The map of mineral and thermal springs in Slovakia
Spas in Slovakia

- There are more than **1300 mineral sources in Slovakia** that are used like curative water and high quality mineral water for drinking. There are **21 thermal spas** built on these mineral springs, usually divided in three groups according to their kind:
  - **Balneological spas:** Piešťany, Trenčianske Teplice, Bojnice, Dudince, Sliač, Smrdáky, Brusno, Lúčky, Sklené Teplice, Turčianske Teplice,
  - **Climatic spas:** Štrbské Pleso, Nový Smokovec, Štós, Tatranské Matliare, High Tatras
  - **Mixed spas:** Bardejov, Rajecké Teplice, Číž, Nimnica, Vyšné Ružbachy
The map of Spas in Slovakia
Spa Číž

• Spa Číž lies in the south of Slovakia not far away from the frontier with Hungary.

• Spa Číž was opened in 1889. Its thermal water contains a high lithium and bromine content what is quite rare in Slovakia. The salty iodine-bromine waters are particularly effective for the treatment of patients affected by nervous, skin and other chronic inflammatory diseases.
Rajecké Teplice Spa is situated in the valley of Rajčianska River only 15 km from Žilina. The local alkaline thermal springs of the spa have been known since 14th century; the reconstruction of the spa began during the 17th century and soon became one of the most famous spas in Slovakia. Nowadays, the newly constructed spa buildings Aphrodite furnished in antique style are very attractive as they are fully equipped with the most modern therapeutic and diagnostic apparatuses.
Rajecké Teplice

- Rheumatic diseases of locomotion apparatus, neurosis (neuromuscular degenerative diseases, Parkinson disease, and stress), occupational diseases, non-tuberculosis diseases of the respiratory system, polio, diseases of bone, joints, muscles, and tendons are treated here thanks to natural springs reaching temperature of 38 °C.

- To attain the expected result the patients can use more kinds of treatment: electro-treatment / electro-stimulation, laser therapy, magnet therapy, thermotherapy, paraffin packs and peat baths, hydrotherapy / balneotherapy, bath in the carbonic calciferous and magnesium thermal waters, hydro massage baths, oxygen therapy, massages, gas injections.
Historically rich Spa of Bardejov is located 4 km north from town Bardejov in Low Beskydy Mountains. The first written mention dates back to 1247 to the reign of Hungarian king Béla IV. Spa is used for regular treatment since the 15th century. Services of the spa were enjoyed by many well-known historically famous persons such as Elizabeth (Sisi, wife of the emperor Francis Joseph), Marie Louise (wife of Napoleon I.) or Russian czar Alexander I.
Spa of Bardejov

Springs contain hydro carbonic, chloride, sodium, carbonic hypotonic with medium mineralization and relatively rich in boric acid. The total mineralization ranges from 1600 mg/liter to 9400 mg/liter, and that of carbonic oxide from 2200 mg/liter to 3800 mg/liter.

Spa has great conditions that are necessary for treating diseases of the respiratory system, circulation conditions and digestive tract. The spa is an ideal place for treatment of diseases like blood circulation problems, diseases of gastrointestinal system, renal and urinary tract disorders, non-tubercular disorders of the respiratory tract, oncologic problems. Other therapy methods include mineral water drinking cures, inhalation therapy, gymnastic, hydrotherapy, classical and under-water massages, electro-therapy, rehabilitation. Many patients are treated for psychical and mental fatigue.
Spa Piešťany

- Spa Piešťany is located in western Slovakia, only 86 km from the capital Bratislava in the northern part of the region Dolné Považie. Beautiful spa island with its luxurious park has a rich cultural and social life and numerous relaxing possibilities.

- Spa Piešťany offers capacity of 2000 beds and every year there are more than 40000 patients treated.

- The spa became the largest and most famous spa in Slovakia thanks to medical geothermal water and medicinal sulphuric mud. Hot mineral springs reach the temperature of 67-69 °C and contain 1500 mg of mineral substances per liter. In combination with mud it gave the perfect conditions for development of the spa and its therapeutic facilities.
Piešťany spa is located on the Spa island

Spa specializes in **chronic rheumatic treatment** and in **arthritic diseases** post-accident lesions of joints and bones. It is also very successful in therapy of locomotion apparatus. Spa has various rehabilitation methods and techniques, mud procedures, water-treatment procedures, electric treatment, remedial gymnastics, massages.
Spa Sliač

- Spa Sliač is situated between Banska Bystrica and Zvolen over the valley of river Hron, surrounded by extensive forests, plains and parks. It became famous as the spa with the most favorable position thanks to its sea level altitude and suitable climate.
- The first written mention about the springs in Sliač dates back to 1244; the first therapeutic activities started in 1657.
- Springs contain magnesium and calcium, sulphate, carbohydrates, high level of carbon dioxide and reach the temperature of 33 °C. There are only three similar spas offering this kind of water in the world, one in Argentina, one in Australia and in Spain.
• **Wide range of diseases** are treated in the spa: cardiac disorders, ischemic cardiac disorder with anginas attacks and conditions following the implant of a pacemaker, conditions following a severe heart attack, hypertensive disorder of the III. stage in **WHO classification**, hypertensive disorder of the I. and II. stages (based on WHO classification), aggravated through, ischemic cardiac disorder, little cerebral strokes.

• Procedures for treatment are chosen from the following types: water treatment procedures (underwater massages, floatation baths, Scottish streams, and tread-bath), carbonic bath, gas injections, vacuum press, electrotherapy procedures, inhalations, and paraffin baths.
Medical Spa Sklené Teplice

The Spa Sklené Teplice is situated 12 km away from Banská Štiavnica, a unique gem of the world’s cultural heritage.

