●	●	●	●	●				●	●
9 Kúpele Nový Smokovec, a.s.				●	●				●			●
10 Kúpele Štós, a.s.	●			●	●				●			●
11 Bardejovské kúpele a.s.	●	●	●	●	●	●	●	●			●	●
12 Kúpeľno-liečebný ústav MV SR Družba	●	●	●	●	●		●	●			●	●
13 KB SPA s.r.o., Brusno	●	●	●	●				●				●
14 Pieniny Resort s.r.o.	●		●	●	●		●		●	●		●
15 Prírodné jódové kúpele Číž, a.s.	●			●		●	●					●
16 SLOVOTHERMAE, Kúpele Diamant Dudince, š.p.		●				●	●					●
17 Kúpele Kováčová, s.r.o.			●	●		●	●	●			●	
18 Špecializovaný liečebný ústav Marína š.p.	●					●	●					
19 Kúpele Nimnica, a.s.	●	●	●	●	●	●	●				●	●
20 Smrdáky							●			●		●
21 Kúpele Sliach a.s.	●	●					●				●	
22 Kúpeľno-liečebný ústav MV SR ARCO						●	●					
23 Kúpele Vyšné Ružbachy, a.s.	●	●	●	●	●	●	●	●	●		●	●
24 Kúpele Lučivná, a.s.				●	●							
25 Kúpeľno-rehabilitačný ústav MV SR Bystrá	●			●	●						●	●
26 Kúpele Horný Smokovec, s.r.o.					●							



Source: Ministry of Health of the Slovak Republic, Inspectorate of Spas and Springs

● adults ● also for children up to 18 years old ● only for children



SLOVAKIA SPAS HEALING SECRETS

TRAVEL TO SLOVAKIA GOOD IDEA

www.slovakia.travel

Spa Island Piešťany

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 Lamačská cesta 8, 833 04 Bratislava 37
 www.slovakia.travel

1st edition, Bratislava 2022

TEXT AND LANGUAGE CORRECTION

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DESIGN CONCEPT

© Echt | Friends of Brands
 www.studioecht.com
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GRAPHIC DESIGN

© SLOVAKIA TRAVEL

TRANSLATION (ENGLISH EDITION)

© Darren Chastney
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COVER

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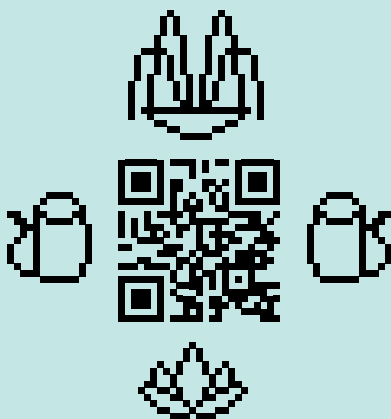
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OASES OF PEACE WITH HEALING WATERS

All across Slovakia – from west to east – you'll find many spas, each of which is refreshingly unique yet reassuringly consistent. While their architecture, water composition, and histories vary, they all provide the rest you need. Our spas have centuries of tradition and know-how, and offer perfect prevention as well as disease-targeted treatments. Slovakia is blessed with numerous beautiful places that promise benefits for body and soul – immerse yourself in the healing warmth of thermal waters and breathe deeply in the freshest air.

**Come to relax
and strengthen your health!**



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