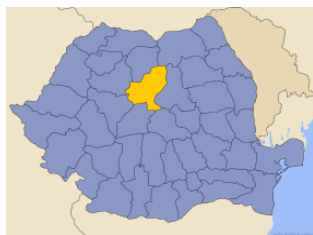


QUALITY OF DESTINATION – Sovata resort, România

Dr. Suzana Pretorian, Danubius Hotel, Sovata

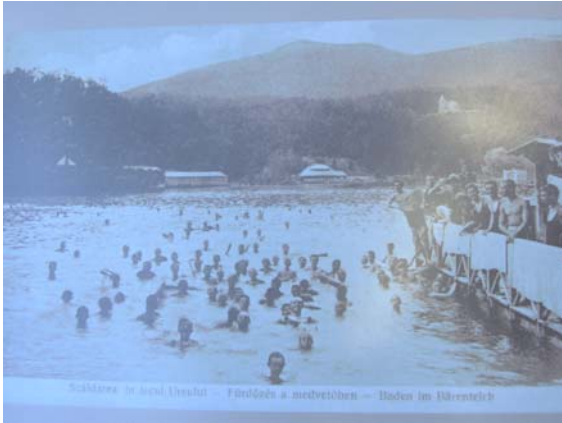


Sovata resort, located in the Transylvanian plateau, at the foot of the Gurghiu Mountains, was known from the period of the Romans because of the salt mines exploitation. In 1578, the settlement was documentary certified under the name Zowata. The soil, rich in salt, has made possible the development of some small salt lakes, which represented the base of (firstly empirical, and than scientific) balneary treatments. The first document which mentioned Sovata for the healthy effects of salt water treatments was dated in 1597. In 1884 Sovata was officially recognized as health resort.

The unicity of the heliothermal effect of the Bear Lake, the sedative climate and the abundant vegetation, have made possible the development of an international level health resort. Sovata is the place of several ethnical and cultural confluence, so the resort has become the meeting place of some political and cultural personalities. Sovata is linked with the beginnings of the Romanian scientifically documented balneology, professor Marius Sturdza, the head doctor of Sovata resort (1920-1930), has founded the first Balneology and Physiotherapy department in Romania, at Cluj (1930-1931).

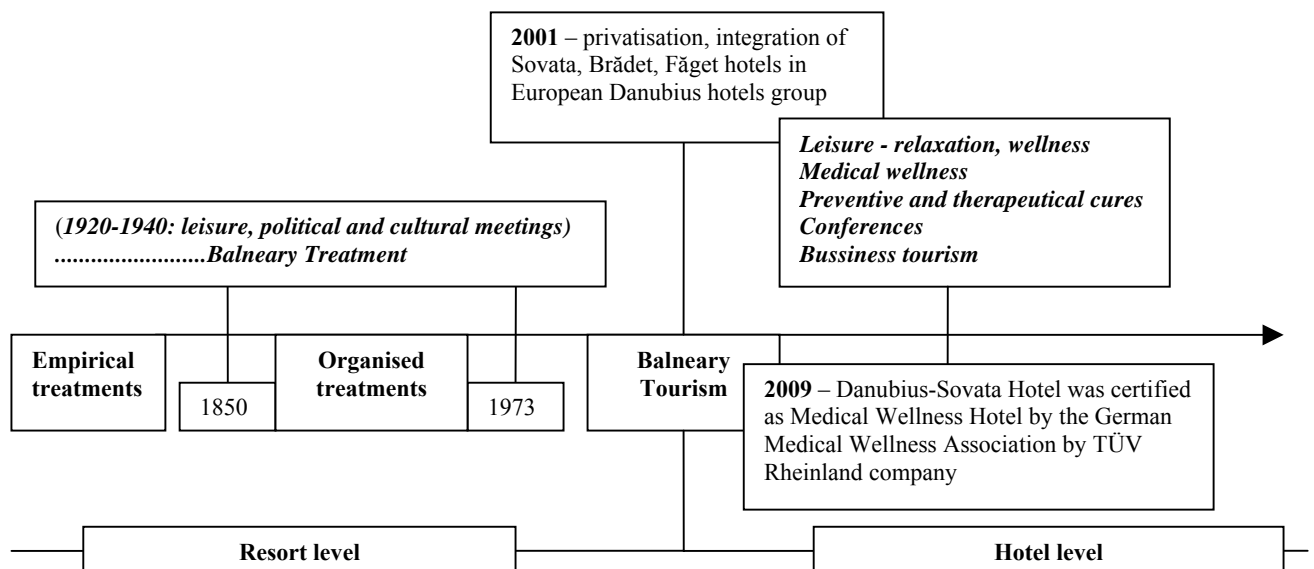
From 1900, when the baths of Upper Sovata was opened officially, and till now, the development of the resort was marked by two significant events: between 1975 and 1983 there was built a group of hotels near Bear Lake; the second event was in 2001, when three of these hotels (Sovata, Bradet, Faget) have become private and they linked with the European hotel group named Danubius, represented in Hungary, Slovackia, Czeck Republic, Romania and England. The touristic activity of the resort includes from its beginning two types of activities: loisir (recreation-leisure-bussiness meetings) and balneary treatments.





Development and guidelines

Till 1850 the salt water was used empirically by the natives to treat the rheumathological diseases; than, the salt water was used in organized treatments. At the beginning of the XXth century has started the research on the heliothermic effect of Bear Lake. In 1929 there was introduced the medically supervised balneary treatment. The balneary tourism itself, as mass phenomenon, has evolved in parallel with the building of the hotels and the activity at these hotels, after 1973.



