WHAT IS A BRINE GRADUATION TOWER?

A brine graduation tower is a wooden structure through which brine flows. As the brine passes through the tower, water evaporates and creates a microclimate rich in negative ions that have a beneficial effect on health. Breathing the air near a graduation tower may help treat a range of 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 dispersal: The brine trickles down over tightly packed blackthorn twigs.
- Evaporation: The sun and wind cause water to evaporate, and the falling drops break up into tiny particles.
- Aerosol formation: A fine mist rich in trace elements (iodine, bromine, magnesium and calcium) and negative ions forms around the structure.
- Some of the water evaporates, making the brine more concentrated. As it runs down the blackthorn twigs, the brine breaks into tiny droplets and forms a brine aerosol around the tower.

EFFECTS ON THE BODY

- Clearing the airways: Inhaling tiny salt particles thins mucus in the nose, throat and bronchial tubes, making it easier to cough up.
- Moistening the mucous membranes: This strengthens the respiratory system's natural defenses against pollutants and viruses.
- Health benefits: It helps with allergies, asthma, chronic bronchitis and high blood pressure.

WHY ARE BRINE GRADUATION TOWERS GOOD FOR HEALTH?

Visiting a graduation tower may offer a range of health benefits. Breathing air rich in negative ions may help treat respiratory disorders, improve mood, strengthen immunity and improve sleep quality. A visit may also bring relief to people with allergies, asthma or circulatory problems.

OUTDOOR BRINE GRADUATION TOWER

The castle invites guests to visit its outdoor graduation tower. Designed for relaxation, it offers a place to unwind in the fresh air and enjoy the brine microclimate.

Benefits of visiting the outdoor tower

Spending time near the tower helps you relax and take a break from everyday routines. The gentle sound of trickling brine invites you to slow down and rest. It is an ideal addition to a walk through the castle park.

What is a session at the tower like?

Simply stay near the tower and breathe calmly as you inhale the brine aerosol in the air. Decide how long to stay based on how you feel and the staff's recommendations.

HISTORY OF BRINE GRADUATION TOWERS

The first graduation towers

The first graduation towers were built in Central Europe in the Middle Ages. They were simple wooden structures used to evaporate water from brine and extract salt. Salt was a highly valuable commodity 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 graduation towers

Over time, people noticed that workers who spent many hours at graduation towers seldom fell ill and felt better. The air around the towers, rich in negative ions and trace elements, came to be recognized for its beneficial effects on health. This discovery led to the establishment of the first brine spas, which attracted visitors from across Europe.

The golden age of graduation towers

The 19th century was the golden age of brine graduation towers. New towers became larger and more technologically advanced. Brine spas became meeting places for the European elite, and visits to graduation towers became a fashionable and sought-after way to improve health and well-being. Well-known Polish spa towns, such as Ciechocinek and Inowrocław, drew thousands of visitors every year.

Modern uses of graduation towers

Although using graduation towers to produce salt became obsolete and was replaced by newer methods, the towers remained part of the landscape. In the 20th century, they came to be valued chiefly for their health benefits. Many brine spas opened modern rehabilitation centers that offer sessions at graduation towers as one of their main treatments. Today, towers are often paired with other attractions such as spas, brine pools and inhalation rooms.

ARE THERE CONTRAINDICATIONS TO USING A GRADUATION TOWER?

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

HOW OFTEN CAN YOU VISIT A GRADUATION TOWER?

The recommended frequency is once or twice a day for about 30 minutes. Everyone responds differently, so it is worth consulting a doctor before starting a course of sessions. Regular visits may offer the greatest health benefits.

Brine graduation towers are unique structures that have served people's health for centuries. Visiting them may bring a range of benefits, including better respiratory function, stronger immunity and improved well-being. If you have the opportunity, visit a graduation tower and experience its benefits for yourself.

FREQUENTLY ASKED QUESTIONS ABOUT BRINE GRADUATION TOWERS

1. Can children use a brine graduation tower?
Yes. Children can use the tower, though shorter sessions are recommended. Consult a pediatrician before the first session.

2. Can I visit a brine graduation tower during pregnancy?
In most cases, visiting is safe during pregnancy,
but it is always worth consulting a gynecologist before starting sessions.

3. Can visiting a brine graduation tower help treat allergies?
Yes. Graduation towers are known to help treat 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 centers do not require a doctor's referral.
With certain health conditions, however, it is worth consulting a doctor before starting sessions.

5. Are there any side effects from visiting a brine graduation tower?
In most cases, visiting a graduation tower is completely safe.
Some people may experience mild throat irritation or dry skin after a session.
If this happens, it is worth consulting a doctor.