



Belarus 

RECREATIONAL
TOURISM IN BELARUS

Rest that's good for health?

This is Belarus! Even the air here has unique healing qualities. Come here to find the secrets of vital force, youth and beauty in health resorts and retreats of the Belarusian land located in stunningly beautiful locations among age-old forests and vast fields, fascinating lakes and breathtaking birch groves framed in shining strips of rivers.

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Aerotherapy

Breathing is life! You have certainly noticed how much better you feel when you go outside from a stuffy room.

Fresh and clean air raises one's spirits, boosts life force and strengthens health.

Enjoy the time spent in full harmony with nature, taking air baths in the most picturesque corners of Belarus.



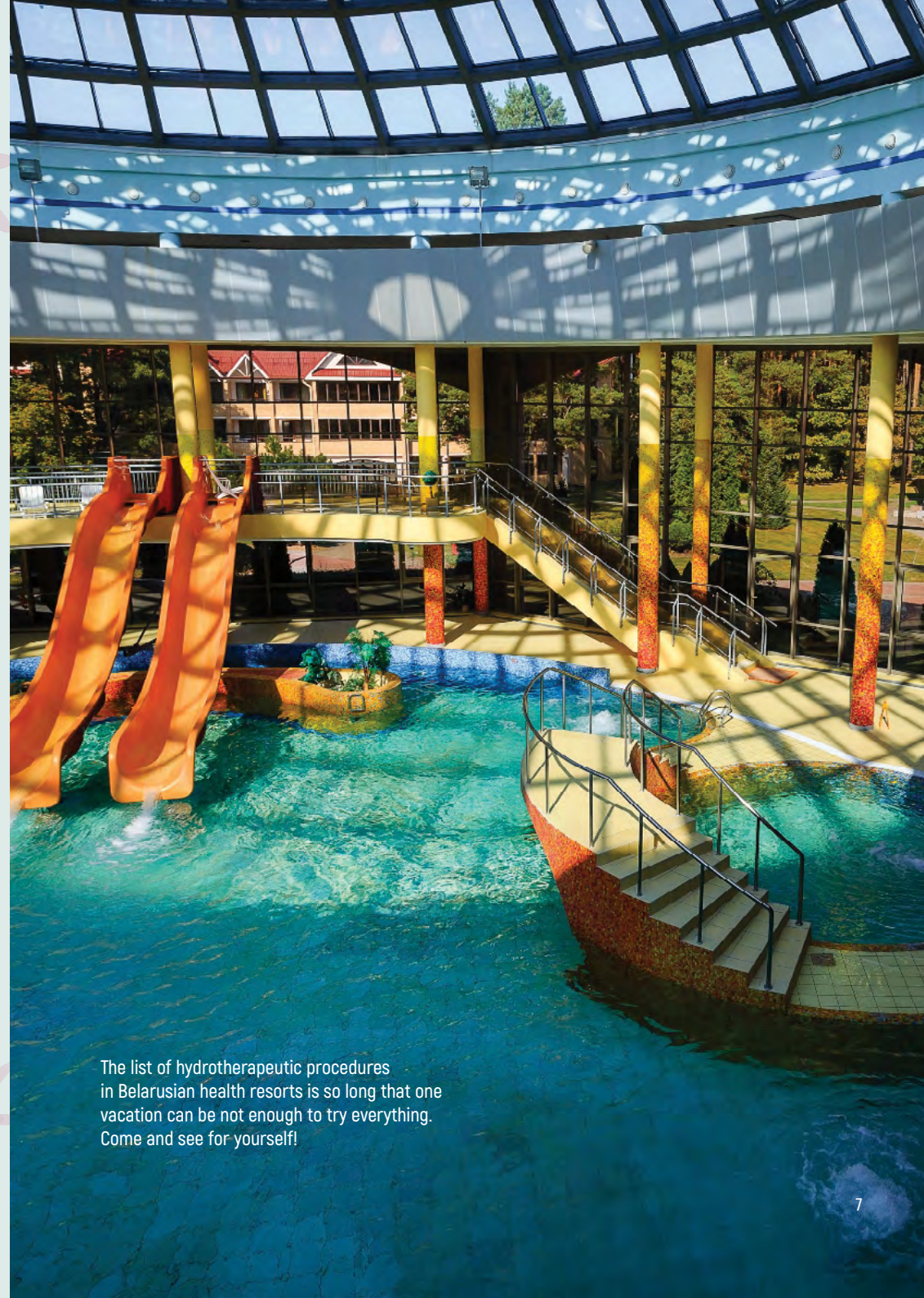
Did you know?

