Lithuania
Catalogue of health resorts and SPA Centres

Part 1
Birstonas
Druskininkai

Refreshment for everyone!
You are in Lithuania! 

You are in Lithuania. Experience the green surroundings: meadows and hills are everywhere. Hear how the land is praised by the singing of birds. Five national parks are waiting for you to explore. Travel through refreshing forests, see cultural monuments: castles, ancient burial mounds, churches, crosses and more. Lithuania’s rivers and lakes are calling out to be explored; numerous resorts and spa centres are ready to share the healing secrets of their mineral springs. Hear the soughing of the sea, feel the grains of sand between your fingers as they run through your hands. Get a traditional amber necklace and take a piece of Lithuania back home with you.

Did you know that the name Lithuania is a thousand years old? Discover Lithuanian history and art. Theatres, exhibitions, concerts, festivals – all are here for your entertainment. In Lithuania you can listen to world-class classical music, watch numerous plays and operas in the country’s 30 theatres and enjoy high quality contemporary art.

Need a good place for a conference, seminar or meeting? Then look no further. Experienced Lithuanian travel agencies will help you find conference halls and make sure everything runs smoothly. Hotels, holiday camps, farmsteads, guest and recreation houses are all ready for your stay. Taste Lithuania. Take a bite of brown bread and enjoy the taste of golden rye. Spread some honey, put a slice of white cheese on top and enjoy... but don’t forget to thank those little workers buzzing in the meadows. If you are thirsty, have a sip of Lithuanian kvass. Smile. You are in Lithuania.
Relax and recuperate in Lithuanian holiday resorts and SPA centres

If you take some time to rest in Lithuania it will be an experience to remember, the country’s scenic holiday resorts and modern equipped SPA centres will surprise you with the abundance, quality and good value of their services. Recover in the open country and fresh air, enjoy the exclusive attention of the SPA centres’ staff, experience relaxing massages, mineral water and therapeutic mud baths, honey masks and unique amber therapy. Specialists will assess your health condition and prescribe sanatorium-and-resort therapy, health-improving, and rehabilitation procedures which are uniquely suited to you.

Birštonas, the balneological (bathing-therapy) resort situated in the Nemunas Loops Regional Park, was famous all over the Russian Empire as early as the XIX century. The Nemunas, the longest, broadest and most scenic Lithuanian river, flows through the town while forming loops. Here, houses and elegant villas built in the XIX–XX centuries are scattered among trees, and the tower of a neo-Gothic church reaches up to the sky. In Birštonas, any weariness will disappear after relaxing procedures or a few glasses of mineral water from a pump-room. For treatment, SPA centres have use natural therapeutic mud and mineral water from underground.

Druskininkai is the health resort with the longest traditions in the country. In the town there are 7 mineral water springs, 9 operating sanatoria and one balneological therapy centre, where the most modern therapy and diagnostic technologies are applied. Here you can experience the therapeutic effect of the minerals, Jacuzzis, oxygen, vertical and herb-and-mud-baths, enjoy underwater massage, honey masks, the pleasures of the salt room and walk in the pine forest paths which will restore your vitality; strengthen your immune system, recover your mental balance, and improve your health.

Neringa, which is situated in the scenic Curonian Spit National Park, is a prestigious international sea-side holiday resort, characterised by its truly unique natural surroundings. Experience calm, romantic sunrises and sunsets, the murmur of pine-trees and fresh air filled with the scent of pine tar. Explore white-sand beaches and the scenic 50 km-long bicycle path.

The difference between the sea-side holiday resort of Palanga and Neringa is the same as the difference between night and day. The range of entertainments and treatment procedures here is especially wide. In the town there are many taverns, cafes, restaurants, discotheques, bars, night clubs, and casinos. If you like outdoor activities, hire a motorcycle, bicycle or horse, or take to the lawn tennis courts and swimming pools. Take a walk in the Tīškevičiai Palace Park designed by É. André, or listen to concerts and poetry on the terrace of the Palace during August evenings.

In the town of Zarasai, which is surrounded by hills and lakes, you will have rest both in summer and in winter. The town is enclosed by forests on all sides, and this is why the air, refreshed by the “green lungs”, is so fresh. Here, you will find a microclimate favourable to your health as well as an environment excellent for outdoor activities. In Trakai, forests are also considered to be one of the most important therapeutic factors. The town, which is located on a peninsula, boasts not only natural resources favourable to health, but also a spectacular red castle on the island. In Anykščiai, you will be charmed by blue-eyed lakes and recover in the fresh air of the Little Pine Forest of Anykščiai. The town is adorning with a narrow-gauge railway which snakes between lake-side resorts. In the autumn of 1999, this narrow-gauge railway celebrated its centenary - part of Lithuania’s living engineering heritage. Also, visit Eastern Lithuania – the Ignalina district, which boasts more than 200 lakes and dozens of rivers and reservoirs. The great Labanoro forest is situated not far from the town of Ignalina. It is possible to gather berries here in summer and to pick mushrooms in autumn.

Mineral water. Drink and plunge!

In Lithuania, there are mineral water springs whose water treats gastrointestinal diseases, normalises the secretory and motor functions of the stomach, improves liver function, bile flow, and regulates intestinal activity. For therapeutic baths, low, medium, and high-mineralisation water is used. The degree of mineralisation is determined by the content of mineral substances in one litre of water.

Drinkable mineral water contains biologically active microelements; therefore, such water will help to regulate acid secretion, combat inflammations, and improve metabolism. If you use mineral water as a remedy, be sure to seek medical advice as the same water, if taken 1 – 1.5 hours before a meal, suppresses gastric juice secretion, and if taken while eating or 10 – 15 minutes afterwards, it stimulates gastric juice secretion. Take a drink of mineral water and witness its power!

Maybe you would like to plunge into mineral water with your whole body? In mineral water baths, your muscles will relax, the tonus of vein walls will increase, skin pores will open, breath will become deeper, blood circulation and metabolism will become more active, and oxygen will be absorbed better – you will easily recover from diseases of the nervous system, cardiovascular system, immune system, joints, back bone as well as some skin diseases. The particularly strong effect of baths is determined by sodium chloride and other salts dissolved in water. After getting out, the salts will remain effective for a long time because they will crystallise on the skin in a thin layer forming a “salt sheath”.

Also, try Jacuzzis. Their therapeutic effect is similar to that of mineral water baths; however, the effect will be further enhanced by the effect of air mixed with water. Water will irritate skin receptors, while air bubbles will massage you gently, relax your muscles and calm you. A Jacuzzi will take away your weariness and cure your stress and sleeplessness. You will feel how your capillary blood circulation is improving and metabolism is becoming more active, and your organism will recover because its oxygen intake will start to improve.

If your joints ache and you have difficulty bending your legs, get into a vertical bath. They are particularly effective in treating diseases of muscles, ligaments, bones, and joints. During procedures in baths, the effect of mineral water will be enhanced by the positive effect of kinetotherapy (treatment of a disease with movements or exercise). When feeling partial weightlessness, muscles will relax; this is why it is easier and even painless to make therapeutic movements. After a course of vertical baths, muscles and ligaments will strengthen, mobility of the backbone will improve, movements will become more unrestricted, and pains will disappear.

