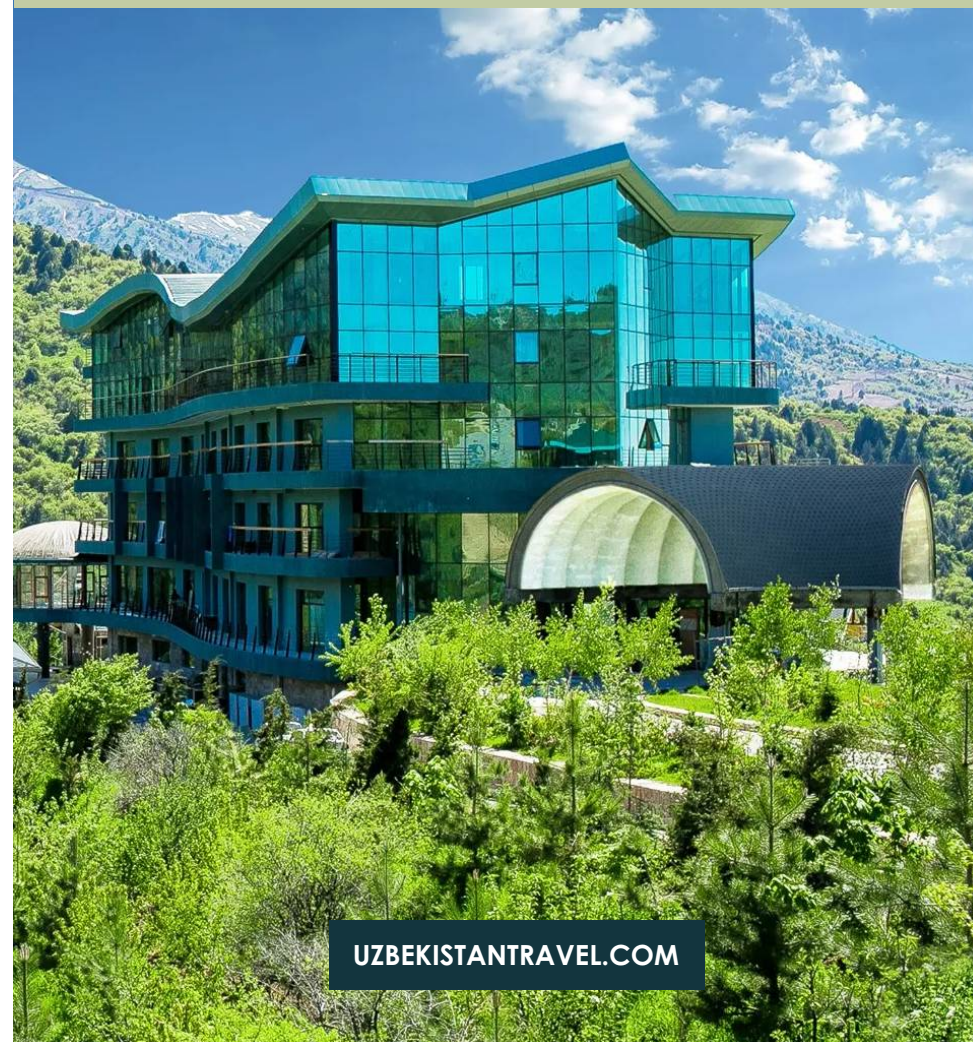


Restoration in harmony

with nature



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Sanatoriums of Uzbekistan

Sanatoriums of Uzbekistan offer a unique combination of natural resources and modern medical technologies, making them an ideal choice for those seeking to combine relaxation with health recovery. They utilize natural healing resources such as thermal and mineral waters, therapeutic mud, and phytotherapy, enabling effective treatment of respiratory, gastrointestinal and cardiovascular diseases. Unlike traditional European resorts, these facilities provide an opportunity to undergo treatment in exceptional natural settings, with access to historical and cultural landmarks of the regions, adding extra value to the wellness experience.



Chinabad Plaza Sanatorium

Chinabad Plaza is a luxury-class sanatorium that combines the comfort of a five-star hotel with cutting-edge medical rehabilitation services. The facility provides comprehensive treatments targeting gastrointestinal, cardiovascular, endocrine, and nervous system disorders through natural and physiotherapeutic methods. A standout feature of Chinabad Plaza is its unique low-mineral thermal water, sourced from the Tashkent artesian basin at a depth of 1,544 meters. This water, rich in sodium chloride-sulfate-bicarbonate compounds, is utilized for both bathing and drinking, delivering treatments aligned with global standards. The ultramodern rooms are equipped with "smart home" systems, ensuring guests experience unparalleled comfort throughout their recovery journey.

