

BRINE FROM THE ST. WOJCIECH SPRING

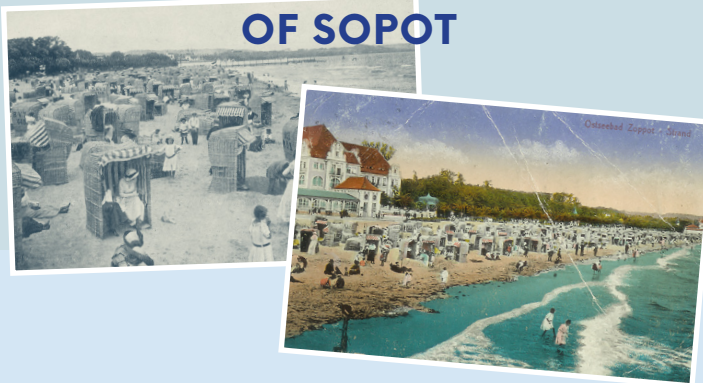
The spa waters, or brine, from the St. Wojciech spring flow spontaneously from a depth of 800m. It is a 4.3% bromide-iodine brine, containing large amounts of potassium, magnesium, and iodine. The brine contains the same percentage of salt as the Red Sea. In its natural concentration of 4.3% it can only be used for external purposes such as inhalation or bathing.



CATIONS mg/dm ³		ANIONS mg/dm ³	
Ammonium	2.05	Chloride	24992,25
Sodium	12370.00	Bromide	83,00
Potassium	92.00	Iodine	4,40
Calcium	2204.40	Bicarbonate	63,09
Magnesium	1154.50	Sulphate	1774,60
Ferric	0.45	Fluoride	0,30
Strontium	80.00	UNDISSOCIATED COMPONENTS:	
Lithium	0.20	Metaboric acid	27,34
Baric	Less than 0,10	Metasilic acid	6,20

The brine is only suitable for drinking in a diluted form and you can try it in the **Brine Water Pump Room** located on the top floor of the Spa House (entrance is via the panoramic elevator). Diluted brine can be used to supplement mineral salt deficiencies. Salt waters are also recommended for gastrointestinal disorders and as a supplement for people with diabetes. But be careful – drinking the brine as a treatment should only be done following consultation with a doctor, especially in cardiovascular and kidney cases.

HEALING TRADITIONS OF SOPOT



Every resident knows that the **healing traditions of Sopot date back to the beginning of the 19th century**. Similarly, wealthy visitors were attracted here by the attractions of the seaside climate, sea-bathing and attention to one's health, as well as the charm of a growing town, in which in addition to the treatments available, guests could enjoy entertainment and relaxation in good company.

Vitamin D from the sun, a breeze rich in iodine and surrounding coniferous forests emitting essential oils and fragrances are all close at hand. While bathing, thanks to the microelements that are found in Sopot's seawater, sand and sea air, we strengthen our body. Bathing in the waves offers a wonderful body massage, which has rejuvenating and firming properties and helps to improve blood circulation in the body. Paddling in the sea helps to improve blood flow in the legs and makes the vein walls more flexible.

Walks along the seashore and the pier, especially in the sea breeze, **make thalassotherapy possible**. Meanwhile, the proximity of the beach in sunny weather allows you to take advantage of heliotherapy. The beautiful forests covering the moraine plateau encourage walks and terrain therapy. Along with all of these options, we also have something else – Sopot spa waters.



SOPOT BRINE



SOPOCKA
Organizacja Turystyczna

www.visit.sopot.pl

BRINE BATHS

The brine has unique healing properties used in hydrotherapy, cosmetology and natural medicine. It mineralizes the body through the skin. It influences effective hydration and elasticity, perfectly softens the epidermis and effectively improves the condition of the skin. Salt baths, by activating the mineral exchange and cleansing the skin, have a positive effect on both the changes taking place on the skin and the overall body through the nervous system and the penetration of certain components through the skin. Brine baths soothe, calm, and relax and can be used by both adults and children.