Till 2001, the year of privatisation, the balneary product offered in Sovata was represented by therapeutical cures, heliotherapy and leisure activities (touristical paths, Bear Lake).

After integration in the Danubius European hotels group, the balneary product gained diversity, in accordance with the European trends (wellness/ Medical Wellness) and with the new profile of customers(bussiness and conference tourism). Along with diversification there was assured an attentive control of the qualirty of balneary product (reevaluation and periodical control of the natural cure factors performed by the national Institute of Balneoclimatology from Bucharest; also there was assured the integrative control of resources, hotel services and prospective activity according to the Medical Wellness spirit by the european accreditation TÜV Rheinland German company).

Health Spa Danubius - Sovata Hotel



Danubius-Sovata Hotel offers a modern health spa, in accordance with Danubius standards. All treatment departments are located on the same level, that providing more confort for the customers; the modern spa level, located under the treatment level, assures relaxation, detoxification and mis-en- forme. In addition, count the the elegant design, the quality of endowment and the specifical cure factors (salt water and sapropelic mud extracted from Bear Lake) and, the last but not the least, the quality of the staff (professionalism, ospitality).

At the reception of the hotel the customers receive informations about planning for medical consultation, and at the reception of the health spa there is the programing for wellness and treatment procedures.

Phone: 0265.570151, interior 1803, 1809

The health spa contains 2 pools withsalt water extracted from Bear Lake, 2 swimming pools, Kneipp basins, jacuzzi and a small pool for children, also **solarium, and saunas of different types (dry, steam, infra)**

Other compartments: **psychotherapy; inhalotherapy** – salt water inhalation; **oxigentherapy; hydrotherapy** – hydrokinetotherapy, underwater jetmassage and Stanger bath, four cells galvanic bath, alternating bath, CO2 bath, wellness hydrotherapy; **salt water irigations and salt bath; mud packing** – external and gynaechological; **electrotherapy** – low frequency currents, ultrasound, short waves, magnetotherapy; **massage** – nicely decorated massage rooms for medical massage, wellness massage, beauty packing with natural products for detoxification and moisturising the skin; **beauty center; fitness** – with modern training devices **individual**

The program at the health spa:
7,00 - 21,00 daily

Treatments: 8,00-16,00 (Monday-Friday)

Pools, saunas, solarium, fitness,
massages/wellness offers, beauty center: 7,00 - 21,00



medical gymnastics- separate rooms with rehabilitation designed devices



Natural cure factors in Sovata

The Bear Lake – the phenomenon of heliothermy

(informations gained from hydrogeological resources - Fülöp-Nagy János, Gheorghe Șerban, Mircea Alexe – “Salt lakes in Sovata*”, 2004, pg.54, and laboratory and balneoclimatological research of the National Institute for Rehabilitation, Physical Medicine and Balneoclimatology Bucharest)

Concentrated **salt water** (NaCl: 300 g/liter)

Sapropelic mud (certified by SC Vitalis SRL București, 1999), both extracted from Bear lake, containing human-like feminine hormones.



Sedative climate. Unpolluted air, rich in negative ions. The Bear Lake – aestival balneation, heliotherapy. **The Bear Lake** covers a salty ground layer, thus at the depth of 4 meters from the surface of the water the concentration of salt reaches 320 g/liter and above, comparable with that of the Dead Sea. The recent hydrogeological research* have confirmed that “between 0,5 and 3 meters depth from the surface of the water, the concentration of salt jumps till 250-300 g/liter, that’s way this layer is named bound salt layer”. At the surface of the lake there is a thin layer of 10-15 cm of simple water, from the Golden stream and precipitations, which concentrates the heat from the sun as a lens, focusing it toward the bound salt layer; in plus, this thin layer of simple water assures thermic isolation. In

summer, the highest temperatures are attained: 40°C at 2 meters depth nowadays (in 1900, Kalecsinszky measured 70°C at 2 meters depth), with decreasing thermic values toward the surface (25°C). The Bear Lake presents a double stratification: saline and thermal.

The vertical stratification of the salt water caused by the focusing and storage of the sunny heat in the bound salt layer is named heliothermy. **The Bear Lake is considered the largest heliothermal lake in Europe**. The well-known benefits for health of the salt water and mud from the Bear Lake have imposed legal settlements to protect the lake (Rule no.5/2000; declared as natural reservation by Ord. 65/ 03.03.1970).

The salt water is used for treatment as bathing in the Bear Lake in summer, or for treatments at the concentration of 150 g/liter and heated, in the salt pool of Danubius-Sovata Hotel health spa or for various procedures (inhalations, irrigations, salt water baths). The salt water contains NaCl, positive ions (Ca, Mg, K, Fe), negative ions (brom, iod, SO₄, HCO₃), and also organic material which contains human-like feminine hormones liberated by the salt water *Artemia salina* arthropode (* pg.69), in the following concentrations: **human-like estrogen 95 S.U.%**, respectively **human-like progesteron 0,7- 0,8 mg%** (“Natural curative factors of the main balneoclimateric resorts in Romania”, Edit. Sport-Turism, Bucharest 1977- Stoicescu C-tin.- M.D., Munteanu Laviniu - M.D., pg. 162 **).

The sapropelic mud has appeared from the microflora and microfauna deposited at the bottom of the lake, by the action of some sulphurical germs and mineral salts; it has a high level of hydropexy, that means a high capacity to incorporate water, of 50-60%. The mineral content of the mud is represented for about 95% by **NaCl**, while the organic content is represented by humic acids, oxidation products of the organic colloidal substamces derived from proteins and lignin, respectively human-like feminine hormones liberated by *Artemia salina*: **human- like estrogen 355 S.U%o**, respectively **human-like progesteron 2,5mg%** (**).