More than 20 mineral water wells function in Lithuanian health resorts! Calcium chloride and sodium chloride mineral waters prevail. In some of them, therapeutically significant concentrations of sulphates, bromine, and magnesium are found. Their mineralisation ranges from 3 g/l to 115 g/l. It preconditions the methods of using the water for treatment as well as indications. Chloride ions account for more than 80 equivalent percentage, while the composition of cations is more diversified: sodium, chloride, and magnesium. Low- and medium-mineralisation waters are used as drinkable water. The mineralisation of calcium- and sodium-chloride mineral water for external use ranges between 10 g/l and 40 g/l. (optimal mineralisation is 20 to 40 g/l).
Therapeutic mud. Try it!

It might seem a bit unpleasant to plunge into a peaty mud bath; however, it is worth doing because such procedures are particularly effective for the treatment of diseases of joints, back bone, metabolism, and the peripheral and functional nervous system. The helpful SPA centre personnel will offer you mud applications, special applications for gums, electric mud and mud sponges. Mud will help the skin to release biologically active substances, which have an effect on all systems of the organism. Mud is even used to cure diseases of the central nervous system, diseases of genital organs, and gastrointestinal disturbances.

If black mud does not tempt you, try white therapeutic mud. It is mud of organic origin from freshwater lakes, which contains plenty of biologically active substances and microelements. During a procedure, such mud will have an effect not only on your skin, but also on all tissues and organs. White mud procedures will improve blood circulation and metabolism, and will help the body to remove accumulated harmful substances and waste. It will protect the skin against dryness and aging, and will moisturise it. After taking a few baths, you will feel how your immunity has strengthened. If you are ill, inflammation processes in the organism will slow down or stop completely, while glands will start functioning more actively.

Therapeutic mud baths with mineral water are particularly effective. Only 20 minutes spent in a warm mud bath will open skin pores and remove wastes. A wealth of useful microelements and biologically active substances contained in the mud will penetrate your skin and blood circulation system, and metabolism will improve. Therapeutic mud baths relieve pain, promote healing processes, and activate metabolism and histotrophic nutrition. They effectively cure chronic inflammations, allergic diseases, gastrointestinal disturbances, diseases of joints and muscles, gynaecological and urological diseases.

Did you know?

Mud treatments have been used since ancient times. There are several types of therapeutic mud, and the one mostly used in Lithuania is peaty mud, which has many curative properties.

Climate. Breathe it in!

The mild climate of Lithuanian holiday resorts restores, cures, relaxes, and strengthens. An appropriate combination of atmospheric pressure, air temperature and moisture, the amount of precipitation, wind direction and strength, and the intensity of solar radiation are important to every living organism.

Climate therapy procedures train the thermoregulation function of the organism, stimulate metabolism and activity of many organs and physiological systems, improve the immunobiological reactivity of the organism and normalise its neuroregulation function.

Staying in the open air is an important form of climate therapy and includes air baths, sleep and rest outdoors, gymnastic exercises and sports outdoors. To make sure that you achieve the best results, combine these procedures with sun baths and swimming. Do you have heart or blood vessel troubles? Are you irritated, tired, or envired? The oxygen-saturated air of our country will help you to restore the deregulated functional condition of your nervous system and improve your spirit. When you breathe such air, you will sleep better, liver function will become more active, and protein and fat metabolism in the organism will normalise.

SPA centres fall into the following categories:

Day-time SPA centre – in such a SPA centre, you can choose one procedure or spend the whole day after selecting a combination of procedures. However, a day-time SPA centre would not provide accommodation services. Such a SPA centre should be equipped with at least 3 SPA procedure rooms.

Day-time mini-SPA centre – a SPA centre equipped with less than 3 rooms for SPA procedures.

Hotel SPA centre – a SPA centre established at a hotel as an additional service for guests of the hotel. Such a centre would offer services provided by a whole-day and/or sports club SPA centres. In a hotel SPA centre you can buy one procedure or to spend a whole day there.

Health-improvement SPA centre – a SPA centre where you can order various SPA procedures; however, the personnel working there do not have a medical background, and no treatment or surgery operations are performed.

Treatment SPA centre – a licensed institution, whose main goal is to provide medical care and rehabilitation services (various plastic surgery operations can be performed as well). The staff of such an institution are doctors. It is a SPA centre where various medical services are rendered.

Health-improvement and treatment SPA centre – an institution where both doctors and specialists in SPA procedures work, and where medical care and SPA procedures are performed.
The history of Birštonas, one of the oldest holiday resorts in Lithuania, dates back to medieval times. This year-round mineral water, mud and climate therapy resort is situated in the very centre of the country. The country’s major cities of Vilnius, Kaunas, Alytus, and Marijampolė are all within an hour’s drive. Since ancient times, the curative power of the mineral water here has attracted the Grand Dukes of Lithuania, poets, artists, and musicians. They all left their footprints in this rather small holiday resort surrounded by loops of the Nemunas and verdant forests on all sides.

Birštonas – the pearl of the Nemunas Loops

The mild continental climate, fresh air, mineral waters, peaty mud. Natural health factors:

Birštonas tempts people not only with its modern therapy centres, which are famous for their long-standing treatment traditions, but also with mineral water with a deservedly worldwide recognition, hospitable hotels and restaurants, perfect opportunities for outdoor activities and cultural events such as the Birštonas International Jazz Festival. Today, Birštonas tempts people not only with its modern therapy centres, which are famous for their long-standing treatment traditions, but also with mineral water with a deservedly worldwide recognition, hospitable hotels and restaurants, perfect opportunities for outdoor activities and cultural events such as the Birštonas International Jazz Festival.

When you come to Birštonas, enjoy the views of the Great Nemunas Loops from the basket of a hot air balloon, experience a parachute jump, take a flight with a glider or paraglider, and take a walk along the pedestrian path. Look around the banks of the Nemunas from the deck of the entertainment ship Vytenis, take a “Viking”, “dragon” or “water snake” boat and race with your friends, experience the canoeing rapids of the Verknie river and catch up with gulls accompanying the entertainment twin-deck ship Luxuria Rai! In summertime, test your skills on courts for lawn tennis, beach volleyball, basketball or pétanque (French bowls); in wintertime, explore the ski trails.

In the sanatoria and SPA centres of Birštonas, you will enjoy exclusive services: beauty procedures in the hamam and the self-service therapeutic mud procedure. Here, you will have a chance to plunge into a warm milk, wine or Jacuzzi bath, to enjoy full-body massage or aromatherapy, and to be engrossed in the philosophy of Kneipp procedures.

Bicycle paths
Žverinčius Forest Bicycle Path (15 km, asphalted and non-asphalted paving). Žverinčius Forest is rich in recreation and sport grounds and wooden sculptures; there are resting and fire places. Here, one can see migrating birds: little and black-headed gulls, ducks, lesser black-backed gulls, and sandpipers.

