European Medical Spas and Climate health resorts

New perspectives in health tourism

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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 resurge in individual spa and treatment experiences.

Balneoalogy 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
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.
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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The coronavirus pandemic is the historical time for revival and recognition of Balneology and climate health resorts.
COVID-19 rehabilitation program, medical results

International exchange DECEMBER 2020 Iceland, Germany, France, Slovakia

Forum CORONA RECOVERY CONCEPT

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.

Kunst in der Reha

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

Reha Sulza: Geneser und Maler - unter diesem Motto präsentierte Villi Krause im Rahmen eines Vor-Neumage im Krankentrain Bad Sul- za Bildern, die er während seiner Re- ha in Bad Sulza angefertigt hatte. Krause war an Covid-19 erkrankt und hatte seine Rehabilitation im Klinikzentrum durchlaufen. Das Ergebnis präsentierte er - auch be- dingt durch die Maßnahmen zur Krankheitsverhinderung - in klei- nen Ecken des Marktplatzes und Mitarbeiterveranstaltungen der Behandlung."Der Stil seiner Arbeiten ist von Expressionismus bis hin zum Neo- maballismus inspiriert durch viele Reisen, die er in die USA und Europa und seine langjährige Tätigkeit bei der}
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 NLFI**: 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.
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
• 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.

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
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 though 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

- Up to €312.5 billion in grants
- Up to €360 billion in loans

Total: €672.5 billion
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;
• 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 Unio