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Go to a sauna to get health and wellness

When the temperature falls below zero and the evening are long, cold and dark, it is easy to feel down. At this particular time you should take care of your health, appearance and good mood so we recommend taking advantage of the wide offer available here in Varmia ad Masuria .

Russian banya in Galiny



Fot. arch. Pałac Galiny

The Russian banya owes its beneficial properties to a specifically prepared ritual. A construction built from wood and natural stone welcomes its guests with the relaxing aroma of wood and essential oils. Apart from the banya with its wood-burning stove , there are also special drinks with purifying qualities such as kvass, various herbal teas with honey ,raspberry and birch juice. Getting under a cold bucket of water or jumping off a pier into a cold pond has the best effect at the end of the ritual.

www.palac-galiny.pl/en/

The Sauna Zone in Hotel Krasicki

The sauna zone consisting of Steam saunas, Finnish saunas and infra red ones impresses with their design and a special offer of rituals. Fans of hot steam baths can experience an amazing sensation for the body and soul. The ritual begins with body peeling with the use of cosmetics including green tea extract with marine salt crystals for detoxifying, remineralizing and nourishing qualities. Then there is a ceremony with aromatic towels involving the sauna master and the ice- cold part to finish it off .The cold will refresh and nourish the skin well. At the end of the ritual, guests can participate in sampling non-alcoholic drink like Mojito.

www.hotelkrasicki.pl/en/

Sauna and shower experience at tepidarium in Hotel Venus

There are three kinds of saunas- dry saunas, steam saunas and infra red saunas, several showers and a tepidarium in Hotel Venus Natural & Medical SPA in Gołdap. In Gołdap there are saunas for 2 and 3 people that guarantee comfort and an intimate atmosphere. Those who warm up and cool down their body interchangeably will fully feel the positive effect of a sauna. It guarantees relaxation, muscle regeneration and reduces the effects of stress. After a sauna, you should get under a bucket of cold water and' go from the Arctic to the Tropics', as the saying goes. While taking a shower, you can see different colours lights, smells and hot and cold aromas which add more to the experience. After having a shower, you can go to the tepidarium - a relaxation zone with heated deckchairs and sunny meadows which give you a natural and light tan which enhances your good mood.

www.ventushotel.pl/

A sauna under a castle



fot. arch. Zamek Ryn

There is a modern sauna zone in Hotel Ryn's basement. Guests can have a Finnish sauna, a wet (Roman) sauna. Saunas that are close to the underground swimming pool are open every day. In Princess Anna's SPA you can improve your vital forces thanks to the power of the four elements.

www.zamekryn.pl/en/

Masurian banya in Tajty



fot. arch. Hotel Tajty

Hotel Tajty that offers you a great stay in the outdoor SPA zone with Finnish and Masurian banyas is located in Wilkasy near Giżycko. It is open all year round and, it is especially recommended in winter. The Masurian banya is a special bath which relaxes and improves the condition of the body.

www.hoteltajty.pl/en/the-hotel/

World of saunas in Hotel Mikołajki

Health and relaxation are the two words that are the most important in the World of saunas in Hotel Mikołajki. A group of experienced therapists help guests choose an ideal place to relax. Guests can choose between dry, salt and infra-red saunas and the visit to each of them has a positive effect on your beauty and health and helps maintain skin firmness and get rid of toxins from the organism. It is worth going to the steam, aromatic and mud bathhouse as the high temperature and humidity of air take good care of the harmony of the body. Special bowls for dipping your feet in and relaxing heated benches are obligatory for this visit.

www.hotelmikolajki.pl/en/

Relaxation in Robert's Port

Robert's Port invites guests to visit its Finnish, infra-red and steam saunas. Three types of sauna give a lot of possibilities for relaxation and therapy. The Infra-red sauna has specific health qualities and dry and steam saunas help to get rid of toxins from the organism quickly. The Sauna complex in Robert's Port is not only a place where you can feel blissful relaxation but, it is also a place where you can regenerate and recover your vital strength.