Theatre and Concert Hall
Birštonas Culture Centre
Jaunimo St. 4, Birštonas
Phone: + 370 319 65 550
www.birstonokultura.lt
In the Centre, they show films and hold performances, concerts, and other events.

Parks
Vytautas Park – the old area of the holiday resort. Landlord Ignacijus Kvinta of Jeznas, who bought the holiday resort in 1874, established a park here.

Central Park is located in the centre of the town and occupies an area of 25 ha. The park is crossed by walking paths. Most of the park’s plantations are covered with pine trees. The Summer Stage, where city festivals and other events are held, is nearby. The century-old pine tree growing next to the stage is included on the list of Protected Natural Monuments.

Beaches
The lake-side embankment (sand and grass) is situated near Žverinčius Forest: a perfect place for refreshing yourself in the open air, only around 1 km away from the centre of Birštonas.
Traditional events held in Birštonas

February
- Lithuania’s Winter Mighty Men (with the participation of Lithuania’s strongest mighty men)
  www.birstonosportas.lt
- Frischer Cup, Alpine Skiing Competition

March
- Birštonas International Jazz Festival (held on the last weekend of March in even-numbered years)
  www.birstonokultura.lt/jazz/category/
- National Spring Rowing Marathon
  www.birstonosportas.lt
- A. Mikėnas Memorial, International Race Walking Competition
  www.birstonosportas.lt
- Birštonas Painters’ Plein-Air
  www.birstonokultura.lt

April
- Poetry’s Spring, International Poetry Festival
  www.birstonokultura.lt
- Birštonos Grynparkas, International Culture and Ecology Festival (held in odd-numbered years)

May
- Birštonas Holiday Resort Festival (various sporting and cultural events, held on the last weekend of May)
- Birštonas International Music Festival
  www.birstonokultura.lt
- Birštona – Spring in the Birštonas Town
  www.birstonokultura.lt

June
- Birštonas Holiday Resort Festival (various sporting and cultural events, held on the last weekend of June)
- Birštonas International Music Festival
  www.birstonokultura.lt
- Birštonas International Dance Sport Competition
  www.birstonosportas.lt

July
- Organ Music in Birštonas, Sacral Music Concerts in the Church (on Sundays)
- Concerts of Pazaïslys and St. Christopher Music Festivals (classical music events held in several Lithuanian venues, noted for the variety of musical genres featured)
  www.kristofair.lt

August
- Commemorating the Amber Road, International Rowing Festival
  www.birstononemunas.lt
- End of August – beginning of September
  www.birstononemunas.lt
- Summer Mosaics in Birštonas, Music and Dance Festival (during the event, music of various styles is played and theatrical performances are held)

September
- By Avenas Bridges, Children and Youth’s Folk Dance Festival and Competition
- Commemorating A. Kikilas, Lithuanian Rowing Marathon

October
- Commemorating A. Kikilas, Lithuanian Rowing Marathon
  www.birstonosportas.lt
- Birštonas Autumn, International Dance Sport Competition
  www.birstonosportas.lt

November
- Birštonas Autumn, International Dance Sport Competition

December
- Gloria Deo, National Exhibition of the Religious Art of Modern Artists (held in even-numbered years)
- December – The Month of Holiday Entertainments (a great variety of events are held throughout the whole month)

Restaurants

Nemuno Slenis Hotel-Restaurant
Verknės St. 8, Birštonas
Phone: + 370 319 56 493
www.nemunoslenis.lt

Sofija’s Residence Hotel-Restaurant
Jaunimo St. 6, Birštonas
Phone: + 370 319 45 200
www.sofijosrezidencija.lt

Sonata Hotel-Restaurant
Algirdo St. 34, Birštonas
Phone: + 370 319 65 825
www.sonata.lt

Birštono Seklytėlė
Prienų St. 10, Birštonas
Phone: + 370 319 65 800
www.sonata.lt

Hotels

Nemuno Slėnis
Verknės St. 8, Birštonas
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Sonata
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www.sonata.lt

Audenis Guest House
Lelijų St. 3, Birštonas
Phone: + 370 319 61 300, + 370 319 61 302, + 370 319 61 303
www.audenis.lt

Vidisa Camping
Prienų St. 25, Birštonas, 3 km away from the centre of the holiday resort
Phone: + 370 319 55 351
www.vidisa.lt/kempingas_lt.html

Active entertainments

Hot air ballooning – Audenis Balloonists’ Club
www.audenis.lt

Gliding and Flying – Kaunas County Aviation Sport Club
www.pociunai.lt

Parachute jumps – Kaunas Parachutists’ Sport Club
www.skydive.lt

Paragliding – Paragliding with an instructor
www.paragliding.lt

Viking ships, sail-and-oar boats, canoeing and kayaking – Birštono Nemunas Sport Club, Public Institution
www.birstononemunas.lt

Vytės entertainment ship
www.voteship.lt

Luxuria RA entertainment twin-deck ship
www.luxuria.lt

Canoeing the Verknė River
www.birstononemunas.lt

Basketball courts
www.birstonosportas.lt

Ski trails
www.visitbirstonas.lt/slidinejimas

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Places of interest

Nemunas Loops Regional Park

Visitors’ Centre of the Nemunas Loops Regional Park
Tykšno St. 1, Birštonas
Phone: + 370 319 65 610; + 370 319 65 613
www.nemunokilpos.lt

- One of the country’s biggest regional parks occupying an area of more than 21 000 ha.

The Exposure of Škėvonys

- The Exposure of Škėvonys (33 m high) is a national natural monument. It is included on the list of most valuable geological objects in Northwest Europe.

The Mound of Birštonas (Vytautas Hill)

Near the Nemunas, Birštonas Municipality

- One of the most famous and highest mounds in Lithuania. The wooden castle of Birštonas used to perch on top of the mound; one of the hunting manors of the Grand Dukes of Lithuania.

Mineral water pump-room

B. Sruogos St. 3, Birštonas

- Drinkable spring water, whose mineral composition is close to that of the historical spring discovered in 1878.

Kurhaus

B. Sruogos St. 2, Birštonas

- The Kurhaus of Birštonas is one of the few existing buildings of its type in Lithuania.

Old Therapy Centre

Birutės St. 31, Birštonas

- Purpose-built, the Mud Therapy Centre of the Tulpė Sanatorium was established in 1927 and is still operating today.

The Church of Saint Anthony of Padua

Birutės St. 14, Birštonas

- A stone church built in the neo-gothic style. The tall tower is its distinguishing feature.

The Church of the Saint Apostles Peter and Paul

Nemajūnai, Birštonas Municipality

- Built in 1878, this church with a small tower on the roof is the only original neo-gothic creation by folk craftsmen in Lithuania.

Nemunas Embankment

Birutės St. 10, Birštonas

- The Nemunas Embankment (2 km long) is an engineering construction intended for protecting Birštonas against floods. However, it is also perfectly suitable for recreation.

Dream Bench

- Sit down, close your eyes, dream away – and your dreams will come true.

Lithuania Stained Glass Window

- Lithuania Stained Glass Window (42 sq. m) by Vytautas Savstie in the Culture Centre of Birštonas is one of the largest stained glass windows in Lithuania.

