

BALNEOLOGY IN EUROPE

The European Spas Association is a network that facilitates contact between key players in the field, policy makers, and prominent figures in science and business, chaired by Thierry Dubois

AUTHOR: HTI News

The European Spas Association – ESPA – places health resorts within the framework of the European healthcare and tourism market and promotes spa medicine as a curative and preventative healthcare option, using natural remedies, rehabilitation techniques and educating the public on a healthy lifestyle. It focuses on the recognition of local natural resources, highlighting the importance of health tourism in general. The Association also promotes quality spa services and education, cooperating with Spa Associations in a number of countries and overseas markets. Thierry Dubois, its chairman since 2016, has provided more insight into the association's mission and vision.

How has medical and wellness balneology evolved over time?

- For more than 15 years medical and wellness balneology has experienced an annual growth of more than 10%. It, therefore, creates jobs, encourages substantial investment, and provides patients with natural treatments with no side effects. During their stay, the patients also consume goods and services (namely, accommodation, catering, leisure, transport, etc.). This is referred to as indirect impact, to which induced impact (that is, supplier consumption, job creation generated by the companies in question, etc.) must also be added.

The question all European medical spas face nowadays is how to combine offering high-level luxury services to spa clients with providing medical services to those in search of prevention and rehabilitation?

- Before answering this question directly, let me point out that there are two types of cure stays: those

"Two years ago, the ESPA's medical committee launched an epidemiological study in Europe in order to study conditions treated by balneology"

covered by national health insurance funds and those which are not.

The first type consists of medical care, determined by national health regulations, which generally account for total, or at least partial funding (care, medical fees), sometimes with the addition of a special allowance for accommodation and catering. This participation of national health insurance funds is generally limited and often dependent on the patient's own resources. It does not allow the providers to offer luxury service, regardless of how extensive the coverage is. Therefore, this type of service is limited to a certain number of European countries such as Spain, Italy, Germany, France, Czech Republic, Slovakia, Poland or Romania.

And what about the stays that are not covered by national health insurance funds?

- A number of European countries have developed an offer of exceptionally high-quality, with extremely comfortable 4 or 5-star hotels and modern spas furnished with state-of-the-art equipment. These "spa resorts" are becoming increasingly common in a number of European countries and attract a wealthy foreign clientele. They can be found, for example, in the Czech Republic, Croatia, Slovenia, Bulgaria, Germany and Italy.

These spa resorts offer an exceptional medical service, supervised by specialist doctors, with care provided by paramedical staff (physical therapists, nurses, sports coaches...) and advice given by other specialised staff, such as psychologists or dietitians.

This market is expanding rapidly worldwide and is growing at an annual rate of around 10%.

Can you tell us something about the specific programmes that are being developed in medical spas?

- France is a good example of a country that has developed specific programme for the treatment of certain conditions, such as the support of women in

Photo: Pierre Girouard



The coronavirus pandemic is the historical time for revival and recognition of Balneology and climate health resorts

European Spas Association

ESPA is an umbrella industry organization representing 20 European countries. Our global objective is to promote medical spas, health resorts and balneology in Europe and to take care that the natural remedies based on mineral/healing/thermal water, periods, dry gas and special climate will be available to a great number of guests as possible.

#europeanspas



Our next events:

ESPA Congress by invitation of the Slovenian Spa Association and Slovenian Tourism Board is on **16-18th September 2020**. Because of the great interest in business contacts the congress is organized for the first time including -Hosted Buyer Program of Travel Agents -B2B workshop during SPA-CE 2020 -ESPA Innovation Award Gala -International Press Trip Welcome to join ESPA events and read our news: www.europeanspas.eu



Rue de Treves 45
1040 Brussels
office@europeanspas.eu
#europeanspas



16-18th September 2020
European Spa Association Congress
ESPA Innovation Award (EIA)



15-17th September 2020
SPA-CE B2B Workshop for Health
Tourism Business



4-8th March 2020 Berlin (DE)
ITB, Medical tourism Pavilion Hall21b



9-11th June 2020, Birstonas (LT)
Summer Meeting and BarCamp
workshop



December 2020, Wiesbaden (DE)
4th European Prevention Day

24 587 513

Confirmed cases

Last update: 29 August 2020, 02:00 CEST

833 556

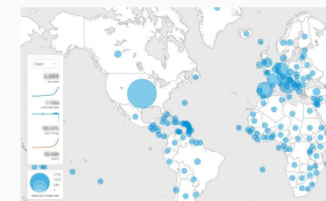
Confirmed deaths

Last update: 29 August 2020, 02:00 CEST

216

Countries, areas or territories with cases

Last update: 29 August 2020, 02:00 CEST



Put tourism on a breathing machine!

Letter to Commissioners [#Vălean](#) and [#Breton](#) on COVID-19: Tourism rescue action plan- today is [#TRANCommittee](#) meeting with [#Commissioners](#).

The COVID-19 pandemic has outlined the need for better prevention and control of chronic non-communicable diseases across Europe

ecda

United to reverse the rise in chronic disease

European
chronic
disease
alliance



ITB Berlin
Gestern um 20:53 ·

ITB Berlin 2020 is cancelled.

The ITB Berlin team deeply reg... Mehr anzeigen



"Exchange of views with Alessandra Priante, Director, Regional Department for Europe of UNWTO on the challenges and tasks we have in Tourism in 2020."



RURAL TOURISM 2020

ESPA PROPOSAL: HEALTH TOURISM for 2021

Balneology is a unique knowledge and tradition in Europe which has to be recognized and supported better by EU health politics.