www.hotel-port.pl/en/

Four types of sauna in Hotel Natura Mazur Resort& Conference

Hotel Natura Mazur Resort& Conference Warchały has a wide range of wellness with four types of sauna. The Bio-sauna is characterised by a high temperature of 60 degrees and the use of natural, essential oils. The Finnish sauna with dry air and temperatures vary from 85 to 100 degrees thanks to hot stones. The Steam sauna is characterised by lower temperatures around 50 degrees and high air humidity. The Infra-red sauna is a sauna where infra red heaters emit heat that brings the sauna up to 60 degrees.

www.naturamazur.pl/en/

Banya overlooking Lake Masuria



Fot. arch. Masuria Hotel &SPA Worliny

Beautiful views, unique atmosphere and attractive location-these are the main reasons why you should visit banya in Masuria Hotel& SPA in Worliny. A unique location is something that fascinates most visitors.

www.hotelmasureia.pl/en/

How the soul feels in Hotel Anders



Fot. arch. Hotel Anders

Hotel Anders in Stare Jabłonki is this year's winner of the SPA Prestige Awards prize. The hotel was in the top three of the best Spa & Wellness hotels in Poland in two categories-the Best Eco Spa and the Best Family & Baby Spa and in the top 10 best Spa & Wellness places in Poland. There are 8 Spas and attractive wellness centre . There is also a pool, jacuzzi, saunas, hydro massage baths and a tepidarium.

www.hotelanders.pl/en/

Masurian sauna on water



fot. arch. Mazurska Sauna

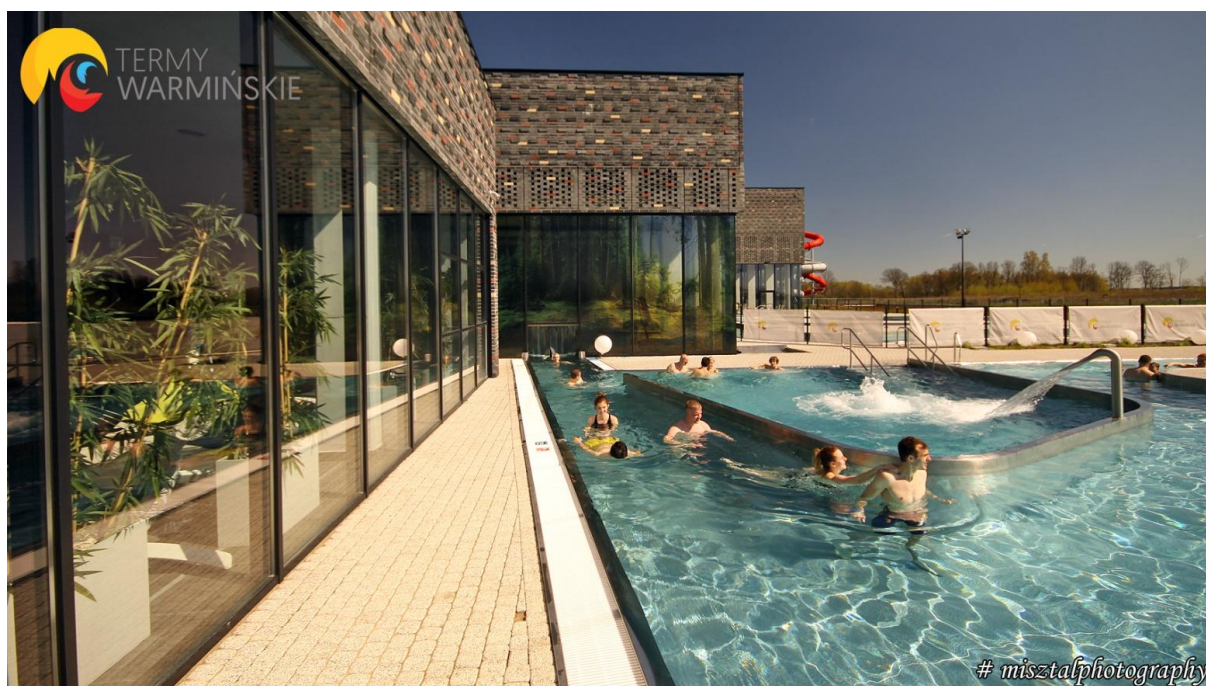
Is there anything more pleasurable than relaxation in a sauna on a cold day? If you add the marvelous views of the Great Masurian Lakes – a recipe for ideal relaxation is at hand.

