

Price comparison

	Price in UK *  [GPB] from - to	HealthandRelax price  [GPB] from - to	HealthandRelax price  [EUR] from - to	 <p style="text-align: center;">Read below HOW MUCH YOU CAN SAVE on various procedures</p>
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COSMETIC SURGERY

Cosmetic breast surgery

breast enlargement	£ 3 400 - £ 5 000	£ 1 820 - £ 2 460	€ 2 700 - € 3 650	breast enlargement in Poland	£ 2 540	51%
breast reduction	£ 3 700 - £ 5 500	£ 1 820 - £ 2 460	€ 2 700 - € 3 650	breast reduction in Poland	£ 3 040	55%
breast uplift	£ 3 250 - £ 5 000	£ 1 350 - £ 1 820	€ 2 000 - € 2 700	breast uplift in Poland	£ 3 180	64%

Facial enhancement surgery

nose reshaping (rhinoplasty)	£ 3 000 - £ 4 000	£ 1 010 - £ 1 800	€ 1 500 - € 2 680	nose reshaping (rhinoplasty) in Poland	£ 2 200	55%
eyelid reduction	£ 2 850 - £ 3 600	£ 1 280	€ 1 900	eyelid reduction in Poland	£ 2 320	64%
face lift	£ 4 200 - £ 5 800	£ 1 650 - £ 2 690	€ 2 450 - € 4 000	face lift in Poland	£ 3 110	54%
ear correction	£ 1 100 - £ 2 800	£ 640	€ 950	ear correction in Poland	£ 2 160	77%

Body re-shaping

tummy tuck - mini	£ 2 050 - £ 4 650	£ 1 410 - £ 1 610	€ 2 100 - € 2 400	tummy tuck - mini in Poland	£ 3 040	65%
tummy tuck - full	£ 3 800 - £ 5 200	£ 1 680 - £ 1 880	€ 2 500 - € 2 800	tummy tuck - full in Poland	£ 3 320	64%
liposuction	£ 3 000 - £ 4 850	£ 1 140 - £ 1 680	€ 1 700 - € 2 500	liposuction in Poland	£ 3 170	65%

* Quotes from Private Healthcare UK (BUPA Hospitals)
September 2006

HealthandRelax prices include stay at the clinic and aftercare.

Read more about our clinics.

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DENTISTRY

Teeth whitening	£ 450 - £ 950	£ 170 - £ 240	€ 250 - € 350	Teeth whitening in Poland	£ 710	75%
Porcelain veneers	£ 400 - £ 600	£ 170 - £ 200	€ 250 - € 300	Porcelain veneers in Poland	£ 400	67%
Dental implants (per tooth)	£ 1 500 - £ 2 200	£ 500	€ 750	Dental implants (per tooth) in Poland	£ 1 700	77%
Porcelain crown based on metal	£ 500 - £ 700	£ 130 - £ 180	€ 200 - € 275	Porcelain crown based on metal in Poland	£ 520	74%
Fullceramic crown	£ 650 - £ 800	£ 270 - £ 300	€ 400 - € 450	Fullceramic crown in Poland	£ 500	63%
Root canal treatment	£ 200 - £ 300	£ 30	€ 50 - € 80	Root canal treatment in Poland	£ 270	90%

* Quotes from Treatment Abroad UK
September 2006

HealthandRelax prices include initial examination and doctor's consultation.

[Read more about our clinics](#)

SURGERY

Cataract surgery	£ 1 800 - £ 2 900	£ 700 - £ 1 050	€ 1 000 - € 1 520	Cataract surgery in Poland	£ 1 850	64%
Hip replacement	£ 7 000 - £ 9 000	£ 4 400	€ 6 420	Hip replacement in Poland	£ 4 600	51%
Knee replacement	£ 8 800 - £ 10 300	£ 4 400	€ 6 420	Knee replacement in Poland	£ 5 900	57%
Knee arthroscopy	£ 1 500 - £ 2 850	£ 600	€ 870	Knee arthroscopy in Poland	£ 2 250	79%
Cruciate ligament repair	£ 4 000 - £ 6 000	£ 1 680	€ 2 480	Cruciate ligament repair in Poland	£ 4 320	72%

* Quotes from Private Healthcare UK (BUPA Hospitals)
September 2006

HealthandRelax prices include initial examination, doctor's consultation, laboratory tests, hospitalization costs and discharge summary in English.

[Read more about our clinics.](#)

ACCOMMODATION COSTS

budget hotels	£ 30 - £ 35	€ 45 - € 52
3 star hotels	£ 45 - £ 50	€ 67 - € 74
4 - 5 star hotels	£ 55 - £ 70	€ 82 - € 104

Above prices are quoted per night including breakfast and VAT tax.

Some hotels offer discounted rates for long-staying guests.

Read more about hotels on offer

TRAVEL COSTS

Ryanair offers return ticket London-Szczecin-London from £19 (€ 28). In addition there are number of cheap airlines (Air Berlin, Easy Jet and others) offering daily connections from UK, Ireland and most of European countries to Berlin, which is only 130 km from Szczecin. Bus shuttle from Berlin airports to Szczecin - £16 (€ 23)