

## **“Wieliczka” Salt Mine Health Resort**

The air in the “Wieliczka” Salt Mine is free of bacteria, viruses and allergens. Saturated with salt, it brings relief to people suffering from respiratory diseases. Patients from all over the world praise not only the beneficial microclimate, but also the peace and quiet of the chambers located at a depth of 135 meters.

Treatment in the underground Wieliczka combines the values of a unique microclimate and active rehabilitation of the respiratory system. The therapeutic properties of salt chambers are determined primarily by exceptional bacteriological purity, high relative air humidity of 74–90%, as well as the high content of sodium chloride (24 mg/m<sup>3</sup>) and elements such as magnesium, manganese and calcium. Additionally, the air in the mine is free of the pollutants abundant in the modern natural environment on the surface of the earth.

Based on the unique microclimate of the mine, the “Wieliczka” Salt Mine Health Resort uses an innovative method of treatment or subterraneanotherapy. It is based on exposing the patients to the synergistic effects of stimuli of a physical, chemical and biological nature, present in the underground spaces. The microclimate affects the entire organism through stimuli, it also has a more localised effect in the respiratory tract thanks to isolation from allergens, irritants and harmful substances.

The underground health resort treats mainly people suffering from diseases of the upper and lower airways, such as bronchial asthma; chronic obstructive pulmonary disease; chronic recurrent diseases of the nose, sinuses, throat and larynx; chronic bronchitis and pneumonia; allergic disorders (allergic asthma, allergic skin diseases). Underground stays also have a great impact on people living in a polluted environment on a daily basis, purifying and moisturising the respiratory tract.

In the underground Health Resort, patients have at their disposal chambers on Level III of the mine – Lake Wessel, Eastern Mountains Stable, Dragon and Boczkowski – as well as specialist clinics on the surface in the building of the former Salt Mill. In 2011, the Wieliczka sanatorium was the first in Poland to be granted the status of an underground health resort.

The Health Resort offers, among others, several-day stays, as well as various prevention programmes and treatment stays. Underground, you can regain your health (both under contract with the NFZ and commercially), or relax away from the rush of the outside world.

The uniqueness of the Wieliczka Health Resort is based on active pulmonary rehabilitation based on the best practices of modern medicine, using the natural microclimate of the underground salt chambers, impossible to replicate on the surface.