



**MINERAL  
PELOIDS**

**PEAT**

**THALASSO-  
THERAPY**  
with sea water, brine and  
healing salina mud

**THERMAL  
&  
MINERAL  
WATERS**

**BENEFICIAL  
CLIMATE  
WITH AEROLS**

**1**

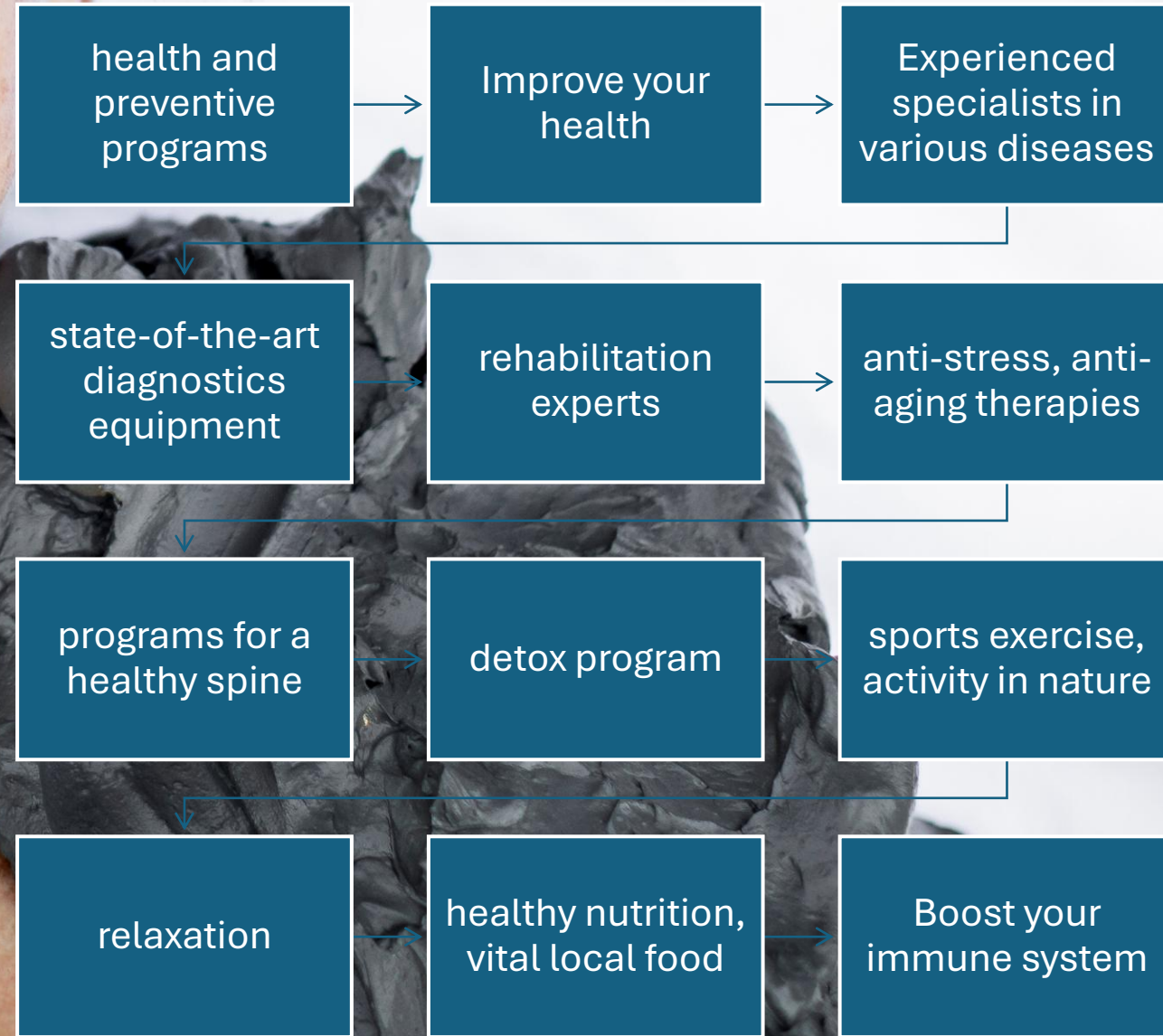
**2**

**3**

**4**

**5**

# POWER OF NATURE-LOCAL NATURAL REMED



# Why Medical Spas Matter



- Not luxury, but frontline infrastructure in health
- Pandemic proved: without spa care, health worsened
- Proven contributions:
  - Post-cancer recovery & cardiovascular rehab
  - Mental health: stress, sleep, resilience
  - Pediatric obesity & youth prevention
  - Healthy ageing
- Support rural regions & reduce inequalities
- Healthy Living for Children – Back to Nature  
Promoting Holistic Health, Nature-Based Education

**Prevention  
Rehabilitation**

**Cancer Care  
Mental Health  
Cardiovascular  
Health**

**Healthy Ageing  
Longevity**

# Wellness vs. Health Resorts



- Can be built anywhere/ city, hotels, gyms).
- Focus on lifestyle, relaxation
- Services: fitness, massage, beauty, relaxation, nutrition advice.
- Communication: focus on lifestyle enhancement.

Target group: people seeking balance, relaxation

***The aim is not to heal but to optimise***



- Based on medical expertise with licensed doctors and highly trained therapists.
- Use of natural remedies: thermal/mineral water, mud, climate therapy.
- Focus: prevention, rehabilitation, treatment of lifestyle-related conditions.
- Communication: evidence-based, addressing health insurance and private payers.
- Target group: patients with conditions (obesity, sleep disorders, hypertension, stress, post-rehab).
- **Demonstrated outcomes and evidence for long-term health improvement.**

***“From nature to neuroscience — medical spas are becoming intelligent healing ecosystems.”***





## Who We Are

**ESPA** represents the interests of the **medical spa & health tourism sector** across Europe/balneology, preventative health, and spa medicine in **over 20 countries**, connecting health destinations, associations, professionals with engagement in **Brussels**

**HEALTH | QUALITY | INNOVATION**

<https://www.facebook.com/europeanspas>

<https://www.linkedin.com/company/european-spas-association>

**30**  
YEARS



**ESPA**  
EUROPEAN SPAS ASSOCIATION

