

# MEDICAL SPAS AND WELLNESS SPAS in the Visegrad space



## HEALTH TOURISM IN THE VISAGRAD COUNTRIES

Tourism is a sector reaching over state borders. The Visegrad space should be perceived as one region by tourists, especially by visitors from remote countries. So there is a great possibility that visitors would be interested in the Visegrad space as a whole. Medical spas play an important role and have a long historical tradition in all Visegrad countries. The importance of this sector is increasing, especially due to promotion of a healthy lifestyle and with ageing of European population. Our goal is to support the Visegrad cooperation in the medical spas and wellness sector with medical background.

## AN ONLINE PORTAL MAKES THE ORIENTATION IN THE OFFER MUCH EASIER

A multilingual database of medical spas and wellness facilities is available on a free online portal in English, Czech, Hungarian, Polish and Slovak.

The concept of the database is based on a unified presentation of single recognized spas and wellness spas in all Visegrad countries, with a possibility of comparing single facilities and finding information using different criteria.

## CRITERIUM NO 1

**Geographical position** (state – region – place).

## CRITERIUM NO 2

### **Spa indication**

Cardiovascular diseases – Diseases of the digestive system – Gynaecological diseases – Locomotive system disorders – Metabolic diseases – Neurological diseases – Respiratory diseases – Skin diseases – Urological diseases.

### **Extra medical and wellness programme**

Training programme – Educational programme.

## CRITERIUM NO 3

### **Provided spa treatments**

Balneotherapy – Hydrotherapy – Thermootherapy – Electrotherapy – Mechanotherapy – Phototherapy – Physiotherapy – Ergotherapy – Nutrition therapy – Other medical treatments.

## CRITERIUM NO 4

### **Natural/healing resources**

Healing peloids – Healing springs – Healing gases – Climatic conditions suitable for treatment – Thalassotherapy.

## CRITERIUM NO 5

### **Expertise in provided services**

Language skills – Certification of used natural sources and care – 24 hours emergency availability – Daily availability of a physician – Nutrition planning – Nutrition consultancy – Psychological service – Baby sitting services – Healthy lifestyle consultancy – Children care and treatment – Final medical report – Quality certification: ISO, HCCP, EuropeSpa med, EuropeSpa wellness, others.

## CRITERIUM NO 6

### **Spa place infrastructure**

Accommodation (type, category, price range) – Catering services (type) – Swimming pool, sauna area – Park and green spaces – Environmental impact and noise – Parking – Infrastructure for sport activities – Sport equipment rentals – Infrastructure for culture events.

## CRITERIUM NO 7

### **Tourist attractions** (attractions for visitors within 50 km area)

Historical sights (castles, historical cities, churches – Natural attractions (mountains, lakes, natural reservations...) – Amusement parks and museums – ZOO – Special events (arts festivals, sport, folklore, religious events...).

## CRITERIUM NO 8

### **Route planning and transport**

Airport distance, railway and bus station.

## CRITERIUM NO 9

Links to useful portals and websites.



## BALNEOTHERAPY AS A PART OF THE HEALTHCARE SYSTEM

Balneotherapy (spa therapy) has a long tradition in all Visegrad countries and it is an integral part of the healthcare system. Spas have historically originated in the areas with occurrence of local natural healing resources (natural mineral and thermal waters, gases, peloids and climatic conditions suitable for treatment). These factors still remain essential conditions for recognition of a medical spa these days.

Balneotherapy, as a part of the healthcare system, is provided only in spa facilities recognized by the state authority. Balneotherapy (spa therapy) programs are established by medical doctors on the basis of the patient's medical examination and assessment.

The quality of balneotherapy is based on quality of local natural healing resources and knowledge of health professionals (medical doctors, physiotherapists, ergotherapists, nutritional therapists, psychologists...).

Positive factors such as a high air quality, protected spa areas with high demand on quality of environmental conditions and attractive surroundings, make the medical spas and wellness facilities in the Czech Republic, Hungary, Poland and Slovakia favorite destinations of the health tourism.

*Resource: Association of Slovak Spas*





## MEDICAL SPAS AND WELLNESS IN THE VISEGRAD SPACE

A project financed within Standard Grants programme by the International Visegrad Fund.  
Project category: **Promotion of tourism**

### PROJECT COORDINATOR

#### **The Czech Republic**

Balneology Research Institute  
[www.balneologie.eu](http://www.balneologie.eu)



### PROJECT PARTNERS

#### **Slovakia**

Association of Slovak Spas

[www.ask.sk](http://www.ask.sk)

#### **Poland**

Association of Polish Spa Communes

[www.sgurp.pl](http://www.sgurp.pl)

#### **Hungary**

Hungarian Marketing Association  
for Health Tourism

[www.meme.hu](http://www.meme.hu)

### PROJECT CONTINUATION

This project is supposed to continue on each partner country level and it is going to be upgraded and developed according to future circumstances.

Project website: [www.V4medicalspas.eu](http://www.V4medicalspas.eu)

## VISEGRAD FUND

The mission of the International Visegrad Fund is to promote a further development of a closer cooperation among the Visegrad Group (V4) countries and to strengthen the ties among people in the region. The Fund provides funding for common cultural, scientific, research and educational projects, youth exchanges, promotion of tourism and cross-border cooperation.

### **Member States (Countries of the Visegrad Group):**

The Czech Republic, Hungary, the Republic of Poland and the Slovak Republic

For more information: [www.visegradfund.org](http://www.visegradfund.org)

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