The sedativ climate of the Sovata resort is represented by moderate values of temperature of the air relative humidity, precipitations, atmospheric pressure, speed of the winds and duration of sun shining. Thus the organism is protected from high efforts for acclimatisation, and the nervous system and endocrine system are well-balanced, a very beneficial effect in chronical insomnia, chronical fatigue, neuro-vegetative distonia and other neuro-psycho-endocrine imbalances generated by the chaotic rhytm of our daily life.

The air is fresh and without allergens, because there isn't industrial pollution in Sovata and the rich vegetation, especially surrounding the Bear Lake, assures a high level of oxygen and negative ions. All of them have an optimal effect in case of respiratory diseases especially allergies; thus, the persons suffering from respiratory allergies which come repeatidly in Sovata, told us about the shortening of the critical periods almost till the complete recovery.

The aestival balneation at the Bear lake. It's well-known the pact that bathing in the heliothermal lakes represents the most effective curative factors of the balneotherapy. The variations of the temperature of the water from the surface to the depth protects the circulatory system for the upper part of the body (colder layer of water about 25°C), while the saltier and warmer layers beneath (35- 40°C) have a beneficial effect for gynaechological, dermathological, endocrine and locomotory appartus. The indications and contra-indications of bathing in Bear Lake are those previously presented.

LEISURE, RELAXATION AND MIS-EN-FORME:

Running track with shock absorbtion layer **around Bear Lake**

Paths through the forests surrounding the Bear Lake

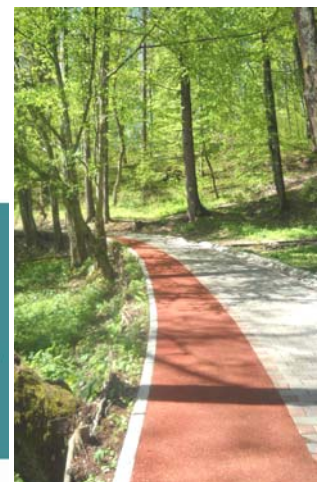
(practicable also when raining or snowing)

Nordic Walking

Morning gymnastics on the Bear lakeside

Aquafitness in the pools of Danubius-Sovata hotel healthspa

Autogen training for relaxation, at the Danubius-Sovata hotel healthspa



Treatment indications Danubius - Sovata

1. Gynaecological diseases

- female infertility, caused by:
 - fallopian tubes stenosis or blockage; hypofunction of ovaries - low estrogen or progesterone levels - ovulation disorders; chronic pelvic inflammation; hypoplastic uterus; polycystic ovaries; adhesions (after pelvic surgery, peritonitis, inflammation), endometriosis
 - preparing uterus for in vitro fertilization
- chronic pelvic inflammation – ovaritis, metritis, salpingitis, colpitis - including Candida
- premenstrual syndrome; climacteric or menstrual disturbances (dysmenorrhoea, amenorrhoea, oligomenorrhoea)
- rehabilitation after gynaecological surgery (three months after surgery)- preventing formation of adhesions

2. Rheumatic and musculoskeletal disorders (excepting the acute phase)

- osteoarthritis (hip, knee, etc), spondylarthrosis
- inflammatory rheumatism- ankylosing spondylitis (Bechterew's disease), rheumatoid arthritis, gout, psoriatic arthritis
- tenosynovitis, epicondylitis, periartrosis of the shoulder, fibromyalgia
- postural deformities of the spine: scoliosis, kyphosis, lumbar hyperlordosis
- prevention of osteoporosis
- posttraumatic disorders (after sprains, fractures, muscular tears)
- rehabilitation after surgery (disc herniation, arthroplasties – ex. hip replacement)

3. Respiratory diseases (excepting tuberculosis)

- repeated respiratory infections and inflammations (rhino-pharyngitis, sinusitis, tracheobronchitis, pneumonia); persistent cough, airway hyper-reactivity
- allergies: allergic rhinitis, asthma and propensity for asthma
- chronic bronchitis (including bronchitis caused by smoking), pulmonary fibrosis
- posttraumatic thoracic wall disorders (rib fracture, clavicle fracture, etc)

4. Dermatological diseases

- psoriasis, dermatitis atropica (especially in children), chronic eczema

5. Miscellaneous

- hemiparesis, paraparesis, peripheral neuropathies
- multiple sclerosis, amyotrophic lateral sclerosis
- stress induced neurovegetative disorders, insomnia
 - hypothyroidism, obesity

Contraindications:

- acute or subacute diseases, fever, contagious diseases
- leukemia and malignant tumours (balneary treatment is allowed only five years after removal of the tumor, yearly follow-up and recent oncological consultation that establishes there's no tumoral recurrence risk)
- hemophilia, severe anemia
- recent myocardial infarction, recent stroke, blood hypertension uncontrolled by drugs, heart failure NYHA III/ IV
- superficial thrombophlebitis, venous thrombosis
- skin ulcers, venereal diseases
- epilepsy, major psychotic disorders, drug addiction
- hyperthyroidism (Graves' disease)
- pregnancy

The prevalence, causes and complications of the musculo-skeletal diseases

OSTEOARTHRITIS represents about 66% of all musculo-skeletal diseases

In USA, OSTEOARTHRITIS is the 2nd of addressing for doctor after heart diseases

About 80% of persons over 55 years old have on X-ray typical signs of osteoarthritis

