

# Institut za lečenje i rehabilitaciju NIŠKA BANJA

Institute for treatment and rehabilitation  
NIŠKA BANJA



**INSTITUT**  
ZA LEČENJE I REHABILITACIJU  
NIŠKA BANJA





## Gde se nalazimo?

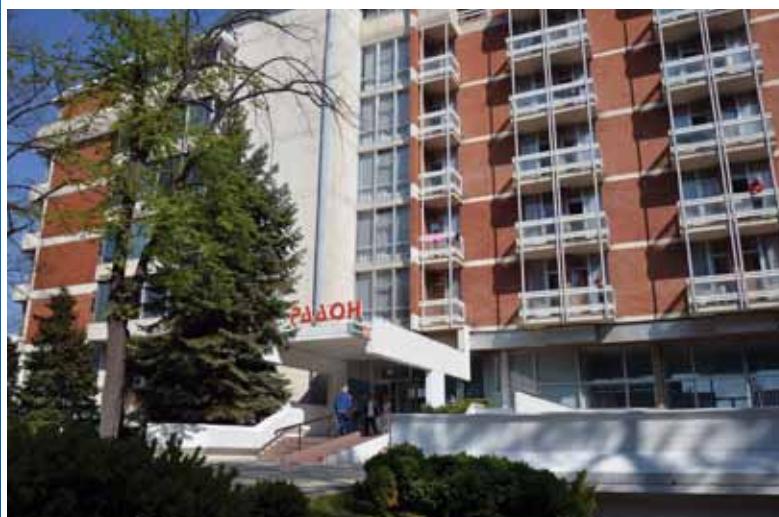
Niška Banja je turističko mesto sa oko pet hiljada stanovnika, smeštena u podnožju Suve planine na nadmorskoj visini od 250 metara, sa umerenom kontinentalnom klimom. Leti je znatno osunčanje, ali bez velikih vrućina. Povetarac i šumski vazduh donose osveženje, sprečavaju vreline i čine noći prijatnim. Srednja godišnja temperatura u Niškoj Banji iznosi 12,2°C. Jesen je u Banji najugodnije godišnje doba, srednja temperatura oktobra iznosi 12,4°C. Svež i čist vazduh bez magle i industrjskih zagađenja, čine čak i hladniju polovinu godine ugodnom za boravak.

Povezana je sa gradom redovnom autobuskom linijom koja saobraća u intervalu od 10 minuta. Niška Banja udaljena je od Niša svega 10 kilometara, a međunarodni aerodrom "Konstantin Veliki", glavna autobuska i železnička stanica, udaljeni su od Niške Banje svega desetak kilometara.

## Where are we?

Situated at the foot of the Suva mountain, Niška Banja is a tourist resort with around five thousand inhabitants. The altitude of 250 meters gives Niška Banja moderate continental climate. During the summer days are sunny but not very hot. Breeze and forest air keep the nights cool, fresh and pleasant. The average annual temperature is 12,2°C. Autumn is the most pleasant time of the year in Niška Banja with the average temperature of 12,4°C. Fresh and clean air with no fog and industrial contaminants make the colder months of the year pleasant for stay.

Niška Banja is connected to the city of Niš by regular bus lines that run every ten minutes. Niška Banja is located only ten kilometers from Niš, which means that the international airport "Constantine the Great", the main bus, and railroad station are nearby.





## Istorijat

Tridesetih godina prošlog veka, Niška Banja se naglo razvija u banjsko-klimatsko lečilište, nalik evropskim banjama koje su u to vreme bile prestižna mesta i sastajalište mondenskog sveta. Dok se Srbija još oporavljala od ratova, bogati trgovci i prvi srpski industrijalci podizali su uokolo raskošne vile, i donosili sjaj, luksuz i evropski način života u Banju. Dva hotela i škola, uređeni park ispred kupatila, i od 1932. godine tramvajska veza sa Nišom, potpuno su izmenili izgled malog turističkog naselja.

Niška Banja je prirodno lečilište sa termomineralnim izvorima i prirodnim lekovitim blatom poznato još iz vremena Rimske imperije. Lekoviti učinak banjske vode otkrili su i počeli da primenjuju stari Rimljani već u 2. veku. Arheološki ostaci, pronađeni prilikom izgradnje "Novog kupatila" tridesetih godina 20. veka, govore da je Banja upravo u antičko doba bila na vrhuncu svog razvoja.