Sculpture of Vytautas the Great

(sculptor G. Jakšabitis, architect V. Čekanauskas, 1998)

- The sculptor embodied the will of many residents of Birštonas to bring back Grand Duke Vytautas the Great on his horse to his hunting lands.

Monument to Jonas Basanavičius

(sculptor A. Aleksandavičius, 1939)

- In 1939, the bust of Jonas Basanavičius is the oldest sculpture in Birštonas.

Monument to Balys Sruoga

(sculptor G. Plechavičius, 1997)

- In July 1945, after B. Sruoga returned from Schtuthoff concentration camp, he settled in Birštonas and wrote here his “Dievų Miškas” (“The Forest of Gods”), the book of recollections about this ordeal.

Birštonas Museum

Vytauto St. 9, Birštonas
Phone: + 370 319 65 605
www.visitbirstonas.lt
Opening hours: Wednesday – Friday, 10 a.m. to 5 p.m.

- In Birštonas Museum, you will find an exhibition describing the past of the holiday resort.

Sacral Art Museum

Birutės St. 10, Birštonas
Phone: + 370 319 65 699
www.sakralinis.lt
Opening hours: Wednesday – Friday, 10 a.m. to 5 p.m.

- The museum exhibits valuable specimens of sacral art such as paintings, sculptures, textiles, liturgical vessels, and pieces of folk art.

Tourism Information Centre

www.visitbirstonas.lt
1. Tulpė Sanatorium

Tulpė was the first sanatorium to be established in Birštonas. It has long traditions of mineral water and therapeutic mud treatment. The sanatorium is proud of its excellent results, which are achieved owing to a successful combination of traditional resort treatment with SPA ideas and tailoring them to clients with different needs. Everyone can come here: whether it be to have a rest, recreate, or improve his health. The residential buildings and the therapy centre of the sanatorium are situated in the very centre of the Birštonas Resort Park, on a picturesque loop of the Nemunas River.

The sanatorium is proud of the awards received for its services. In 2005, the sanatorium won the Gold Medal at the Lithuanian Product of the Year competition for its treatment and health-improving programmes implemented with the use of the high-mineralisation mineral water, Vaidilutė.

**About the Tulpė Sanatorium:**
- Number of rooms – 40.
- Catering type – dietetic nutrition, vegetarian cuisine, cooked-to-order catering.
- Conference hall (up to 80 seats).

**Additional services:**
- Fitness facility;
- Sauna.

**Natural therapeutic resources applied:**
- natural mineral water,
- natural mud,
- herbs,
- air.

**The following are treated in the sanatorium:**
- locomotor disorders,
- gynaecological diseases,
- digestive system diseases,
- mental and behavioural disorders.

Owing to the use of natural therapeutic resources, diseases in addition to those specified in the licence of the Tulpė Sanatorium can be treated in the sanatorium:
- nervous system diseases,
- central nervous system diseases,
- skin diseases.

**Distances from stations and airports:**
- Kaunas airport – 60 km;
- Vilnius airport – 90 km;
- Kaunas railway and bus stations – 40 km;
- Vilnius railway and bus stations – 90 km;
- Birštonas bus station – 1 km.

**How to find us:**
- **Address:** B. Sruogos St. 4, Birštonas
- **Phone numbers for ordering services:** +370 319 65 525, +370 319 61 336
- **Email for booking:** info@medlt.com
- **Webpage:** www.medlt.com
- **Skype:** medit-lithuania

Phone for booking: +370 64433117
+370 37 321114
Email for booking: info@medlt.com
Webpage: www.medlt.com
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- air.
2. Royal Residence

The Royal Residence is a modern residential complex situated in a wonderful corner of nature – Birštonas, amongst pine woods, on the beautiful bank of the scenic Nemunas. The complex includes a hotel, restaurant with a winter garden, cinema and concert hall, Health and SPA Centre with a swimming pool, baths and fitness facility, the Seminar and Conference Centre, library and St. Roch’s Chapel.

Residents and guests have all conditions necessary to be able to live a comfortable and healthy life: to enjoy a balanced organic diet, refresh themselves with “Royal” mineral water that has unique qualities and springs from under the ground right in the courtyard of the Residence, to experience natural health-improving procedures, breathe the fresh air of the resort, and admire the breathtaking beauty of the surrounding nature.

Guests of the Royal Residence have at their disposal the Health and SPA Centre, where they can swim in the swimming pool and relax in jacuzzis and aromatic baths. The Centre is also equipped with a sauna, Russian steam bath, Turkish steam bath, and luxurious Turkish bath hamam. In the dim candlelight, you will feel the steam-breathing marble with your whole body and, charmed with oriental massage and captivating scents of herb extracts, will enjoy real relaxation.

The Health Centre is equipped with a gym and cardio-fitness facility, marble vessels with mineral water for Kneipp therapy procedures, ping pong and billiard rooms. If you long for quiet, you will be able to relax in a special relaxation room. There, snugly seated in a special chair, surrounded by quiet music and the gentle aroma of candles, you will sip herbal tea and watch exotic fish in the aquarium. Also, you will find there the separately arranged Meditation Room.

You can get advice from a recreation therapist or kinesitherapist, and choose one of a variety of massages including classical, relaxing, aromatherapy, and anti-cellulite massage; remedial massage of the full body or its individual parts is performed following recommendations by a doctor.

The Royal Residence is the perfect place to recuperate after a working week, to restore health after an illness, or just to have a wonderful vacation with the family.

Natural therapeutic resources applied:
- natural mineral water,
- herbs,
- air.

Therapeutic SPA services provided:
- consultation of a recreation therapist or kinesitherapist;
- massages: including classical, relaxing, aromatherapy, and anti-cellulite massage; remedial massage of the full body or its individual parts is performed following recommendations by a doctor.

Treatment programmes are designed to treat the following diseases:
- neurological diseases,
- locomotor apparatus diseases,
- digestive system diseases,
- respiratory system diseases,
- endocrine diseases.

About the hotel:
- Number of accommodations in apartments and rooms – 140;
- Catering type – buffet service; three meals daily or à la carte;

Additional services:
- Guarded parking;
- Cardio-fitness facility;
- Complex of baths: sauna, Russian steam bath, Turkish steam bath, and luxurious Turkish bath hamam;
- Bar;
- Children’s play room (without a nurse’s attendance);
- Winter garden;
- Billiards;
- Ping pong;
- Relaxation room;
- Meditation hall;
- Kinesitherapy room;
- Cinema hall;
- Bicycle rental;
- Rental of poles for Nordic walking;
- Kneipp procedures with recommendations.

Distances from stations and airports:
- Kaunas airport – 50 km;
- Vilnius airport – 100 km;
- Kaunas railway and bus stations – 50 km;
- Vilnius railway and bus stations – 100 km;
- Birštonas bus station – 2 km.

How to find us:
- As soon as you arrive in Birštonas by bus, contact the Royal Residence and a driver will come to pick you up.

