



# RELAX AND WELLNESS



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A tradition of taking advantage of these local places and their healing abilities goes way back in history and was recognised even by Hungarian and Austrian rulers. These traditions have survived in most places and they have transformed into modern version that is able to satisfy even the most demanding visitor's needs. Discover the magical and a beneficial healing power of locations that combine a link with history and human innovation together to rejuvenate your powers in the spas and modern relaxation centres.

### PREŠOV AUTONOMOUS REGION – A PLACE TO RELAX

Mother Nature has been very generous towards the Prešov Region. She has given it many locations with beautiful scenery enriched with a number of hot and mineral springs with healing effects. With that came a huge potential to create places for relaxing and regenerating physical and mental strength.



EURÓPSKA ÚNIA



regionálny operačný program



PREŠOVSKÝ SAMOSPRÁVNÝ KRAJ





The spa tradition in Bardejov Spa started in the 13<sup>th</sup> century. Natural mineral springs with healing effects are predetermined for treating neurological, musculoskeletal, digestive, circulatory, kidney, urinary and respiratory diseases as well as those resulting from working processes, oncological diseases and some gynaecological issues. Construction of a modern Wellness Spa comprising three swimming pools, a sauna facility and numerous relaxation treatments also makes the spa ideal for therapeutic visits.

[www.bardejovske-kupele.eu](http://www.bardejovske-kupele.eu)

## Bardejov Spa

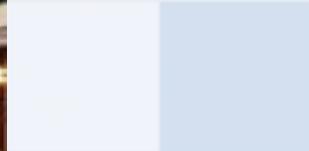
A lovely setting, where the empress Elisabeth of Austria used to go to regenerate.





The discovery of natural mineral water with a high content of hydrogen sulphide led to the formation of Červený Kláštor Spa, named after the characteristic aroma of its mineral spring. Thanks to its mineral composition the waters are used to treat mainly skin, musculoskeletal and neurological diseases as well as problems connected to digestive system disorders. The immediate proximity of the Pieniny National Park also presents ideal conditions for hiking and other sports activities, the most popular being rafting and zorbing.

[www.smerdzonka.eu](http://www.smerdzonka.eu)



## Červený Kláštor Spa

A unique combination of the healing effects of natural mineral water and the beautiful scenery of Pieniny.





If there is a spa in Slovakia that can affect all of our senses as well as our souls with its unique combination of hot and healing springs, an omnipresent history, beautiful period architecture tastefully complemented by modern buildings and a certain nobility, it is this one. Thanks to this rare mixture of ingredients, it is an ideal place for the treatment of oncological and mental diseases, circulatory and digestive system disorders, kidney and urinary system problems and gynaecology ailments. A modern wellness hotel with plentiful relaxation programmes and its own thermal pool – Izabela, and with four outdoor and one indoor pools within close proximity, makes this spa a popular place for relaxation and regeneration.

[www.ruzbachy.sk](http://www.ruzbachy.sk)



## Vyšné Ružbachy Spa

Graceful architecture, beautiful landscapes and a rich thermal bath and wellness programme.





## Nový Smokovec Spa

An ideal place to regenerate your body and soul.



A spa with many years of tradition surrounded by the beautiful Tatras. With a newly built swimming pool and a wellness centre, they offer a wide range of therapeutic and relaxing programmes. The procedures aim to ease problems connected to respiratory system diseases, metabolism and endocrine system disorders, mental diseases and issues caused during or as the result of working, and are complemented by relaxation in a wellness zone with sauna, Jacuzzi, Kneipp bath, cold water pool and tepidarium. Its location, above the dust and smoke zone, brings benefits in the form of clean fresh air without bacteria and allergens.

[www.kupelens.sk](http://www.kupelens.sk)



A fun-filled place that will make even Pirates from the Carribean smile.

## AquaCity Poprad

13 indoor and outdoor thermal pools with water temperatures ranging between 30-38 °C, 71 m and 54 m long water slides with many turns, rafting and adrenalin kamikaze water slides, a family slide, aerated bath, massage jets and a rich wellness programme including relaxation and Thai massages or cryotherapy, are only some of the many services you can be spoilt by here. The concept is that of a water park that can conjure a good mood and make all family members smile. A rich and animated programme, salt-water children's pool and many other attractions for children, including meeting the Pirates of the Caribbean, are complemented by beauty centre services and an opportunity to use a gym and spinning centre.

[www.aquacity.sk](http://www.aquacity.sk)





A year round swimming pool complex with ten thermal pools, four of which are for children. The water temperature of the pools range between 26 °C and 38 °C. The thermal waters have beneficial effects on musculoskeletal and neurological systems as well as positively influencing respiratory and circulatory systems. Accommodation facilities include bungalows and apartments as well as a restaurant, and Thai massages can be enjoyed directly in the swimming pool complex. Passionate fishermen will appreciate the possibility of catching some fish in the nearby fishpond with an option to purchase a license for one day or the whole week.