**Save cost in healthcare and earn money in tourism!
Provide jobs in rural areas**

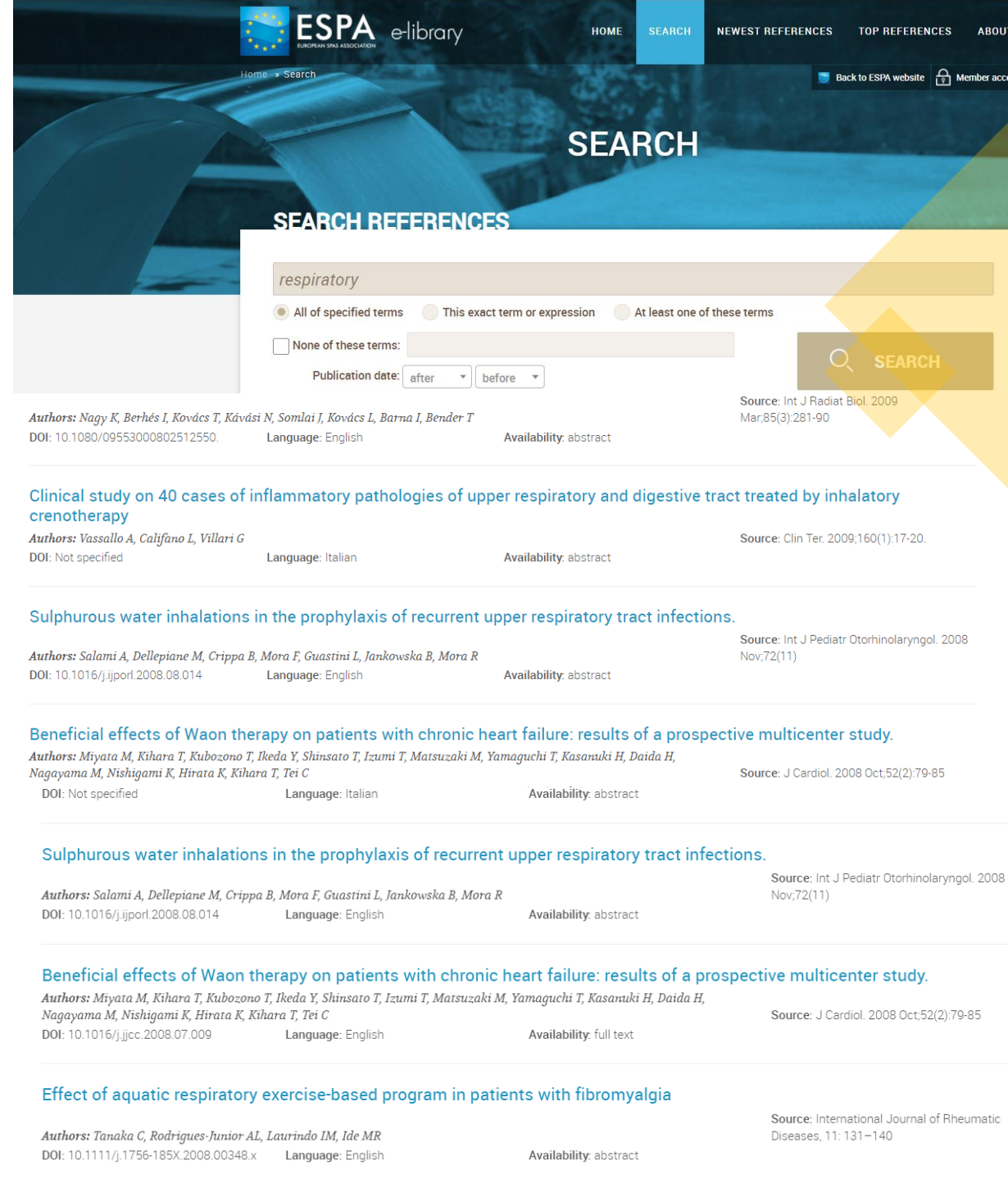


Mrs. Mariya Gabriel, Commissioner for Innovation, Research, Culture, Youth

- cooperation in the EU's beating cancer plan
- Healthy Lifestyle and prevention goals of the EU with refreshing of the content,
- Green Deal projects, innovative educational programs to support the team and to stay in contact with the experts of the Commission

Time for prevention and rehabilitation by [Balneology](#)!
To fight against [COVID19](#) is not only about [vaccinations](#)

- [Vaccines](#) vs Balneo Medicine prevention: the perspective by natural remedies against coronavirus pandemic
- <https://www.europeanspas.eu/en/news-events/news/vaccine-versus-medicine-prevention-esp>
- The ultimate conclusion, which can save millions of lives and total economic collapse in future pandemics. The conclusion here is that while the vaccines are of certain value, they are coming after the fact, as a result of a new pandemic, many fatalities and the economic meltdown and cannot anticipate the pandemic unless caused by the exact same virus with no significant mutations.
- Furthermore, considering that in the majority of our adult population is afflicted by one or more of the [#CDD](#) such as [#diabetes](#), [#respiratory](#) distress syndrome, [#cardiovascular](#) disease, [#obesity](#) and chronic [#periodontitis](#), then our medical profession will be better advised to concentrate on treating and diminishing such [#pandemic](#) afflictions in order to rejuvenate such patients' IMMUNE SYSTEM.
- The present [#coronavirus](#) pandemic has established more clear than ever before the undisputed role of [#BALNEOLOGY](#) as the long term, preventive and economical custodian of the HUMAN IMMUNE SYSTEM, with fundamental implications in saving lives and economic meltdown in future pandemics.



ESPA e-library

HOME SEARCH NEWEST REFERENCES TOP REFERENCES ABOUT

Home Search

Back to ESPA website Member acc

SEARCH

SEARCH REFERENCES

respiratory

☒ All of specified terms ☐ This exact term or expression ☐ At least one of these terms

☐ None of these terms:

Publication date: after before

SEARCH

Authors: Nagy K, Berh s I, Kov cs T, K v si N, Somlai J, Kov cs L, Barna I, Bender T
DOI: 10.1080/09553000802512550
Language: English
Availability: abstract
Source: Int J Radiat Biol. 2009 Mar;85(3):281-90

Clinical study on 40 cases of inflammatory pathologies of upper respiratory and digestive tract treated by inhalatory crenotherapy

Authors: Vassallo A, Califano L, Villari G
DOI: Not specified
Language: Italian
Availability: abstract
Source: Clin Ter. 2009;160(1):17-20.

Sulphurous water inhalations in the prophylaxis of recurrent upper respiratory tract infections.

Authors: Salami A, Dellepiane M, Crippa B, Mora F, Guastini L, Jankowska B, Mora R
DOI: 10.1016/j.ijporl.2008.08.014
Language: English
Availability: abstract
Source: Int J Pediatr Otorhinolaryngol. 2008 Nov;72(11)

Beneficial effects of Waon therapy on patients with chronic heart failure: results of a prospective multicenter study.

Authors: Miyata M, Kihara T, Kubozono T, Ikeda Y, Shinsato T, Izumi T, Matsuzaki M, Yamaguchi T, Kasanuki H, Daida H, Nagayama M, Nishigami K, Hirata K, Kihara T, Tei C
DOI: Not specified
Language: Italian
Availability: abstract
Source: J Cardiol. 2008 Oct;52(2):79-85

Sulphurous water inhalations in the prophylaxis of recurrent upper respiratory tract infections.

Authors: Salami A, Dellepiane M, Crippa B, Mora F, Guastini L, Jankowska B, Mora R
DOI: 10.1016/j.ijporl.2008.08.014
Language: English
Availability: abstract
Source: Int J Pediatr Otorhinolaryngol. 2008 Nov;72(11)

Beneficial effects of Waon therapy on patients with chronic heart failure: results of a prospective multicenter study.