- 📍 Tashkent city, Yunusabad district, 88a Chinabad st.
- ☎ +99855 503 36 36
- 🌐 chinobodplaza.uz



Chinabad Sanatorium

Chinabad resort sanatorium, located in a green park zone on the outskirts of Tashkent, is known for its healing mineral waters and therapeutic mud from the nearby Balikli Lake. The staff of the sanatorium provides services such as therapeutic mud wraps, mineral baths and halotherapy. As is well-known, therapeutic mud has a toning and rejuvenating effect. Guests of the sanatorium can enjoy a range of amenities, including a dance club, cinema, sports fields, library, beauty and cosmetology salon, café and shops. For those who enjoy travel, guided tours of the mountainous areas of the Tashkent region are also offered. The doors of the resort sanatorium are open to both Uzbek citizens and tourists.

- 📍 Tashkent city, Yunusabad district, 88 Chinabad st.
- ☎ +99871 212 38 91; +99871 212 29 12
- 🌐 chinobod.uz

Turon Sanatorium

Turon Sanatorium is a specialized medical facility focused on the recovery of patients with cardiological, neurological and urological conditions, as well as for rehabilitation after myocardial infarctions and strokes. The sanatorium offers individually tailored recovery programs using top-tier medical equipment and professional specialists. Great attention is paid to the menu, which includes foods enriched with necessary vitamins and trace elements to accelerate recovery. In addition to the medical services, the facility provides a variety of wellness treatments, including swimming pool sessions and physiotherapy courses.



📍 Tashkent city, Mirzo-Ulugbek district, 159 Shurtepa st.
☎ +99871 208 40 44; +99871 208 40 34; +99871 208 97 35
🌐 turonsan.uz

Nazarbek Sanatorium

Nazarbek Sanatorium, located in the Tashkent Region, specializes in the treatment of gastrointestinal, neurological, and arthrological disorders. One of the resort's unique features is its alkaline mineral water source, with temperatures of 74–78°C, which is highly effective in treating digestive system ailments. The sanatorium offers a wide range of wellness procedures, including physiotherapy (such as amplipulse therapy, UHF therapy, and darsonvalization), as well as balneological and hydrotherapy treatments like mud therapy and pearl baths. Additional services include phytotherapy, massages, acupuncture, and oxygen therapy. Advanced diagnostic equipment enables procedures like ultrasound diagnostics (USG), ECG, and biochemical blood tests. For recreational activities, the sports and wellness complex features a gym, a green walking area, and table tennis facilities.



📍 Tashkent region, Zangiata district, Tarnov village
☎ +99871 247 96 51; +99895 144 77 53
✉ san.nazarbek@mail.ru



Sevarsoy SPA Resort

Nestled in a picturesque mountain area, the Sevarsoy SPA Resort is a unique complex that combines mountain-climatic, ski and balneological resorts. The facility specializes in treating upper respiratory tract diseases and neurological disorders. Available treatments include physiotherapy sessions such as lymphatic drainage, laser and UHF therapies and magnetotherapy, as well as diverse balneological procedures ranging from pearl baths and underwater massages to mud therapy and gynecological irrigations with mineral water. For physical recovery, therapeutic exercise programs, oxygen therapy, and aromatherapy sessions are offered. The resort boasts extensive sports and wellness infrastructure, including ski slopes, a gym, a swimming pool, and SPA services featuring a Finnish sauna and Turkish hammam.

- 📍 Tashkent region, Bostanlyk district, Chimgan neighborhood, 79 Sazbet st.
- ☎ +99895 001 11 44; +99895 212 02 20
- 🌐 sevarsoy.uz

Zarkent Sanatorium

Zarkent Sanatorium is a unique mountain-climatic resort located in the Tashkent Region at an altitude of 800 meters above sea level. The oxygen-rich air serves as a primary treatment for patients with respiratory and nervous system disorders. The sanatorium offers a variety of therapeutic procedures, including pine and salt baths, salt caves, massages, therapeutic exercises, and terrain therapy. The treatment program also features a balanced menu, promoting accelerated health recovery. This approach effectively combines medical treatments with restorative relaxation in harmony with nature, making it particularly effective for treating upper respiratory tract and nervous system conditions.