Category
- Health-improvement and treatment SPA centre

Address: Pakalnės St. 3, Birštonas
Phone numbers for ordering services: +370 319 62 030; +370 615 11 422
E-mail for ordering services: info@karaliskojirezidencija.lt
Internet site: www.karaliskojirezidencija.lt
Clients are serviced in the following languages: Lithuanian, English, Russian, Polish, and German

SPA centre opening hours:
Monday – Sunday, 8 a.m. to 10 p.m.
On 20 June 1794, Stanisław August Poniatowski issued a decree declaring Druskininkai to be a health resort. Today, Druskininkai is an international balneological resort, using mineral water for the treatment and prevention of diseases. It is a resort complex offering mud, mineral water, and climate therapies.

Druskininkai is rich in mineral water of different degrees of mineralisation, whose composition is similar to well-known European mineral waters, and therapeutic peaty mud pools. Owing to the pine forests and numerous lakes surrounding Druskininkai, it has extremely fresh air, containing mostly negative (light) ions – an essential sign of air purity. Currently, the following facilities operate at the health resort: the renovated Druskininkai therapy centre and 7 sanatoria, 16 hotels, 11 guest houses, 16 rural tourism homesteads, and SPA complexes.

Druskininkai lies in a scenic environment and is just surrounded by places of interest. You can reach closer or further places of interest by bicycle paths, spread throughout pine forests from the city centre, or by sailing downstream or upstream the Nemunas.

Bicycle paths
Žvaigždžių Orbita (The Orbit of Stars) (24 km). The path starts near Druskonis Lake, goes along small lakes and through forests, and passes by the Devil Stone, a monument of nature that gave rise to many legends. Riding by this path, you can also visit the ethnographical village of Svendubre, which is situated near the legendary Raigardas Valley. In this village, you can familiarise yourself with the lifestyle and customs of the people of Dzūkija.

Žilvino Takas (The Path of Žilvinas) (12 km). This path starts at the confluence of the Ratnyčia and Nemunas rivers and leads along sanatoria of Druskininkai, ponds and forests. If you take this path, you can reach Grūtas Park (a sculpture garden of Soviet-era statues) and Ginos Aidos forest museum as well as have a meal in the nearby barbeque houses.

Parks
Gydyklų Park is the city’s central park, with Druskininkai Therapy Centre and the Water Park situated nearby.

Music Square is one of the most attractive public spaces in Druskininkai, a favourite place for both local residents and guests of the resort.

Beaches
Vijūnėlė Lake Side (sand). A popular lake-side near the city centre, perfectly suited for refreshing yourself on a hot summer day.

Lake-side near the Eglė Sanatorium (sand and grass). You can enjoy the fresh air of Druskininkai near a lake surrounded by a sea of trees.

Natural health factors:
- Bicycle paths: Žvaigždžių Orbita (The Orbit of Stars) (24 km). The path starts near Druskonis Lake, goes along small lakes and through forests, and passes by the Devil Stone, a monument of nature that gave rise to many legends. Riding by this path, you can also visit the ethnographical village of Svendubre, which is situated near the legendary Raigardas Valley. In this village, you can familiarise yourself with the lifestyle and customs of the people of Dzūkija.
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Traditional events held in Druskininkai

July - August
- Druskininkai Theatre Festival (the most notable performances, films, and music projects are shown; every year, organizers of the Festival introduce new names and new creative directions to the audience, familiarize them with the works that won the highest recognition, and give the stage to debuts and experimenters)

August
- Damava Land Folk Festival (the best folk and ethnographical ensembles, individual singers and musicians of Dziskija as well as representatives of other countries take part in this event; the Craftsmen’s Fair is held)
- Vosauos Atva (The Echoes of the Summer), Festival of Saying Good-Bye to the Summer (various competitions, the Craftsmen’s Fair, concerts, and performances are held)

September
- Druskininkas Traukynas (Salt Train), International Festival of Sung Poetry
- M. K. Čiurlionis’ Days, International Painters’ Plein-Air
- Raigardas, Painters’ Plein-Air

October
- Druskininkai Poetic Fall, International Literature Festival

November
- Christmas and New Year events

June - September
- Druskininkai Summer with M. K. Čiurlionis, International Festival of Arts (the art of M. K. Čiurlionis, one of the most distinguished Lithuanian artists, is commemorated; various classical music concerts, folk performances etc are held)
- Vaivarystė, Festival of National Cultures

June
- Piano Music Summer in Druskininkai (famous Lithuanian pianists put on concerts, and young talents also give their performances)
- Menų Artelė, Art Amateurs’ Festival (teams of art amateurs and individual performers surprise those who visit the festival)

July
- Music without Boundaries, International Festival (individual pianists as well as piano and chamber ensembles demonstrate their talents)
- Ažuolo Pasaka (The Oak’s Fairy Tale), Wood Carvers’ Festival

Restaurants

Best Western Hotel Central Restaurant
Šv. Jokūbo St. 22, Druskininkai
Phone: + 370 313 60 533
www.centrehotel.ru

Dangaus Sklaustas
Kurorto St. 6, Druskininkai
Phone: + 370 313 51 819

De Lita Hotel Restaurant
Vytauto St. 43, Druskininkai
Phone: + 370 313 60 537
www.dilaslt

Druskininkai Hotel Restaurant
V. Kudirkos St. 43, Druskininkai
Phone: + 370 313 52 566
www.hotel-druskininkai.lt

Europa Royale Druskininkai Hotel Restaurant
Vilniaus Ave. 7, Druskininkai
Phone: + 370 313 42 221
www.europaroyale.com

Alka
M. K. Čiurlionio St. 113A, Druskininkai
Phone: + 370 616 12 965, + 370 665 13 053
www.mtkciurlionioalba.lt

Forto Dvaras
M. K. Čiurlionio St. 55, Druskininkai
Phone: + 370 313 55 438
www.druskininkuvilnuslt

Druskininkų Kolinota Restaurant and Music Club
V. Kudirkos St. 22, Druskininkai
Phone: + 370 313 53 406, + 370 652 75 292
www.druskininkukolinota.lt

Ivolita Hotel Restaurant
Šv. Jokūbo St. 10, Druskininkai
Phone: + 370 313 40 030
www.iolita.lt

Medūna Hotel Restaurant
Lisėnų St. 2, Druskininkai
Phone: + 370 313 58 033
www.meduna.lt

Pulynas Hotel Restaurant
T. Kosciuškos St. 3, Druskininkai
Phone: + 370 313 59 060
www.pulynaslt

Regina Hotel Restaurant
Druskininkų St. 3, Druskininkai
Phone: + 370 313 40 030
www.sicilia.lt

Soho Restaurant and Club
Druskininkų St. 3, Druskininkai
Phone: + 370 633 95 755
www.sohodruskininkai.lt

SPA Vilnius SANA
K. Donelaitis St. 1, Druskininkai
Phone: + 370 313 53 811
www.spa-vilnus.lt

Violeta Hotel Restaurant
Kurorto St. 9, Druskininkai
Phone: + 370 313 60 600
www.violeta.lt

