



# HEALTH TOURISM IN BULGARIA

Outpatient Services, Health Cures, Medical SPA & Wellness



Deutsch-Bulgarische  
Industrie- und Handelskammer  
Германо-Българска  
индустриално-търговска камара



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What comes to mind when you hear the word 'wellness'?

Probably a feeling of being released from stress, relaxing, enjoying yourself. The basic of understanding wellness is a holistic lifestyle. But with the focus on your health. We would like to present you our highly recommended wellness hotels. We want to invite you to discover your personal medical therapy plan and learn how to take care of yourself – for an approach to live your life healthier. We hope you enjoy reading and plan your stay in Bulgaria.

Photo: Sozopol, Bulgaria



**Mariyana Nikolova**

Deputy Prime Minister for Economic and Demographic Policy and Minister of Tourism of the Republic of Bulgaria

**Dear colleagues and partners from Europe,  
Dear friends of Bulgaria,**

I am honored to greet you from the pages of the catalog, which reveals at least a small part of the potential of Bulgaria as a modern balneal and SPA destination. Health tourism in our country offers many and varied opportunities for recreation and treatment in modern facilities as well for investment. The Bulgarian Ministry of Tourism maintains an active and fruitful partnership with the German-Bulgarian Chamber of Industry and Commerce. Together we have achieved excellent results for the establishment of Bulgaria as a high-class SPA route in the Federal Republic of Germany.

The German National Association of Statutory Health Insurance (GKV-Spitzenverband) expanded the list of countries in which it recognizes the provision of outpatient medical services and in September 2019 added Bulgaria to it. Thus, millions of German citizens, who are in the focus of its activities, now have the opportunity to receive outpatient medical treatment in Bulgarian balneal, SPA and wellness centres. This is a serious recognition for us and the quality of the offered outpatient medical services in Bulgaria.

Our country is generously endowed with natural resources, has modern facilities and highly qualified specialists to be a competitive health and recreational destination of European size. In terms of reserves of healing waters and mineral resources Bulgaria is second only to Iceland in Europe. Here is the hottest geyser on the continental part of Europe.

Balneal and SPA services are among the most important areas for sustainable development of specialized types of tourism in our country and hold strategic positions in the projects of the ministry. They have a high year-round added value and have a universal range. In conditions of danger from COVID-19 the segment acquires exceptional importance and has high prospects.

Germany is among the leading generating markets for our inbound tourism. In 2019, the national statistics reported over 761 thousand visits of German tourists to Bulgaria. A significant number of them practice balneal and SPA tourism as part of their vacation at sea. We are constantly looking for new opportunities for partnership and to increase their number, despite the pandemic, against which we have taken the strictest measures for prevention and protection according to the international standards.

Bulgaria awaits you for a healthy and holistic vacation!



**Dr. Daniela Daritkova**

Chair, Bulgarian Parliamentary Committee on Health

Health is influenced by a series of medical, psychological, social, economic and environmental factors that combine and overlap in different ways and at different periods throughout our lives.

Like all other European health systems, the Bulgarian health system is adjusting to demographic transformations in the pattern of disease and especially to the challenges of chronic illnesses, mental health and age-related conditions.

The health care system needs to respond

to these changing trends with innovative and complex solutions aimed at individual end users, including those in good health. These solutions need to be scientifically based and designed to be as sustainable as possible to withstand adverse economic effects and crises.

This means directing efforts towards prevention and developing a complex approach towards achieving better levels of health. Balneotherapy and rehabilitation are important elements of this approach.

Bulgaria offers outstanding options for cure and rehabilitation tourism. Government officials need to develop coordinated and consistent policies to create an institutional and legal framework to promote the sustainable development of health tourism in Bulgaria.



**H.E. Elena Shekerletova**

Ambassador Extraordinary and Plenipotentiary of the Republic of Bulgaria to the Federal Republic of Germany

**Dear ladies and gentlemen,  
Dear friends of Bulgaria,**

As Ambassador of the Bulgarian Republic to the Federal Republic of Germany, it is my great honour to extend my greetings to you from the pages of this new brochure outlining tourism offerings in Bulgaria which focus on balneotherapy and rehabilitation.

