



Vytautas
MINERAL SPA

Birštonas has been famous for its mineral water springs for centuries. According to records found in the Königsberg archives, crusader scouts reported to their grand master about a “homestead at a body of saltwater” they called Birstein.

Patients have been coming for treatment to Birštonas since 1846, when scientists of Vilnius University proved that the mineral water springs here restore health. Since then, Birštonas has been called the city of therapeutic water. It is said that not only the body but also the soul finds healing here. The secret of the Birštonas therapeutic effect is very simple – this city combines three key success factors: climate, mineral water and peat mud.

The „**Vytautas Mineral SPA**“ wellness and relaxation complex was built on the site where the construction of a water and mud therapy centre was planned three decades ago. It is little more than 100 meters from the complex to the picturesque bank of the Nemunas River. Water from the 715-metre deep borehole owned by the complex is characterized by high mineralization and properties similar to those of Dead Sea water. The water’s content is a complex wonder of nature that is impossible to reproduce artificially. Mineral water containing more than 70 different elements has formed over millions of years. Water from „**Vytautas Mineral SPA**“ spring is used in various water treatments and mineral therapy. This unique water, which remained untouched by civilisation for millions of years, has a beneficial effect in treating many musculoskeletal, nervous system, gastrointestinal, respiratory, metabolic and psychosomatic disorders, and reduces stress as well.

„**Vytautas Mineral SPA**“ is a modern health centre offering a large choice of treatments. Everything in this centre, even the architecture of the building, promotes healing. The services and the interior merge into a whole, providing inner peace, allowing the body to rest and relax.

The „**Vytautas Mineral SPA**“ complex has created excellent conditions for rest and recovery. Here you will find a mini water park consisting of several swimming pools, a large jacuzzi and 5 baths, a hotel offering 165 rooms for guests and a modern therapy centre. The interior design of „**Vytautas Mineral Spa’s**“ rooms has been inspired by nature. Modern minimalism combined with natural motifs creates a comfortable and relaxing atmosphere in the hotel rooms at any time of the year. Even the most demanding customer will appreciate the restaurant’s European cuisine. Guests are offered the highest quality meals three times per day, served buffet style. Gourmets will enjoy the a la carte restaurant, where the chef will surprise you with exceptional dishes.

You can find a reading hall in the „**Vytautas Mineral SPA**“ complex – an impressive space under the dome, right at the centre of the building. Here you can relax and get new ideas while reading, chatting, or simply enjoying the artwork created by Petras Lincevičius, recognized in 2015 as the best Lithuanian artist of the young generation. The „**Vytautas Mineral SPA**“ reading room recalls a moonscape, and in this innovative celestial environment, visitors may relax, find internal harmony and, of course, generate ideas for the future.

„BASIC WELLNESS PACKAGE“

The price includes:

- accommodation in a room of the chosen type;
- bathrobes and slippers in the room;
- two meals per day (HB), breakfast and lunch/dinner (buffet);
- a physician's consultation, development of a wellness treatment plan;
- treatments (at least 4 per day, one from each list) scheduled according to indications; treatment duration can be 15 min, 20 min or 30 min;
- daily swimming pool and sauna visits;
- mineral water for drinking;

Treatments:

- 1) mineral water bath / Flow therapy;
- 2) individual kinesiologist's consultation (15 min), and group exercise according to the kinesiologist's recommendations: vertical bath, aqua aerobics, TRX workout, gym exercise;
- 3) magnetic therapy / d'Arsonval therapy / transcutaneous electrical nerve stimulation (TENS) / ultrasound therapy;
- 4) inhalation / halotherapy.

Prices have been quoted per person per day (EUR).

BASIC WELLNESS PACKAGE	Per night per person, two persons per room	Per night per person, one person per room	Per night per person, two persons per room, 3 or more nights	Per night per person, one person per room, 3 or more nights
Single	-	81	-	74
Standard double	69	88	63	81
Double suite	75	108	69	101
Mini luxury – family suite	90	131	82	121
Luxury	119	158	108	147
Luxury suite	140	178	129	167

Additional fee for FB for adults: EUR 14/day.

Additional fee per child (aged 4–14):

EUR 18/day – including accommodation in the room with parents and HB meals

EUR 28/day – including accommodation in the room with parents and FB meals.