[www.termalneakupalisko.com](http://www.termalneakupalisko.com)

## Thermal Park Vrbov

Year round fun and relaxation for everyone.





## Sninské rybníky

A unique opportunity to enjoy healthy eating, swimming and relaxation at an organic spa.

Three kilometres away from the town called Snina, embraced by the Vihorlatské vrchy, in a location full of cycle paths and tourist trails, there is a unique self-cleaning swimming pool that uses plants and algae to clean itself. A lake covering an area of 6155 m<sup>2</sup> is divided into several areas intended for swimmers, non-swimmers and children. There is also a children's playground and facilities for sport activities in the area. Visitors can also benefit from accommodation and eating services.

[www.biokupaliskosnina.sk](http://www.biokupaliskosnina.sk)

## Water World Svidník and Stropkov Swimming Pool

An authentic holiday by the water and camping.

This quiet town with a rich military history offers a unique opportunity to relax and exercise in the large Water World facility. You can find an indoor and outdoor swimming pool, wave pool, slide landing pool and a children's pool. A 36 m long water slide, 12 m long kamikaze water slide, aqua aerobics classes and many other attractions promise daylong fun. And adventure lovers who don't require hotel comfort can enjoy the Water World campsite (tents or camper vans) for a few days. On your trips to the nearby town, Stropkov, you can continue your swimming activities in the large 50 x 22.5 m pool and children's pool playground.

[www.vodnysvetsvidnik.sk](http://www.vodnysvetsvidnik.sk)





## Opalex Sigord

Saltwater swimming under the Slanské vrchy hills.

The recreational area in the Slanské vrchy hills offers an ideal mixture of relaxation and sports activities. It presents an opportunity to experience the beneficial effects of salt water in the local pool. Summer team sport lovers will appreciate the chance to use the volleyball court or play boules directly on the premises. The interior of the recreational facility offers not only accommodation and food services but also wellness centre services including a sauna, various types of massage, an indoor pool and a Jacuzzi, gym and sun bed.

[www.opalexsigord.sk](http://www.opalexsigord.sk)



## Plaza Beach Solivar

An island of happiness in the heart of the Šariš metropolis.

Should you get tired from your sightseeing tour around Prešov, finish it in Solivar at Plaza Beach Solivar. The two-lagoon pool, children's pool with attractions and swimming pool with a water slide are available there for fun and relaxation. Tireless sportsmen can additionally enjoy a game of tennis or play beach volleyball. A market street with two restaurants, bar and bowling is also part of the complex. Its lighthouse can also offer a unique view over Prešov and the Tatras.

[www.plazabeach.sk](http://www.plazabeach.sk)





## Zion Spa \* Grand Hotel Kempinski\*\*\*\*\*, the High Tatras

Luxury care on the banks of Štrbské pleso.

Exceptional elegance with a gentle hedonistic and bohemian flavour. Those are the two attributes that describe the luxury premises of Zion Spa Hotel. Other than relaxing in a pool or a sauna it also offers a wide range of classical and Thai massages and skin and body treatments. A novel and unique concept uses a new collection of original body and skin treatments, Mountains of Love, containing massage oils based on plant extracts found in the Tatras, mainly pine tree, sage, juniper and lavender. A VIP apartment, where you can enjoy selected procedures in pairs is also a part of Zion Spa.

[www.kempinski.com](http://www.kempinski.com)

## Aquapark Delňa

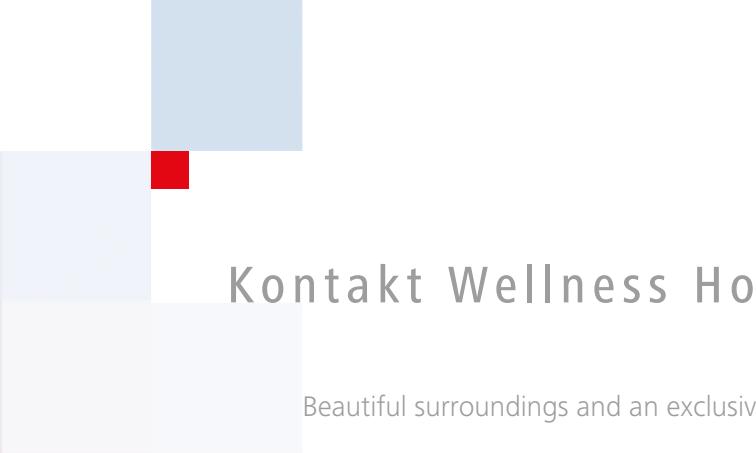
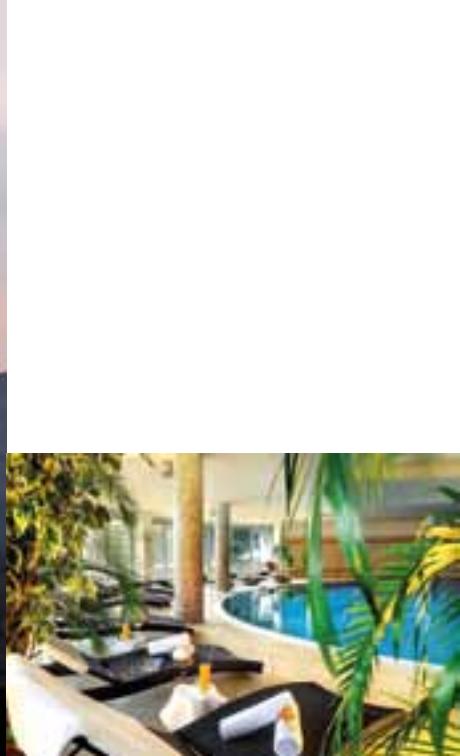
Year round accessible indoor complex in Prešov with many attractions and services.