- 📍 Tashkent region, Parkent district, Zarkent village, Kurgan neighborhood
- ☎ +99895 160 61 00
- ✉ zarkent_@mail.ru



Aktash Shaboda Sanatorium

Aktash Shaboda Sanatorium offers unique opportunities for health recovery and wellness thanks to its mountain-climatic location and pristine air, ideal for treating respiratory and nervous system disorders. The main focus areas include upper respiratory tract diseases and neurological conditions, excluding pulmonary tuberculosis. The primary natural healing factor is the pure mountain air, rich in oxygen and natural phytoncides. This unique atmosphere, combined with the surrounding natural environment, promotes effective patient rehabilitation, strengthens the immune system, and enhances overall well-being.

- 📍 Tashkent region, Bostanlyk district, Aktash village
- ☎ +99870 742 61 86
- ✉ oqtosh-shaboda@umail.uz



Kohinur Sanatorium

Kohinur Sanatorium is a modern medical center specializing in the treatment of disorders in neurology, gynecology, and cardiology. The main diagnostic and treatment building is equipped with state-of-the-art equipment to provide comprehensive services. The sanatorium offers a wide range of additional paid procedures, including ozone therapy, shockwave therapy, pressotherapy, sessions of acupuncture and hijama (cupping therapy). Patients can also access gynecological treatments and innovative wellness programs, making the sanatorium an attractive option for comprehensive health recovery and rehabilitation.

- 📍 Tashkent region, Kuyichirchik district, Madaniyat neighborhood
- ☎ +99870 202 01 04; +99870 202 01 03; +99893 041 08 12
- ✉ kohinur_sihatgoh@mail.ru

Botanika Sanatorium

Botanika Sanatorium, located in a picturesque area near the Bozsu Canal, is a health resort that combines medical treatments with natural harmony. The mineral waters and therapeutic muds used here for applications provide highly effective treatment for diseases of the nervous system, digestive organs and cardiovascular system. The medical focus of the sanatorium includes neurology, gastroenterology and cardiovascular diseases. To improve overall health, treatments such as ozone therapy, lymphatic drainage, shockwave therapy, and cedar barrel therapy are available. Additionally, the sanatorium offers unique mineral waters for both baths and drinking, sourced from a depth of 1,820 meters. These waters, with thermal temperatures and a chloride-sulfate-calcium composition, help strengthen health and boost vitality.



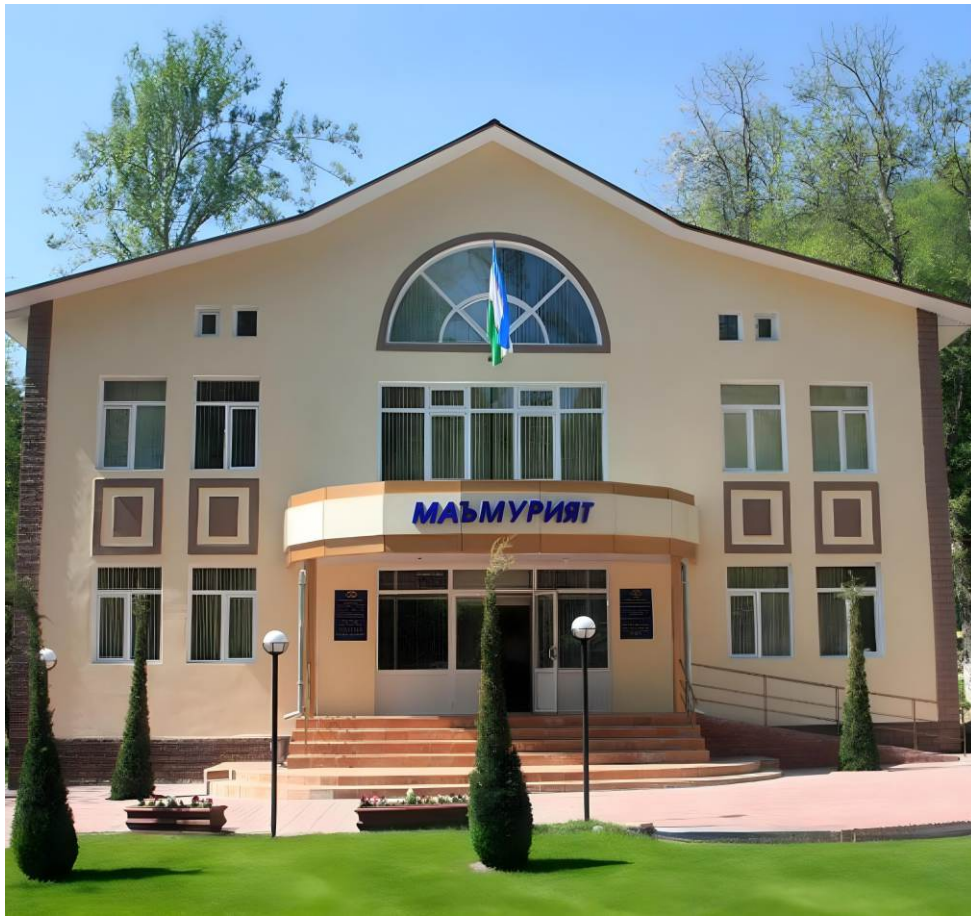
- 📍 Tashkent region, Kibray district, Botanika neighborhood
- ☎ +99898 361 36 77; +99890 903 00 28; +99890 917 00 28
- ✉ sihatgoh_botanika@mail.ru

