




Harmony Within:

MEDICAL AND WELLNESS SPA RESORTS IN LITHUANIA



A close-up photograph of a person's leg and foot standing on a grassy surface. The leg is on the left side of the frame, and the foot is visible at the bottom left. The background is a soft-focus field of green grass and some brown pine needles. The text is overlaid on the right side of the image.

Harmony lies at the heart of pure wellness.

Lithuania blends the latest advances in medical science, the finest expertise in wellness and rehabilitation, with an often overlooked ingredient: nature.

Our bodies are tuned to respond to the rejuvenating and reinvigorating powers of these natural elements: mineral water, pine scented air, therapeutic mud and Baltic amber. Lithuania's beautiful nature abounds with them, and they are at the core of the bountiful wellness procedures on offer.

In Lithuania's spa towns, you will experience the perfect harmony between nature and medical sciences. In the hands of our certified wellness specialists, the curative potential of nature's reaches is released.

In the following pages, we've put together a set of refreshing and healing experiences. We hope they guide you along the path towards your rediscovered natural balance.

Yours,
Lithuania Travel

Natural remedies in Lithuania

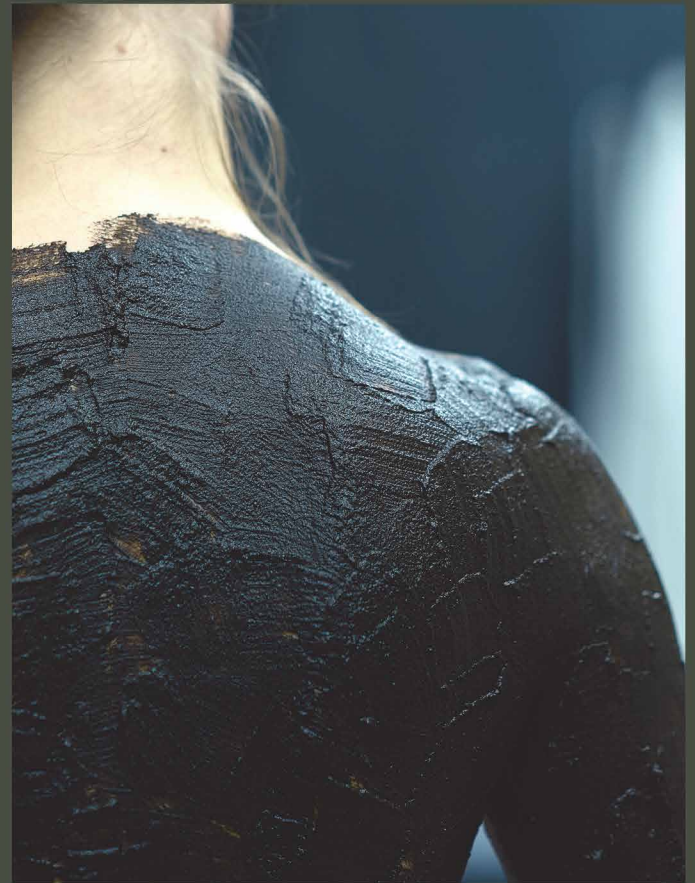


Mineral water

Mineral water sourced from local underground springs is used in a number of procedures. Renowned internationally, the waters of Birštonas, Palanga and Druskininkai are especially rich in minerals like calcium, magnesium and sulphates. This makes them perfectly suited to Balneotherapy, a scientifically proven set of water procedures that is great for stress relief, immunity and allergies.

Therapeutic mud

The skin replenishing properties of mud have long been established as a scientific fact. Mud draws toxins and impurities from the skin, exfoliates dead skin cells, and can relax muscles and joints. Peat mud stimulates enzyme activity, accelerates regeneration processes, and inhibits inflammation. By enjoying a mud bath or procedure at one of Lithuania's spas, you can recharge your body with the earth's energy.