Authors: Miyata M, Kihara T, Kubozono T, Ikeda Y, Shinsato T, Izumi T, Matsuzaki M, Yamaguchi T, Kasanuki H, Daida H, Nagayama M, Nishigami K, Hirata K, Kihara T, Tei C
DOI: 10.1016/j.jjcc.2008.07.009
Language: English
Availability: full text
Source: J Cardiol. 2008 Oct;52(2):79-85

Effect of aquatic respiratory exercise-based program in patients with fibromyalgia

Authors: Tanaka C, Rodrigues-Junior AL, Laurindo IM, Ide MR
DOI: 10.1111/j.1756-185X.2008.00348.x
Language: English
Availability: abstract
Source: International Journal of Rheumatic Diseases, 11: 131-140

Press release and 60+ voucher

- [#Balneology](#) is a key of the sustainable maintenance of our immune system, that is the only sure chance of not becoming extinct by pandemics and to prepare our immunity.
- European Spas Association appeals to the importance of prevention to prepare [#immunesystem](#) for long term [#healthylifestyle](#). Most of the European countries offer natural remedies for an efficient use of nature's healing resources in health [#prevention](#) and [#prophylaxis](#) of chronic diseases. The present [#Coronavirus](#) pandemic is forcing the international medical community to reevaluate its philosophy and lay the ground for new and more realistic principles to be applied to the [#PostCoronaEra](#).
- **FINANCIAL FRAMEWORK/CONDITIONS**
 - Voucher for 1000 EUR /per 1 person for 1 calendar year. Start September 2020
 - Term for using the voucher as intended – 7 days (minimum)
 - Destination in Europe offering health tourism (Medical spas, Climate health resort)

Slovenian residents receive tourist vouchers

9.6.2020 Ministry of Economic Development and Technology

Persons who are permanent residents of Slovenia and are over the age of 18 will receive EUR 200 in vouchers and those under the age of 18 will receive EUR 50. Vouchers can be used in Slovenia to purchase accommodation with breakfast or only accommodation.



After 160,000 vouchers have been distributed, the Government of Serbia will allocate another 400,000 for holidays in Serbia.

Due to the unpredictability of the corona virus and the possibility of a new wave of epidemics i Given that this action was in response to the situation caused by the coronary virus, it is cons

#VisitCzechRepublic



The Czech Republic provides state contribution for a spa holiday in the amount of CZK 4,000 per person

Be present in the media

Regierung hebt Reisewarnung für Varna auf

von Georg Kern
Dienstag, 25. August 2020



Das Aquahouse liegt direkt am Strand des Seebads St. Konstantin und Helena. Der Ort gehört zum Verwaltungsbezirk Varna, für den das Auswärtige Amt jetzt die Reisewarnung aufgehoben hat.

Eine gesunde Entdeckung, wie frische Luft unseren Körper stärkt



Video-Infos Download Ein weiterer Medieninhalt

DER TAGESSPIEGEL

SUCHE

Pamporovo und die Region bieten viele Möglichkeiten zum Wandern, Mountainbiken und Entspannen in der Natur. Weiterer Text über ots...

Berlin (ots) - Die Nachfrage für einen Urlaub in Spa-Hotels und in heilklimatischen Kurorten boomt. Das Streben nach einem gesunden Lebensstil ist keine Überraschung und die Bedeutung der Prävention wächst weiter. Unser Immunsystem auf einen langfristig gesunden Lebensstil vorzubereiten, ist nach COVID-19 eine Selbstverständlichkeit.

Die Ministerin für Tourismus, Frau Angelkova verfolgt zielstrebig ihren Plan, um die Naturschätze cs bekannter zu machen und hat damit den Zeitpunkt richtig gewählt. "Bulgarien überrascht mit Vielfalt der Natur und Tradition, von Römischen Bädern, historischen Städten mit Thermalquellen, Luftkurorten in den Bergen bis zum einzigen Geysir des Kontinents. Rosen, Joghurt, Kräuter

Presseportal - Kontakt
news aktuell GmbH
Mittelweg 144
20148 Hamburg
E-Mail: info@newsaktuell.de
www.newsaktuell.de/kontakt

DESTINATIONEN
Bulgarien: Keine Reisewarnung mehr für Goldstrand
Münster, 24.08.2020

Aktuelle Ausgabe

Zum 6. Pfager geht es hier

Weitere Nachrichten
Destinationen

Das Auswärtige Amt hat die Reisewarnung für den Bezirk Varna und somit auch für den Goldstrand aufgehoben. Gewarnt wird jedoch weiter vor nicht notwendigen, touristischen Reisen in die Verwaltungsbezirke Blagowgrad und Dobrich.

17.08.2020
Ungarn macht die Grenzen dicht
17.08.2020

bleiben Sie gesund, mit Erholung in den Bergen und am Meer

f t w x in

Filtern

f t w x in

25.09.2020 – 07:30

Bulgarien:
Schwarzmeerküste ohne
Reisewarnung

[mehr](#)

18.09.2020 – 07:30

Eine gesunde
Entdeckung, wie frische
Luft unseren Körper
stärkt

[mehr](#)

02.07.2020 – 09:30

Bleiben Sie gesund, mit
Erholung in den Bergen
und am Meer

[mehr](#)



Das Begleitheft zur Konferenz
The conference booklet



Israel News

20:35 | 06/03/19

Home > Israel News

EUROPE'S SPAS CELEBRATE INNOVATION, DESIRE ISRAELI VISITORS

By BUZZY GORDON

Share



THE HERCULUM SPA'S award-winning herbal sauna.
(photo credit: HERCULUM SPA)

--- LATEST NEWS ---



The European Parliament voted at the end of November 2019 to approve Ursula von der Leyen's Commission and already took office on the 2nd of December. The members of the European Spas Association wish a successful mandate and a very good cooperation. Our expectation is focused on the combination of healthy lifestyle, health and sustainable tourism and recognition of the European special knowledge by integrating natural remedies by prevention and rehabilitation. **ESPA Board wishes good luck to the new Commission!**



ITB
BERLIN

The World's
Leading
Travel Trade
Show®

4. – 8. März 2020

ESPA will participate at ITB 2020 in march

ITB takes place from 4-8 march 2020. The Medical Tourism Pavillion is accomodating a wide range of many different exhibitors from Spa Business to Medical Providers. You are invited to be part of the exhibition!

[CHECK OUT ITB PREVIEW >>>](#)



The European Health Tourism Summit once again gathered the leading experts in the field of health tourism and policy makers in Europe in a dialog about the challenges and opportunities for Europe as a destination of health. Hosted by the Member of the European Parliament MEP István Ujhelyi, Vice-Chair of the Committee on Transport and Tourism, Member of the Committee on Environment, Public Health and Food Safety, and Special Ambassador of the UNWTO.



