



At present, Poland has 45 official health resorts, which meet the very strict and precise requirements that are defined in law regulations, and two areas having the health resort preservation status. Moreover, there is the only sanatorium in Poland operating in the underground former working pit in Wieliczka. The youngest and at the same time the only thermal health resort in Poland is Uniejów, which makes use of therapeutic thermal waters for health and recreational purposes.

Polish health resorts are located in the most beautiful regions of our country and are full of countless natural resources. Both those with the scent of the sea and sunk in the sun seaside health resorts (Kołobrzeg, Kamień Pomorski, Ustka or Sopot) as well as those stunningly located lowland resorts (Ciechocinek, Inowrocław, Połczyn-Zdrój or Nałęczów), and finally picturesquely situated mountain and foothill's resorts (Polanica-Zdrój, Duszniki Zdrój, Rymanów, Horyniec Zdrój, Muszyna, Krynica-Zdrój or Iwonicz Zdrój), all of them guarantee the best possibilities of the classic health resort treatment, and a lot of unforgettable impressions and experiences during every day of stay.

The stay in a health resort comes usually with a series of

high level medical treatments, wide range of additional services and great climate, clean ground, air and water. The number of people visiting health resorts is increasing systematically. Today, almost everyone knows that the term "health resort" is associated with the highest quality. It is also associated with a town (city or village) which favorably stands out among others. A town which has its ecological issues solved, which has a very high level of services and rich offer, which has a perfect recreational and tourism infrastructure.

Modern health resorts are of a multi-functional character. They offer different services, from typical health resort services to spa, wellness, beauty and medical tourism. Polish resorts are not only the places of treatment and relaxing, they are also becoming congress and conference centers with modern and well equipped objects that offer the full service in the business tourism sector. A perfect example here are: Szczawnica health resort with very up-to-date infrastructure such as conference rooms, which are located in the stylish Guest Mansion; Krynica-Zdrój with its Economic Forum, being organized for more than 20-years up to now; Ciechocinek with the International Festival of