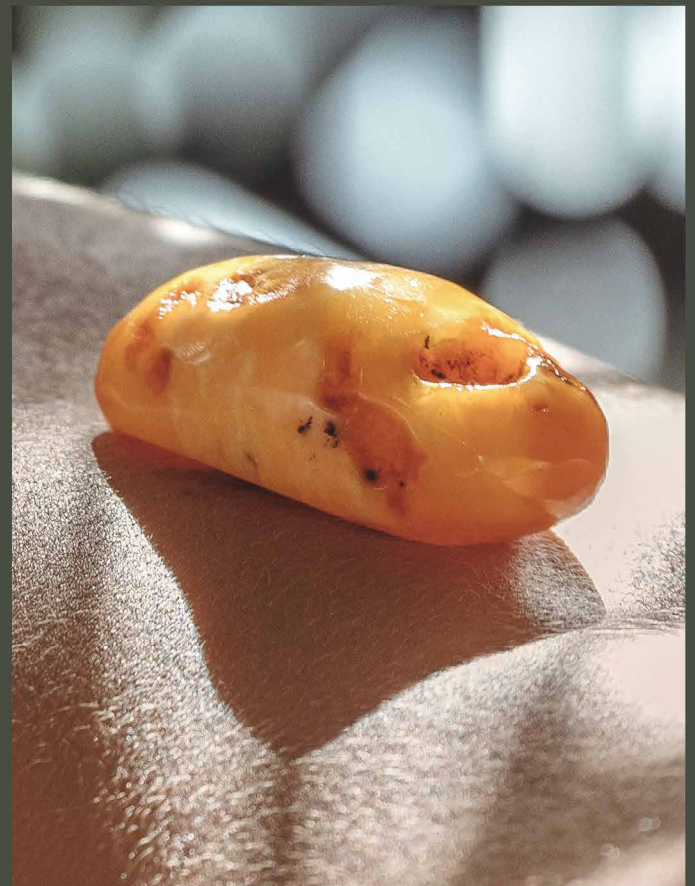


Pine scented air

The fresh, pine scented air of Lithuania's forests is all it takes to purge you of the stress and tensions of modern life. And because Lithuania is 35 % forest, you are never far from an opportunity to escape into nature for a long and calming stroll. But it is not only the forest air that restores you, the sea air in Palanga is saturated with ionized particles that cleanse and enliven the lungs.

Amber

Baltic amber carries both the colour and restorative power of fire. Created by the synthesis of light through trees, this gem-like material can be seen as a form of solidified sunlight. Since the time of Hippocrates, amber has been used to enhance immunity, fasten healing, and slow down aging. In Lithuania, you can try amber scrubs, amber saunas and amber reflexology treatments.





Lithuania - a hidden gem by the Baltic Sea

LATVIA

 Palanga airport

 PALANGA resort

KLAIPĖDA

 Kaunas airport

KAUNAS

 BIRŠTONAS resort

VILNIUS

 Vilnius airport

 DRUSKININKAI resort

POLAND

BELARUS




Cable car in Druskininkai
📷 Kautros keltuvai



Druskininkai
resort



Druskonis lake in the early morning



Nestled within the spectacular forests of Southern Lithuania, Druskininkai boasts over two hundred years of traditions as a resort town. Its name is synonymous with the Lithuanian word for salt, and it is the town's mineral-rich water springs that attract visitors from around the world.



UPA Medical SPA



In Druskininkai, you'll discover:

💧 Mineral water from the different springs of Druskininkai has the widest range of mineral concentration (from 2 to 58 g/l) in Europe, making it perfect for a number of wellness treatments.

🌱 The soil in Druskininkai shares similar therapeutic qualities with its water, making the resort a prime location for mud therapy enthusiasts.

☁️ The air in Druskininkai is especially clean thanks to its plentiful and beautiful pine forests. And for people who love to be surrounded by the calming, meditative power of green, there are dozens of kilometres of trails and cycling paths that snake through these forests.

🍷 Amber, although found on Baltic coast, also made its way to Druskininkai. You'll even find an Amber Room in one of the town's SPAs. You'll also have a chance to try out amber body massage, amber sauna therapy, amber foot therapy, and even amber body exfoliation.

Druskininkai can offer treatment of issues affecting the nervous system, musculoskeletal system, circulatory and respiratory system. Endocrine and gastrointestinal diseases, kidney diseases, ear, nose and throat complaints are also treated here. For more information about health treatments available please visit www.health.lithuania.travel



SPA VILNIUS Druskininkai





K. Dineika Wellness Park
© U. Zgurski





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Tourism Information Centre

TOP 10 attractions in Druskininkai:

1. Druskininkai Aqua Park
www.aquapark.lt
Relaxing saunas, exciting waterslides and refreshing pools – the perfect place for the entire family.

2. Snow Arena
www.snowarena.lt
The only year-round winter entertainment complex in the Baltics. Great for beginners and pros.

3. Lynų Kelias Cable Car
www.lynukelias.lt
Soak up the view from above, as you glide over lush forests and River Nemunas.

4. UNO Park
www.unoparks.lt
Try treetop climbing at this kids-friendly adventure park right in the centre of Druskininkai.

5. Dineika Wellness Park
This peaceful forested park is home to refreshing water cascades, a sauna complex and yoga terraces.

