

## CONSULTATIONS

Treatment	Duration	Price	Series of 5	Series of 10
Initial consultation before treatments	-	49 pln	-	-
Physiotherapeutic consultation	30 min	59 pln	-	-
Physiotherapeutic consultation	55 min	149 pln	-	-
Diagnostics on a dynamographic platform	25 min	89 pln	-	-
Dietary consultation	55 min	149 pln	-	-
Follow-up dietary consultation	30 min	99 pln	-	-
Psychodietetic consultation	55 min	119 pln	-	-
Orthopedic consultation	up to 20 min	200 pln	-	-

## HERBAL TREATMENTS

Treatment	Duration	Price	Series of 5	Series of 10
Full body herbal bath (3 types to choose from)	20 min	49 pln	-	-
Herbal anti-swelling foot bath	15 min	49 pln	-	-
Herbal inhalation	10 min	39 pln	-	-
Herbal eyes spray	10 min	39 pln	-	-
Partial herbal stamp massage	25 min	129 pln	-	-
Full body herbal stamps massage	55 min	249 pln	-	-

## LABORATORY DIAGNOSTICS

Treatment	Price	Series of 5	Series of 10
Thyroid package	299 pln	-	-
Covid package	120 pln	-	-
Bone package	199 pln	-	-
Liver package	179 pln	-	-
General package	159 pln	-	-
The metabolic package	239 pln	-	-
Dermatological package	239 pln	-	-
General examination package for women 40+	679 pln	-	-
General examination package for men 40+	499 pln	-	-

All tests are carried out in the Invicta laboratory, located 350 meters from Sopotorium.  
More information at the Medical Center Reception, at [www.invicta.pl](http://www.invicta.pl) or by calling 58 58 58 810.

## RECREATION

Use of the recreation zone, consisting of brine pool, sauna complex, jacuzzi, Kneipp path, cardio gym and mineral inhalation chamber

	Price
Monday – Friday	8AM-9PM – single entry 79 pln
Saturday – Sunday / holidays, long weekends	9AM-9PM – single entry 99 pln
10-entry ticket (valid 3 months from the date of purchase)	799 pln
3-months ticket*	1 399 pln
6-months ticket*	1 999 pln
12-months ticket*	3 399 pln
Bathrobe rent	19 pln



\* entitles you to participate in group exercises in the brine pool, gym, mineral inhalation chamber and outdoor from Monday to Thursday (the number of places is limited, prior reservation required)

## MOVEMENT THERAPY (KINESIOTHERAPY)

Treatment	Duration	Price	Series of 5	Series of 10
Individual rehabilitation with physiotherapist	30 min	99 pln	470 pln	891 pln
Individual rehabilitation with physiotherapist	55 min	169 pln	802 pln	1 521 pln
Group exercises in the brine pool	30 min	49 pln	233 pln	441 pln
Group exercises in the gym	30 min	29 pln	138 pln	261 pln
Nordic Walking exercises	55 min	29 pln	138 pln	261 pln
Yoga Medica	60 min	39 pln	185 pln	351 pln
Rehabilitation on a dynamographic platform	30 min	99 pln	470 pln	891 pln
Redcord suspension rehabilitation	30 min	99 pln	470 pln	891 pln

- initial consultation required

Sopotorium Medical Center & Spa  
Bitwy Pod Płowcami 52  
81-731 Sopot

phone +48 58 35 35 959  
e-mail: [med@sopotorium.pl](mailto:med@sopotorium.pl)  
[www.sopotorium.pl](http://www.sopotorium.pl)

  
**SOPOTORIUM**  
MEDICAL RESORT

**MEDICAL CENTER**  
**PRICELIST** 



## THERAPEUTIC MASSAGE

Treatment	Duration	Price	Series of 5	Series of 10
Partial massage	25 min	109 pln	518 pln	981 pln
Full body massage	55 min	189 pln	898 pln	1 701 pln
Partial sports massage	25 min	119 pln	565 pln	1 071 pln
Full body sports massage	55 min	219 pln	1 040 pln	1 971 pln
Draining massage based on warm balm	25 min	125 pln	594 pln	1 125 pln
Draining massage based on warm balm	55 min	229 pln	1 088 pln	2 061 pln
Full body honey massage	55 min	229 pln	1 088 pln	2 061 pln
Kobido therapy	60 min	249 pln	1 183 pln	2 241 pln
Zoga Face therapy	90 min	369 pln	1 752 pln	3 321 pln
Face massage with temporomandibular joint preparation	25 min	109 pln	518 pln	981 pln
Deep tissue massage	25 min	109 pln	518 pln	981 pln
Ice cube massage	25 min	109 pln	518 pln	981 pln
Partial Chinese cup massage	25 min	109 pln	518 pln	981 pln
Full body Chinese cup massage	55 min	189 pln	898 pln	1 701 pln
Breuss massage	25 min	109 pln	518 pln	981 pln
Partial massage for pregnant women	25 min	109 pln	518 pln	981 pln
Full body massage for pregnant women	55 min	189 pln	898 pln	1 701 pln
Partial lymphatic massage	25 min	109 pln	518 pln	981 pln
Full body lymphatic massage	90 min	219 pln	1 040 pln	1 971 pln
Lymphatic BOA pneumatic massage	30 min	49 pln	233 pln	441 pln
Modelling BOA pneumatic massage	45 min	59 pln	280 pln	531 pln
Modeling and anti-cellulite massage with a shockwave	45 min	219 pln	1 040 pln	1 971 pln