Cafés

Armanik
Gardino St. 3, Druskininkai
Phone: + 370 612 43 420

Elė & El Armenian Tavern
Grotas Village, Druskininkai Municipality
Phone: + 370 313 47 447, + 370 685 66 600, + 370 699 66 888

Jerevan Café
M. K. Čiurlionio St. 128, Druskininkai
Phone: + 370 313 55 554, + 370 650 99 679
www.jerevanlt

Gelmės
Gardino St. 36/K. Dineiko St. 12, Druskininkai
Phone: + 370 313 52 819

Grutas Park
Grūtų k., Druskininkai Municipality
Phone: + 370 313 55 511
www.grutaspark.lt

Mona Liza
V. Kudirkos St. 37/40, Druskininkai
Phone: + 370 616 03 196, + 370 698 35 364

Parko Vila
K. Didžiakio St. 12, Druskininkai
Phone: + 370 313 51 365

Ragis
Veisejų St. 29, Druskininkai
Phone: + 370 313 40 070

Rūta
M. K. Čiurlionio St. 97, Druskininkai
Phone: + 370 313 56 010

Sauleegraža
Vilniaus Ave. 22, Druskininkai
Phone: + 370 313 52 318, + 370 618 00 441

Sensašis Nemunas
I. Ferdinando St. 7, Druskininkai
Phone: + 370 313 42 076, + 370 616 09 593

Sukurytis
M. K. Čiurlionio St. 51, Druskininkai
Phone: + 370 674 29 393, + 370 313 52 212
wesukurytislt

Sirdele
Maironio St. 16, Druskininkai
Phone: + 370 313 59 993
www.centrasdainavalt

Vido Malūnas
Veisejų St. 4, Druskininkai
Phone: + 370 313 52 356, + 370 612 60 867, + 370 612 60 862

Villa Upė
Druskininkų St. 33, Druskininkai
Phone: + 370 313 55 426
www.villaupelit

Active entertainments

Canoes
2000 Pėdų
Phone: + 370 313 49 261, + 370 612 93 676, + 370 698 36 144

Druskininkų Gėmė
Phone: + 370 313 53 393, + 370 687 26 858

Billiards

Alita Leisure and Entertainment Centre
Phone: + 370 697 08 000, + 370 313 59 195
Druskininkai Tourism and Business Information Centre (Gardino St. 3).
3. Grand SPA Lietuva
Health and Rest Centre

The “Grand Spa Lietuva” is the most modern complex of treatment and recreation in the Baltic countries, located in the centre of Druskininkai resort.

This is a great place for relaxation, recovery of health and strength all year round. Hotels, treatment centres, conference centre, water park, dental clinics, restaurants - all these facilities are under one roof and easily accessible to customers.

The oneness of the “Grand SPA Lietuva”:

There is modern medical equipment introduced in the modern treatment centre and dental clinics.

Water amusement park of unique interior is an oasis where not only water, heat, but also healing power of art is invoked for therapy. Five different baths will allow you to experience different effects of heat. Outstanding therapeutic effects will be felt in the swimming pool of mineral water.

Complex of the ‘Grand SPA Lietuva’ is equipped with its own mineral water bore, which supplies mineral water used during all water treatment procedures. We have healing mud extracted on the site. There is a modern room of salts.

In 2011, “GRAND SPA LIETUVA” RECEIVED A CERTIFICATE OF EUROPEAN QUALITY “EUROPE SPA Med”.

SPA healing services provided
- A wide range of medical services is offered for guest services. Modern treatment centre provides consultations of doctors working in different areas, diagnostics, kinesiotherapy, therapeutic baths and showers, Kneipp therapy, various mud treatments, massages and other physiotherapeutic procedures.
- Also, there is a dental clinic, SPA services, beauty salon, a modern diagnostic laboratory and a children’s room located in the spa.

Exclusive Procedures and Treatment at “Grand SPA Lietuva”
- Pressure chamber - oxygen therapy for patients with pulmonary, vascular, cardiac and liver diseases
- Swimming pool with a glass wall,
- Cryosauna - cold chamber,
- Mineral baths,
- Paraffin therapy,
- Mud treatments,
- Therapeutic baths,
- Kinesiotherapy.

The procedures offered to treat the following diseases
- Cardiac and vascular diseases,
- Articular or spinal pains,
- Breathing problems, lung disease,
- Overweight,
- Injuries,
- Insomnia, stress,
- Weakly immunity, etc.

About the accommodation services at “Grand SPA Lietuva”
- For qualitative rest of our guests, we offer three, four and four + star accommodation.
- Number of rooms - 246,
- Catering type - breakfast, lunch and dinner. Buffet and individual service is possible. Guests can wine and dine in restaurants (4 restaurants in total), two cafes and two bars,
- Conference rooms - 6, the conference centre can accommodate from 30 to 350 people.

Additional services
- Car parking facilities,
- Free wireless Internet connection,
- Gym, sauna,
- SPA shop,
- Catering,
- Walk with sticks (up-north walking),
- Bicycle rentals,
- Squash, tennis,
- Bowling, billiard, pool at the leisure centre “Sūkurys”,
- Children’s play area.

How to find us:
- Distance from airports and stations
  - Vilnius airport - 125 km.
  - Kaunas airport - 140 km.
  - Vilnius railway and bus stations - 125 km.
  - Kaunas railway and bus stations - 140 km.
  - Druskininkai bus station - 1 km.

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- SPA shop,
- Catering,
- Walk with sticks (up-north walking),
- Bicycle rentals,
- Squash, tennis,
- Bowling, billiard, pool at the leisure centre “Sūkurys”,
- Children’s play area.
How to find us:

024 025

Therapeutic SPA services provided

If you suffer from digestive disturbances, pains in the back bone or joints, or sleeplessness, try the natural treatments: mineral water (bainotherapy), therapeutic mud (pelotherapy), and cold (cold therapy). For treatment procedures, Druskininkai Therapy Centre uses natural mineral waters and therapeutic mud, and successfully cures the following diseases:

- cardiovascular system diseases,
- peripheral nervous system diseases,
- endocrine system diseases,
- gynaecological and urological diseases,
- locomotor system diseases,
- digestive system diseases,
- skin diseases,
- respiratory tract diseases etc.

The wide variety of treatment and health-improving procedures available in Druskininkai Therapy Centre allows the doctor to prescribe individual programmes.

About the hotel:

- Class – 4 stars.
- Number of rooms – 101.
- Catering type – buffet service for breakfast, lunch and dinner from the menu.
- Conference halls – 6, accommodating up to 400 persons.

Additional services:

- Guarded parking;
- Fitness facility;
- Sauna – a complex of baths and Jacuzzi;
- Children’s paying ground and children’s play room;
- Bowling – 6 lanes;
- Free internet access.

Distances from stations and airports:

- Kaunas airport – 120 km;
- Vilnius airport – 130 km;
- Druskininkai bus station – 1 km;
- Kaunas railway and bus stations – 120 km;
- Vilnius railway and bus stations – 130 km.

 category

SPA centres in Druskininkai

SPA centres in Druskininkai

SPA centres in Druskininkai

5. Eglė Sanatorium

Eglė Sanatorium feels like a separate town remote from the city centre, being surrounded by pines. Žižinas and Eglė multi-storey bedroom blocks and the new Eglė+ complex are spread over an area of more than 20 ha. 400 double rooms, 229 single rooms, and 40 de luxe suites are expecting their guests. In addition, the new Eglė+ complex is furnished with 150 double apartments and 20 de luxe apartments. The same building complex also includes a new therapy centre, health bar, conference and concert hall, and winter garden.