6. Druskininkai City Museum
www.druskininkumuziejus.lt
History buffs can find out all about Druskininkai's rich past in this gorgeous villa turned museum.


7. Musical Fountain
If you want to see and hear how water sounds complement the tunes of your choice, don't miss out on this dancing fountain.



8. Menų Kalvė crafts centre
www.druskininkukulturoscentras.lt
Come and witness the local folk craftsmen as they summon art from wood and clay.

9. Grūtas Park
www.grutoparkas.lt
This unique open-air museum hosts a cornucopia of fascinating Soviet era relics – from monuments to propaganda art.

10. Cycling paths
www.druskininkai.lt
Make sure to visit the Tourism Information Centre for a map of the many cycling paths in and around Druskininkai.

For more information about the resort and local attractions please visit www.druskininkai.lt

 How to reach Druskininkai:
Vilnius international airport www.vilnius-airport.lt
Kaunas international airport www.kaunas-airport.lt
Palanga international airport www.palanga-airport.lt

 www.eurolines.com www.kautra.lt www.luxexpress.eu
 Kaunas – Druskininkai 120 km, Vilnius – Druskininkai 120 km.




Birštonas observation tower
📷 A. Aleksandravičius



Birštonas
resort



Aerial view of Birštonas city which is located on the shore of Nemunas river in Lithuania. It's a small SPA resort
📷 A. Venclova



Nestled by the bends of River Nemunas, Birštonas is a resort town that has fully embraced the philosophy of Sebastian Kneipp: herbal therapy, water therapy, proper nutrition, exercise and harmony.



Vytautas Mineral SPA



In Birštonas, you'll discover:

💧 The resort's SPAs use a wide variety of mineral water for wellness procedures. Water lies at the heart of its wellness traditions, and the many Balneotherapy options on offer are scientifically proven to strengthen immunity and aid recovery.

🌀 For a real surge of healing energy, you can enjoy electro-mud therapy. And if you would prefer a sweeter, more calming mud treatment, you can enjoy a "chocolate mud bath".

☁️ If you feel in need of a deep breath of pure sea air, head to the Druskupis mineral water evaporation tower. The air inside it is enriched with minerals and is especially beneficial for people with respiratory issues.

🌀 Luxuriate in the deep skin rejuvenating properties of an amber oil and amber dust massage performed on a massage table encrusted with the amber from the Baltic Sea. You will find that any treatment can only be made better with amber.

Birštonas can offer rehabilitation treatment, anti-relapse treatment, rejuvenation for the body and soul. For more information about health treatments available please visit www.health.lithuania.travel



Library at Vytautas Mineral SPA





River Nemunas

📷 A. Aleksandravičius





Tourism Information Centre

TOP 10 attractions in Birštonas

1. Hot air balloon flights
www.skriskimekartu.lt
For an unforgettable Lithuanian experience, soar above the lush forests surrounding Birštonas.

2. Birštonas Observation Tower
The tallest observation tower in the entire country, this stunning construction gives you the perfect view of the River Nemunas.

3. Kneipp Garden
Open during the warm season, this peaceful little park provides cold water procedures and a barefoot reflexology path.

4. Birštonas Museum
www.birstonomuziejus.lt
If you have an hour to spare, stop by this villa turned museum for a healthy dose of local history.

5. Druskupis mineral water evaporation tower
Close your eyes, take a deep breath of mineral-enriched air and become transported to the pristine Baltic Coast.

6. Žygiai Žirgais horseback riding club
www.zygiaizirgais.lt
Discover the beauty of Nemunas Loops Regional Park by trail riding with an experienced instructor.


7. Cycling tours
www.birstonastours.lt
The friendly guides of Birštonas Tours will help you explore the town and its surroundings while you burn excess calories.



8. *Birutės Villa* mineral water pavilion
This is the perfect place to relax and experience the healing power of the mineral water that's evaporated here.

9. Electric carriage ride
www.birstonastours.lt
Scheduled tours with an audio guide are available in the warm season.

10. Vytautas hill
Climb Vytautas hill – one of the highest mounds in Lithuania – for a beautiful panoramic view of Birštonas and the bends of Nemunas.

For more information about the resort and local attractions please visit www.visitbirštonas.lt

 How to reach Birštonas:
Vilnius international airport www.vilnius-airport.lt
Kaunas international airport www.kaunas-airport.lt
Palanga international airport www.palanga-airport.lt

 www.eurolines.com www.kautra.lt www.luxexpress.eu
 Vilnius – Birštonas 90 km, Kaunas – Birštonas 40 km.