Buston Sanatorium

Buston Sanatorium is located 30 km from Tashkent and offers not only picturesque views but also a wide range of medical treatments. The modern diagnostic and treatment facilities, equipped with advanced technology, focus on treating diseases in cardiology, neurology, urology and gynecology. Among the procedures offered are electrotherapy, magnetotherapy, laser therapy, as well as massage, therapeutic physical exercise and diet therapy, all aimed at restoring health and improving overall well-being. A distinctive feature is the use of oxygen cocktails and phytotherapy, which contribute to the general strengthening of the body. The area is also known for its unique climate, enriched with oxygen by the surrounding coniferous trees. For those seeking active recreation, the sanatorium provides various sports and wellness activities, including an indoor swimming pool and a gym.



- 📍 Tashkent region, Kibray district, Baytkurgan neighborhood
- ☎ +99870 715 43 11; +99870 715 49 90; +99870 715 50 83
- 🌐 buston.uz



Aktash Sanatorium

Aktash Sanatorium is located in the Bostanlyk district, 65 km from Tashkent, in the village of the same name. This mountain-climate resort is surrounded by lush forests and mountain rivers, offering therapeutic treatments for patients with respiratory diseases. Comfortable rooms, a club with a cinema hall and sports grounds create a cozy atmosphere for relaxation. The fresh air and professional approach to treatment help improve overall health and allow visitors to enjoy the peaceful environment surrounded by nature.

- 📍 Tashkent region, Bostanlyk district, Aktash village
- ☎ +99870 742 63 38
- ✉ oqtosh@mail.ru; sihatgoh_oktosh@mail.ru

Umid Gulshani Sanatorium

Umid Gulshani Sanatorium, located in the Kibray district of Tashkent Region, is a specialized medical institution offering diagnosis and treatment for various diseases, including urological and gynecological conditions, as well as endocrine, cardiological, and neurological disorders. The main feature of this sanatorium is its effective treatment of urinary system diseases in both men and women, as well as its approach to addressing infertility. Located in a picturesque and ecologically clean area, the sanatorium provides an environment conducive to the accelerated recovery of patients.



- 📍 Tashkent region, Kibray district, 1 Alisher Navoi st.
- ☎ +99870 956 19 55
- ✉ sihatgoh_umid@mail.ru



Ahmad al-Fergani Sanatorium

Ahmad al-Fergani Sanatorium located in the picturesque Fergana Valley, offers unique wellness treatments combining natural mineral waters and modern therapeutic methods to restore health. The health resort uses thermal mineral water with high healing properties, which is actively used in balneotherapeutic procedures. Additional services include physiotherapy, cedar barrel sessions, massages, and personalized wellness programs targeting musculoskeletal, gastrointestinal, and cardiovascular conditions. The sanatorium provides comfortable accommodations, making it an excellent choice for those seeking not only relaxation but also effective health recovery.

