

European Medical
Spas and Climate
health resorts

New perspectives in
health tourism



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Secretary General

*CURRENT SITUATION
March 2021*

*Medical spas and
CORONA RECOVERY
CONCEPTS*

- **Thermal baths, spa hotels open / limited access in some areas:**
Bulgaria, Estonia, Iceland, Luxembourg, Serbia
- **Rehabilitation center in medical spas open:**
Czech Republic, Germany, Iceland, Italy, Lithuania, Romania, Serbia, Slovakia, Slovenia
- **New medical program accreditations:**
France: post corona (3 column program), cancer aftercare expanded
Germany: pulmonology and general rehabilitations
Iceland: cardiovascular rehabilitation
Slovakia: post corona and burnout (under authorization)
Slovenia: post corona (130 beds)
Czech Republic: post corona for private payers

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](#)



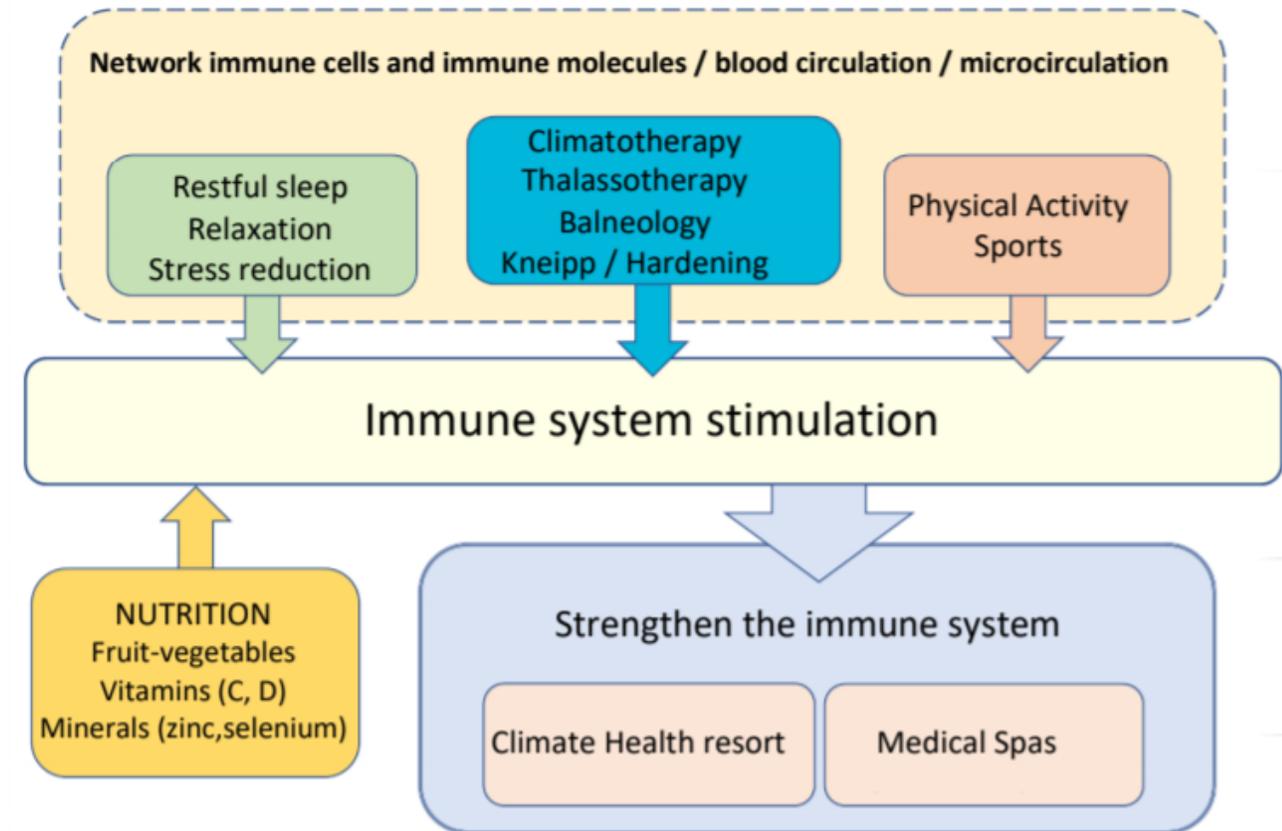
European Health Expert Group

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.

As European 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 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.