1500 m<sup>2</sup> of water, a lagoon, swimming, children's and relaxation pools and attractions including water slides, whirlpool, wave breaks, waterfalls and water jets are just a some of the services necessary to make a good aqua park. 10 pools filled with thermal spring water can reach temperatures of 38 °C in winter and have been proven to have a positive influence on musculoskeletal, neurological, respiratory and circulatory systems. This modern wellness centre offers a wide range of relaxation and therapeutic massages as well as sauna facilities, Jacuzzi, Kneipp bath or a pleasantly cooling ice cave.

[www.aquaparkpresov.sk](http://www.aquaparkpresov.sk)





## Kontakt Wellness Hotel\*\*\*\*, Stará Lesná

Beautiful surroundings and an exclusive wellness programme.

A luxury wellness hotel nestled in a beautiful landscape directly underneath the Tatra peaks. The concept of this hotel focuses on visitor regeneration and the extensive wellness programme is tailored accordingly. Available to guests are seven saunas with relaxation rooms, a Jacuzzi with four whirlpools and a bar where you can enjoy a great drink while you are relaxing. The NeoQi Energy Cocoon is also a part of the complex, being a unique device that focuses on reducing stress levels and anxieties, metabolism regulation, body weight reduction and restoration of general balance between the body and mind. Salon skin treatments using SOTHYS PARIS luxury cosmetics, special procedures like a cinnamon slimming wrap or a chocolate massage, Japanese Hanakasumi treatments with rice powder and cherry flower – you can enjoy all of this in the luxury hotel during your family holiday, relaxation stay or company team building.

[www.hotelkontakt.sk](http://www.hotelkontakt.sk)

## Spa Grand \* Grand Hotel\*\*\*\* Starý Smokovec

Harmonise your body and soul in one of the oldest hotels in the Tatras.

A luxury hotel with a tradition spanning more than 100 years, set in a stunning location in the foothills of Slavkovský štít, offers not only accommodation and a gourmet experience in its restaurant but also a full wellness programme in its Spa Grand. In addition to the swimming pools and Jacuzzi, it offers different types of massages such as lava and precious stone massages, but also original massage rituals using Tatra rose petals or real 24 carat gold. The latest procedure on offer in the wellness centre is a Garra Rufa fish pedicure. A healing procedure using the water from a natural spring called Smokovecká mineral water, in accordance with the moon phases, is a part of the programme focused on relax and wellness.

[www.grandhotel.sk](http://www.grandhotel.sk)





## Hotel Hviezdoslav\*\*\*, Kežmarok

A place with a distinctive poetry.

This charming historical hotel, in a building dating from the 17<sup>th</sup> century, can be found in the old royal town of Kežmarok. The owners have named it after one of the most significant Slovak poets, Pavol Országh Hviezdoslav, who lived there in rented accommodation during his five years of German language studies and the writing of his first poetry collection. Special tributes to this important person also include a hotel restaurant called Poézia (poetry) and a charming Literary café with an international library. The hotel's wellness centre offers several types of sauna, Jacuzzi, a vitamin corner and various types of massages by order. These services are available to the hotel guests as well as the general public.

[www.hotelhviezdoslav.sk](http://www.hotelhviezdoslav.sk)



## Hotel SPA \* Hotel Ali Baba\*\*\*

Relaxation and regeneration in one of the Good Soldier Svejk's favourite towns.



Since 2012, a charming wellness and fitness hotel complex has been located within the refurbished premises of this modern hotel in Humenné. A whirlpool with image projection, sauna world with different sauna types, an experience shower and a cooling pool, private wellness, wellness bar and relaxation zone create a space for easy regeneration. A wide range of massages, modern fitness centre, squash and tennis courts with the possibility of a personal trainer, will satisfy even the most demanding visitor.

[www.hotelalibaba.sk](http://www.hotelalibaba.sk)





EURÓPSKA ÚNIA



regionálny  
operačný  
program



European Regional Development Fund

“Investing in your future”

**A collection of systematic informational and  
promotional materials about PSK  
(Prešov Autonomous Region)**

The project is co-financed with resources from the European Union, Regional Operational Program, Priority 3 The reinforcement of the cultural potential of the regions and the infrastructure of tourism, Provision 3.2 The support and development of tourism infrastructure – non-investment activities in tourism.