The causes of increased frequency of osteoarthritis:

- Sedentariness
- Increased body weight
- Hiperacid diet (proteins and animal fats, refined sugars)

The global aging of population

The complications of musculo-skeletal diseases and of decreased endurance:

DEPRESSION
DEPENDENCY
SOCIAL ISOLATION
RISC OF BONE FRACTURES
CHRONICAL FATIGUE



DECREASED QUALITY OF LIFE

Musculo-skeletal diseases

With elective indication for treatment in Sovata resort

1. Musculo-skeletal diseases with STIFFNESS (stiff tissues)

- **Bechterew diseases (Ankilosing spondilitis)**
- **Frozen shoulder**

Advanced osteoarthritis

benefit on:

TERMOTHERAPY using:

Sapropelic heated mud
Warm hiperconcentrated salt
water

2. Musculo-skeletal diseases with difficulties in movement (pain, decreased force, incoordination, balance troubles)

- **After traumas (fractures, strains, etc)**
 - **After surgery (including arthroplasties)**
 - **Advanced osteoarthritis**
- Neurological movement impairment (paresis)**

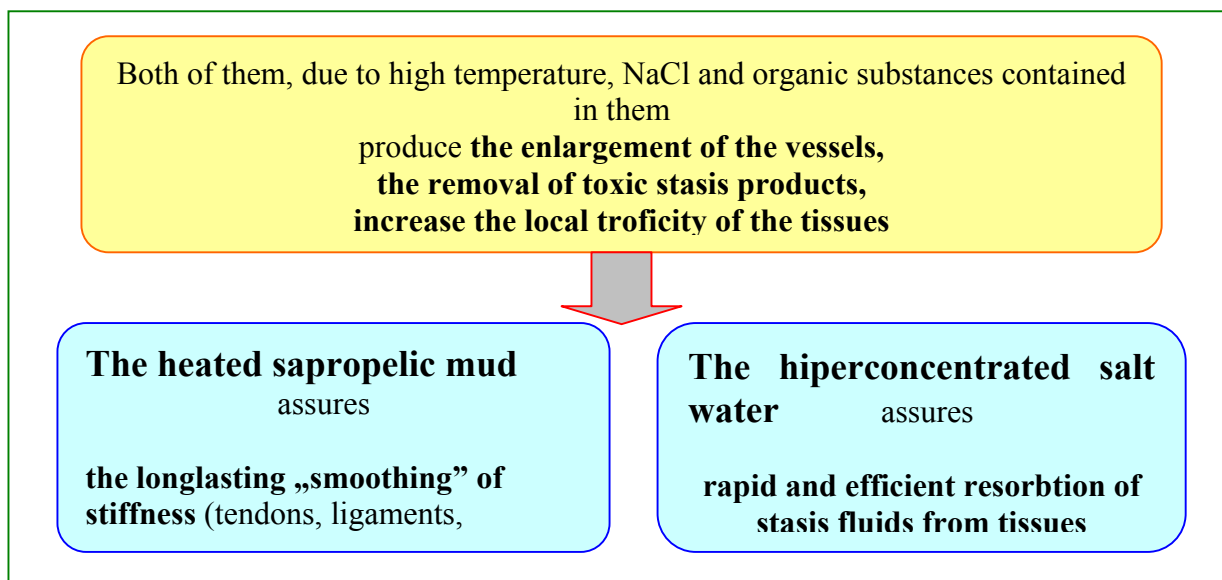
benefit on:

HYDROKINETOTHERAPY

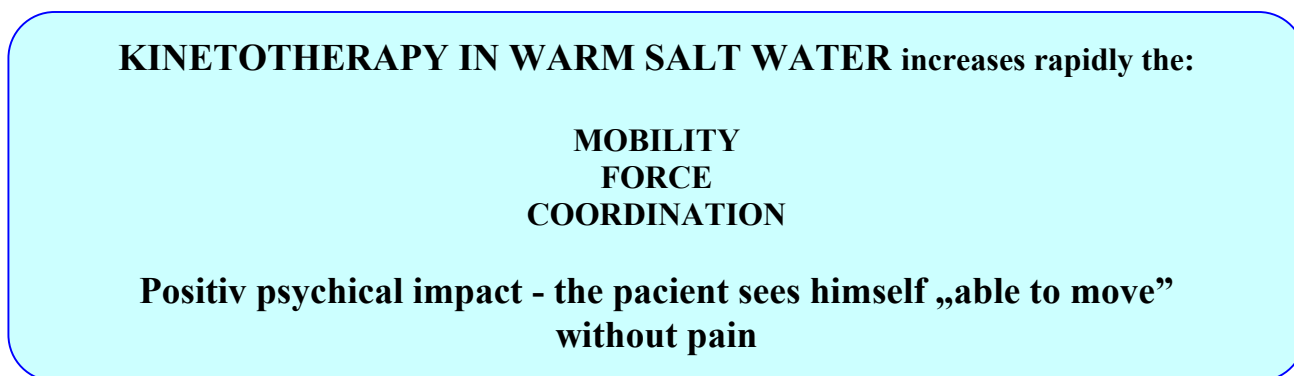
(„discharging” joints) in:
Salt pools

The advantages of sapropelic mud and salt water extracted from the Bear Lake
for treating musculo-skeletal diseases