The price does not include:

- Birštonas resort fee (EUR 1 per person per day).
- The fee does not apply to children under 18 years of age.

- Pursuant to Article 20 of the Law on VAT the services are not subject to VAT.

„SILVER WELLNESS PACKAGE“

The price includes:

- accommodation in a room of the chosen type;
- bathrobes and slippers in the room;
- two meals per day (HB), breakfast and lunch/dinner (buffet);
- a physician's consultation, development of a wellness treatment plan;
- treatments (at least 5 per day, one from each list) scheduled according to indications; treatment duration can be 15 min, 20 min or 30 min;
- daily swimming pool and sauna visits;
- mineral water for drinking;
- body composition diagnostics (bioimpedansometry) or veloergometry (scheduled on arrival, according to indications).

Treatments:

- 1) mineral water bath / Flow therapy / mud application / mud body wrap;
- 2) individual kinesiologist's consultation (2 x 15 min, on arrival and departure), and group exercise according to the kinesiologist's recommendations: vertical bath, aqua aerobics, TRX workout, gym exercise;
- 3) magnetic therapy / d'Arsonval therapy / transcutaneous electrical nerve stimulation (TENS) / ultrasound therapy;
- 4) inhalation / halotherapy;
- 5) curative massage (according to indications: waist, shoulders and neck, head, etc.) / underwater massage / machine lymphatic drainage massage.

Prices have been quoted per person per day (EUR).

SILVER WELLNESS PACKAGE	Per night per person, two persons per room	Per night per person, one person per room	Per night per person, two persons per room, 3 or more nights	Per night per person, one person per room, 3 or more nights
Single	-	109	-	99
Standard double	95	120	86	111
Double suite	102	127	93	118
Mini luxury – family suite	119	149	108	138
Luxury	151	196	137	182
Luxury suite	174	219	158	203

Additional fee for FB for adults: EUR 14/day.

Additional fee per child (aged 4–14):

EUR 18/day – including accommodation in the room with parents and HB meals

EUR 28/day – including accommodation in the room with parents and FB meals.

The price does not include:

- Birštonas resort fee (EUR 1 per person per day).
- The fee does not apply to children under 18 years of age.

- Pursuant to Article 20 of the Law on VAT the services are not subject to VAT.

„GOLD WELLNESS PACKAGE“

The price includes:

- accommodation in a room of the chosen type;
- bathrobes and slippers in the room;
- two meals per day (HB), breakfast and lunch/dinner (buffet);
- a physician's consultation, development of a wellness treatment plan;
- treatments (at least 5 per day, one from each list; every third day – at least 6 treatments per day) scheduled according to indications; treatment duration can be 15 min, 20 min or 30 min;
- daily swimming pool and sauna visits;
- mineral water for drinking;
- body composition diagnostics (bioimpedansometry) and veloergometry (scheduled on arrival).

Treatments:

- 1) mineral water bath / Flow therapy / mud application / mud body wrap;
- 2) individual kinesiologist's consultation (2 x 30 min, on arrival and departure), and group exercise according to the kinesiologist's recommendations: vertical bath, aqua aerobics, TRX workout, gym exercise;
- 3) magnetic therapy / d'Arsonval therapy / transcutaneous electrical nerve stimulation (TENS) / ultrasound therapy;
- 4) inhalation / halotherapy;
- 5) curative massage (according to indications: waist, shoulders and neck, head, etc.) / underwater massage / machine lymphatic drainage massage;
- 6) paraffin application (hands / feet, 1 every 3 days).

Prices have been quoted per person per day (EUR).

GOLD WELLNESS PACKAGE	Per night per person, two persons per room	Per night per person, one person per room	Per night per person, two persons per room, 3 or more nights	Per night per person, one person per room, 3 or more nights
Single	-	124	-	113
Standard double	110	135	100	125
Double suite	117	142	106	131
Mini luxury – family suite	134	164	122	152
Luxury	166	211	151	196
Luxury suite	189	234	172	217

Additional fee for FB for adults: EUR 14/day.

Additional fee per child (aged 4–14):

EUR 18/day – including accommodation in the room with parents and HB meals

EUR 28/day – including accommodation in the room with parents and FB meals.

The price does not include:

- Birštonas resort fee (EUR 1 per person per day).
- The fee does not apply to children under 18 years of age.

- Pursuant to Article 20 of the Law on VAT the services are not subject to VAT.