Regular aerophytotherapy, inhalation of fresh air rich with useful substances released by plants, is one of the most effective methods of combating insomnia.

Living Source of Health

Unique qualities of mineral water have been known since ancient times. Feel the incredible surge of vigor and force after tasting the water with unique composition from Belarusian springs! Moreover, you can do more than just drink it: mineral baths and pools will give you enjoyment and bliss. You're guaranteed to get full relax and rejuvenation!

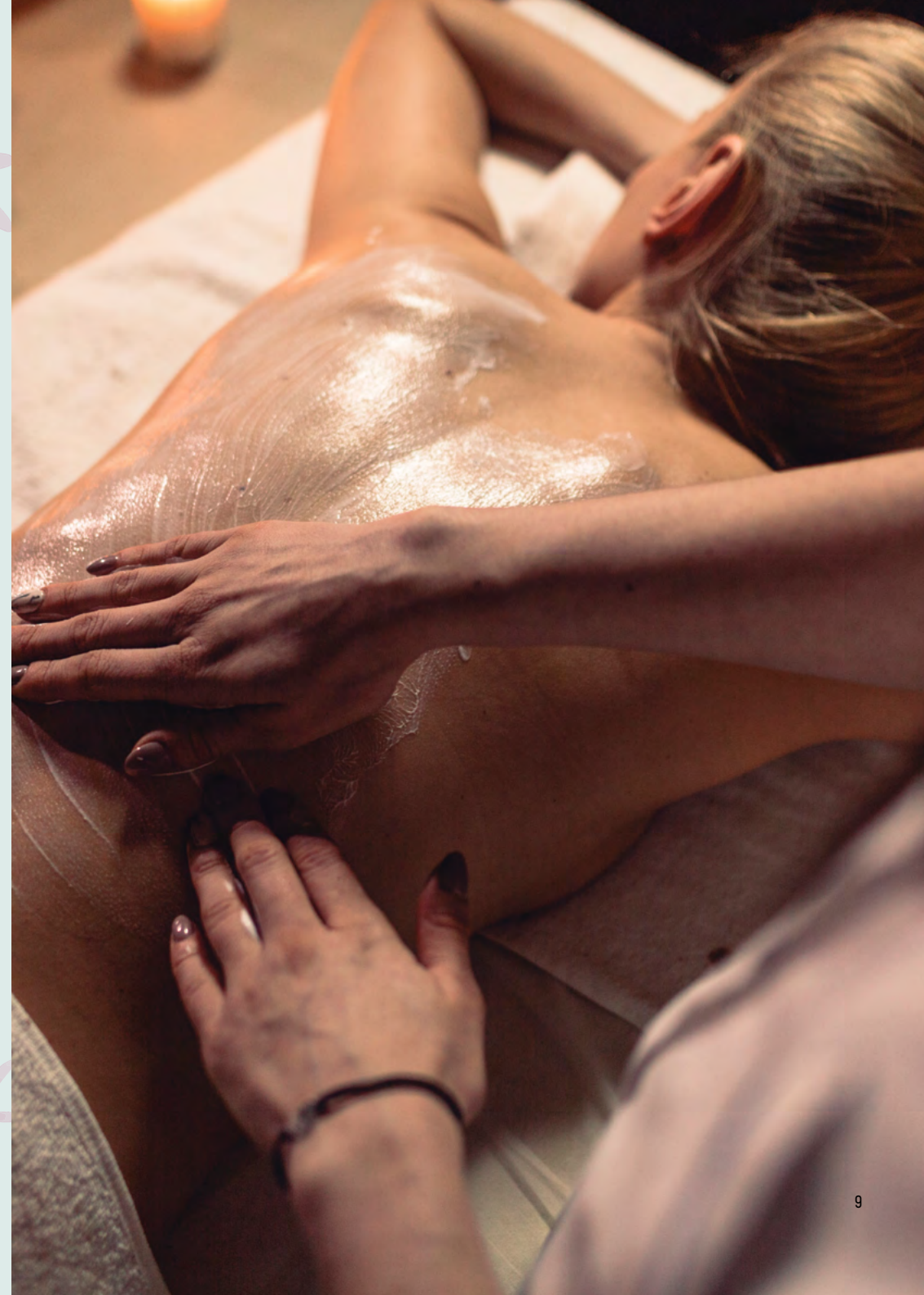
In fact, mineral water is stormwater that is accumulated in various layers of terrestrial rocks over many millenia and attains useful properties due to dissolution of natural mineral substances.