Improvement of mobility



Improvement of movement

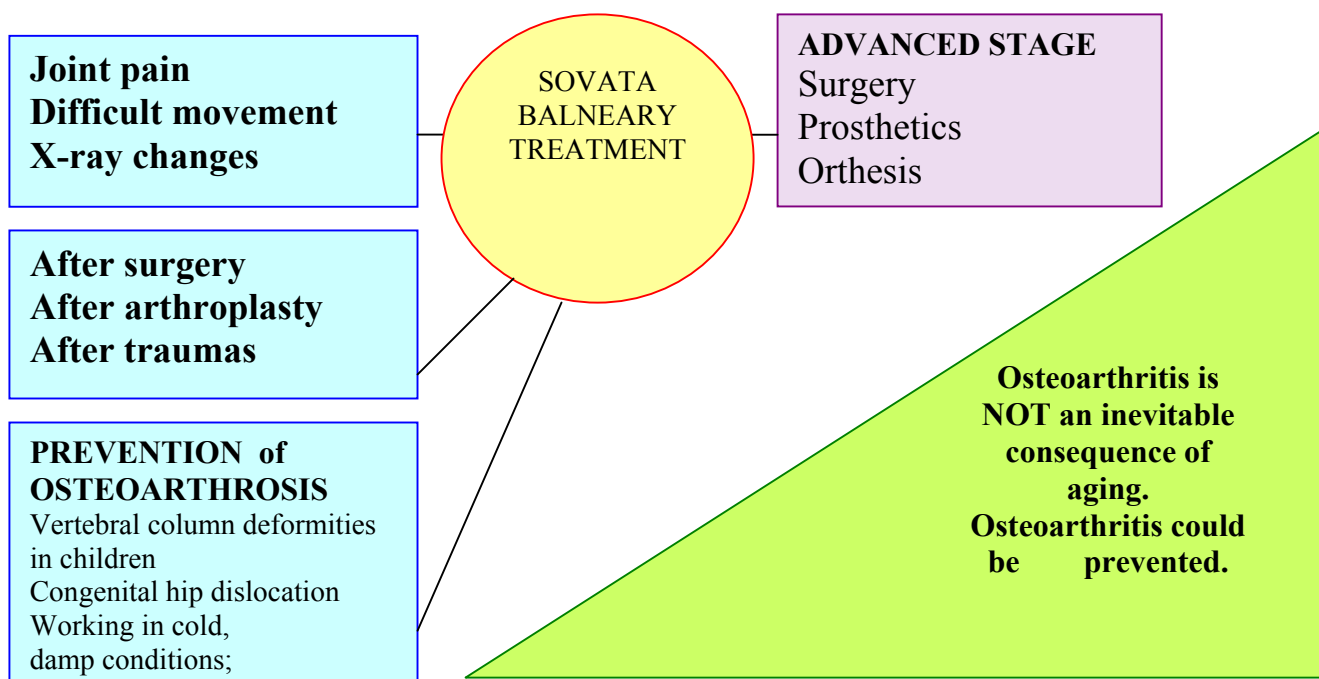


Rheumathological treatment in Sovata. Prices:

1 week: 15 procedures (mud pack, massage, hydrotherapy, kinetotherapy) – **120 Euro**

electrotherapy,

2 weeks: 30 procedures (mud pack, massage, hydrotherapy, electrotherapy, kinetotherapy) – **230 Euro**



Treatment of rheumathological diseases in Sovata

Danubius Sovata Spa Therapy



About 80% of people above 55 years old have on X-ray typical signs of arthritis, and 60% of these also feel „pain”. The main causes of increased number of persons suffering of arthritis are: sedentariness, obesity, hyperacid diets (too much animal proteins and fats, refined sugars). Complications of arthritis are: depression, dependency, social isolation, increased risk of fractures, chronic fatigue caused by less movement, decreased quality of life. Rehabilitation after surgery/fractures is essential to regain the optimal functions of muscles and joints. Thermotherapy and hydrotherapy assure good results in Bechterew disease. Salt water and sapropelic mud extracted from Bear Lake offer great benefits in healing these diseases; the positive effects last about 3-6 months after Sovata treatment.

Indications:

- osteoarthritis (hip, knee, etc), spondylarthrosis
- inflammatory rheumatism- ankylosing spondylitis (Bechterew's disease), rheumatoid arthritis, gout, psoriatic arthritis
- tenosynovitis, epicondylitis, periarthrosis of the shoulder, fibromyalgia
- postural deformities of the spine: scoliosis, kyphosis, lumbar hyperlordosis
- prevention of osteoporosis
- posttraumatic disorders (after sprains, fractures, muscular tears)
- rehabilitation after surgery (disc herniation, arthroplasties – ex. hip replacement)

Specific contra-indications: acute phases of some of the diseases mentioned above

Content: medical consultation, follow-up examinations according to patient's need, mud pack, medical massage, hydrotherapy, electrotherapy, kineto-/hydrokinetotherapy.

Action: Salt water and sapropelic mud, extracted from Bear Lake, used at high temperature, increase circulation, followed by removal of toxic products from tissues, decrease pain and stiffness. Kinetotherapy in salt water improves rapidly the mobility, muscular strength and coordination, with positive psychologic effect – the patient „sees himself” able to move without pain.

Length: 1 week, optimal 2-3 weeks in case of ankylosing spondylitis and after surgery

Price: 1 week (15 procedures): **120 Euro**

2 weeks (30 procedures): **230 Euro**

(for guests with Danubius hotel accommodation: free entrance for pools, saunas and fitness, for guests with Brădet, Făget hotel accommodation: 50 % reduction of prices for pools and saunas)

Osteoarthritis is NOT an inevitable consequence of aging.