- 📍 Fergana region, Quvasoy city, Arsyf neighborhood
- ☎ +99893 645 60 25; +99893 645 18 90; +99899 971 63 75
- ✉ sihatgoh-al-fargoni@mail.ru



Chimyon Sanatorium

Chimyon Sanatorium is a balneological resort located in the foothills of the Alai mountain range, near Fergana City. It specializes in treating various diseases using healing mineral waters, with the primary natural resource being hydrogen sulfide water, which is similar in composition to the famous waters of the Matsesta resort (Russia). These waters have a noticeable therapeutic effect, improving the functions of the musculoskeletal system, nervous and cardiovascular systems, as well as treating skin diseases. The main medical directions at the sanatorium include neurology, cardiology, urology and gynecology. The resort also offers treatments such as therapeutic physical exercise, massage, lymphatic drainage, oxygen foam therapy and many others.

- 📍 Fergana region, Fergana district, Shifokor neighborhood, Orom st.
- ☎ +99873 229 00 03; +99873 352 35 61
- ✉ sihatgoh_chimyon@mail.ru



Chartak Sanatorium

Chartak Sanatorium is located in the picturesque valley of the Chartak-Say River, just 25 km from Namangan at an altitude of 650 meters above sea level and offers not only healing treatments but also an unforgettable stay surrounded by natural beauty. One of the main features of the sanatorium is the presence of a mineral spring with iodide-bromine water, known for its therapeutic effects on the musculoskeletal system. Extracted from a depth of around 700 meters, this water effectively aids in joint and muscle recovery, accelerating the healing process. The sanatorium also provides a wide range of medical procedures, including physiotherapy, laser therapy and various types of massage. For those seeking relaxation, the facility features modern infrastructure, including sports grounds, a library and hairdressing services for a comfortable and rejuvenating stay.

- 📍 Namangan region, Chartak bistrict, Oromgoh neighborhood
- ☎ +99899 412 64 44; +99899 412 63 30
- 🌐 chortoqsan.uz

Kasansay Sanatorium

Kasansay Sanatorium is located at the foot of the Chatkal Mountains in the Namangan Region, at an altitude of about 943 meters above sea level and surrounded by lush greenery of broadleaf trees, which enrich the air with oxygen and create optimal conditions for balneotherapy. The primary therapeutic resource is the mineral water with a chloride-bicarbonate composition. This water is sourced from deep wells and is used in a variety of treatments, including underwater massage and intestinal irrigation. The sanatorium can accommodate up to 200 guests simultaneously, offering a wide range of medical services and wellness procedures. Among the offered treatments are electrotherapy, paraffin therapy, darsonvalization, infrared radiation, and phytotherapy, which includes herbal teas and oxygen cocktails.



- 📍 Namangan region, Kasansay district, Obod neighborhood, 21 Khalklar Dustligi st.
- ☎ +998 (69) 652-11-92; +998 (55) 251-77-42
- ✉ sihatgoh_kosonsoy@mail.ru

Yangiyer Sanatorium

Yangiyer Sanatorium is a unique wellness center specializing in the treatment of cardiological, neurological, urological, gynecological diseases, and musculoskeletal disorders. A key advantage of the sanatorium is its source of iodized-bromine mineral water, extracted from a depth of 1,620 meters. This water, with a temperature of 31°C, is used for both bathing and drinking procedures, effectively aiding in the recovery of joints and the spine due to its unique composition. Additionally, the sanatorium offers a variety of physiotherapeutic treatments, including massages and therapeutic baths, which complement the resort's healing therapies. Highly qualified specialists work at the sanatorium, ensuring a comprehensive approach to patient treatment and rehabilitation.



📍 Syrdarya region, Yangiyer city, Babur neighborhood, 21 Pakhtakor st.
☎ +99895 512 00 88; +99895 51300 88; +99867 350 28 05
✉ sihatgoh_yanhiyer@mail.ru

Havotog Gulshani Sanatorium

Havotog Gulshani Sanatorium offers a unique combination of therapeutic and wellness programs designed to strengthen the cardiovascular, nervous, gynecological and digestive systems. The resort is proud of its source of iodized-bromine mineral water, which has a beneficial effect on the treatment of musculoskeletal issues. The treatment program includes not only traditional physiotherapy procedures but also specialized services such as a salt cave for respiratory therapy, spinal traction, massages, oxygen foam therapy, and hydroaerotherapy (HAI), all aimed at improving overall health and aiding in recovery.



