Medical spas and climate health resorts in Europe

Entering the world of well-being
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www.europeanspas.eu

12TH WORLD CONGRESS ON SNOW, MOUNTAIN AND WELLNESS TOURISM MOUNTAINLIKERS
20. March 2024, ANDORRA
MINERAL PELOIDS

PEAT

THALASSO-THERAPY with sea water, brine and healing salina mud

BENEFICIAL CLIMATE WITH AEROSOLS

THERMAL & MINERAL WATERS

1 2 3 4 5
The coronavirus pandemic is a historical time for revival and recognition of Balneology and Climate Health resorts

Univ.- Doz. Dr. Friedhart Raschke, Norderney Germany

Network immune cells and immune molecules / blood circulation / microcirculation

- Restful sleep
- Relaxation
- Stress reduction

Climatotherapy
Thalassotherapy
Balneology
Kneipp / Hardening

Physical Activity
Sports

Immune system stimulation

Strengthen the immune system

- Climate Health resort
- Medical Spas

NUTRITION
- Fruit-vegetables
- Vitamins (C, D)
- Minerals (zinc, selenium)

Two years ago the ESPA’s medical committee launched an epidemiological study in Europe in order to study conditions treated by balneology.
Demand in Health Tourism 2024

Health Spas, Thermal Cure, Medical Wellness

Holistic Medicine- FUSHION / Balneology, Ayurveda, TCM

Wellbeing, Relaxation & Beauty

Healthy Nutrition: Detox, Fasting & Weight Management

Pure Nature Wellness Experience, Forest and Alpine Well-being

Deluxe World’s Best Spa & Luxury Spa Resort

Special Themes, Active Leisure

Tailored concepts:

Resorts with **high medical competencies** in a feel-good atmosphere

Nature medicine (thermal water, mud, Healing climate) **natural and effective resources**

Active Fitness Movement and **relaxation in nature**, spa garden, and landscape parks

Forest Wellness, Forest bathing, Healing forest

**Healthy nutrition** with fresh organic products
Forest characteristics

Target Groups
- Health caregivers
- Wish to maintain physical health
- Wish to maintain mental health
- Enjoy movement and relaxation
- Expect high-quality treatments

USP:
The emanation of potentially healing substances and elements from natural sources

Monoterpenes

- anti-inflammatory,
- anti-cancer,
- antioxidant,
- neuroprotective effects.

Rufino et al., 2014, Nam et al., 2014, Matsuo et al., 2011, Chen et al., 2015, Kusuhara et al., 2012, Cheng et al., 2014, Porres-Martinez et al., 2016.
Biological effects of negative air ions on human health

- Anti-inflammation effect
- Lowering blood pressure
- Anti-oxidation reaction
- Improving body immunity
- Promote energy production
- Enhance metabolism

Trends in Health & Spa Tourism

Time in motion

Number of Best Agers increases

Best Agers nowadays are experts in travelling

Affinity to well-being and health lifestyle

Demand for variety
Health Tourism in Medical Spas, Climate health resorts

Goals:
• preventing and treating chronic diseases
• decreasing the health effects of lifestyle disorders
• increasing overall physical activity
• as well as a rapidly aging population...
• preventing exposure to environmental hazards

Medical Spa offer healthy lifestyles and well-being
Treat: Respiratory problems – Stress – Obesity – Backpain- Tiredness ....
DonatMg: the reachest natural mineral water of Magnesium

- Magnesium helps reduce tiredness, supports muscle function and the nervous system, and promotes healthy bones and teeth.

- MAGNESIUM requirements with only 3 dl of Donat Mg® water a day. The high content of hydrogen carbonates can help relieve heartburn
The HEALING FOREST is a special natural pharmacy = green pharmacy
Spa for LONGEVITY

¿Cómo quiere prepararse para los siguientes 10 años?
Escuela de longevidad

1. TRATAMIENTO: Estimulación neuromotora
   - Aliviar el dolor
   - Fortalecimiento muscular
   - Prevención de la independencia

2. +65 AÑOS
   - Aprender un estilo de vida saludable
   - Cultivando hábitos saludables

3. PLAN DE LONGEVIDAD
   - Diagnósticos esenciales: Educación y Tratamientos para Vivir Mejor Más Años

4. APRENDER UN ESTILO DE VIDA SALUDABLE
   - Vida saludable: Primaria
   - Diagnóstico: Secundaria

Descubra hoy todo lo que puede hacer por su salud

SABER MÁS: DESCARGAR REVISTA ESCUELA DE LONGEVIDAD

Escuela De Longevidad

Medicina de Estilo de Vida
Aproveche su estancia para aprender cómo vivir más años con calidad e independencia.

Descubra sus factores de riesgo y cómo prevenirlos
Spa resorts provide a holistic healing journey addressing both our mental and physical health, offering a haven for complete regeneration.
The concept of the health resort/spa therapeutic landscape presents a huge perspective for the development, where the focus can shift from merely being sites of spa hotels, ski resorts... to becoming HUBS of holistic well-being.
Together we can lead in a brighter, healthier and sustainable future for our beloved climate health resort, spa towns
Thank you for your attention!

POSITIVELY WELL - ALL YOU NEED FOR HEALTH & WELL-BEING

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