Prophylactic balneary treatment



Indications: sedentariness; working in cold, wet atmosphere; tensed muscles or joint stiffness; disorders of peripheral circulation; repeated painful blockage of joints; postural deformities of the spine caused by prolonged inadequate postures of the body (for example, prolonged sitting at computer, prolonged driving).

Content: medical consultation, follow-up examinations according to patient's need, mud pack, medical massage, hydrotherapy, electrotherapy, kineto-/hydrokinetotherapy.

Action: salt water and sapropelic mud, at high temperature, are able to relax muscular contractures caused by work in fixed, prolonged positions and removes tensions in joints caused by pressures (for example, prolonged sitting at computer, prolonged driving). The effect on muscles and joints is deep and longlasting (about 3-6 month after Sovata treatment).

Length: 1 week

Price: 1 week (5 procedures): **45 Euro (170 RON);**

1 week (5 procedures) with 7 free entrances to the pools, saunas, plus 7 entrances with 50% reduction for one companion: **(190 RON)**

(for guests with Danubius hotel accomodation: free entrance for pools, saunas and fitness, for guests with Brădet, Făget hotel accomodation: 50 % reduction of prices for pools and saunas).

Contra-indications:

- acute or subacute diseases, fever, contagious diseases
- leukemia and malignant tumours (balneary treatment is allowed only five years after removal of the tumor, yearly follow-up and recent oncological consultation that establishes there's no tumoral recidive risk)
- hemophilia, severe anemia
- recent myocardial infarction or stroke, hypertension uncontrolled by drugs, NYHA III/IV heart failure
- superficial trombophlebitis, venous thrombosis
- skin ulcers, venereal diseases
- epilepsy, major psychotic disorders, drugg addiction
- hypertiriodism (Graves' disease)
- pregnancy

Treatment of gynaechological diseases in Sovata

Sovata Gynaecological Therapy



The sapropelic mud and the concentrated salt water, both extracted from Bear Lake, and the sedative climate of Sovata resort have together a dubbed, multilaned and soft action on the female genital apparatus and the nervous system, without side-effects if specific and general contra-indications are respected. The succes of obtaining pregnancy by Sovata gynaechological treatment was about 15-20% on a ten years statistic.

Indications:

- female infertility caused by: fallopian tubes stenosis or blockage, hipofunction of ovaries, chronic pelvic inflammation, hypoplastic uterus, polycystic ovaries, adhesences, endomethriosis, stress induced infertility
- uterus preparation for IVF,
- chronical inflammation – anexitis, metroanexitis, etc – including Candida recurrent genital infections;
- menstrual disorders, menopausal disorders and after surgery states (3 month after surgery) in order to prevent the development of adhesences (also in case of surgical tubes enlargement).

Specific contra-indications: menstruation; ovarian cysts greater than 3 cm in diameter; uterus fibroma greater than 2 cm; recent Bethesda/ Papanicolaou smears at risk; genital surgery (or abdominal surgery) more recent than 3 months (cervix conization, ovarian cyst removal, laparoscopy); acute pelvic inflammation - anexitis, methroanexitis, etc more recent than 3 weeks.

Content: medical consultation, follow-up examination according to patient's need, salt water irrigations, vaginal mud, external mud pack, electrotherapy, baths in warm concentrated salt water.

Action: Sapropelic mud and salt water have a high content of salt and human-like estrogen and progesterone hormones (liberated by *Artemia salina* arthropode). High temperature of mud and salt water increases local circulation, implicitly the absorbtion of salt and hormones. Salt decreases local inflammation, heals genital lesions and dissolves adhesences. Hormones, with almost the same chemical structure as the human ones, are received by ovaria, hipophysis and hypothalamus as own, effectively stimulating and balancing the own hormonal sinthesis. Ovarian synthesis of estrogen and progesterone increases, regulating menstruations, optimising vaginal pH and ovulation and prepare uterus)also before IVF) for egg implantation.

The sedative climate of Sovata resort has a relaxing effect on nervous system, neutralising chronic stress (there are direct conexions by nervous fibers between brain and genital apparatus: the brain stimulated by stress causes spasms of the tubes- blocking the ovule and fecundation, and also uterine contractions that eliminate the recently implanted egg. About 20% cases of woman infertilities have unknown mechanism: some of them are surely caused by chronical stress).



Length: 1 week, optimal 2-3 weeks for infertility/preparing uterus for in vitro fertilisation

Prices: 1 week (15 procedures): 125 Euro

2 weeks (30 procedures): 235 Euro

(for guests with Danubius hotel accomodation: free entrance for pools, saunas and fitness, for guests with Brădet, Făget hotel accomodation: 50 % reduction of prices for pools and saunas)

Contra-indications:

- acute or subacute diseases, fever, contagious diseases
- leukemia and malignant tumours (balneary treatment is allowed only five years after removal of the tumor, yearly follow-up and recent oncological consultation that establishes there's no tumoral recidive risk)
- hemophilia, severe anemia
- recent myocardial infarction or stroke, hypertension uncontrolled by drugs, NYHA III/IV heart failure
- superficial tromboflebitis, venous thrombosis
- skin ulcers, venereal diseases
- epilepsy, major psychotic disorders, drugg addiction
- hypertiriodism (Graves' disease)
- pregnancy

Treatment of respiratory diseases in Sovata

Sovata Anti-Allergy Therapy



In Europe, the most frequent asthmatic ailments use to appear in Romania and Ucraina

In Sovata resort there is NO industrial pollution.

The air is fresh, rich in negative ions, with optimal humidity and temperature, without allergens. The forests, the salt lakes and the sedative climate of the resort create a beautiful and relaxing atmosphere.