It is Masuria where Monika and Paweł have a nice surprise for all lovers of sauna – a sauna modeled on a one from Finlandsailing on the lake. What else is special? A wood-burning stove, the heart of the place and access to picturesque landscapes and experience the gentle rocking on water are included in price?

You can get to the sauna in your own boat as the sauna is not tied to the shore and, it guarantees full intimacy. You can call the owners who provide transport to and from the shore. The owners of Masurian sauna invite guests throughout the year.

www.mazurskasauna.pl

Varmia Thermal Baths in Lidzbark Warmiński



fot. arch. Termy Warmińskie

Varmia Thermal Baths in Lidzbark Warmiński is the first centre of this kind located in northern Poland. It connects high standards of accommodation with a rich SPA offer. It is a perfect place for rest and relaxation, for those who do sports, and for those who want to have a respite from everyday life.

The sports and recreation complex is divided into two parts – the first one connected with sports and the second one with relaxation. In the sports part you can use a full-size swimming pool, a different-task-swimming pool or an external seasonal wild river. There are plenty of activities for children in this section. There is also a special fun pool for young children, with, among other things, a canal for ships, a water mushroom, fountains and water cannons. In the relaxation area, visitors can take advantage of the vital swimming pool with water couches, a waterfall and water nozzles, a therapeutic brine pool, a hyperthermia pool and an all-year-round outdoor swimming pool. Outdoor activities lovers will be equally happy in the Baths as well as in the Centre of Outdoor Activities with extensive green areas. Visitors can use a climbing wall, a ropes course and a sports field. You can relax on the shores of the lake, which in the summer days invites you to swim.

You can enjoy a wide range of body treatments and massages in the SPA-section. Thermal baths, relaxing massages, scrubs and pine sauna with moderate humidity are in offer. Spa rituals allow you to take care of your body, find harmony and enjoy wonderful experiences. In the sauna part of Varmia Thermal Baths aromatic sauna rituals take place at fixed times every day. Séances are conducted by qualified staff who take care of suitable atmosphere, highlighted by the desired scent.

For those who want to stay longer, Varmia Thermal Baths offer comfortable one- and two-level apartments, which are decorated to every detail. Beautiful views from the windows and terraces bring about solace and relaxation for the body and the spirit. Moreover, comfortable surroundings are favourable for the rest.

www.termywarminskie.pl

Canoeing trip on the river Krutynia in winter



Fot. arch. Mazury PTTK

Leisure time in a canoe is mostly associated with summer. Actually, canoeing trips in Masuria are becoming more and more popular also in winter. Unforgettable landscapes which you can admire in this time of the year will enrapture every tourist. The river Krutynia is ideal for such a trip. The canoeing trip on this river is very easy and safe. It is easy to organize as well. A very interesting offer is a two-day trip, organized by Mazury PTTK. During this trip participants will be accommodated in the heart of the Masurian Landscape Park – in the alongside river centre in the resort Krutyń. Throughout the first stage of the canoeing trip participants cover the distance of 14 km from Krutyń to the resort Ukta. This section is regarded as one of the most picturesque on the whole route. There are a lot of tourists in summer. However, the Krutynia route is very calm and quiet in winter and enables the participants to marvel at nature in a completely different atmosphere. Tourists will have to portage their canoe once on this way. There is a break for a meal

on the schedule as well. After the canoeing trip you can go for a walk to the local nature reserves "Zakręt" or "Krutynia".

On the next day the participants will take part in a much shorter section of the canoeing trip, only 7 km from Ukta to Nowy Most. They will cover it in about 2 hours. The whole stage runs wholly across the area of the nature reserve "Krutynia Dolna". After completion of the canoeing trip the participants will be brought to the alongside river centre PTTK for a dinner.

Summing up, a canoeing trip in winter is a very interesting form of the active rest. It is always accessible for beginners. It enables the participants to get unforgettable impressions and get to know the Masurian nature from a totally different perspective.

www.mazurypttk.pl