In recent years, Bulgaria has become established as a well-known and popular travel destination that offers much more than sun and endless sandy beaches on the Black Sea. Rich in tradition, our country's history and cultural heritage together with the diversity of its natural attractions, make Bulgaria an attractive year-round destination.

With its wealth and variety of thermal springs and bodies of water, Bulgaria is unique within Europe. Over 600 mineral springs have been discovered and investigated, with more than 80 of these having curative effects and a water temperature ranging from 20 to 100 degrees Celsius. These constitute the best pre-requisites for the development of health tourism and offer numerous opportunities for both recovery and medical treatment. For this reason, balneotherapy and rehabilitation services figure among the most important priorities for tourism in Bulgaria. Through its modern infrastructure and exceptionally qualified physicians and care staff, balneotherapy and spa complexes in Bulgaria offer high-quality treatment and services that meet international standards.

There is also another reason for celebration: thanks to the joint efforts of the Bulgarian Republic's Ministries of Tourism and Health together with the Bulgarian Union of Balneology and SPA Tourism, the German-Bulgarian Chamber of Industry and Commerce and the Bulgarian Embassy in Berlin, German visitors with health insurance can now take advantage of the many opportunities in preventive health care, rehabilitation and out-patient services in Bulgaria.

The new edition of this catalogue introduces you to selected establishments and hotels in Bulgaria that meet the highest standards. On this note, I extend to you my most heartfelt.

Welcome to Bulgaria!



**Siyka Katsarova**

Chair, Bulgarian Union of Balneology and SPA Tourism (BUBSPA)

Vice President, European SPA Association

e-mail: [office@bubspa.org](mailto:office@bubspa.org)  
[www.bubspa.org](http://www.bubspa.org)

## **BULGARIA - THE YEAR-ROUND HEALTH TRAVEL DESTINATION!**

Although as a not well-known destination, Bulgaria will pleasantly surprise with its wealth of high-quality offers in the health promotion sector!

OUT-PATIENT PREVENTIVE AND REHABILITATION SERVICES ALL YEAR ROUND. Out-patient benefits in Bulgaria are now covered by German health insurance.

BENEFITS:

### **1. WEALTH OF NATURAL RESOURCES:**

- Outstanding climate for year-round tourism. For summer holidays, our Black Sea coast combines a seaside stay with thalasso-, helio-, balneo- and peloid therapy. In the winter – ski and SPA in warm and hot mineral spring water. SPA resorts featuring balneotherapy and climatic cures are located in ecologically pristine regions throughout the country.
- A variety of healing mineral baths with a total flow rate of approximately 5000 l/sec ranging from cold (12°C) to hot (103°C), from lightly mineralised (120mg/l) with outstanding organoleptic properties to highly mineralised (over 5g/l), which are used solely for medicinal purposes.
- Peloid mud with outstanding healing properties is found in six estuary lakes along the Black Sea coast.

### **2. TRADITIONS FROM THE THRACIAN AND ROMAN**

**ERA:** Throughout the country, many artefacts have been found that provide evidence of the use of mineral water since the times of the ancient Thracians. The Romans subsequently built bath complexes around the mineral springs to restore health to Roman soldiers recovering from battle. These locations are today the sites for balneotherapy and climatic spa resorts, set in modern balneological and SPA complexes.

**3. ONGOING SCIENTIFIC RESEARCH:** Regular research over many years on the effects of balneotherapy for diseases of the internal organs, locomotive system and respiratory organs; the cardio-vascular system; the nervous system; in the areas of dermatology, gynaecology and andrology has led to the successful implementation of therapeutic programmes at the medicinal spas promoted by the country's health tourism efforts.

### **4. OUTSTANDING MODERN INFRASTRUCTURE:**

Modern, discrete balneotherapy and SPA centres and facilities within state-of-the-art hotel complexes, featuring the best European practices.