Thermal springs of mineral waters, with temperatures of 38-52.3°C, not only have significant healing effects, they also emanate the spirit of the old famous history of the baths, which have been used since as long ago as the 16th century.

As thermal water contains a large amount of magnesium and calcium, the baths are predestined for the treatment of locomotive organs, nervous disorders, and conditions after injury and operation. However, given their nature, the baths can also be used by the general public, as the oasis of recreation and active relaxation.
The baths in Sklené Teplice, one of Slovakia’s oldest baths, will let you warm your bones, relax your body and mind and recover completely.

A rarity is a thermal cave steam bath called Parenica, which is a European unique where thermal springs fall directly into the cave. The base cure is given to patients in 5 pool-baths, where the water temperature reaches from 37 °C to 42 °C. Exercise, hydrotherapy, massage, physical and curative nourishment complete the base balneotherapy, following the dietary system of the spa. The specialists use all necessary equipment for the medical treatment of patients in the spa. Specific is cave vapour-bath - Parenica.
The town is one of the oldest spa towns in Europe, and was originally known as Štubnianske Teplice. It was first mentioned in text dating from 1281 when King Ladislaus IV of Hungary granted the lands surrounding the springs to a Count Peter. The spa became popular with royalty, including King Sigismund of Hungary and Emperor Maximilian I of Mexico. The recuperative abilities of the spa were first studied by the University of Halle medical student Jan Lisschoviny.

Štubnianske Teplice was renamed Turčianske Teplice in 1946. In 1951 the town merged with the community of Vieska.
Spa Brusno

- First are the source documented in writing in 1818 in the parish in Medzibrod Chronicle. Up until 1834, when it began building the first spa house, completed in 1837, the documents do not use springs for spa. It is more than likely that the sources used were woodcutters, miners, charcoal burners for a long time before this year as they walked along the valley Brusnianka daily to work. The first season in the spa opened in 1838 and lasted until 1859, when the bathhouse was burned. It was restored in 1861 with a footprint in the U-shaped - pavilion Vepor today. Period 1 Czechoslovakia was the brusnianske spa time of bloom. For accommodation in the spa at the time set 3-storey hotels (Ginger, Vepor, Paula) with 150 rooms. Hotels are equipped with electricity and water supply.
Spa Nimnica

- The youngest Slovak spa Nimnica is situated between the towns of Považská Bystrica and Púchov in the north-west of Slovakia.

- During the construction of the water reservoir in 1952, a profuse spring was discovered in Nimnica, which was an impetus for the origin and development of the local spa. After hydrogeological examination and verification of the therapeutic effects of the water, the exploitation of the local salty water started. The diseases treated in Nimnica include the digestive system, circulatory system and respiratory system diseases and diseases of the locomotive organs.

- The mineral water contains trace elements like potassium, magnesium, chlorine, iodine, sodium, calcium iron, and free carbon dioxide and is also used for therapy of oncological and gynecological diseases.

- The therapy leans on drinking of this water, inhalations and carbon dioxide baths.
Spa Smrdáky

- Specific **Spa Smrdáky** is situated 80 km north-west from the capital Bratislava, 241 m above the sea level. Strong characteristic smell of the sulphate in the spa area earned the name **Smrdáky** which was derived from the **Slovak word** *smrdieť* which in English means *stink*.

- Due to the composition of local mineral water – high contents of salts of sodium, magnesium and calcium (3400 mg/l) and hydrogen sulphide (680 mg/l) the spa specializes in **therapy of skin diseases** and also **locomotive apparatus disorders**. Procedures for treatment are chosen from the following types: mineral bath, mud pack, whirlpool bath, massage, paraffin packs, electro treatment, and rehabilitation.
Spa Smrdáky - mud packs, electrotherapy, baths – all help
Spa Trenčianske Teplice lies in the west Slovakia, about 150 km north of Bratislava. According the legend a limping shepherd discovered the spring when he was looking for a lost sheep. This story inspired the authors of the towns coat of arms that depicts a sheep.

The spa was founded by the Paladin Štefan Zápoľský in the 16th century. It further developed under the administration of the Illésházy noble family.

The reputation of this spa derives of five medicinal springs of hot (36 to 40 °C) sulphur water that yield in total 22 litres of water per second. Among other medicinal products is the sulphured mud. Disorders of locomotion apparatus and neurosis are treated here.
Natural healing springs of calcium-sulphur water with the temperature of 36 – 40°C reach the surface right in the spa pools (e.g. piscinas) and are exploited without limits.
Spa Dudince

Dudince patria medzi najmladšie slovenské kúpele. Nachádzajú sa v južnej časti stredného Slovenska, v nadmorskej výške 140 m, 17 km severne od Šiah, v povodí riečky Štiavnica. Sú známe aj ako miesto s najvyšším slnečným svitom a miernymi zimami.

Minerálna hydrogenuhličitanovochloridová, sodno-vápenatá, uhličitá, sírna hypotonická voda obsahuje aj ďalšie významné prvky ako horčík, fluór, bróm, bór, draslík, ako aj pestrú paletu rozpustených minerálií (najmä Glauberovu soľ, ktorá dáva predpoklady aj na liečbu niektorých chorôb tráviacich ústrojov), mangán a jód.
The basis of the curative treatment procedures focused on diseases of the nervous system and locomotive organs. Diseases in Bojnice Spa are treated with the natural, curative, hydrogen-carbon-sulphate, calcic-magnesium hypotonic acrothermal water, with temperatures ranging from 28 to 52 °C. It springs from 9 wells with a flow rate of 40 litres per second from depths of 1200-1500 metres. The acrothermal water improves metabolism and immunologic reactions in cells, function of tissues, their oxygen supply, and consequently general health state.