Indications: respiratory allergies or asthma bronchiale predisposition, chronic allergic rinithis, asthma bronchiale, asthmatic chronic bronchitis, prolonged cough after respiratory infections (bronchial hiperreactivity), prevention for respiratory infections, sinusitis, rinithis, repeated laryngitis.

Specific contra-indications: asthma bronchiale with frequent crisis insufficiently controlled by drugs, chronic respiratory failure in acute state, respiratory infections in acute state.

Content: medical consultation, follow-up examination according to patient's need, inhalation, oxygentherapy, medical massage, visits to the salt mine of Praid (located at 7 km from Sovata)

Action: The fresh air rich in negative ions and the inhalatory procedures with concentrated salt water, swimming in pools, movement in salt water, improve the pulmonary ventilation, the oxygen intake of the tissues, decrease the bronchial hiperreactivity, increase the resistance of the organism against infections, rebalance the neuro-vegetativ system and relax the nervous system (an important issue for stabilizing the evolution of patients sufferinf of asthma bronchiale)

Length: 1 week, optimal 2 weeks for bronchitis chronica, allergies and recurrent respiratory infections

Prices: 1 week (12 procedures): **95 Euro**

2 weeks (24 procedures): **165 Euro**



The complex Sovata treatment for respiratory diseases

The polluted air of the great cities and sedentariness lead to respiratory disfunctions at early ages. These types of disfunctions may be acut (allergies, asthma bronchiale) or chronic (as a consequence of decreased resistance of the organism, influenza and other kind of viral infections will appear, as well as chronic fatigue - caused by the insufficient oxygenation of the brain).

„The complex Sovata treatment for respiratory diseases” allows the diagnosis of the ventilatory dysfunction/to establish the allergens which induces the individual allergy. In the same time, the deformities of the vertebral column (especially in children) are studied and also the decreased endurance for physical effort for every age, caused by sedentariness. All of these cause respiratory dysfunction, which allows the development of infections and allergies. Gymnastics is destined to accustome the pacient with the regular practice of respiratory exercises. The procedures contained in this cure is destined to the respiratory system, musculo-skeletal system and neuro-vegetativ system, in order to increase the pulmonar capacity, efficient respiration by proper posture and increasing of the general resistance of the body against infections. The sedative climate and unpolluted air, rich in negative ions of Sovata resort represent an additional benefit.

Indications: repeated respiratory infections, inflammations and allergies associated with deformations of thorax, job induced respiratory diseases (**silicose, asbestose**), respiratory failure related with deformaties of thorax (kyphosis, scoliosis, Bechterew’s disease, surgery on thorax, traumas of torax, etc, ex. rib fractures), chronic fatigue induced by decreased oxigenation caused by inadequate posture.

Specific contra-indications: respiratory infections

Mention: Respiratory treatment has to be started at 4-6 weeks after respiratory infections, thoraco-abdominal surgery, thoracic traumas.

Content: a consultation performed by a pneumologist for diagnosing the ventilatory disfunction degree/establishing the specific allergy sensitivity of the individual (respiratory functions are tested, and also sensitivity to environmental allergens), rehabilitation consultation, inhalation with hyperconcentrated salt water, oxygentherapy (alone or combined with gymnastics and cycling), relaxing baths, medical massage, electrotherapy, individual kineto- and hydrokinetotherapy, in order to manage the deformities of the vertebral column, breathing exercises, mud pack.

Length: 1 week, optimal 2 weeks for ankylosing spondylitis asocieted with chronical bronchitis, after thoracic traumas with respiratory dysfunction. **Price:** 1 week (22 procedures): **480 RON**

Contra-indications:

- acute or subacute diseases, fever, contagious diseases
- leukemia and malignant tumours (balneary treatment is allowed only five years after removal of the tumor, yearly follow-up and recent oncological consultation that establishes there’s no tumoral recidive risk)
- hemophilia, severe anemia
- recent myocardial infarction or stroke, hypertension uncontrolled by druggs, NYHA III/IV heart failure
- superficial trombophlebitis, venous thrombosis, skin ulcers, venereal diseases
- epilepsy, major psychotic disorders, drugg addiction
- pregnancy, hypertiroidism (Graves’ disease)

Danubius Sovata - balneary cures programs

Cură pentru vindecarea psoriazis



Pacient of 26 years old, October 2007



The same pacient, April 2008, after Sovata
(2 Sovata psoriasis cures of 2 week lenght both of them
+6 month of Deniplant tea)

According to the European Guide for Dermatology there are no druggs (pills, infusions, ointments) able to cure **psoriasis**; using this kind of druggs, we obtain in the best case only a long term remission, which means an improvement without reappearance of the lesions for a longer period of time. The aim is an external improvement and an internal immune regulation, because psoriasis is an autoimmune disease induced by stress in 90% of the cases. Usually, the most effective druggs (with immunological impact) have also imprevisible side effects. Sovata treatment with **salt water and mud extracted from Bear Lake** decreases the inflammation of the skin, take off the scales and made pale the red lessions. The sedative climate reduces the chronical stress. And all of these without any side effects (Deniplant tea could be administred also to pregnant women), if the specific and general contra-indications are respected.

