Uniejow Thermal Spa - the most popular spa in Poland

Uniejow Thermal Spa is a great destination for those of you who want to relax and take care of their health.

Solec Zdroj is not the only spa in Poland. There are many others, including Thermal Spa in Uniejow.

It is the most popular and unfortunately the most crowded spa that we have ever been to.

Uniejow Thermal Spa is located in the central Poland, about an hour driving from Lodz and 2 hours from Warsaw.

How to get to Uniejow Thermal Spa?

The fastest way is to get there by car.

Nevertheless, there is a bus directly to Uniejow from Lodz.

It is very easy to get to Lodz from almost every city in Poland.

Use www.e-podroznik.pl website to search the best connection and read our tips how to travel through Poland.

Where to sleep and eat near Uniejow Thermal Spa?

The best is to stay in Hotel Uniejow or Lawendowe Termy. They are really close to Thermal Pools and they have great spa facilities.

There is a restaurant inside the pool complex, so you can spend all day in Thermal
Spa.

Food is cheap and fresh. They have very good pizza and cakes :).

**Pool complex at Uniejow Thermal Spa**

There are 6 pools in Uniejow

- indoor/outdoor on lower floor with hot water
- indoor/outdoor on upper floor with hot water
- indoor for children
- outdoor with minibar
- outdoor round with hot water
- outdoor for swimming
- outdoor jacuzzi

At Uniejow Thermal Spa, there is also a Relax Area. You can find there 6 saunas, the graduation tower and the ice chamber.

If you don’t know what graduation tower is, [click here](#).

Ice chamber is just very, very cold room where you can toughen up.

**Prices at Uniejow Thermal Spa**

Below, there is a price list for year 2014.

Remember that every time you go to restaurant, the time stops.

You will always have extra 15 minutes to dress up. You won’t pay for it.