

Abstract

Key words: Spa resorts, Spa, Balneology, Prognose, Forecast, Evidence Based Medicine, Wellness

The first edition of *The Future of Spa* has demonstrated the usefulness of focusing on forecast for the next 15 years by 2033. Today, six months after the first edition, the publication is completely sold out. Balneology Research Institute, v.v.i. publishes this book as 2nd extended edition. Abstract and three reviews are added. The study may be one of the important information for strategic planning in spa branch from the level of spa health care providers to the level of the public healthcare sector. The theme of the future spa is the first publication in the world literature.

In the first chapter the reader is introduced to the brief characteristics of health and spa legislation in the Czech Republic and the EU. The comparison is very favorable for the Czech Republic, especially in the area of protection of natural healing resources (natural remedies). On the other hand, spa medicine is generally not recognized as official medical discipline. After about 25 years of complacency in Czech spa traditions and cultural heritage, it is advisable to look at trends in the world and in Europe. In order to clarify the subject of the research, there is presented a brief characteristic of the orientation of the prognostic study. Keywords are also added.

The second chapter deals with the methodological characteristics of the differences between the prognosis (forecast), the vision and the strategy. Formulated strategies often are not base on identification of the probable future. After approval of strategy, its general use is zero. The valuation of the environment development, in which spa is likely to evolve, is a very sophisticated issue. For the next fifteen years, it is possible to use the prognosis of the development of Western civilization and then the future of healthcare in the world and in Europe. The key players for the formulation of health strategies are the WHO and the OECD. Spa therapy is not mentioned in the documents of these organizations. In the world, the status of spa treatment in the healthcare system is not described. On the contrary the Czech Law on Health Services defines the role of the healing spa. However, the link between the WHO Health Strategic Studies on significant predictions of civilization development has not been found.

The third chapter deals with *The Future of Medical Spa in the World and the EU*. The probable development of spa in the world, in Europe and also in the Czech Republic in the next fifteen years is being followed. In the European health spa environment, the trends characterized by Western medicine will

continue to prevail. This leads to the predicted trend of use of evidence-based medicine and the use of information-based medicine.

The fourth chapter describes the probable changes in world health research trends in the area of: i. Therapeutic spa; ii. in Economic Research and Applied Economics (HTA), iii. in the research and development of the spa IS (biomedical informatics, IT, ICT and GDPR), iv. in the field of research of Natural Healing Resources (Natural Remedies), v. development of education in the spa, vi. in the health services market, vii. in balneology, technology and methodology of natural remedies use, viii. in the development of institutional and capital forms, ix. in the development of the importance of spa tourism for the local spa community, region and state.

The fifth chapter identifies key players with an impact on the future development of spa in the world and the EU, in particular the WHO, the ESPA (European Spa Association), the Health Committee of the OECD and selected health tourism associations.

The sixth chapter deals with the future of spa tourism in the Czech Republic, especially with possible changes of trends: i. in information systems, ii. education, science and research in balneology, iii. implementation of prevention, iv. creation of new healing spa, v. balneotechnics, technology and methodology of natural remedies use. There are also characterized the main players in the Czech Republic, especially possible changes in the importance of spa tourism for the local spa community, region and state. Development of the role of the Association of Spa Places (Resorts), The Czech Healing Spa Association, MediSPA, CzechTourism, The Society of Rehabilitation and Physical Medicine of the Czech Medical Association of J. E. Purkyně.

The seventh chapter summarizes brief notes on the future of spa world and the three possible scenarios of conditions that may (but may not) occur.

In the remaining part of the publication, besides a concise conclusion to the authors' intentions to continue in study the future of spa services, also the annexes there are. These appendices can help readers become clearer in the concepts that started to use in the spa industry, but their importance is likely to grow. These are providing of spa classical curative treatment and alternative medicine in world spa. There are also links to biological treatment and autoimmunity, and finally, the term Global Health 4.0 applied in the USA. It seems timeless in terms of health practice in the Czech Republic.