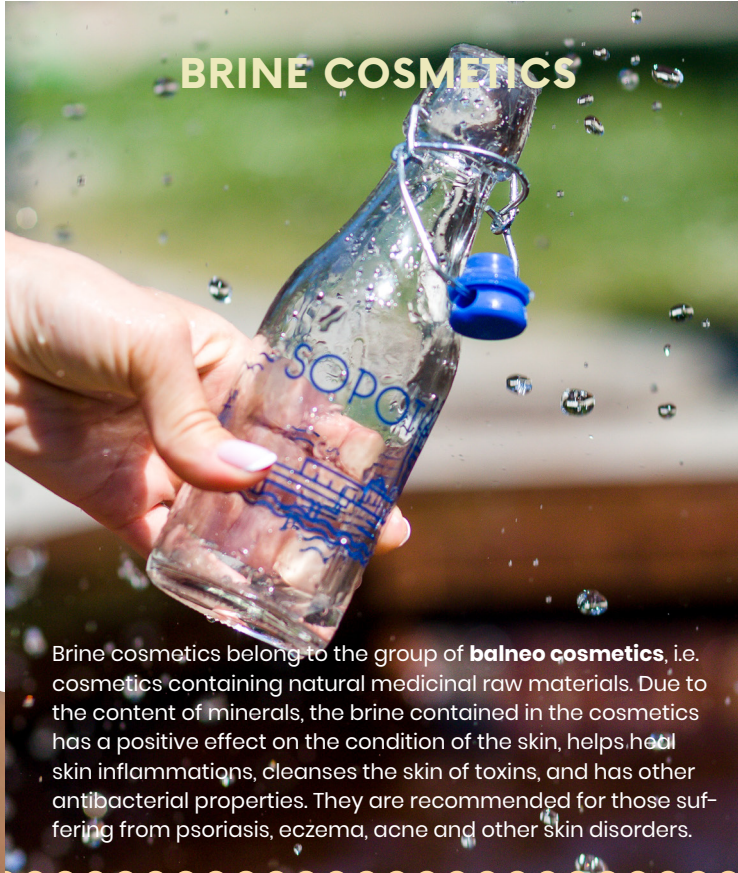
Treatments in the brine pool are aimed at prevention, treatment, and maintenance of psychophysical health. Classes in brine pools are offered by the **Pomeranian Rheumatology Centre, Sport for Health Foundation** at the pool at the Sopot Sailing Club and at **Hotel Sopotorium**, while therapeutic brine treatments in baths are also available at the **Sopot Health Resort and the MSWiA Sanatorium**.



INHALATION MUSHROOMS

In the middle part of the Southern Park, next to the Southern Baths and in front of the entrance to the Balneology House can be found 'Inhalation mushrooms', to which brine flows **directly from the St. Wojciech spring**. You can take brine from them and use them to prepare your own moisturizing hand baths.

BRINE COSMETICS



Brine cosmetics belong to the group of **balneo cosmetics**, i.e. cosmetics containing natural medicinal raw materials. Due to the content of minerals, the brine contained in the cosmetics has a positive effect on the condition of the skin, helps heal skin inflammations, cleanses the skin of toxins, and has other antibacterial properties. They are recommended for those suffering from psoriasis, eczema, acne and other skin disorders.

How to prepare your own brine hand bath:

Dilute the brine with warm water in a **1:1 ratio**

Pour the prepared solution into a vessel into which you can immerse your whole hands

While bathing hands, which should last no more than **10 minutes**, move hands and fingers freely.

After bathing, rinse your hands thoroughly with lukewarm water to wash the brine from the skin.

Preparation of mask with the addition of brine water:

Dilute the brine with water in a ratio of 1:10 and add to the clay in the form of a powder (available at pharmacies) and mix until it becomes a thick cream

Apply the mask to cleansed skin for **15 minutes**

After this time, wash the mask thoroughly and apply a moisturizing cream.

THE GRADUATION TOWERS

By using the graduation tower, we relieve the work of our kidneys and liver, and help to strengthen the immune system. Magnesium and copper contained in the brine-filled air improves metabolism, and selenium cleanses our body of free radicals.

The salts it contains also fight rheumatic pains, thus improving our overall health condition. Doctors also recommend treatment in graduation towers for people suffering from various allergies, including skin allergies. Saline inhalation treatments are offered by **the Sopot Health Resort, the Pomeranian Rheumatology Centre, and the MSWiA Sanatorium**. Graduation towers can be found in **the Sopot Health Resort and the Sopotorium hotel**, while in **the Sopot Sailing Centre 34** you can use the public, graduation tower located in the open air for free.

How to prepare brine inhalation at home:

Prepare the solution for inhalation immediately prior to using it by diluting the brine taken from the 'inhalation mushroom' with distilled or boiled and cooled tap water (the water should be between **28 and 38°C**) in a proportion of **1 to 10**

If you are inhaling using inhalers, ultrasonic humidifiers, etc., filter the brine through filter paper before mixing it with water in order to eliminate the sediment that is naturally formed in the brine. If you prefer to do the inhalation in a traditional way - by inhaling warm vapours above the bowl - filtering is not necessary.

Average time spent on inhalation is about **10-15 minutes**.



This leaflet was created in cooperation with Sopot Health Resort (SP ZOZ Uzdrowisko Sopot), MSWiA Sanatorium in Sopot (SP ZOZ Sanatorium Uzdrowiskowe MSWiA w Sopocie), Sport for Health Foundation (Fundacja Sport na Zdrowie), Higher School of Health in Gdansk (Wyższa Szkoła Zdrowia w Gdańsku) and the Pomeranian Rheumatology Centre (Pomorskie Centrum Reumatologiczne im. dr Jadwigi Titz-Kosko) who are the authors of the preparations listed in this leaflet.