Európai Sporthét a magyar fürdőkben

10 fürdő csatlakozott · 83 regisztrált fürdőesemény · 2797 résztvevő



Aqua Fitness
Nordic Walking
Aqua-stretching
Gerinctorna
Aqua Dance

INBODY-testösszetétel mérés



The worldwide Travel & Tourism market is expected to show first growth compared to 2019 again in 2023

Status of the global tourism industry

Worldwide Travel & Tourism revenue in billion US\$



Number of travelers worldwide in million



*Forecast Data
Source: Statista Mobility Market Outlook 2020

FVW MEDIEN/MK

Generation 50plus continues to love to travel - 54 % of those surveyed between 50 and 70+ who would like to travel in the coming year are sticking to their travel plans for 2021. 12 percent want to make more than one trip. 56 %, want to travel abroad in 2021: 43 % of them are planning a vacation within Europe and 13 % a long-distance trip

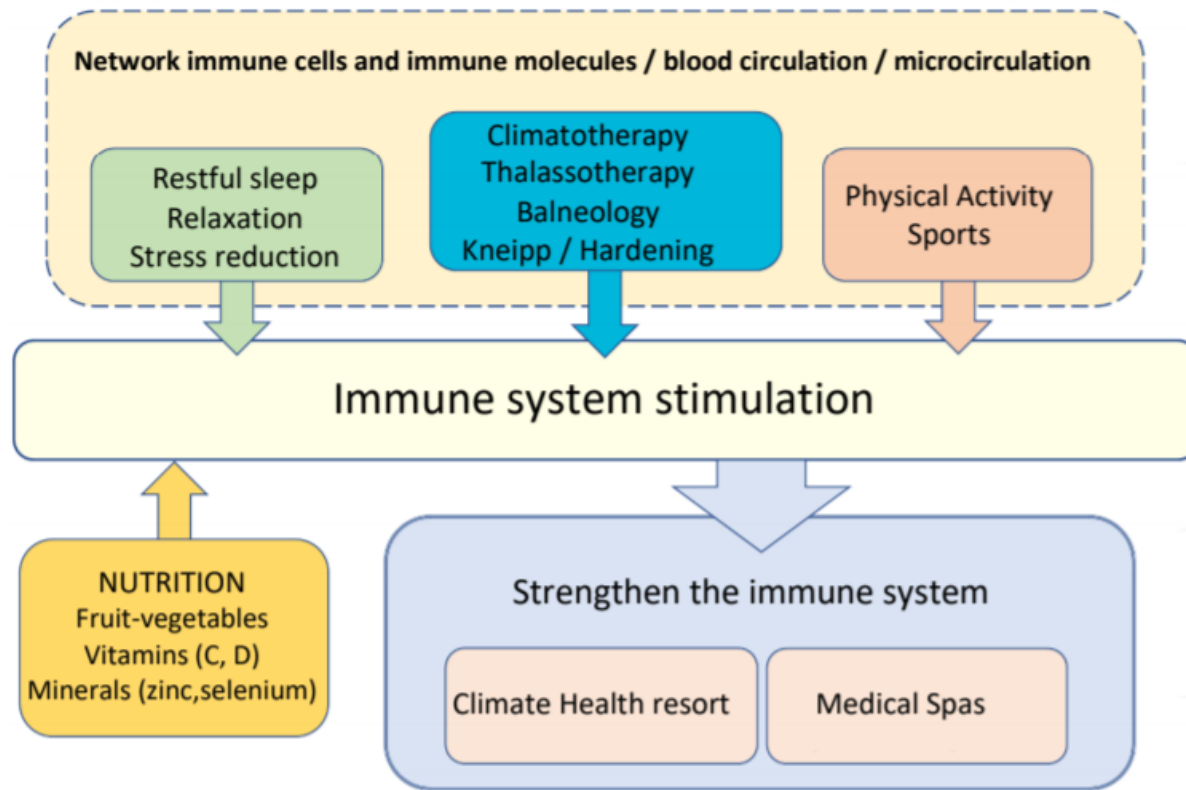


Debate in the EU Parliament MEPs voted a Joint Motion Resolution on 17. June 2020. We hope that the result will be a clear, strong and united message, to help Tourism now and in the coming years:

42. Points out the importance of [#healthtourism](#), comprising [#medical](#), [#wellness](#) and [#spa](#) tourism; calls on the Commission to promote, when appropriate, European health [#prevention](#), [#balneology](#), sustainable and mountain medical tourism; highlights the need for further investment in improving the [#sustainable](#) tourism infrastructure, and the importance of enhanced visibility for European resorts for spa and wellness tourism; calls on the Commission to make provision for further **science-based funding opportunities**, as medical tourism may help to **reduce health costs** through prevention measures and lower pharmaceutical consumption, and would further **improve sustainability and labour quality**;

EU Health Expert Group

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



Some ESPA members have carried out an economic study of medical spa Treatments (analyse of cost factors during and after treatment), healing effects and cost factors for health insurance. This robust method approved by national authorities could be carried out in several EU countries in the same way and with a comparable method.

As EU citizens are demanding sustainability for the environment and nutrition - **it's time to focus on sustainable methods in medical treatment as well!**

As a Non-Profit organization, ESPA ask for financial support and cooperation of the Experts Group to **carry out medical evidence-based studies and to prove the positive economic possibilities and the cost saving effects** of treatment that focuses on natural resources combined with modern medicine.

LA STATION THERMALE	CURE THERMALE	ECOLE THERMALE DU STRESS	Les Thermes de SAUJON	SPA THERMAL PHILAE	NOS HÉBERGEMENTS
LES THERMES	INDICATIONS TRAITÉES	CURES			
Présentation	Troubles anxieux	Cure conventionnée			
Infrastructures	Dépression	Forfaits thermaux			
Equipe thermale	Burn out	Réservez votre cure			
Recherches thermales	Insomnie				
→ Actualités	Fibromyalgie	ATELIERS SANTÉ			
Témoignages					

Rehabilitation of patients after surviving COVID-19 disease

For patients who are still in a significantly weakened general condition after a severe course of COVID-19 disease, for whom there are still deficits to mobilization / conditioning, mental consolidation and respiratory function.



New orientation

Medical competence

Berum ábyrgð á eigin heilsu



Komdu með
- hressandi námskeið



Sorgin og lífið
- ástíðnissögur og lífið



Gjörhygli
- Návildun - Mindfulness



Heilsudagar
- 1. desember




Samkennd
- að styrkja sig innan frá



Líf án streitu
- lærbú að njóta lífsins



Heilsustofnun NLFI



LA MEDICINE THERMALE officiers, pour les thérapeutes

Réouverture La médecine thermale aujourd'hui Les cures thermales En pratique Le CHNETH

Guides → Les cures thermales → Cures post-cancer


Cures post-cancer

Le cancer du sein est le cancer féminin le plus fréquent en France. Au terme des traitements lourds qu'il requiert, les femmes en rémission, outre la fatigue, éprouvent un fort sentiment de perte de féminité et d'abandon. Les stations thermales sont un relais possible pour accompagner leur convalescence, grâce à des programmes multidisciplinaires de reconstruction physique et psychique. Vous trouverez, ci-après, la liste des établissements thermaux proposant des cures post-cancer.