### **5. ENGLISH-SPEAKING AND GERMAN-SPEAKING STAFF.**

### **6. REGULATED IN ACCORDANCE WITH EUROPEAN STANDARDS.**

### **7. OUTSTANDING DIRECT FLIGHT CONNECTIONS BETWEEN GERMANY AND BULGARIA.**

The Bulgarian Union of Balneology and SPA Tourism (BUBSPA) is a non-profit tourism association partnered with the Bulgarian Ministry of Tourism. It has been the country's official representative to the European SPA Association since 2007. Members of the association comprises leading Bulgarian balneotherapy municipalities, private investors offering high-quality, officially certified medical SPA- and thalasso-therapies and wellness products, and physicians and qualified experts – specialists in physical medicine and rehabilitation.

*BULGARIAN UNION OF BALNEOLOGY AND SPA TOURISM (BUBSPA) - 14 YEARS ACTIVE AND EFFECTIVE TEAMWORK!!*



**Dr. Mitko Vassilev**

Chief Executive

German-Bulgarian Chamber of Industry and Commerce

## **HEALTH TOURISM IN BULGARIA Outpatient Services, Health Cures, Medical SPA & Wellness**

The German-Bulgarian Chamber of Industry and Commerce (AHK Bulgaria) not only serves as a bridge between Bulgaria and Germany in terms of their economies, but also promotes bilateral relations in the tourism sector. Germany is Bulgaria's largest and most important trading partner, as well as a key partner in supporting Bulgarian tourism. Statistics for 2018 place Germany in the top three new markets for tourism in Bulgaria, indicating that the country has already established itself as a favourite travel destination.

Bulgaria is a country with a rich history and culture, a warm welcome, and a long tradition of being a tourist destination. Thanks to its extraordinary natural resources – it is Europe's second-leading country for thermal springs, not to mention its seaside and mountain tourism – Bulgaria is also able to offer a wealth of high-quality services in the areas of health and rehabilitation tourism. It also offers a comprehensive range of treatments for various conditions, as well as outpatient services.

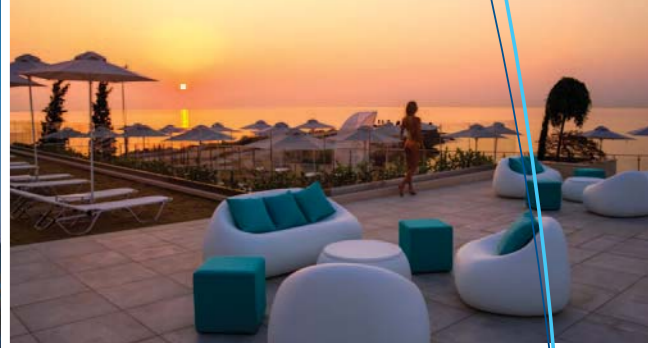
In connection with this, the German-Bulgarian Chamber of Industry and Commerce (AHK Bulgaria), together with the Bulgarian Ministry of Tourism and the Bulgarian Union of Balneology and SPA Tourism (BUBSPA), sponsored a forum last year in Berlin attended by representatives of German tour operators, health insurance companies, and relevant ministries and trade associations. The aim was to promote Bulgaria as a travel destination for health and SPA tourism; as a result, three cooperation agreements were signed between German tour operators and Bulgarian hoteliers. This brochure aims to focus on health, SPA and wellness tourism, and to increase awareness of the local offerings as well as the wide range of tourism services in Bulgaria.

Bulgaria's exceptional geographic location means travel from abroad is quick and easy. The pleasant climate, suitable for year-round tourism, and the mineral and thermal waters that count among Bulgaria's most valuable natural resources, combined with excellent, modern wellness and spa hotels and health centres – all these enable Bulgaria to offer first-class, high-quality health and rehabilitation services for health tourism all year round.