## History



Niška Banja is a natural health resort with thermal mineral springs and natural mud known since the time of the Roman Empire. The Romans were the first to discover and to take advantage of the healing properties of the water. The archeological evidence found during the construction of "Novo Kupatilo" in the 30s of the twentieth century shows that Banja was in its heyday in ancient times.

The 30s of the previous century saw the rapid development of Niška Banja as a health resort and it started to take the shape of modern European resorts frequented by the rich and famous during those years. While Serbia was still recovering from the wars, rich merchants and first Serbian industrialists built luxurious villas bringing splendour, luxury, and European way of life to Niška Banja. Two hotels, a school, a landscaped park in front of the public bath, and a streetcar to Niš from 1932 completely changed the look of this small tourist resort.







## Indikacije

Prirodni lekoviti faktori u Niškoj Banji su blaga, umereno-kontinentalna klima, termomineralne vode i prirodno mineralno blato. Lekovite vode, koje izviru sa pet izvora („Glavno vrelo“, „Suva Banja“, „Školska česma“, „Banjica“ i „Pasjača“), pripadaju grupi zemnoalkalnih, homeotermalnih uz prisustvo povećane koncentracije gasa radona i blago mineralizovanih, sa kapacitetom od 56 litara u sekundi.

Indikacije: povišen krvni pritisak, angina pektoris, infarkt srca i srčane mane, slaba cirkulacija, bolovi u kičmenom stubu, kostima, zglobovima i mišićima, reumatoidni artritis, sistemske bolesti, giht, osteoporozra, Behterevljeva bolest, dečja cerebralna paraliza, razni oblici paraliza i pareza, operacije na kuku i kolenu, rehabilitacije posle trauma, rehabilitacije posle ortopedskih intervencija i posle hiruških intervencija na srcu itd. Temperatura vode se kreće od 36 do 38°C i njene karakteristike su slabo mineralizovana, zemnoalkalna.

## Indications

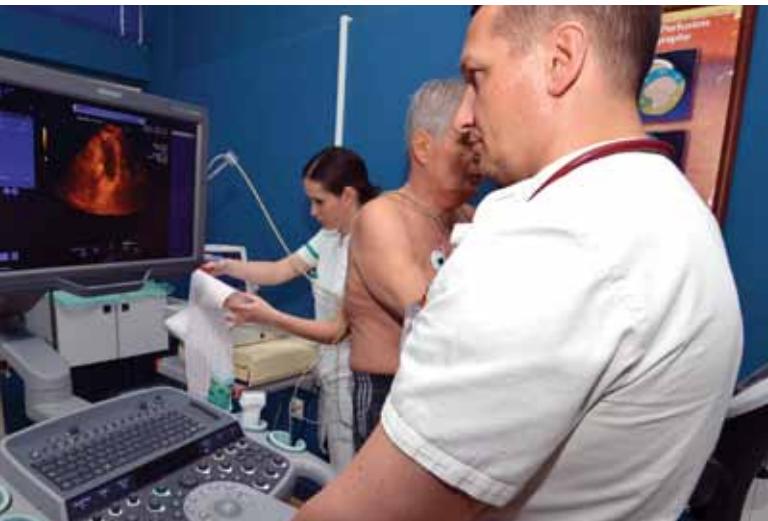
In Niška Banja natural healthful conditions consist of mild moderate continental climate, thermal mineral springs, and natural mineral mud. Thermal mineral water runs from five springs at the rate of 56 liters per second ( Glavno vrelo, Suva Banja, Školska česma, Banjica, and Pasjača). It has alkaline earth, homeo-thermal properties, a higher concentration of radon gas and it is mildly mineralized. The water temperature ranges from 36 to 38°C.

Indications: high blood pressure, angina pectoris, myocardial infarction, heart defects, poor circulations, backbone, joint and muscle pain, rheumatoid arthritis, systemic diseases, gout, Bechterew disease, children cerebral palsy, various palsies and paresis, hip and knee surgeries, trauma rehabilitation, rehabilitation after orthopedic interventions and surgical interventions on the heart, etc.





## Dijagnostika i lečenje



Institut "Niška Banja" je zdravstvena, naučno-nastavna i istraživačka ustanova koja se bavi prevencijom, lečenjem i rehabilitacijom kardiovaskularnih i reumatičkih bolesti.

