

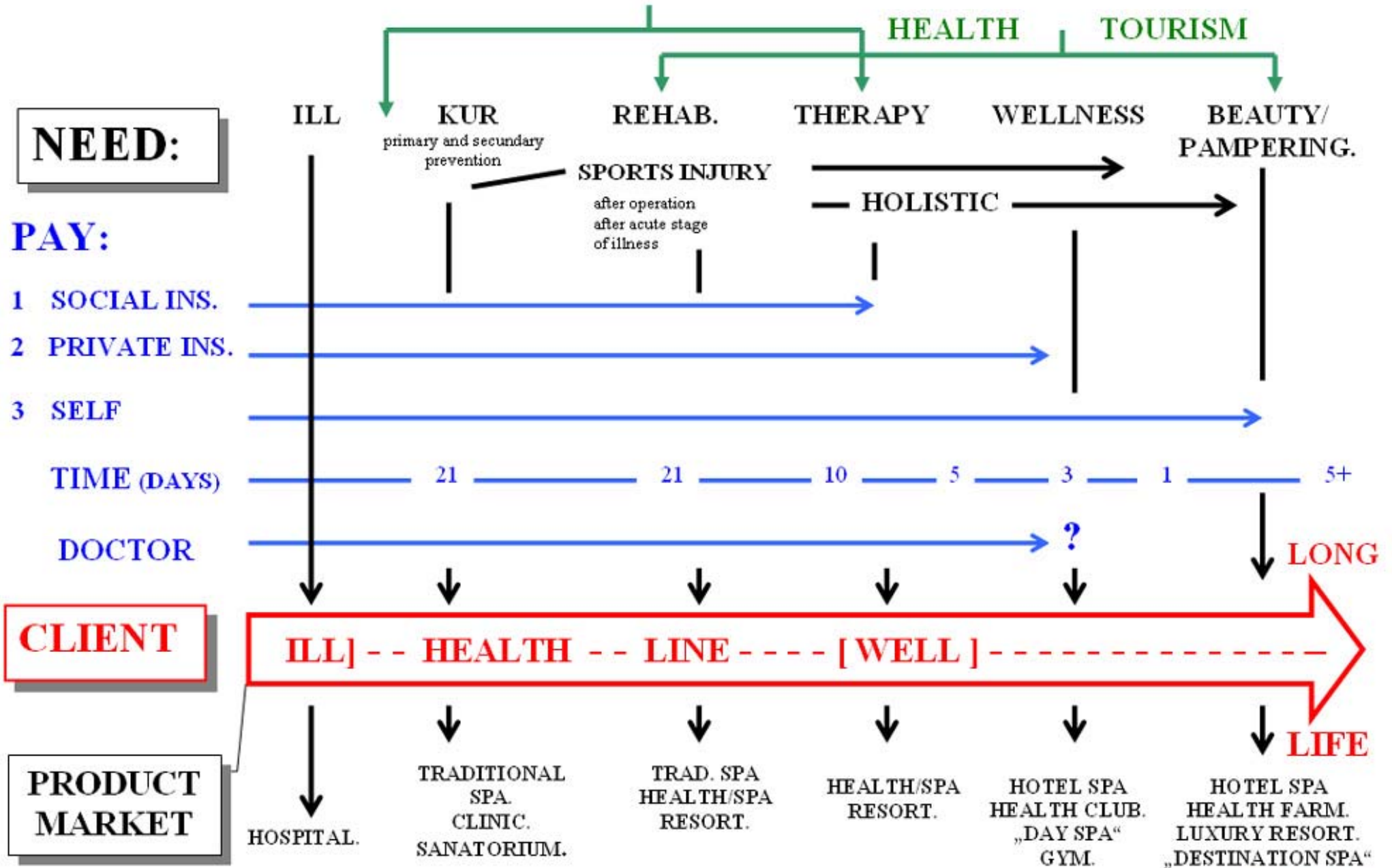


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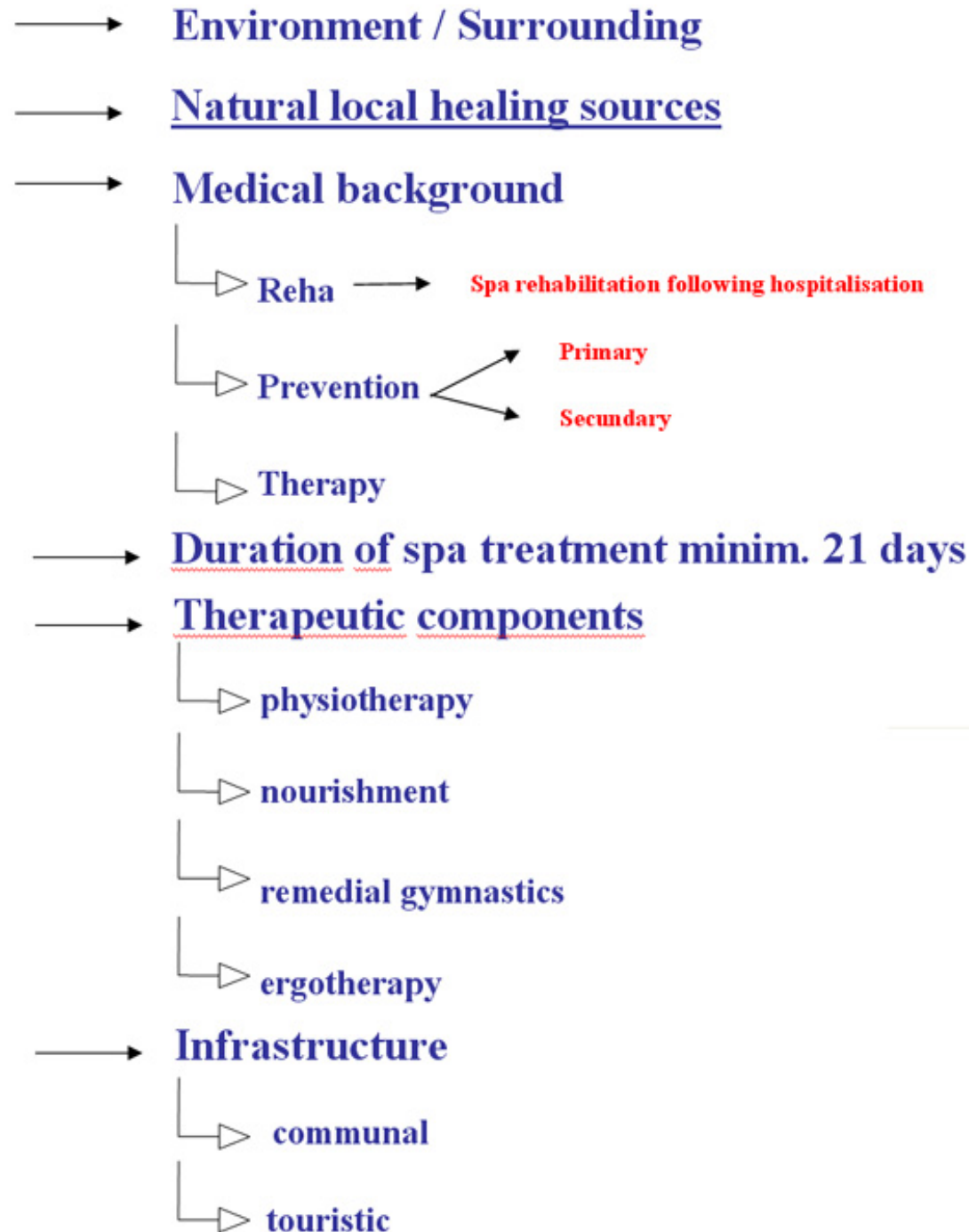
QUALITY STANDARDS FOR EUROPEAN SPAS

Levico Terme, October, 2005

EUROPEAN SPA TRADITION



Definition of SPA



Quality Standards for European Spas

Actual situation

- Increasing competition on European market
- No transparency in quality of spa products and prices for customers (value for money)

Conclusion

- Need for coordinated structures and quality standards for spas and its products which lead to more transparency in the market

QUALITY IN EUROPEAN SPAS

- *Quality of structure* (technical, personal equipment, spa environment, recognised healing sources etc.)
- *Quality of processes* (MQ – ISO 9000)
- *Quality of products* (spa treatment in spa clinics, spa prevention, spawellness, thalassospa etc.) - EUROSPATÜV

Credo
of the
European
Spas Association



Spas and Health Resorts
in Europe

NATURAL HEALING WATERS

- Due to their chemical composition and their physical qualities they produce therapeutical effects to be used for prevention, curative therapies and rehabilitation
- Local healing waters are the basis for foundation of spa place
- Balneological report of medical authority with indication spectrum and means of use is necessary
- By drinking therapy it is necessary to take into consideration an influence on internal environment of the body

PELOIDES

- Peloides are nonorganic or organic mixes, produced from geological and biological processes, which are of a fine consistency mixed with water used for therapy (bath, packs, compresses)
- Balneological report of medical expert, means of use, physical and chemical analysis, re-use of peat (storage time) are necessary
- Local eupeloides can form a basis for foundation of the spa place (Třeboň(CZ), Bad Kolgrub (D))

NATURAL LOCAL HEALING GASES

- are part of the natural remedies mainly from deeper layers of earth
- carbon dioxide, radon and hydrogen sulphide are the healing gases currently used for therapy
- balneological experts report is necessary
- they can be used for dry bathes
- gas injections with CO₂ (CZ, SK, F, I)
- Radon also as a inhalation(Bad Gastein, A)