Palanga pier
📷 A. Aleksandravičius



Palanga
resort



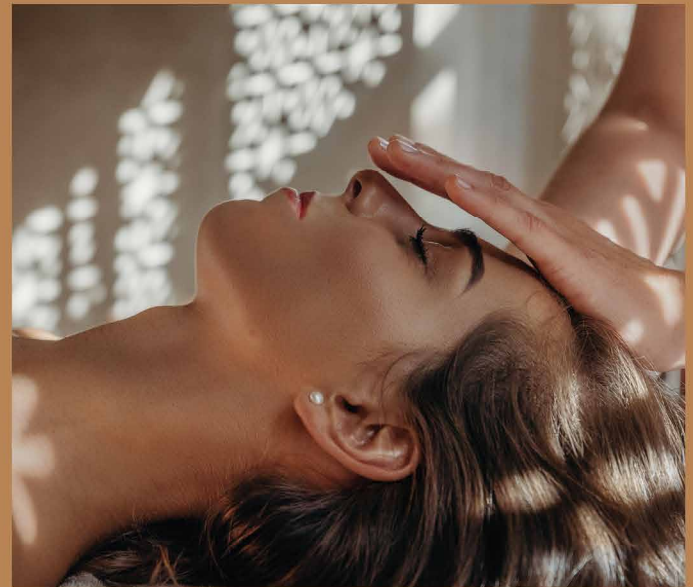
Palanga Amber Museum
📷 V. Grybauskas




The seaside town of Palanga is the most popular holiday spot in the country. It's also a prime wellness destination 365 days a year, with Blue Flag beaches and forested parks inviting visitors to take a long stroll after a full day of procedures.



Vanagupé SPA




In Palanga, you'll discover:

 During the summer months, the Baltic Sea provides much needed relief after a hot day, while the resort's SPAs invite visitors to their therapeutic mineral water pools throughout the year.

 Therapeutic mud extracted from the nearby peat bogs is used in combination with other substances to treat skin, joints and other issues.

 Take a walk by the sea to get the refreshing benefits of the resort's air rich in ozone and phytoncide particles emitted by the diverse seaside flora.

 Palanga is home to the one-of-a-kind amber sauna, where hot air releases the therapeutic qualities of "Baltic gold" within a sauna inlaid with this precious stone. Another way of experiencing the healing powers of amber is signing up for a hot amber massage.

Palanga can offer treatment for the following conditions: various central neural system disorders, cardiac neurosis, and obesity. In addition to that, Palanga is the perfect resort for postoperative rehabilitation. During the warm season, Palanga provides a suitable climate for rheumatic patients.

For more information about health treatments available please visit www.health.lithuania.travel