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



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

- Reopening in May 2020, first filled with domestic clients and some guests from abroad especially from Germany during the summer
- **Spa Safety Regulations**
 1. Each guest signs a solemn declaration before entering the spa facility confirming that he/she does not have symptoms of acute viral disease.
 2. Non-cash payments are required.
 3. Group treatment procedures are for up to 10 people only

The Covid Spa program from 29 June by European Commission €38 million EU/EEA citizens for curative, preventive stays **of at least 6 nights and 5 cures**
Result: About 130 thousands clients have already registered in the program, which shows that this incentive is very well received

EU state aid in particular [Article 107\(3\)\(b\)](#) aid per **company** max € 800,000
Karlovy Vary voucher € 370 000 for accommodation, discount of €185 for a seven-night stay, by booking value of € 700

Covid Accommodation program (hotels can get a contribution up to CZK 400 per room)

Antivirus employment protection programme, state contributes to employers' salaries.

A 30-day state of emergency was declared by 5 October 2020

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🏠 / [Standorte](#) / [MEDIAN Klinik Heiligendamm](#) / [Behandlungsgebiete](#) / Spezifische pneumologische Post-Corona-Rehabilitation

Spezifische pneumologische Post-Corona-Rehabilitation für Patienten mit Covid-19 Infektion

Für Patienten, die im Zuge ihrer Covid-19 Erkrankung eine **schwere Lungenentzündung** erlitten haben und dabei **langzeitbeatmet** wurden und/oder ein **Lungenversagen** (ARDS) stattfand, empfiehlt sich im Anschluss eine spezielle pneumologische Rehabilitation.

Donnerstag, 18. Juni 2020

Weimarer Land

Thüringer Allgemeine

Kunst in der Reha

Genesener Covid-19-Patient präsentiert Malereien im Klinikzentrum Bad Sulza

Bad Sulza. Genesen und malen – unter diesem Motto präsentierte Veit Krausche im Rahmen einer Vernissage im Klinikzentrum Bad Sulza Bilder, die er während seiner Reha in Bad Sulza angefertigt hatte. Krausche war an Covid-19 erkrankt und hatte seine Rehabilitation im Klinikzentrum durchlaufen. Das Ergebnis präsentierte er – auch bedingt durch die Maßnahmen zur Pandemieeindämmung – in kleinem Kreis den Mitarbeitern und Mitarbeiterinnen der Rehaklinik.

Der Stil seiner Arbeiten reicht vom Impressionismus bis zum Fotorealismus. Inspiriert durch viele Reisen in die USA und Kanada und seine langjährige Tätigkeit bei der

Deutschen Bundesbahn entwickelte er für seine Bilder ein Spektrum von Motiven, die das Landschaftliche, Gegenständliche und das darin verborgene Selbstredende zu etwas Beeindruckendem zusammenfassen.

Auch wenn die Malereien aufgrund der aktuellen Verordnungen nicht vor Ort präsentiert werden können, haben Interessierte die Möglichkeit, die Bilder auf der Facebook-Seite des Klinikzentrums (www.facebook.com/Klinikzentrum.Bad.Sulza) anzusehen und bei Interesse auch zu erwerben.

Insgesamt durchliefen bisher 12 genesene Covid-Patienten ihre Reha in Bad Sulza. Behandelt wurden

Personen, die mindestens 48 Stunden symptomfrei waren, zwei negative Tests auf das Coronavirus nachweisen konnten und bei denen die Lungenkrankheit mit mittelschweren bis schweren Verläufen einherging.

Während der Reha zeigte sich, dass die Patienten neben körperlichen Beschwerden wie verminderter Lungenfunktion, muskulärer Dekonditionierung und gestörtem Geschmacks- und Geruchssinn, vor allem von den psychischen Folgen der Erkrankung belastet wurden. Vor diesem Hintergrund wurden Beschäftigungen wie die Malerei ermöglicht, um einen seelischen Ausgleich zu schaffen. *red*



Veit Krausche hat die psychischen Folgen seiner Corona-Erkrankung mit Malen bearbeitet.

FOTO: TOSKANAWORK

COVID-19 rehabilitation program, medical results
International exchange
DECEMBER 2020
Iceland, Germany, France, Slovakia

Forum
CORONA RECOVERY
CONCEPT

Feedback about
the first forum -
Corona recovery
concept in
medical spas and
climate health
resorts

www.europeanspas.eu/en/corona-recovery-concept

Corona Recovery Concept in the European medical spas and climate health resorts

Dr. Martin Gehlen, Germany, Bad Pyrmont: Rehabilitation for post Covid-19 patients and short presentation of a study on balneology

Margrét Grímsdóttir, Iceland, Heilsustofnun NLFÍ: Treatment of post-Covid patients with chronic fatigue and cardiac illnesses. Utilization and results of balneology and natural remedies in medical rehabilitation

Dr. Janka Zálešáková, Slovakia, ESPA Vice President: the Slovakian rehabilitation program for Corona recovery in medical spas and Obesity prevention program

Dr. Olivier Dubois, France, Director of Thermes Saujon: The role of hydrotherapy in Post-Covid-19 care in Psychology

Dr. Lafi Abu-Sirhan, Germany, Klinikzentrum Bad Sulza: Rehabilitation of post corona patients – therapy and the role of balneology and climatology in this context.