CLIMATE AS A THERAPEUTIC MEANS

- High quality of air (monitoring)
- bioklimatological report of medical authority
- Complex evaluation of meteorological factors (aktinic complex, termic complex), monitoring meteo faktors (temperature, lees, atmospheric pressure, sunrise, speed and direction of the wind...)
- evaluation of irritable factors of the climate
- evaluation of the biotop of the country
- pollen calendar of the place

SPA ENVIRONMENT

- Requirements on quality of air pollution, what is necessary to monitor (intervals,norms)
- Description of country – part of green, spa parks, equipment in park, field cure for some indications, quality of pathses, sign and profile of pathes, possibility for nordic walking, for conditional excercises, Kneipp elements in the field
- Requirements on protection against noise, limitation of transport
- Requirements on suitable sports activities, availability and offer for spa clients
- Informative intelligible system in the spa place
- Requirements on social and cultural offer of the place (place for common activities, clibs, cultural rooms, theatre, music hall and etc.)
- Shoping infrastructure of the place

DISEASES OF CARDIO-VASCULAR SYSTEM

- Resource of natural carbon dioxide waters (CO_2) used for carbon dioxide bath
- Resource of natural carbon dioxide as a gas suitable for dry carbon dioxide bath and for gas injections
- Iodic water

NEUROLOGIC DISEASES

- Sulphureous water
- Iodic water
- Radon water
- Natural warm water (acratotherma)
- Peloides

ORTOPEDIC AND RHEUMATHOLOGICAL DISEASES

- Iodic water
- Sulphureous water
- Natural warm water (acratotherma)
- Radon water
- Radon as a gas (Bad Gastein)
- Peloides

DISEASES OF DIGESTIVE SYSTEM

- Sulphate with Ca, Mg, Na (bitter, plaster or glauber) waters – drinking therapy
- Hydrogen-carbonate sodium waters
- Chloride sodium waters
- Sulphureous waters at liver diseases

METABOLIC DISEASES

- Hydrogen-carbonate waters
(NaHCO_3)
- Chloride sodium waters
- Sulphate waters in case of hyperlipidemia

RESPIRATORY DISEASES

- Hydrogen-carbonate sodium waters (NaHCO_3) using in inhalation therapy
- Chloride sodium waters (NaCl) using in inhalation therapy
- Calcium waters in case of allergic diseases
- Climatic places (high mountain climate, or sea climate)

GYNEKOLOGICAL DISEASES

- Natural hot or warm water (acratotherma)
- Radon water
- Chloride sodium water
- Iodic water
- Carbon dioxide water
- Radon as a gas
- Peloides

DERMATOLOGICAL DISEASES

- Sulphureous waters
- Chloride sodium waters (salty waters)
- Salty or sulphureous peloides

ONKOLOGIC DISEASES

- Carbon dioxide waters for external balneotherapy
- Remedies of the climate according to Swiss clasification slightly irritable (1)

REQUIREMENTS ON MATERIAL AND TECHNICAL EQUIPMENT OF THE SPA PLACE

- Equipment must be in accordance to indication spectrum (requirements on natural local remedies, spectrum of therapies, necessary diagnostic equipment, medical and nursery duty
- Equipment must be in accordance with main product and character of the spa enterprise (spa clinic, spa hotel, day spa, wellness hotel, tallaso -hotel, enterprise for Kneipp-therapy,

REQUIREMENTS ON EQUIPMENT OF SPA CLINIC

- permanent medical and nursery duty
- physicians-specialists according to indication spectrum
- consulting- rooms in clinic
- available diagnostic methods according to indication spectrum
- architektonic equipment according to indication spectrum
- advisor for nourishment
- therapeutic methods (balneotherapeutic, hydrotherapeutic, electrotherapeutic, mechanotherapeutic, remedial gymnastics methods, ergotherapy)

SPA CLINICS

- for cardio-vascular diseases
- for post-accidental and post-operation rehabilitation of the locomotor apparatus
- for rheumatic disease
- for neurological diseases
- for dermatological diseases
- for diseases of metabolism and disorders of nourishment
- for mother and child
- for therapy of children

REQUIREMENTS ON PERSONAL EQUIPMENT I

- physicians- specialists (education, training, certificates for special methods (e.g. acupuncture, chiropraxis...))
- nurses (education, training, certificates)
- physiotherapeutists – (education, training, certificates on special methods (e.g. Vojta ´s therapy, mannual lymphodrainage..))
- ergotherapeutists – as well as physiotherapeutists
- specialist for psychotherapeutic methods, certificates for special metods (musical therapy, artetherapy, autogennic excercises...)
- psychologist
- logopedist

REQUIREMENT ON PERSONAL EQUIPMENT - II

- specialist for phytotherapy
- specialist for application of Kneipp procedures
- masseur – (education, training, certificates for special methods (reflex massages, mannual lymphodrainage, acupressure...))
- health resorts workers for balneotherapy, hydrotherapy, thermotherapy, thalassotherapy (education, training)



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THANK YOU FOR YOUR
ATTENTION