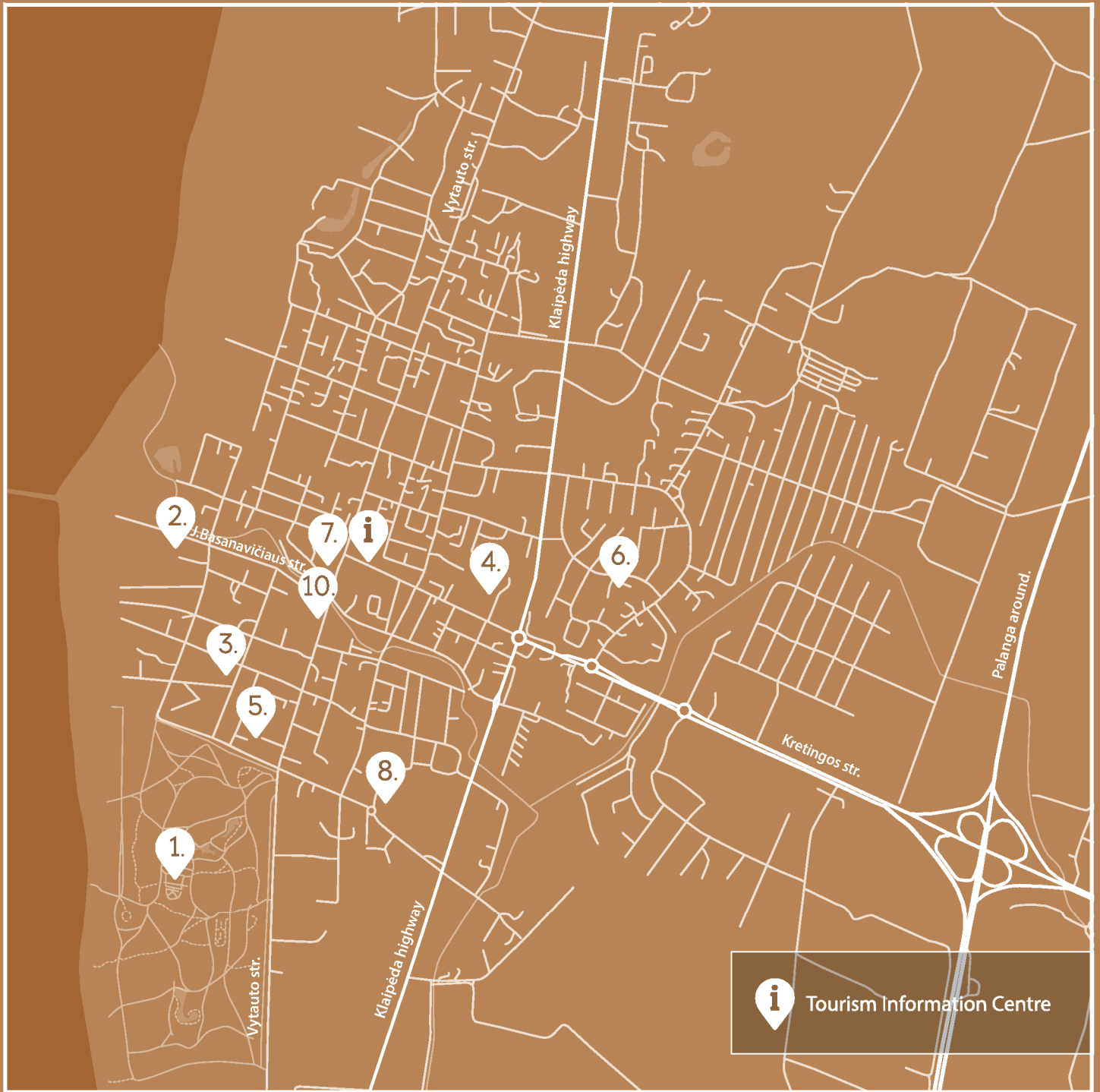
Palanga Life Balance SPA





Palanga beach
📷 A. Aleksandravicius





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Tourism Information Centre

TOP 10 attractions in Palanga

1. Palanga Amber Museum

www.lndm.lt/pgm/

This gorgeous manor provides glimpses not only into the mesmerizing world of amber, but also into the rich past of Palanga.

2. Palanga Resort Museum

www.kurortomuziejus.lt

Rumoured to be haunted by a countess who lived here, this villa helps paint a picture of what Palanga used to be like 100 years ago.

3. Antanas Mončys House-Museum

www.antasmoncys.com

The museum dedicated to the art of Antanas Mončys is full of spectacular sculptures made out of every imaginable material.

4. Public pool of Palanga

www.palangosbaseinas.lt

This multi-functional complex is the best place to practice your swimming skills and mingle with the locals.

5. Palanga Burgomaster Jonas Šliūpas Museum

www.lnm.lt

Jonas Šliūpas was an important figure who helped shape independent Lithuania in the Interwar period. His memorial museum sheds light on his personal and political life.

6. Dog Museum

www.sunumuziejus.lt

Here you will find more than 6000 canine exhibits – from porcelain poodles to straw labradors.

7. The Most Holy Virgin Mary's Ascension Church

www.palangosparapija.lt

The tower of this stunning Neo-Gothic church provides one of the best views of Palanga.

8. Palanga Sports Centre

www.sportpalanga.lt

If you're lucky, you might catch a national basketball game played at the Palanga Sports Centre during your stay.

9. Cycling paths

www.palangatic.lt

There's no better way to explore Palanga than on two wheels. Visit the Tourism Information Centre to get a helpful map of local cycling paths.

10. Palanga kurhaus

The recently renovated Palanga kurhaus reminds visitors of 19th century Palanga, while hosting a slew of cultural events.

For more information about the resort and local attractions please visit www.palangatic.lt

How to reach Palanga:

Vilnius international airport www.vilnius-airport.lt

Kaunas international airport www.kaunas-airport.lt

Palanga international airport www.palanga-airport.lt

 www.eurolines.com www.kautra.lt www.luxexpress.eu

 Vilnius – Palanga 330 km, Kaunas – Palanga 238 km.



Pathways near Palanga beach
📷 G. Akelis

An aerial photograph showing a winding wooden boardwalk that meanders through a dense forest. The boardwalk is made of light-colored wood and curves through various sections of the woods. The trees have a mix of green and golden-yellow foliage, suggesting an autumn setting. A narrow stream or path of water is visible, winding through the forest and crossing the boardwalk at several points. The overall scene is peaceful and natural.

There are many ways to find your natural balance.
Whatever path you choose, we hope it brings you harmony
within your body and mind.



Lithuania
Travel

www.lithuania.travel