Next Forum CORONA RECOVERY CONCEPT

The European medical spas offer an important complementary option to the vaccine. Even the vaccine works better on the population's immune system if it is kept at the maximum level of optimization.

The **future seminars** will focus on the medical effects of spa medicine and natural remedies on **Covid-19 risk groups**.

We will invite experts from all over Europe to report on the healing effects of the natural remedies.

Spa Medicine and lifestyle changes

Dr. Miguel Angel Fernández Torán - Balneario COFRENTES, Spain

Healthy aging - LONGEVITY

Dr. Friedhart Raschke - Staatsbad NORDENEY, Germany

Maritime Spas, Thalasso-, and Climatotherapy for prevention of and recovery from CoVid-19

Dr. Tomislav Majic - Slovenia, Cardiologist

VitaDetox and Lifestyle Changes in Medical Spas

Application by EU **Best Practice** Call on the **Prevention** of Non-communicable Diseases – two projects

WHAT ROLE FOR BALNEOTHERAPY IN THE COVID ERA (FRANCE)?

3 main targets that could benefit from balneotherapy treatments

- general population
 - reduce the risk of chronic diseases (correlated with the severity of COVID)
 - boost the immune system (although not proven)
 - non infected people who suffered from the consequences of the pandemics
 - infected people with no severe sequelae
-
- 1° **conventional hydrothermal care** (individual balneotherapy, heat - mud or other, massages, mobilisation pool) from **4 up to 6 cares /day during 18 days**
 - 2° **rehabilitation and skills acquisition**
 - ventilatory rehabilitation
 - strengthening muscles
 - improving balance
 - exercice re-training
 - psychological support

Thalasso therapy

*Application of the healing power of Sea water
& maritime climate*

- 1. Sea bath (Outdoor & Indoor)**
- 2. Climatic components of the Sea**
(temperature stimulus, wind, clean air, aerosol, UV-radiation)
- 3. Inhalation**
- 4. Application of silt, algae, and sand**
- 5. Activity, exercise and inspiration by the Sea**

NEW MEDICAL STUDY

- **Das wissenschaftliche Team aus der Klinik DER FÜRSTENHOF zeigt in einer neuen Veröffentlichung auf, wie wirksam und beliebt klassische Naturheilverfahren sind.**
- Das Ärzteteam der Rehaklinik DER FÜRSTENHOF in Bad Pyrmont hat eine Zusammenstellung zu wichtigen Erkenntnissen über die Wirkungsweise der ortsgebundenen natürlichen Heilmittel des traditionellen Kurortes in der Fachzeitschrift „Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin“ veröffentlicht.
- Dass die Fortschritte in der Akut- und Intensivmedizin eine der wichtigen Leistungen unserer Gesellschaft zur Gesunderhaltung sind, zeigte sich spätestens mit dem Aufkommen der aktuellen Pandemie. Ohne die hoch entwickelten medizinischen Möglichkeiten zur Versorgung schwer an Covid-19 erkrankter Patienten sähe die Realität aktuell weit dramatischer aus. Daneben ist aber für viele Erkrankungen ein komplementärer, ganzheitlicher Ansatz sinnvoll. Dieses bezieht sich auf die Behandlung von langwierigen Folgeschäden einer Covid-19-Erkrankung (Post-Covid-Syndrom), aber auch auf chronische Erkrankungen aus dem rheumatischen Formenkreis.