Institut je u okviru četiri bolnička odeljenja: kardiologije, reumatologije, fizijatrije i ortopedije, izuzetno dobro opremljen savremenim medicinskim aparatima za dijagnostiku i lečenje u oblastima neinvanzivne kardiološke dijagnostike, reumatologije i ortopedске hirurgije.

- Ultrazvučni aparat za pregled srca, krvnih sudova vrata i zglobova
- Ergometrija
- Holtermonitoring srca i krvnog pritiska
- Magnetna rezonanca perifernih zglobova
- Digitalni rentgen aparat
- Kompjuterizovani koštani dezintometar - merenje koštane gustine
- Artroskopija
- Ugradnja proteze kuka i kolena
- Punkcija zglobova
- Sve korektivne ortopedске intervencije na mekim tkivima i kostima - hirurgija reumatizma

## Diagnostics and treatment

Institute "Niška Banja" is a medical, scientific, educational and research institution that specializes in prevention, treatment and rehabilitation of cardiovascular and rheumatic diseases.

There are four departments at the institute: cardiology, rheumatology, physiatrics and orthopedics, which have modern medical equipment for diagnostics and treatment in the field of non-invasive cardiology diagnostics, rheumatology, and orthopedic surgery.



- A heart, neck, and joint blood vessels doppler ultrasound
- Egrometry test
- Heart and blood pressure holter monitoring
- MRI of peripheral joints
- Digital radiography
- Computerized bone densitometer – bone density examination
- Arthroscopy
- Hip and knee replacement
- Joint aspiration
- All corrective orthopedic interventions on soft tissues and bones – surgery in rheumatism



Sve dijagnostičke metode se mogu koristiti pojedinačno ili u okviru pripremljenih specijalizovanih paketa koje nudimo. Posebni programi su kozmetički tretmani za negu lica i tela, antiselulit program (skidanje celulita pomoću podvodne, ručne i vibro masaže, celutrona, specijalnih vežbi i saune).

Gostima su na raspolaganju još i bazen, đakuzi bazen, biserne kade, sve savremene procedure elektroterapije, vežbe, trakcija kičmenog stuba, manuelna masaža, peloid terapija (blato) i inhalacija.

All diagnostic methods may be used separately or as a part of the prepared specialized packages we have in our offer. There are special facial and body cosmetic treatments, anti-cellulite programs (cellulite removal by underwater, manual, and vibratory massage, cellultron, special exercises, sauna, etc.).

Moreover, our guest have at their disposal a swimming pool, a jacuzzi, pearl tubs, modern electrotherapy, exercises, spinal traction, massage, mud therapy and inhalation.









## Smeštajni kapaciteti

Ukupan smeštajni kapacitet Instituta je 560 ležajeva, raspoređen u tri stacionara: "Radon", "Zelengora" i "Terme". Svaki od stacionara čini celinu za sebe i raspolaze, osim smeštajnog dela i kompletним terapijskim blokom (hidro, kinez, elektro i peloid) kao i sa više različitih sala za organizovanu, grupnu i individualnu rekreaciju i zabavu.

## Accommodation

There are 560 beds in our three hotels: Radon, Zelengora, Terme. Each hotel is a whole in itself which, besides accommodation, has a complete therapeutic centre (hydrotherapy, kinesitherapy, electrotherapy, and mud therapy) and a couple of gyms for group and individual recreation and fun.





## Kongresni i sportski turizam



Osim zdravstveno rekreativnog turizma Institut ima sve uslove za organizovanje i realizaciju sportskog turizma (teniski tereni, otvoreni i zatvoreni tereni za košarku, rukomet i mali fudbal, startne terene za paraglajding). Niška Banja je pogodna za pripreme i takmičenje sportskih ekipa, jer raspolaže sa terenima za mali i veliki fudbal, rukomet i tenis, hipodromom i strelnicom.

Kongresni turizam (amfiteatar sa savremenom tehničkom opremom kapaciteta 300 mesta, plenum sala kapaciteta 60 mesta), restorane i salone za pružanje ugostiteljskih usluga sa prepoznatljivom nacionalnom kuhinjom.

Udaljenost od desetak kilometara od grada, oslobađa Nišku Banju gradske buke i čini je savršenom za odmor i relaksaciju.