The list of hydrotherapeutic procedures in Belarusian health resorts is so long that one vacation can be not enough to try everything. Come and see for yourself!

Grey Gold of Belarus

The benefits of mud therapy cannot be overestimated. Natural forces have been gathering in the depths of Belarusian lakes to amaze you today. Grey or brown sapropelic mud is the true gold of Belarus that is used to prepare magical cocktails for your beauty and health!

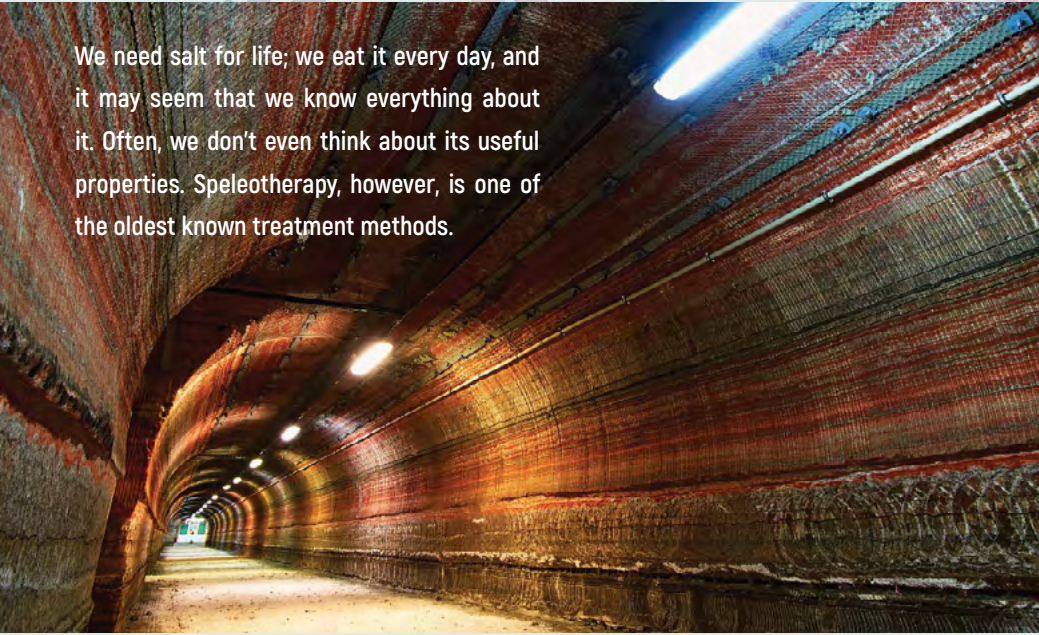


That's Interesting:

silt mud wraps are an effective method to combat freckles, age spots and wrinkles.

Hidden City

We need salt for life; we eat it every day, and it may seem that we know everything about it. Often, we don't even think about its useful properties. Speleotherapy, however, is one of the oldest known treatment methods.



Come and visit our salt city situated in one of the world's largest deposits of potassium salts (Soligorsk) and hidden at the depth of 420 meters in the mine previously used for sylvinitic mining. This is a unique object that not just helps improve one's health, but also captivates the imagination.

The Whole Salt of Caves

Are you tired of city buzz and everyday piles of things to do? Just want to relax and breathe some natural air? Try visiting a speleo-chamber or a halo-chamber, where you can rest in cozy atmosphere, forget about all the things in the world and just think about something pleasant.



Spa Aroma Magic



Quiet charming music, captivating floral smells and tender touches... Isn't it heaven on earth? Come and visit the mysterious world of dreams that will fill your soul with pleasant emotions and give you an incredibly powerful boost. Belarusian spa centers will help you with this!



Belarusian Secret

Why do relax tours to Belarus leave the guests with the best memories and make them want to come here again? The answer is simple: we just love resting and know how to do it! We're genuinely happy to give our guests positive emotions, help them relax and improve their health! This has been tested by thousands of tourists!





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