



BRINE GRADUATION TOWER

WHAT IS A BRINE GRADUATION TOWER?

A brine graduation tower is a wooden structure through which brine flows. As the water passes through the tower, it evaporates, creating a microclimate rich in negative ions that have a beneficial effect on our health. Breathing the air near a brine graduation tower may help treat many conditions, including respiratory disorders, allergies and circulatory problems.

HOW DOES A BRINE GRADUATION TOWER WORK?

- **Pumping the brine:** Pumps carry the brine to the very top of the structure.
- **Flow and breakup:** The brine trickles freely down through densely packed blackthorn branches.
- **Evaporation:** Sun and wind cause the water to evaporate, while falling droplets break into tiny particles.
- **Aerosol formation:** A mist rich in trace elements (iodine, bromine, magnesium and calcium) and negative ions surrounds the structure.
- In an enclosed room, the brine naturally becomes more concentrated and partially evaporates. During this process, the air around the tower is enriched with salt aerosol.



EFFECTS ON THE BODY

- **Clearing the airways:** Inhaling microscopic salt particles thins mucus in the nose, throat and bronchi, making it easier to cough up.
- **Moisturising the mucous membranes:** Improves the respiratory system's natural resistance to pollutants and viruses.
- **Supporting health:** Helps with allergies, asthma, chronic bronchitis and high blood pressure.

WHY ARE BRINE GRADUATION TOWERS GOOD FOR HEALTH?

Using brine graduation towers may offer many health benefits. Breathing air rich in negative ions may help treat respiratory conditions, improve mood, strengthen immunity and improve sleep quality. It may also provide relief for people with allergies, asthma or circulatory problems.



INDOOR GRADUATION TOWER

The Castle offers its guests the opportunity to use an indoor graduation tower. This unique attraction allows visitors to enjoy the benefits of a brine graduation tower whatever the weather. Located inside the building, the indoor tower can be used all year round, regardless of outdoor conditions.

Benefits of using an indoor graduation tower

Using an indoor graduation tower may offer many health benefits. Breathing air rich in negative ions may help treat respiratory conditions, improve mood and strengthen immunity. The tower is also available throughout the year, a major advantage for people who wish to enjoy the benefits of brine graduation towers regularly.

What happens during a session?

A session at a brine graduation tower involves breathing air rich in negative ions for a set period. The treatment is completely safe and suitable for people of all ages. During the session, the patient inhales air rich in negative ions, which have a beneficial effect on health.

INDOOR AND OUTDOOR GRADUATION TOWERS: DIFFERENCES

The main difference is that an indoor graduation tower is located inside a building, so it can be used whatever the weather. An outdoor tower is situated outside and its use depends on the weather conditions. Both types, however, have similar properties and offer comparable health benefits.

THE HISTORY OF BRINE GRADUATION TOWERS

The origins of brine graduation towers

The first brine graduation towers were built in Central Europe in the Middle Ages. They were simple wooden structures through which brine was passed to evaporate the water and obtain salt. Salt was an extremely valuable resource at the time, used both as a seasoning and as a preservative. In the Middle Ages, access to salt could determine the wealth of a region or even an entire country.

The development of brine graduation towers

Over time, it was observed that workers who spent many hours near brine graduation towers rarely fell ill and enjoyed better well-being. People began to recognise the beneficial effect of the air around the towers, rich in negative ions and trace elements. This discovery led to the first brine spa resorts, attracting visitors from all across Europe.

The golden age of brine graduation towers

The 19th century was the golden age of brine graduation towers. New towers were built, becoming larger and more technologically advanced. Brine spa resorts became meeting places for Europe's elite, and visiting graduation towers became a fashionable and sought-after way to improve health and well-being. In Poland, famous resorts such as Ciechocinek and Inowrocław attracted thousands of spa visitors every year.

Modern uses of brine graduation towers

Although salt production using graduation towers became outdated and was replaced by more modern methods, the towers did not disappear from the landscape. In the 20th century, they were valued mainly for their health benefits. Many brine spa resorts established modern rehabilitation centres offering sessions at graduation towers as a principal treatment. Today, brine graduation towers are often combined with other attractions, such as spas, brine pools and inhalation rooms.



ARE THERE ANY CONTRAINDICATIONS?

Although brine graduation towers are safe for most people, there are some contraindications. People with certain respiratory conditions, such as severe asthma, should consult a doctor before using a brine graduation tower. People with some heart or circulatory conditions should also seek medical advice before beginning a course of treatment.

HOW OFTEN CAN YOU USE A BRINE GRADUATION TOWER?

It is recommended to use a brine graduation tower once or twice a day for around 15–20 minutes. However, everyone is different, so it is advisable to consult a doctor before starting treatment. Regular visits may also bring the best results for health.

To sum up, brine graduation towers are unique structures that have supported people's health for centuries. They may offer many benefits, including better respiratory function, stronger immunity and improved well-being. If you have the opportunity, it is worth experiencing a brine graduation tower and discovering its beneficial effects on health.



FREQUENTLY ASKED QUESTIONS ABOUT BRINE GRADUATION TOWERS

1. Are brine graduation towers suitable for children?

Yes, children can use brine graduation towers, but shorter sessions are recommended, along with a consultation with a paediatrician before the first visit.

2. Can I use a brine graduation tower during pregnancy?

In most cases, brine graduation towers are safe for pregnant women, but it is always advisable to consult a gynaecologist before starting sessions.

3. Can a brine graduation tower help treat allergies?

Yes, brine graduation towers are known to help with various conditions, including allergies. Breathing air rich in negative ions may help relieve allergy symptoms.

4. Do I need a doctor's referral to use a brine graduation tower?

No, most centres do not require a doctor's referral to use a brine graduation tower. However, people with certain conditions should consult a doctor before starting sessions.

5. Are there any side effects of using a brine graduation tower?

In most cases, using a brine graduation tower is completely safe. Some people, however, may experience mild throat irritation or dry skin afterwards. If this happens, it is advisable to consult a doctor.