SPACE
Experience

MEET IN SPAS OF CENTRAL EUROPE

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

NEW DATE:
28 - 30 SEPTEMBER 2021
Terme 3000 -
Moravske Toplice,
Slovenia
www.spa-ce.si



ESPA
EUROPEAN SPAS ASSOCIATION



NEW DATE:
29 SEPTEMBER - 1 OCTOBER 2021
Moravske Toplice & Radenci
Health Resort
www.europeanspas.eu

**25th EUROPEAN
SPAS CONGRESS
IN SLOVENIA**

THINK GREEN - BE ACTIVE - STAY HEALTHY

FOCUS OF THE PROGRAM 2021

The economic impact of balneology and new perspective after COVID-19
Training and education at different levels in the spa industry
Medical research - update about programs and treatments, new medical services
Sustainability, safety and cost savings through new technologies
Destination branding, online sales and digitalization in health tourism
Future health destinations, trends and challenges in health resorts

**JUST A FEW
HIGHLIGHTS FROM
THE PROGRAM**

ITB BERLIN NOW

The Digital Meet-up
of the Travel Industry
9 - 12 March 2021

**WILL BE THERE? YOU, TOO?
LET'S CONNECT AT ITB BERLIN NOW!**

9 March

- Opening of the virtual Medical Tourism Pavilion & Medical Media Get Together | 12.30pm

10 March

- HTI Roundtable: The future of Medical Tourism | 1.30pm
- New Perspectives in Health Tourism: Corona Recovery concepts in Medical Spas & Climate Health Resorts | 2.35pm

www.europeanspas.eu/en/congress

**25. Congress of the European Spas
Association, Innovation Awards, SPA-CE**

**Moravske Toplice and Racenci
health resort in Slovenia**

29th September-1st October 2021

THINK GREEN - BE ACTIVE - STAY HEALTHY

EU4Health: MEPs pave the way for an effective EU health programme

- *This cooperation should improve the **preparedness**, prevention and control of the spread of severe human **infections and** diseases across borders, **to develop and make available products for the prevention and treatment of diseases**, to combat other serious cross-border threats to health, and to safeguard **and improve the health and well-being of all people in the Union**. **Preparedness is the key to improving resilience to future threats, and Member States, given their responsibility for the provision of healthcare, should carry out stress tests on their healthcare systems to identify weaknesses and verify that they are prepared for a possible future health crisis.***
- ***The establishment of a communication portal for the public** would allow the Union to share validated information, send alerts to European citizens and fight against disinformation. It could include a **wide range of information, prevention campaigns and youth education programs**. This portal could also be used to promote, in cooperation with the **European Centre for Disease Control** ('ECDC'), strong immunization coverage at European level.*
- *The Commission should work with Member States to create new legislation to **improve workers' health conditions**, improve their working conditions, the balance between work and life, **promote wellbeing and better mental health**, prevent early-retirement due to ill health and poor health management.*

ESPA final proposal for EU Recovery and Resilience Facility
Information from countries they did lobby on national level

Moreover, as we have informed you from October, the Manifesto Secretariat is working on the assets for a **Communication campaign 'Tourism must be part of national recovery and resilience plans'** to support our paper on investment proposals.

Power up:

Invest in further science-based funding of health tourism, as medical spas and climate health resorts may help to reduce public health costs through prevention and would further improve sustainability and productivity in Europe. A big part of Europe offers natural remedies for an efficient use of nature's healing resources in health prevention and prophylaxis of chronic diseases.

Renovate

Investment in promotion and education of citizens with improved visibility for European citizens and in international markets. To promote health tourism as the unique selling point of Europe, with the know-how heritage and as sustainable destination with the special added value of natural remedies.

Recharge:

Invest in promotion and make funding available that natural remedies based on mineral water, landscape and climate are available to a great number of citizens and visitors as possible around the world by reducing future expenses in healthcare.

Connect:

Development of multi-sensor device & software to connect public health and health resorts and to follow the health conditions and positive effect of medical spas treatment through smart technology. The goal is to connect and schedules treatments with specialists and physical activities - age actively and live longer by detecting issues earlier



FINANCIAL SUPPORT TO BOTH PUBLIC INVESTMENTS AND REFORMS

€672.5
billion

Up to

€312.5
billion

in grants

Up to

€360
billion

in loans



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**;

NEWS FROM THE EU TODAY

- EP voted for the urgency procedure to support the proposal of the European Commission getting the **Digital Green certificate** as soon as possible. During the next TRAN meeting in April we will have an exchange of views with the European Commission on the implementation of this certificate.
- [Parliament fast-tracks procedure to adopt Digital Green Certificate by June | News | European Parliament \(europa.eu\)](#)
- Parliament voted the INI report on **Sustainable Tourism**. The resolution on an EU strategy for sustainable tourism, adopted by 577 votes to 31, and 80 abstentions on Thursday, notes that the COVID-19 outbreak has paralysed the EU's tourism sector, with 6 out of 27 million jobs at risk.
- [MEPs demand safe and clean travel | News | European Parliament \(europa.eu\)](#)
- Creation of the European Tourism Union. This AM was voted too, so the majority of the MEPs supported the idea of a stronger European Tourism Policy with the establishment of the European Tourism Union