Programmes spécialisés

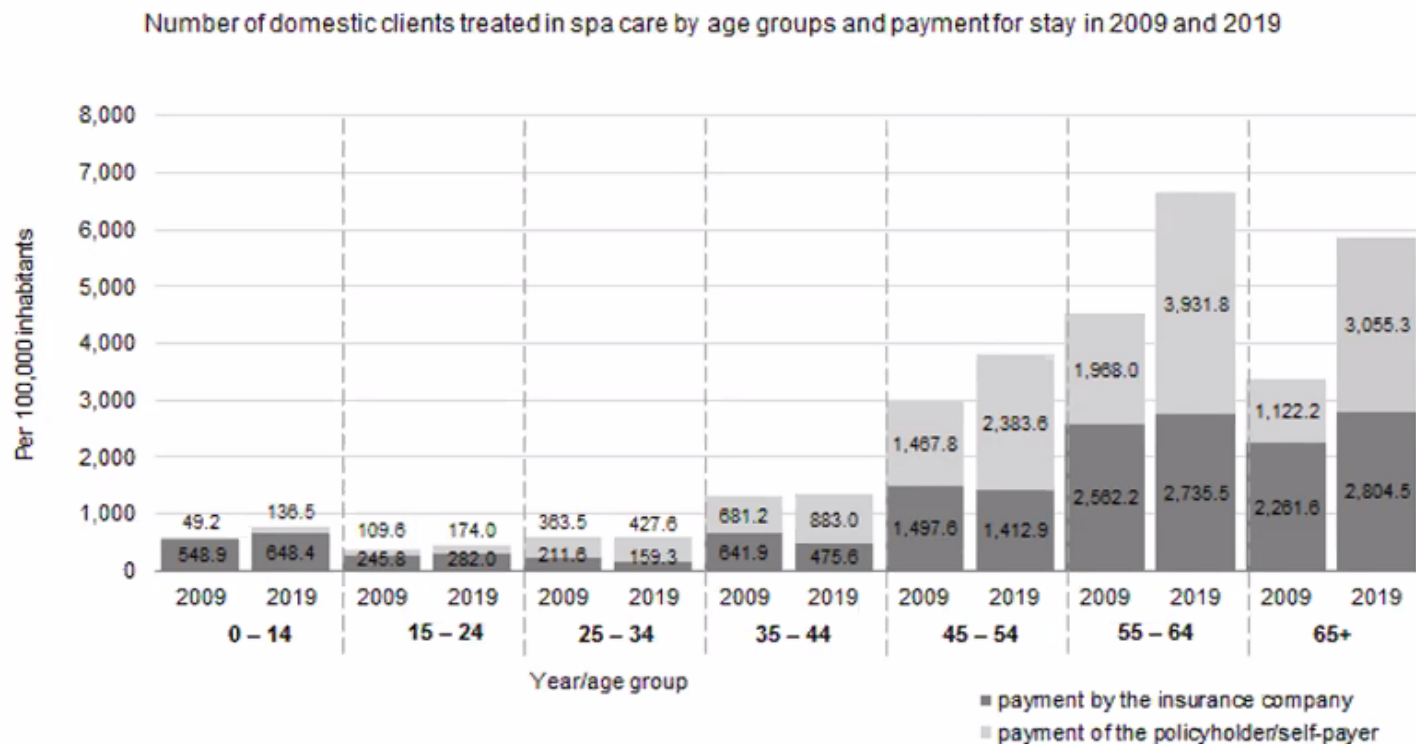
Mini-cure réhabilitation post-cancer du sein

Selon le protocole PACTHe agréé par l'Association Française pour la Recherche Thermale





In recent years, however, the ratio of the number of medical stays paid for by the health insurance company to the number of self-payers who pay for all medical care and stays themselves has changed.



Tourism budget – Health care budget

FINANCIALLY SUPPORTING THE EU AS THE HEALTHIEST REGION
IN THE WORLD

EU4Health Programme worth **EUR 9.4 billion** for **2021-2027**
with a health in all policies approach 



European Social Fund Plus (ESF+)



European Regional and Development Fund



Horizon Europe



Union Civil Protection Mechanism/rescEU



Digital Europe Programme



Connecting Europe Facility



Recovery and Resilience Facility

#EU4Health
#EUBudget





Perspectives in tourism:

- safe and seamless tourism experience
- greener holidays
- Tourism powered by data

ESPA opinion:

- Health tourism has a much better future
- With the development of health tourism, you serve citizens, regions, national and international demand
- Effective integration of citizens and an opportunity to strengthen the immune system and a healthy lifestyle

• Conclusion:

Classic city tourism will suffer and additional attractions such as nature and health will give better opportunities

„GETTING OUT“



Children have other health problems at an early age, illnesses that cannot simply be inoculated or injected away. In addition, our increasingly digitized and fast-moving world is increasingly eliminating an indispensable source of relaxation - MOVEMENT.

In response to these alarming health trends, the project “1st children’s cure forest” in Europe was developed with financial support from the federal state of Mecklenburg-Vorpommern.

Total amount: approx. 130.000 Euro



Welcome to the Heringsdorf children’s healing forest!



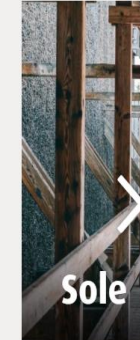
Heilklima



Heilwasser



Moor



Sole

Naturheilverfahren

In den bayerischen Heilbädern und Kurorten können Sie auch zwei Naturheilverfahren erleben:

More than half of Germans use the Internet to find out about health topics

It is not only important to keep the body healthy, but also the immediate environment.

Themen

Bewegung

Gesunde Ernährung

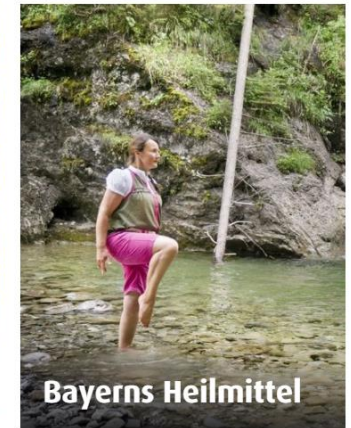
Resilienz

Heilmittel & Naturheilverfahren

#gesundkannjeder



#gesundkannjeder



Bayerns Heilmittel

Corporate health
 becomes a key factor for successful business
 promoting physical health, maintaining mental health.