Information: **DENIPLANT tea**, which assures immunological modulation and consequently longlasting remissions (at 85% of the cases), which we can name CURE, was invented by Mr Giurgiu Gheorghe from Bucharest and certified by OSIM (National Office for Inventions and Brands in Romania) in 2005 (Deniplant®: No.ord.reg.comert: F23/383/26.08.2005). Deniplant tea has gained the gold medal at the International Exposition for Technical inventions INVENTA 27-30 May 1997, Bucharest, Romania. Additional informations on: www.giurgiuigheorghe.ro and www.psoriazis-deniplant.ro

Dermatitis atopica (allergical), especially in children, could be **treated** in some cases only after one week of using **salt water and mud extracted from Bear Lake**.

Indications: cutaneous psoriasis, including palms and soles involving psoriasis, psoriatic arthritis (excluded acute phase, with ESR under 30 mm/h); dermatitis atopica

Specific contra-indications: psoriatic erithrodermy, psoriatic arthritis in acute phase.

Content: medical consultation, follow-up examination according to patient's need, mud pack, salt baths, electrotherapy and kinetotherapy (in case of psoriatic arthritis).

Action: The high content of NaCl , CaCO₃ and organic substances (including human-like estrogen liberated in the water of Bear lake by Artemia salina arthropode), the salt water and sapropelic mud had an antiinflammatory, antiallergical, bacteriostatical, regenerative effect. The sedative climate stabilises the immun system. Deniplant tea has a detoxifying effect and, the most important, an effect of immun modulation, i.e it regulates the immune rebalancing of the organism.

Length: 1 week, optimal 2-3 weeks for extensively scaling and extended psoriasis

Price: 1 week (10 procedures): **70 Euro**

2 weeks (20 procedures): **130 Euro**

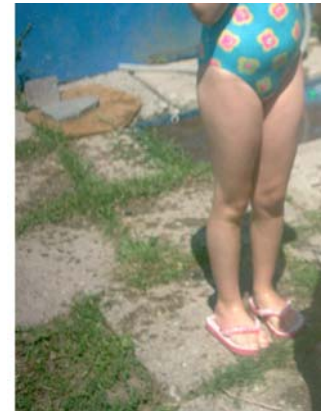
Contra-indications:

- acute or subacute diseases, fever, contagious diseases
- leukemia and malignant tumours (balneary treatment is allowed only five years after removal of the tumor, yearly follow-up and recent oncological consultation that establishes there's no tumoral recidive risk)
- hemophilia, severe anemia
- recent myocardial infarction or stroke, hypertension uncontrolled by drugs, NYHA III/IV heart failure
- superficial tromboflebitis, venous thrombosis
- skin ulcers, venereal diseases
- epilepsy, major psychotic disorders, drug addiction
- hyperthyroidism (Graves' disease)
- pregnancy

Girl (5 years old) with dermatitis atopica



The same case, after 5 days of Sovata treatment



Sovata Antistress package for a week

About 80% of all diseases are caused by stress and the effects of a stressful lifestyle, such as cardiovascular disease, autoimmune diseases and many cancers. Reducing our stress levels and learning how to live a happier more balanced lifestyle is essential in increasing our chances of living a healthier, active, longer life.

In the peaceful, natural surroundings of Sovata, using the tranquilizing effect of our treatments, we have designed an effective anti-stress program for those who feel burnt out, tired and in need of a re-charge.



1 medical consultation
2 anti-stress counseling sessions
13 procedures:
*massage, underwater jetmassage ,
kinetotherapy, magnetotherapy,
mud pack treatment, relaxing bath with
herbs and essential oils, etc*

Price : 88 Euro

Stress, “disease” of the 21th century



The concept of “stress” was introduced in 1936 by HANS SELYE, a Hungarian physiologist, who defined stress as “a non-specific reaction of the body to a stimulus”

The body’s response to stress, includes three stages known as „General Adaptation Syndrome”: the alarm reaction (fight or flight), the stage of resistance or adaptation, and finally, the exhaustion.

*Prolonged stress causes first **early warning signs**, usually neglected (headache, palpitations, muscle tension, irritability, insomnia, diminished productivity), then appear **psychosomatic disorders** (irritable bowel, gallbladder dysfunction, neurogenic hypertension, allergies); finally, when the body runs out of its reserve of energy and immunity, **physical and mental diseases** appear, some of them with dramatic outcome (hypertension, myocardial infarction, stroke, autoimmune diseases, psoriasis, diabetes mellitus, asthma bronchiale, female and male infertility, cancer, depression)*

*The **visible causes of stress** are job, family, financial situation and health, accompanied by pollution of air, water, foods, phonic, electromagnetic, informational.*

*The **hidden causes of stress** are usually ignored. The individual is completely absorbed in an overwhelming, unbalanced life, characterized by social, financial and professional competition, the worship of image, neglecting the family relationships, breaking loose from nature and dependences on smoking, alcohol, erotism, TV, net, work.*

Sovata Antistress Package for a week

The program is based around two comprehensive anti-stress counseling sessions, where, under the guidance of a doctor, you can address your main stress factors and discover ways to effectively combat them with simple techniques.

This is combined with a mix of both active and wonderfully relaxing treatments, unique to our spa, ensuring that you leave revived, relaxed and refreshed, and with skills to help you lead a happier more stress free life.

In addition to the therapeutical procedures mentioned above, you can benefit from Wellness offers of high quality: detoxifying massage, hotstone massage, Wellness tub, sincron massage, beauty offers - Cleopatra bath, Cleopatra pack, beauty salon.

Please note, the anti-stress program is not recommended for persons suffering from psychiatric problems.

DANUBIUS HEALTH SPA, SOVATA HOTEL

Tel.: 0265/570 151, Fax: 0265/ 570 258, Trandafirilor 111, Sovata, Mures county, Romania
www.sovatahotel.ro