## MANUAL THERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Manual therapy	30 min	109 pln	518 pln	981 pln
Manual therapy	55 min	189 pln	898 pln	1 701 pln
Osteopathic therapy	55 min	189 pln	898 pln	1 701 pln
Craniosacral therapy	55 min	189 pln	898 pln	1 701 pln
Visceral therapy	55 min	189 pln	898 pln	1 701 pln
Foot reflexology	55 min	219 pln	1 040 pln	1 971 pln
Pinotherapy	55 min	189 pln	898 pln	1 701 pln
Dental physiotherapy	55 min	189 pln	898 pln	1 701 pln
Dry needling	up to 30 min	99 pln	470 pln	891 pln
Kinesiotaping		50 pln	-	-

## BALNEOLOGY

Treatment	Duration	Price	Series of 5	Series of 10
Brine bath <input checked="" type="checkbox"/>	15 min	39 pln	185 pln	351 pln
Mud bath <input checked="" type="checkbox"/>	15 min	39 pln	185 pln	351 pln
Brine bath with mud <input checked="" type="checkbox"/>	15 min	45 pln	214 pln	405 pln
Carbonic acid bath <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Dry carbonic acid bath	10 min	35 pln	166 pln	315 pln
Dry ozone bath (ozone therapy)	10 min	35 pln	166 pln	315 pln
Hop bath	20 min	49 pln	233 pln	441 pln
Lavender bath	20 min	49 pln	233 pln	441 pln
Partial mud wraps <input checked="" type="checkbox"/>	20 min	35 pln	166 pln	315 pln
Full body mud wraps <input checked="" type="checkbox"/>	20 min	109 pln	518 pln	981 pln
Graduation tower	45 min	35 pln	166 pln	315 pln
Psychotherapeutic session in the mineral inhalation chamber	45 min	59 pln	280 pln	531 pln

## INHALATIONS

Treatment	Duration	Price	Series of 5	Series of 10
Inhalations	10 min	35 pln	166 pln	315 pln
Eyes spray	10 min	35 pln	166 pln	315 pln
Reusable inhalation mask	-	35 pln	-	-

## HYDROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Hydromassage	15 min	45 pln	214 pln	405 pln
Pearl bath	15 min	45 pln	214 pln	405 pln
Ozone bath	15 min	45 pln	214 pln	405 pln

## THERMOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Systemic cryotherapy <input checked="" type="checkbox"/>	1-3 min	49 pln	233 pln	441 pln
Local cryotherapy <input checked="" type="checkbox"/>	do 5 min	35 pln	166 pln	315 pln
Cooling cuff <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Outfit for cryotherapy		99 pln	-	-

## ELECTROTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Galvanic therapy <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Ionophoresis <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Diadynamic current <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Trabert's current <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Interferential (Nemeck's) current <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
TENS current <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Kotz current <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Microcurrent <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Bipolar electrostimulation <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln
Magnetotherapy <input checked="" type="checkbox"/>	25 min	35 pln	166 pln	315 pln

## PHOTOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
High-energy laser <input checked="" type="checkbox"/>	do 15 min	49 pln	233 pln	441 pln
High-energy laser during individual session with a physiotherapist <input checked="" type="checkbox"/>	do 15 min	35 pln	166 pln	315 pln
Sollux lamp <input checked="" type="checkbox"/>	15 min	35 pln	166 pln	315 pln

## SONOTHERAPY

Treatment	Duration	Price	Series of 5	Series of 10
Shockwave <input checked="" type="checkbox"/>	do 15 min	69 pln	328 pln	621 pln
Shockwave during therapy session <input checked="" type="checkbox"/>	do 15 min	49 pln	-	-
Ultrasounds <input checked="" type="checkbox"/>	do 10 min	35 pln	166 pln	315 pln
Phonophoresis (ultrasounds + medication) <input checked="" type="checkbox"/>	do 10 min	35 pln	166 pln	315 pln
Combined therapy (ultrasounds + electricity) <input checked="" type="checkbox"/>	do 15 min	35 pln	166 pln	315 pln

- initial consultation required