Corporate Health management

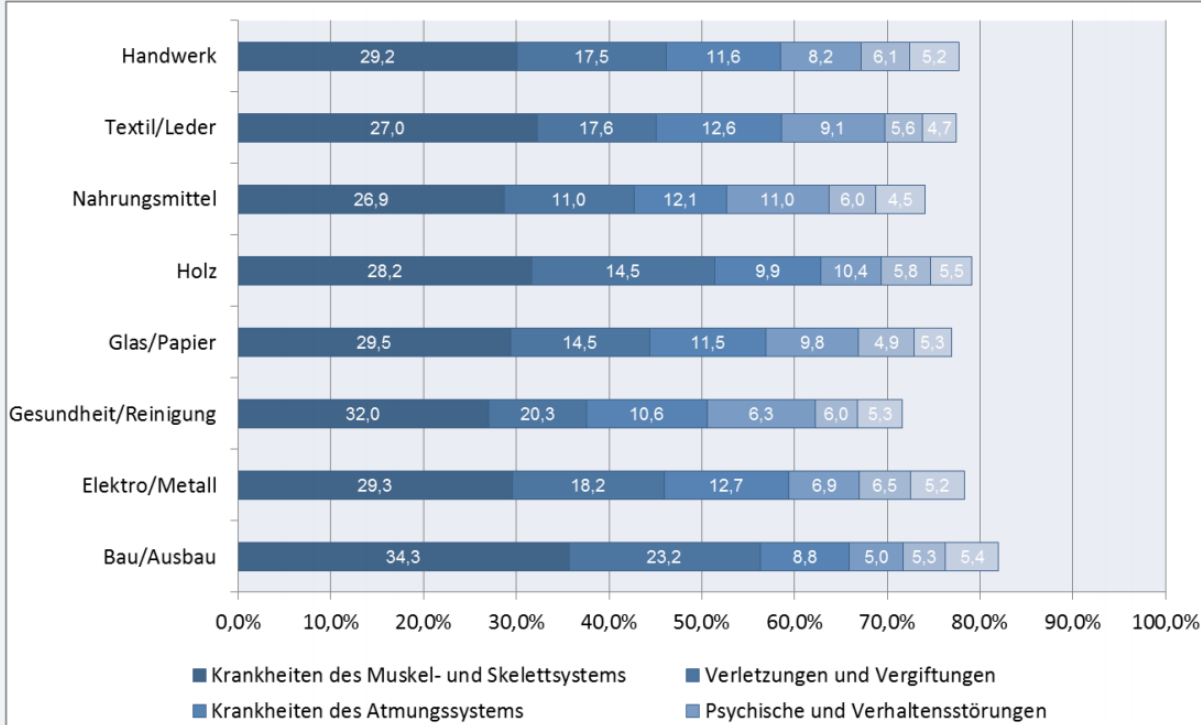


Staatsbad Pyrmont supports more than 50 businesses with different target points



Nds. Staatsbad Pyrmont Betriebsgesellschaft mbH
 Maria Bialas, Health Manager

Types of illness within different commercial groups



KOSTEN

Rechenbeispiel für ein 3-Tage-Programm

Gesamtkosten (inklusive Unterkunft, Frühstück und Teilnahme an den Kursen)	350,00 €
Zuschuss der Krankenkasse*	abzgl. 180,00 €
Ihr Eigenanteil	170,00 €

Q1_1. To what extent do you agree or disagree with each of the following:

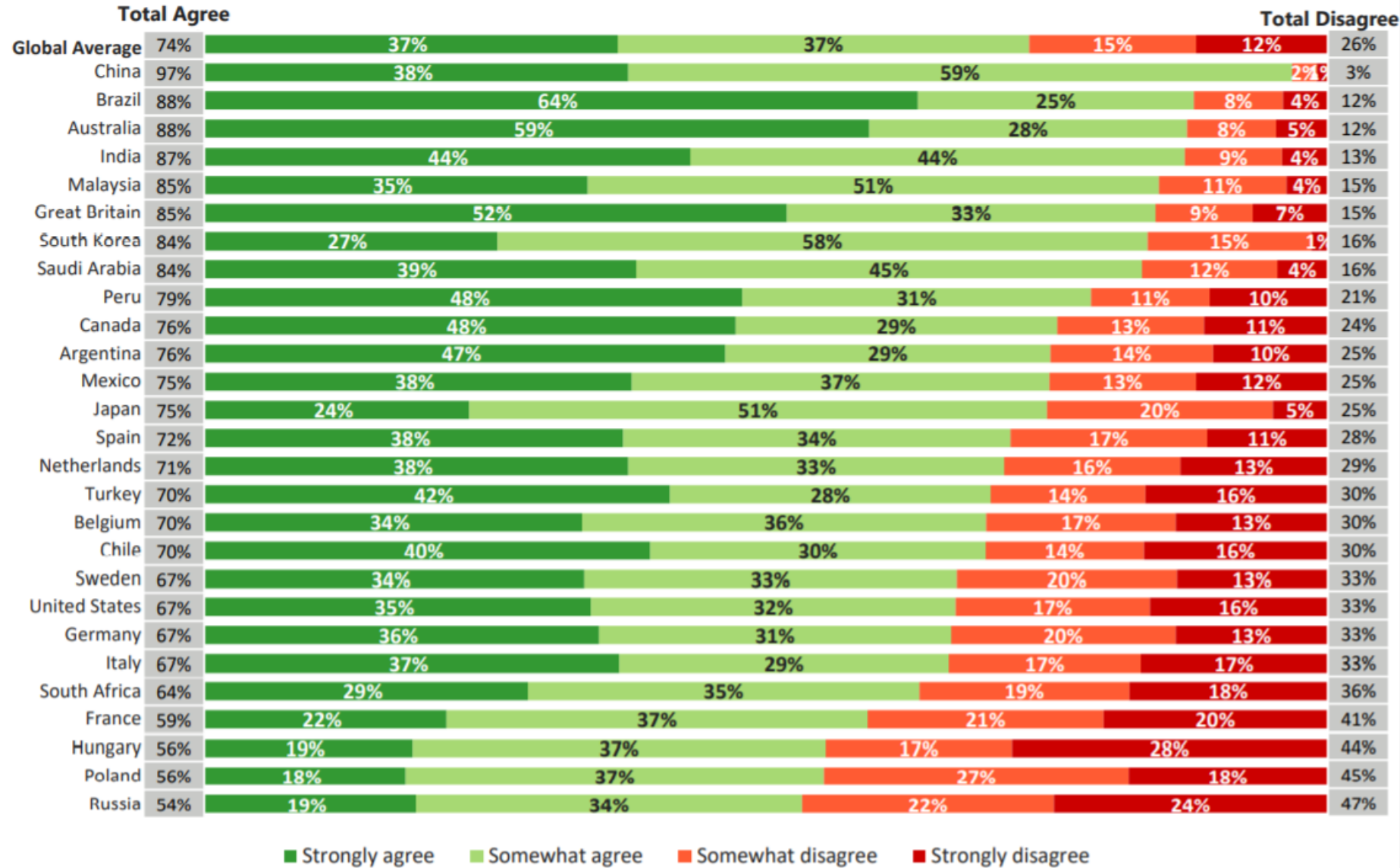
If a vaccine for COVID-19 were available, I would get it

Globally, 74% agree that they would get a COVID-19 vaccine should it become available, while 26% disagree.