Today, the natural therapeutic factors, i.e. mineral water and therapeutic mud, which have distinguished the resort for centuries, are combined with modern technologies. This allows comprehensive treatment of various diseases and strengthening of the organism. Experienced doctors will help the client to select from more than 150 treatment and prevention procedures with the use of mineral water, therapeutic and white mud, kinesitherapy, physiotherapy, and psychotherapy.

Phone for booking: +370 64433117
Email for booking: info@medlt.com
Webpage: www.medlt.com
Skype: medlt-lithuania

Therapeutic SPA services provided:
Treatment and rehabilitation for all medical profiles. The strongest fields include the treatment of locomotor system, gastrointestinal, and skin diseases.

About Eglė Sanatorium:
- Number of rooms – 820.
- Catering type – dietary, buffet service.
- Conference halls – 5, equipped with 20 to 440 seats.

Additional services:
- Parking lot;
- Fitness facility;
- Sauna (9 types);
- SPA store;
- Catering (dietary, buffet service, health bar);
- Children’s play room (with or without a nurse’s attendance) and children’s playground in the courtyard;
- Winter garden;
- Sports facilities: swimming pool, squash, volleyball, basketball, lawn tennis, and badminton.

Natural therapeutic resources applied:
- natural mineral water,
- natural mud,
- herbs,
- air.

Distances from stations and airports:
- Kaunas airport – 115 km;
- Vilnius airport – 130 km;
- Kaunas bus and railway stations – 115 km;
- Vilnius bus and railway stations – 130 km;
- Druskininkai bus station – 1 km.

How to find us:
SPA centres in Druskininkai
6. Medea SPA Centre

Medea invites you to come to Druskininkai, one of the most beautiful Lithuanian holiday resorts, and to stay in the Medea SPA Centre Hotel, which is located in a park on the lake-side. Medea is the perfect place for spending a weekend, holidays or vacation with your family, for recovering from stress and tensions in the SPA complex, and for checking your health condition in the modern medical centre.

Owing to its romantic environment, the hotel of Medea SPA Centre is especially favoured by young couples, whether those who intend to get married or just would like to escape from their everyday routine and troubles and to arrange a festival in an exclusive setting. The apartments of the Medea SPA Centre Hotel provide comfortable accommodation to families with children as well as to seniors looking for peace and the shelter of nature.

Medea SPA Centre in Druskininkai offers you a choice of various SPA programmes according to individual requirements. Here, you can experience and enjoy one-week or weekend relaxation, health improvement, slimming, and body-line trimming programmes. While innovative, these procedures are viewed highly among guests of the Centre. In Medea SPA Centre you can enjoy infrared ray and steam baths with a warm outdoor Jacuzzi.

Medea Medical Centre, which is found next door to the SPA Centre, offers a range of high-quality medical services provided with the use of the most modern equipment.

At Medea SPA Centre in Druskininkai you can find everything you need to restore and strengthen your power, to recover or lift your mood. After the procedures, our guests can take a walk in the park, ride bikes or skates about the countryside, or take a tour by boat or pedal boat in the nearby lake.

The SPA Centre Hotel is more than a hotel. Fresh air, new feelings, romantic evenings, which rejuvenate you and restore your power, are also a part of the SPA Centre Hotel. Specialists of the Centre say that their customers’ returning again and again is the best recognition of their work.

**Medea Out-Patient Rehabilitation Clinic**
- neurological diseases,
- locomotor apparatus disorders,
- respiratory system diseases,
- skin diseases,
- endocrine diseases,
- gynaecological diseases.

**About Medea Guest House**
- Number of rooms – 11 apartments.
- Catering type – breakfast.
- Conference hall, accommodating up to 40 people.

**Additional services:**
- Parking lot;
- Fitness facility – exercise room;
- Sauna;
- SPA shop;
- Catering;
- Bicycle path;
- Bicycle rental.

**Distances from stations and airports:**
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 3 km.

**Natural therapeutic resources applied:**
- natural mud,
- herbs,
- air.

**Therapeutic SPA services provided:**
- massages: treatment and relaxing;
- hydrothermal procedures in a steam bath; inhalations;
- paraffin baths for feet and hands;
- anti-cellulite vacuum and ultrasonic procedures;
- consultations of a dermatologist and treatment with intense pulse light (IPL) therapy;
- removal of vascular spots and pigment spots, treatment of acne, hypertrichosis treatment, and photo rejuvenation.

**How to find us:**

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Phone for booking: +370 64433117
+370 37.321114
Email for booking: info@medlt.com
Webpage: www.medlt.com
Skype: medlt lithuania
7. SPA Vilnius SANA

SPA Vilnius SANA Health Centre is situated in the centre of Druskininkai, the oldest and largest Lithuanian health resort, on the bank of the Nemunas River. Owing to pine forests and clean lakes surrounding this place, the climate here is always mild and warm, and the air is fresh and among the purest in Europe.

The nearby mineral water spring, where high-mineralisation water is produced and supplied directly to the health centre, is the biggest asset of SPA Vilnius SANA Centre. The mineral water, which have many curative properties, and the therapeutic mud, yield to none of the famous European springs.

SPA Vilnius SANA is a health-improvement centre with mineral water procedures and therapeutic and health-improvement programmes. A 4-star hotel, SPA bar with a special SPA menu restaurant, leisure centre with bowling, darts, and a café, winter garden and large conference centre are all situated under one roof.

In 2004 a modern health centre was established on the basis of the Vilnius Saracurum (which operated from 1976), and today carries on the old traditions of health resort treatment: procedures with mineral water, therapeutic mud, kinesitherapy, and vertical baths.

Natural therapeutic resources applied:
- natural mineral water,
- natural therapeutic mud,
- herbs,
- natural honey,
- air.

Phone for booking: +370 64433117  
+370 37 321114
Email for booking: info@medlt.com
Webpage: www.medlt.com
Skype: medlt-lithuania

About the hotel:
- Class – 4 stars.
- Number of rooms – 187.
- Catering type – restaurant (buffet service, breakfast, lunch, and dinner, optional: dietary catering according to a menu drawn up by the dietician); SPA bar with a menu of special SPA meals and ecological food; the café of Atlantis Leisure Centre with an outdoor terrace, snacks and beverages.
- Conference halls – 10, around 800 people can be accommodated in the Conference Centre.

Additional services:
- Parking lot;
- Fitness and therapeutic exercises facility;
- Mineral water swimming pool;
- SPA shop;
- Children’s room;
- SPA Grožis beauty parlour;
- Nordic walking;
- Bicycle rental;
- Free potable, natural mineral water;
- Bowling, billiards and darts in Atlantis Leisure Centre;
- Winter garden;
- Concerts, dance parties, and themed nights;
- Festivities and occasional events for guests: Christmas, Easter, and individual parties.

Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 150 m.

How to find us:

Therapeutic SPA services provided:
- The following are treated: nervous system, cardiovascular, respiratory, locomotor, and digestive disturbances, stress, sleep disorders, and chronic fatigue. Individual treatment programmes are drawn up.
- The following highly experienced doctors work in the SPA centre: neurologist, psychiatrist, physical medicine and rehabilitation (PMAR) doctor, gynaecologist, gastroenterologist, ear-nose-throat doctor, dermatologist, and reflexologist.
- The SPA Centre performs procedures of 356 types including therapeutic and relaxing baths and massages, Ayurvedic procedures, mineral water swimming pool, Rasul bath, procedures on the human table, amber, aroma, and music therapy, bismuthic therapy, aeroliths and music therapy, salt room, face and body nourishing procedures, procedures for couples etc.
8. Belorus Sanatorium

The Belorus Sanatorium is situated in the centre of the health resort of Druskininkai, in the forest park area alongside the Nemunas River, close to mineral springs. The sanatorium provides treatment of digestive, nervous system, and locomotor diseases.

Natural therapeutic resources applied here include the following: therapeutic mud, “Druskininkai” potable mineral water, water of Dzūkija Springs, and baths with water of Sūrutis Spring. When you stay in this sanatorium, try Jacuzzis, carbonic acid, and Sūrutis baths. The list of services recommended includes swimming in the pool as well as other therapeutic water, paraffin, electric and mud procedures, massage, inhalations, phytotherapy, manual therapy, phototherapy, and acupuncture.

The renovated sanatorium is equipped with rooms with comfortable furniture, fire-places, and modern home appliances. Facilities available to guests include a large cinema and concert hall, library, gym, and sports grounds. Various cultural events, sports competitions, disco nights and excursions are arranged.

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Natural therapeutic resources applied:
- natural mineral water,
- natural mud,
- herbs,
- air.

Therapeutic SPA services provided:
- therapeutic massages of various types, underwater massage, aqua massage, mineral baths, physiotherapy, kinésitherapy, therapeutic mud, salt room, Bemer therapy, hirudotherapy (treatment using medical leeches), and mesotherapy.

About the Belorus Sanatorium:
- Class – 3 stars.
- Number of rooms – 74.
- Catering type – at request.
- Conference hall, accommodating up to 100 people.

Additional services:
- Guarded parking lot for the hotel’s guests;
- Fitness facility;
- The complex of baths and swimming pools is equipped with a sauna and infrared-ray bath;
- Children’s playground; children’s play room;
- Winter garden.

Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 2 km.

How to find us:
9. Life Energy S.P.A.

Life Energy S.P.A. is more than a SPA therapy complex. Here, SPA procedures can be combined with personal development. This approach is aimed not only at improving the physical condition of an individual, but also at balancing his internal state.

At Life Energy S.P.A. Centre, six groups of therapies and entertainments are distinguished. They form the Strong Body Energy Circles, i.e., a consistent system for the improvement of your physical condition: you can choose from among the decalification, pre-stress, calming, facial skin refreshment, just of experiences and integrated health-improvement SPA therapies. SPA therapies and programmes are designed to fit the tastes and needs of men, women, families, and couples.

The efficiency of the SPA services is ensured by a professional team of specialists, SPA cosmetics products by world-class producers, and application of modern SPA procedures.

Life Energy means the main source of a human, i.e., the energy of life, which helps someone to achieve goals, to feel self-confidence and inspiration to create, to dream, meet challenges, and just enjoy being alive. Life Energy S.P.A. is the place where health-improvement specialists will help you to restore the internal power and to use your life energy in a more balanced way.

At Life Energy S.P.A. Centre 10 different SPA spaces, equipped and decorated in accordance with their SPA therapy philosophies, are welcoming you to experience and enjoy their SPA procedures.

Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 1 km.

How to find us:

Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 300 m.

How to find us:

10. East Island SPA Centre in Druskininkai

An exclusive East Island SPA Centre of almost 500 square meters in size, located on the second floor of the Water Amusement Park in Druskininkai, offers everything that is the best and most impressive in the world of beauty and relaxation: an endless variety of professional massages, exotic oriental SPA treatments, body and face nourishing programmes.

Enjoy day-time beauty procedures, solariums, baths or exotic SPA baths. A wide range of SPA treatments offered here will surprise both those who enter this world of new feelings for the first time and those discerning guests who value unique sensations and plan to stay here for a longer time.

As soon as you open the door of the SPA Centre, it is as if time stands still and you find yourself in a distant oriental country, where you are able to awake your feelings, relax your body and soothe your soul.

Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 300 m.

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11. Aqua Rojus

The Aqua Rojus SPA Centre is located in the complex of the Water Amusement Park in Druskininkai, offering rest in summer and entertainment all the year round!

91 rooms of original design are waiting for you in this three-star hotel. When you choose this hotel, you will be able to enjoy the services of the water amusement park, pleasures provided by 20 baths, face and body nourishing treatments, and massages in the Aqua Rojus SPA Centre without leaving the complex of the water amusement park.

Aqua Rojus SPA Centre is a world of beauty, internal balance, and amazing discoveries. It offers not only a comfortable atmosphere, but also a variety of face nourishing procedures, body masks, programmes, massages and hydrotherapy procedures.

Here, you can pamper your skin with black pearl therapy, thermal mask, blue green algae spirulina therapy, and healing earth and aloe therapy with natural cosmetics. Shaping body masks with coffee powder, chocolate, grape extract, and seaweed will make you feel as if in paradise. The white pearl and gold body programmes radiate with magic and sensuality, moisturise and smoothen the skin and cover it with admirable reflections of pearls or gold. The Thai ritual with energy stones performed during this procedure harmoniously unites the oriental wisdom and power of nature. Warm stones pleasantly heat your body, relax it, remove physical and emotional tension, and harmonise your body, mind, and soul. These procedures form a new world of unexperienced feelings, which improve your well-being.

The oxygen bar will help to mitigate your stress and overcome your troubles. Here, you will breathe in a jolt of fresh air, and the detoxification of the organism with the Bio Detox machine will help to strengthen the immune system of your organism and to avoid a number of diseases. Specially for men, the SPA Centre offers detoxification, cleaning, and energising facial procedures.

Natural therapeutic resources applied:
- Herbs.
- Other cosmetics.

Therapeutic SPA services provided:
- Weightlessness therapy in Carisma bath.

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Distances from stations and airports:
- Vilnius airport – 125 km;
- Kaunas airport – 140 km;
- Vilnius railway and bus stations – 125 km;
- Kaunas railway and bus stations – 140 km;
- Druskininkai bus station – 500 m.

About the Aqua Hotel
- Class – 3 stars.
- Number of rooms – 91.
- Catering type – buffet service.
- Conference halls – 4 (total number of seats: 460).

Additional services:
- Underground guarded parking lot;
- Sauna (in the same building);
- SPA shop – special cosmetics necessary for the procedures can be acquired in the SPA Centre.