📍 Jizzakh region, Yangiabad district, Changovul neighborhood
☎ +99895 280 19 25
✉ sihatgoh_havotog@mail.ru



Zaamin Sanatorium

Zaamin Sanatorium is a health complex built in the 1970s for patients with bronchial and lung pathologies. Located at an altitude of 2000 meters above sea level, it offers a serene environment with cottages and campsites for tourists situated just below. The sanatorium is equipped with modern medical facilities, including ECG, ultrasound, and dental departments. Guests can enjoy two swimming pools, a sauna, as well as massage services, mud therapy, sodium-chloride salt treatments, inhalation devices and more. The surrounding mountain slopes are home to various rare medicinal plants, and local markets offer a wide range of healing herbs.

- 📍 Jizzakh region, Zaamin district, Duoba neighborhood
- ☎ +99895 504 71 68; +99890 265 72 77
- ✉ sihatgoh_zomin@mail.ru

Abu Ali ibn Sino Sanatorium

Abu Ali ibn Sino Sanatorium is located in the picturesque Nurabad District of Samarkand and offers guests a unique opportunity for rejuvenation through its natural radon springs. These waters are known for their powerful therapeutic properties, positively affecting musculoskeletal, nervous, and cardiovascular disorders. The primary healing resource of the sanatorium is radon mineral water, with a temperature range of 37–43°C, which is used for baths, drinking, and gastrointestinal cleansing. Guests can also benefit from a course of balanced menu, which promotes overall health recovery. The sanatorium is also renowned for its infrastructure, featuring comfortable rooms, sports and cultural facilities, and its proximity to the cultural landmarks of Samarkand, making it an ideal destination for both relaxation and cultural enrichment.



- 📍 Samarkand region, Nurabad district, Nurbulok village
- ☎ +99895 509 40 66; +99893 720 22 69
- ✉ sihatgoh_ibnsino@mail.ru



Sangardak Sanatorium

Sangardak Sanatorium, located in the scenic Surkhandarya Region, is an excellent destination for health recovery. This climatic resort specializes in treating upper respiratory tract diseases (excluding pulmonary tuberculosis). The sanatorium is surrounded by lush, broad-leaved trees, offering a tranquil natural setting. Guests can enjoy comfortable rooms of various categories, a three-course dietary menu with pre-order options, and seasonal fruits. Amenities include Wi-Fi, parking, guided tours, and entertainment programs such as concerts. During the summer season, guests can relax on traditional topchans (trestle beds) set along the Sangardak River for a closer connection with nature.

- 📍 Surkhandarya region, Sariosiyo district, Sangardak neighborhood
- ☎ +99894 519 00 02
- ✉ sangardak.sanatoriy@gmail.com



Termiz Marvaridi Sanatorium

Termiz Marvaridi Sanatorium is a health resort that combines rich natural resources with a wide range of medical services. Its main feature is the presence of two mineral water sources – hydrogen sulfide and iodized-bromine, both rich in beneficial trace elements and extracted from depths of over 200 meters. The water is used for both bathing and drinking courses, which helps improve the condition of the musculoskeletal system, as well as the nervous and endocrine systems. Treatment procedures include hydroaerotherapy, lymphatic drainage, oxygen foam therapy, and therapeutic physical exercises. The resort also offers a rare regional treatment, psammotherapy – using heated natural sand. For added comfort, the resort provides paid services such as ozone therapy, computer-assisted spinal traction, aroma baths, and more.

- 📍 Surkhandarya region, Termiz district, Uchkizil reservoir, At-Termizi st.
- ☎ +99876 363 21 26
- ✉ sihatgoh_termiz@mail.ru

Omonkhona Sanatorium

The balneological sanatorium Omonkhona is located in the mountains near the city of Baysun. It offers treatments such as magnetotherapy, laser therapy, acupuncture, water procedures and massages to treat conditions like liver cirrhosis, hepatitis and other ailments. The sanatorium is renowned for its healing water, sourced from a mountain spring. This water contains sulfate ions, magnesium, nitrogen, as well as silica acid, iron, aluminum and many other trace elements. Due to the high concentration of sulfate and magnesium ions, the water has strong diuretic properties and can help lower blood pressure when used repeatedly.