China is a stand-out, where virtually all agree. On the other hand, online adults in Hungary, Poland, and Russia prove more divided.

In most countries, those who agree outnumber those who disagree by a significant margin (exceeding 50 points in 12 out of 27 countries).

If a vaccine for COVID-19 were available, I would get it



How to improve health destinations – back to the roots

Offer truly unique positive effect on people's wellbeing. Health for body and mind! Eating healthily, healthy recreation, finding balance in spectacular surroundings with basic elements like the "local remedies". Precisely the practice of local remedies, like thermal baths, thalasso, fit the trends, where strengthening the immune system becomes increasingly important.

Look into the future: 1. Short distance travel will have the advantage as people - regional health destinations
2. Safe, hygienic destinations will be preferred, safe environments 3. A complete revision in hygiene and safety standards
4. New treatments and services to inspire guests to visit 5. More opportunities for smaller, less crowded health resorts
6. A resurgence in individual spa and treatment experiences.

Balneology and therapies with natural remedies should be the helper and custodian of our immune system - which in return will ensure our survival in the mega pandemics and directly save us from total economic ruin.

FACTS about risk group and solution - positive effects by Balneology:

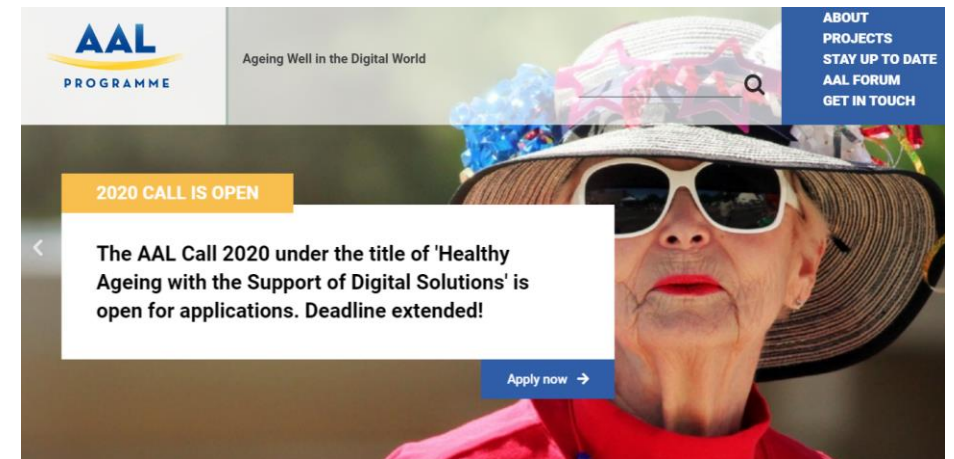
How to solve respiratory problems

How to solve cardiovascular diseases

How to solve diseases caused by overweight

MentalHealth_MedicalSpas.pdf

LifestyleChanges_BalneoMedicine.pdf



Health – the new
status symbol

Future of health
tourism:
“improved
immunity”

Healthness: Health becomes holistic

Health has never been as important as it is today.

In the future, it will be considered much more comprehensive

- Conceptually changes: health destinations will have to become more creative and not only offer treatments that are unique,
- but also are **medically proven** to attract guests and offered to the highest, safest standard.
- With **physical health** high on people's agenda, health destinations have the opportunity to return to their medical roots
- but at the same time, as guests seek to protect and **improve their immune systems**/health,
- broaden their scope to more integrative approach.
- The current crisis is making people focus less on the superficial aspects of life (material gain, aesthetics),
- instead they are turning inward (**mental and spiritual health**).
- This change will see new holistic **treatments and services** being introduced, giving health destinations the opportunity
- to offer a **more mental, emotional and spiritual focus** as well as medical.
- People will more likely to travel to nearer, safer destinations.
- **Holistic and integrative health. A resurge in individual spa and treatment experiences. Medical results of the health holiday!**
- Health Spa Resorts (like hospitals) can take concrete steps to build trust with their clients
- a clean covid test result for all visitors and improved hygiene measures is the key
- If steps like these were taken people would feel comfortable traveling to Health Resorts, more so than other destinations.
- The “improved immunity” message is good, but the safety is more important.

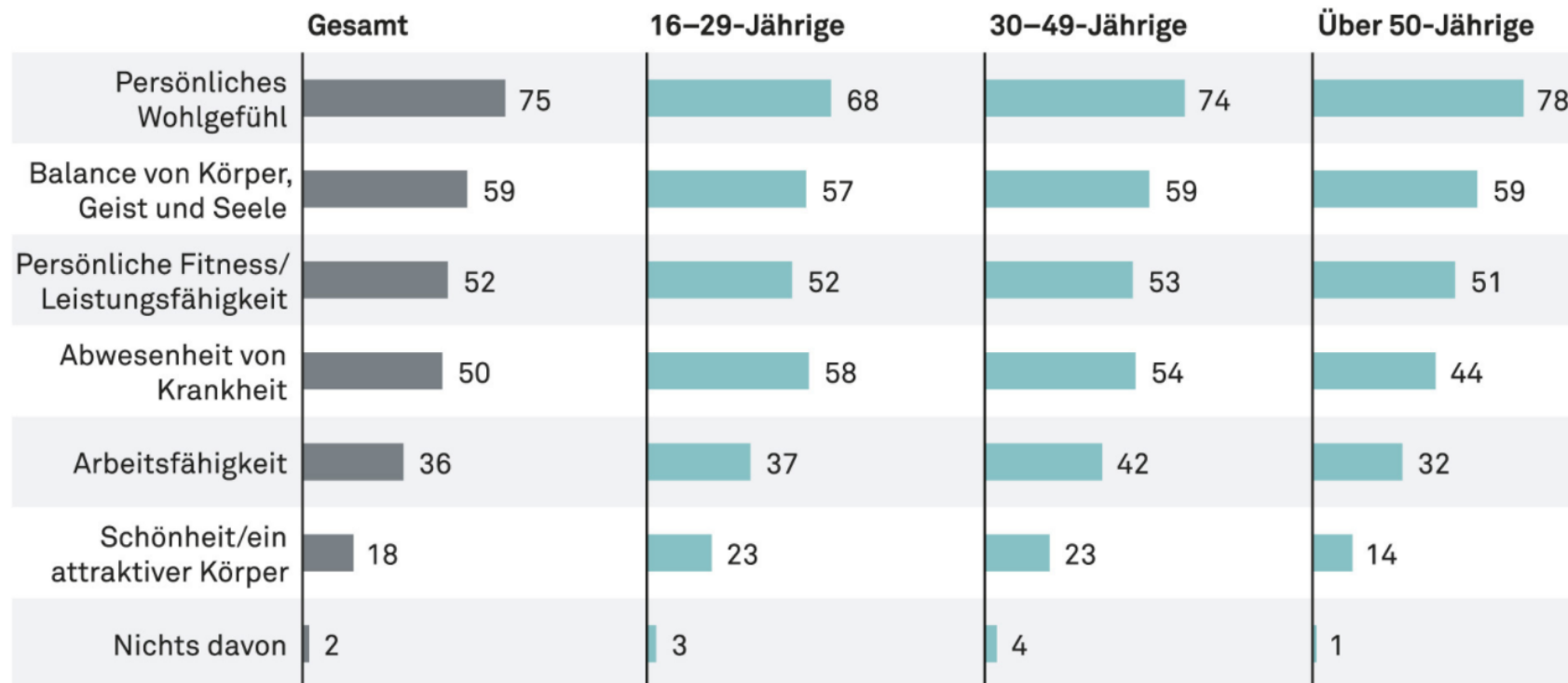
Health: between relaxation and optimization
How much is changing people's understanding for health?
What are the needs and desires of health consumers today?

