



**UZDROWISKO**  
SIEBIE BLISKO



## **UZDROWISKO has been created out of the heart need.**

Uzdrowisko (the Health Resort) is a place whose purpose is to help people stop for a moment, look into their inner self, take a rest from the hustle and bustle of the city life, enjoy nature, and meet people who think in a similar way. Here, in the bosom of nature you will find calm, and feel the interconnection with your own self and others. You might find inspirations and answers to your questions. It is a place which heals. Healing is more than lack of sickness and its symptoms – it is getting through to the very source of the problem. Each and every aspect of the surroundings here is aimed at supporting you on your way to regain your physical and mental composure or simply at recognizing and enjoying the equanimity you already possess. Most of all, Uzdrowisko is home, a warm venue where you can be fully yourself, relax, take a deep breath, and unwind. I will welcome you with open arms and offer tea, a delicious healthy meal, massage, a therapeutic session, yoga practice or sound therapy – whatever is in line with your needs.

With love,

Ania Szczepkowska

# HOUSE

The house is situated on a hill, and in it there are:

- Rooms for two, three or four persons (each of the rooms has its own bathroom)
- dining room for guests
- A massage parlour, a therapy room

ON THE PREMISES there are:

- A 100sqm workshop tent
- Sleeping tents of bell tent type
- A wooden chalet with a summer kitchen
- A beautiful garden and a big pond

On arrival, you will feel as if you are in another world, the world of peace, magic, and standstill.

# THE NEIGHBOURHOOD

Uzdrowisko is situated in Park Krajobrazowy Wysoczyzny Elbląskiej ( the Elbląg Plateau Landscape Park), a 5-minute drive from Zalew Wiślany (the Vistula Lagoon). It is situated on a hill, away from the main road. The area of the Elbląg Plateau is yet unexplored in terms of tourism. The landscape comprises hills, woods, lakes, the lagoon. The neighbouring localities:

Nadbrzeże (2km) – a tiny beach, a pier, a harbour, where you can hire sailboats, water bikes, canoes, and other sports equipment

Suchacz (4km) – the nearest grocery shops, a beach

Kadyny (8km) – the beach Srebrna Riwiera (Silver Riviera), a pier, a windsurfing and kitesurfing school, horseriding, the Nature Reserve Buki, the Nature Reserve Kadyński Las (Kadyński Forest), spas, and restaurants

Jelenia Dolina (The Deer Valley) (9km) – 3 lakes situated in the forest

Tolkmicko (12 km) – a beach, pier, restaurants, in the summer a water taxi to Krynica Morska

In the more distant neighbourhood there is Frombork (28 km), a town famous for its renowned resident Nicolas Copernicus, and Mierzeja Wiślana (the Vistula Spit) (45 km) offering a rest at the Baltic Sea. Big towns nearby: Elbląg (13 km) and Gdańsk (60 km).

## ACCOMMODATION

We offer rooms with bathrooms for two, three or four persons. Nearly all the rooms are equipped with balconies overlooking the breath-taking nature around.

Also, there are tents (of the bell tent type) at your disposal. They are equipped with two single beds (there is the option to connect them), two mattresses, carpets, a mantelpiece, access to the outside bathrooms and the bathroom in the house.

## HIRING OPTIONS

You are invited to organize in Uzdrowisko your personal development workshops or other health boosting events. At your disposal there are rooms with bathrooms and tents of the bell tent type. We offer vegetarian or vegan meals.

There is also a 100 sqm workshop tent with the wooden floor, and a 30-metre wooden chalet-style cottage with a freestanding stove and a summer kitchen beside.

## SPA FOR THE BODY AND MIND OFFER

### THERAPEUTIC SESSIONS

Are you going through a tough life situation and you need support? Would you like to get a closer look at yourself and improve the quality of your life?

### MYOFASCIAL RELEASE MASSAGE

It involves deep work with the body, effective in releasing physical and / or emotional pains. This type of massage affects deep tissues and releases strains in them. It is a conscious, slow, deep touch.

## **LOMI LOMI NUI MASSAGE**

This type of massage originates from Hawaii. It is a sort of ritual within duration of which the person tucked in a touch full of respect and mindfulness in the atmosphere of soothing music, candles and beautiful scents, commits themselves to the body and spirit healing.

## **KOBIDO – RELAXINGLY-LIFTING JAPANESE FACE MASSAGE**

Kobido massage is known as 'non-surgical lifting'. It is a rite based on strictly determined rules. It relaxes deeply facial strains, which contributes to the relaxation of the whole body.

## **SOUND THERAPY**

It is a deeply relaxing treatment, which moves each and every cell of the organism with the wholesome vibration. The sounds emitted by the Tibetan bowls, specially designed for this treatment, introduce the body and mind to the state of deep relaxation.

## **FASCIAL YIN JOGA**

This kind of yoga connects yin yoga, spontaneous movements, myofascial therapy, mindfulness, self-massage techniques, and fascial Dao Jin to create the most effective system of releasing emotional and physical fascial injuries.

# **YOU ARE KINDLY INVITED**

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### **How to get by car?**

From Elbląg drive in the direction of Tolkmicko. After passing the sign with the name of KAMIONEK WIELKI, take the first possible unpaved turning on the right, right behind the priority sign. When the road up ends, turn right at the forest holding to the cement boards. Drive up for about 5 minutes. You will see Uzdrowisko on the left side.