📍 Surkhandarya region, Baysun district, Omonkhona neighborhood
☎ +99897 530 29 64; +99890 245 74 45
✉ omonxona@mail.ru

Khojaipok Sanatorium

Khojaipok treatment center is located at the foot of Kenagi Mountain and is one of the well-known wellness complexes in the Surkhandarya region. The sanatorium specializes in treating various conditions, including gynecological issues, cardiovascular disorders, general therapy and neurological problems. To achieve positive results, the sanatorium utilizes a variety of methods such as hydrotherapy (including mineral baths and circular showers), thermotherapy, mud therapy, physiotherapy, electrotherapy, and ozone therapy. After treatments, visitors can enjoy the natural beauty surrounding the sanatorium, swim in the pool, play tennis or engage in other active leisure activities at the sports club.



📍 Surkhandarya region, Altinsay district, Jobu neighborhood, 126 Navruz st.
☎ +99895 650 03 03; +99895 651 03 03
✉ sihatgoh_xujaipok@mail.ru



Kashkadarya Sohili Sanatorium

Kashkadarya Sohil Sanatorium is located in Karshi City, on the picturesque banks of the Kashkadarya River. Thanks to access to mineral waters, this place is perfect for relaxation and rejuvenation. The sanatorium provides medical assistance in areas such as cardiology, neurology, nephrology, gynecology and musculoskeletal diseases. A key feature of the resort is its healing waters, including mineral chloride-sulfate-calcium water and low-mineralized thermal water, sourced from a depth of 1130 meters. Additionally, consultations with specialists are available, along with leisure activities such as billiards, a library and clubs. The resort is also conveniently located just 100 km from the ancient city of Shahrisabz, making it an attractive destination.



Oltinsoy Sanatorium

Oltinsoy Sanatorium is located in the Khatirchi District of the Navoi Region and is one of the leading health centers in the area. The sanatorium specializes in the treatment of neurological, cardiological, gynecological diseases, and musculoskeletal system problems. The main therapeutic factor is radon water, which has a high temperature ranging from 64 to 70°C and low mineralization. This natural source helps improve blood circulation, provides analgesic and anti-inflammatory effects and is actively used for recovery after injuries.

📍 Kashkadarya region, Karshi city, Ravok neighborhood, 1/162 Nurabad st.
 ☎ +99898 681 12 91; +99895 505 94 98
 ✉ sihatgoh_sohili@mail.ru

📍 Navoi region, Khatirchi district, Chilash village
 ☎ +99893 955 74 43; +99899 540 19 88; +99893 319 37 05
 ✉ sihatgoh_oltinsoy@mail.ru



Sitora-i-Mohi-Khosa Sanatorium

Sitora-i-Mohi-Khosa Sanatorium is located on the outskirts of the legendary city of Bukhara. This facility combines the benefits of climate therapy with advanced medical technologies. The dry, hot climate and clean air of the region are used as natural therapeutic factors, making it especially effective for the treatment of nephrological and urological diseases. In addition, the sanatorium offers high-quality rehabilitation programs for patients with cardiological, neurological and andrological conditions, as well as musculoskeletal issues. The healing environment, surrounded by the shade of ancient trees and the cultural heritage of Bukhara, provides ideal conditions for full recovery.

- 📍 Bukhara region, Bukhara city, Mohi Khosa neighborhood
- ☎ +99899 717 21 20
- ✉ moxi-xosa.uz

Khanka Sanatorium

Khonka Sanatorium is located in a picturesque area, just 40 minutes away from the historic complex "Ichan-Kala", one of the most important monuments of the Khorezm Oasis. This resort complex combines the traditions of ancient medicine with modern wellness methods, offering guests a variety of treatments in fields such as cardiology, neurology, gynecology, and musculoskeletal disorders. The main preventive treatments include therapeutic physical exercise, lymphatic drainage, massage, as well as oxygen foam therapy and Nordic walking. Additional services, such as ozokerite therapy, a salt cave, and laser therapy (UVL), enhance the effectiveness of health recovery. The natural mineral water with iodine-bromine properties, sourced from a depth of 700 meters at a temperature of 22°C, is actively used in therapeutic baths, providing beneficial effects on the body.



- 📍 Khorezm region, Khanka district, Kirk-Yop village
- ☎ +99893 922 77 09; +99862 399 44 77; +99894 234 94 44
- ✉ sihatgoh_xonka@mail.ru