75% personal well-being,
59 % balance of body, mind and soul
50% personal fitness

Gesundheit ist nicht die Abwesenheit von Krankheit

Wohlgefühl ist gleich Gesundheit

Was bedeutet für Sie Gesundheit?



Projektion (Mio)	60,50
Q6: Reiseziele Frühjahr/Sommer 2021	
Deutschland	30,4
Norwegen	1,8
Schweden	1,7
Finnland	0,9
Dänemark	3,1
Irland	0,9
Großbritannien	1,7
Niederlande	4,1
Belgien	1,1
Luxemburg	0,5
Schweiz	2,1
Österreich	4,8
Tschechien	1,0
Polen	1,4
Frankreich	3,1
Spanien gesamt	7,0
Spanien: Balearische Inseln	3,2
Spanien: Kanarische Inseln	3,7
Spanien: Festland	2,2
Portugal	1,6
Italien	6,5
Kroatien	3,5
Griechenland	3,9
Bulgarien	0,8
Türkei	3,0
USA	1,7
VR China	0,1
Andere Länder in Europa	3,1
Andere Länder am außereuropäischen Mittelmeer	2,2

Q10: Urlaubsinteresse "schon lange"	100%
Urlaubsreisen in Deutschland	44,4
Urlaubsreisen in die Nachbarländer	34,4
Urlaubsreisen ans Mittelmeer	31,1
Fernreisen	23,9
Urlaub in den Bergen	30,0
Urlaub an einem See	40,9
Urlaub am Meer	51,7
Städtereise	38,7
Anreise mit eigenem PKW	43,9
Anreise per Flugzeug	23,0
Anreise per Bahn	17,1
Anreise per Reisebus	9,5
Nachhaltige Urlaubsangebote	27,3
Urlaub abseits des Massentourismus	47,9
Buchung im Reisebüro	18,7
Buchung online/im Internet	45,5
Reise mit einem Reiseveranstalter	20,5
Gruppenreise	8,4
Kreuzfahrt auf See	14,4
Flusskreuzfahrt	12,5



European Commission

5 Tg. ·

A cure for the coronavirus does not exist yet. Any treatment for this virus will have to go through a long and exhaustive scientific testing process before regulators authorise it as effective and safe to use.

Take no notice of people claiming they have found a "miracle cure".

Find out why [#FactsMatter](#) on our disinformation page: europa.eu/BV48DG



Kommentieren ...



European Commissions Beitrag



European Spas

It is very sad, that your experts by the Commission have not even heard about the know-how heritage of Europe and about places visited for centuries by emperors, artists, nobles such as climate resorts, spa towns. Maybe you don't know at all about the medical effects of natural remedies. From Iceland - to France, Germany to Slovakia, we can advise many rehabilitation centres and health destination that specialize in respiratory-, cardiovascular diseases, obesity, lifestyle changes, mental health, and while COVID-19 have provided a proven second line for overcrowded hospitals. Today, they are well visited by patients who need COVID-19 after care. Please contact us and we are more than happy to inform you about medical fact and services.

Kommentieren ...



TOURISM in FUTURE – EUROPEAN HEALTH RESORT BOOST IMMUNSSYSTEM – MEDICAL COMPETENCE

Different focus in the communication
new potential for health tourism

Supporting self healing – boosting immunsystem
Natural remedies with know-how, offer and his effects and medical result

What makes the difference?
Healthy food – regional food - detox programm
Healthy aging – biomechanical aspects

Good nutrition – exercise – water and other treatment
Fresh air – balance – sunshine – rest - believe



ESPA
EUROPEAN SPAS ASSOCIATION

**NEW DATE:
5 – 7 MAY 2021**

Moravske Toplice & Radenci
Health Resort
www.europeanspas.eu



25th EUROPEAN SPAS CONGRESS IN SLOVENIA
THINK GREEN - BE ACTIVE - STAY HEALTHY

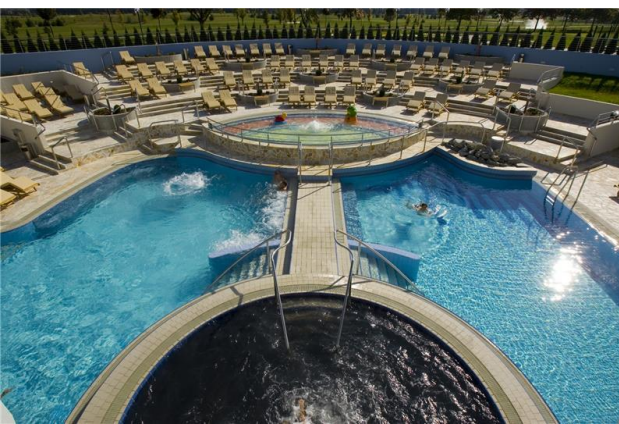
SPACE
Experience
MEET IN SPAS OF CENTRAL EUROPE

**12th B2B WORKSHOP FOR SPA
& WELLNESS TOURISM IN EUROPE**

NEW DATE: 4 – 7 MAY 2021
Terme 3000 - Moravske Toplice, Slovenia
www.spa-ce.si

ESPA CONGRESS, Slovenia 5-7.May 2021

Congress, B2B workshop with hosted buyers program, Innovation Award
international Presstrip
Combination of congress and business



ESPA – international promotion

europeanspas.eu

- Newsletter (sign up to stay informed or Federterme members share information about research or innovative projects or promote yourself to the world pr@europeanspas.eu)
- Stay in contact with #europeanspas through LinkedIn, Facebook
- Join ESPA Congress and SPA-CE - May 2021 (B2B, media contacts, networking, speeches)
- Be part of european pitches with ESPA
- Candidate for **ESPA Innovation Award** (8 categories for destinations, hotels, cosmetic products, scientific research, health SPA programmes)

Some Italian award winners of the latest editions of ESPA INNOVATION AWARD:

- UPMC Institute of Health di Chianciano Terme
- Lemi – Italian Wellness equipment
- No Name / Bio healthy water systems
- Terme di Margherita di Savoia