Zdravstveni i turistički objekti smešteni su u uređenom parku površine 5 hektara kojim se šire opuštajući mirisi tople vode i peloida... U blizini Niške Banje je park-šuma Koritnjak, sa uređenim trim stazama.

Postoji mogućnost organizovanja transfera od aerodroma do Instituta kao i organizovani obilazak kulturno istorijskih znamenitosti grada i okoline.

## Congress and sport tourism

Besides its primary role as a medical institution, the institute fulfils all the conditions for the organization and realization of sport tourism (outdoor and indoor tennis, basketball, handball, and futsal courts, paragliding, etc.). Niška Banja is suitable for the preparation and competitions of sports teams because it has futsal, handball, and tennis courts, a football pitch, a hippodrome, and a shooting range.

For congress tourism the institute has to offer a conference hall (300 seats, modern technical equipment), a plenum hall (60 seats), restaurants and salons that offer Serbian national cuisine.



The distance of 10 kilometers from Niš hides Niška Banja from city rush and noise, which makes it perfect for rest and relaxation.

The medical and tourist buildings are located at the landscaped five-hectare park full of soothing scents of hot water and mud... In the vicinity of Niška Banja you can find Košutnjak, a forest park with many trim trails.

There is a possibility of organized transport from the airport to the institute, as well as, organized visits to the places of cultural and historical significance located in and around the city.



# Wellness & Spa centar

Da bi smo uvećali Vaše zadovoljstvo tokom boravka u ovoj oazi zdravlja, u našoj ponudi nalazi se i wellness & spa centar.

Svesni činjenice da hiljadugodišnja povezanost čoveka sa prirodom i njenim lekovitim faktorima, u današnje doba, zbog brzog i stresnog načina života, ponovo dolazi do izražaja i nalazi primat u svakodnevnom životu. Spoj lepote, uživanja, zdravlja, dobre volje... wellness i spa centar "SENSE" nudi sve to, ali i više od toga – rešenje problema od kojih je većina povezana sa nedostatkom vremena i užurbanim ritmom života.

Wellness & spa centra "Sense" svojim korisnicima pruža jedinstvenu ponudu u ovom delu zemlje: vibrosauna, krevet za orijentalnu masažu, tepidarium, velvet krevet, balneo I i II, celutron, masaža, đakuzi bazen i sauna, različite vrste kozmetičkih usluga i tretmana i vita bar.



## Wellness & Spa Center

To make your stay at this oasis of health even more enjoyable, we have a wellness and spa center in our offer.

Aware that the stress of modern way of life takes its toll on health, we believe that thousand-year long bond between a human and nature and its healing properties becomes increasingly important for everyday life. A union of beauty, relaxation, health, good will....wellness and spa center "Sense" offers all that and more- the answer to the fast pace of modern life.

Wellness & spa center "Sense" offers a unique opportunity to its clients in this part of the country: a vibrosaun, oriental massage, a tepidarium, a velvet table, balneo I and II, a cellutron, massage, a jacuzzi, a sauna, various cosmetic treatments and services,Vita bar.

# Dobro došli

Potpun utisak o Institutu za lečenje "Niška Banja" može se steći tek boravkom u izuzetno lepom i zdravom ambijentu Niške Banje, što uz dejstvo lekovitosti prirodnog faktora Instituta daje epitet izuzetnog mesta za lečenje, rehabilitaciju, odmor i rekreaciju.



## Welcome

A complete impression of the Institute Niška Banja could be gained only during a stay at the exceptionally beautiful and healthy environment of Niška Banja, which, accompanied by its healthful natural properties, makes the institute an extraordinary place for treatment, rehabilitation, rest and recreation.

РДДОН





Institut za lečenje i rehabilitaciju „Niška Banja“  
Institute for treatment and rehabilitation "Niška Banja"

Srpskih junaka 2 / Srpskih junaka 2  
18205 Niška Banja / 18205 Niška Banja  
Srbija / Serbia

centrala / operator: +381 18 502-000  
marketing / marketing: +381 18 502-211  
direktor / manager: +381 18 502-045  
faks / fax: +381 18 4548-415  
prijemna sl. / admissions s.: +381 18 502-020

marketing.sluzba@radonnb.co.rs  
[www.radonnb.co.rs](http://www.radonnb.co.rs)