**AQUAHOUSE**  
THERMAL & BEACH

*The Kingdom of Water  
by the Sea*



## STs. CONSTANTINE AND HELENA RESORT – balneotherapy, SPA and seaside tourism

### About the resort

The Sts. Constantine and Helena resort is set amongst greenery on Bulgaria's picturesque northern Black Sea coast, just eight km from Varna, the third-largest city in Bulgaria. Its mineral waters, salt waters, iodine vapours, warm springs and mild winters make the SPA Resort a unique destination at any time of year for tourists seeking balneotherapy, SPAs and wellness treatments. Possible options on offer include a seafood diet combined with climatotherapy, or a balneotherapy or mud treatment together with a seaside and wellness holiday featuring sports, relaxation and rehabilitation.

### Balneology, SPA and Wellness

The resort offers mineral-water pools, SPA centres with medical services, and a wide

variety of high-quality services ranging from therapies to curative treatments.

### Mineral Waters

There are seven hot mineral springs within the Sts. Constantine and Helena resort. The mineral water contains calcium and magnesium and is lightly mineralised. It springs from 1 800 to 2 050 metres below the surface, and with a water temperature of 40-60°C is suitable for balneotherapy, rehabilitation and preventive treatment.

### INDICATIONS:

- degenerative joint disease
- disc damage
- mono- and polyarthritis, peri-arthritis, bursitis, insertionitis, joint hypermobility syndrome

- conditions following fractures and arthroscopy
- conditions following hip, knee or shoulder replacement
- stroke, multiple Sclerosis, Parkinson's disease
- mono- and polyneuropathy, radiculitis, plexitis, effects of peripheral nerve trauma
- myocardial infarction and conditions following heart surgeries – bypass, prosthetic heart valve

### CONTRAINDICATIONS:

- oncological and infectious diseases
- acute illnesses and decompensated organ and system functions
- chronic ischaemic heart disease (IHD) – with arrhythmia
- epilepsy.



Sts. Constantine and Helena Resort,  
9006 Varna, Bulgaria  
info@aquahouse.bg  
[www.aquahouse.bg](http://www.aquahouse.bg)

## AQUAHOUSE THERMAL & BEACH

### About the complex

Aquahouse is located within the Sts. Constantine and Helena resort. It combines curative mineral water, the sea and a coastal climate. With its 14 pools and water areas, it is ideal for year-round holidays featuring the beach, sports, relaxation and rehabilitation.

### Balneotherapy and SPA

Balneotherapy and SPA

The complex offers various activities in separate zones.

A water area with indoor and outdoor pools, beach, outdoor sauna with sea view and contrast showers. The water area also features a separate children's area.

The thermal zone offers muscle relaxation; rehabilitation and balneotherapy, including indoor and outdoor pools with water jets;

Finnish and herbal infrared sauna; Turkish hammam bath; steam bath; salt room; and a contrast pool featuring cold and warm water.

The wellness area also features a fitness room and a group activities room for active sports fans. It also has therapeutic facilities for mud treatment, hydrotherapy and electrotherapy as well as standard and therapeutic massages. Treatment rooms with therapeutic procedures and physical activities are also provided.

### Mineral Waters

The water content is hyper-thermal hydro-carbonate-sodium-calcium-magnesium water at a temperature of 46°C.

### INDICATIONS:

- For external balneotherapy:
- body support and locomotion systems

- peripheral nervous system
- orthopaedic diseases and trauma
- dermatological and gynaecological problems

Drinking mineral water as balneotherapy - beneficial for gastro-intestinal, biliary, hepatic, renal-urological and metabolic conditions.

### CONTRAINDICATIONS:

- oncological and infectious diseases
- heart arrhythmia
- acute illnesses
- decompensated organ and system functions
- epilepsy.



Sts. Constantine and Helena Resort,  
9006 Varna, Bulgaria  
office@stconstantine.bg  
[www.visitstconstantine.bg](http://www.visitstconstantine.bg)



## ASTOR GARDEN HOTEL

Sts. Constantine and Helena Resort

*In the SPA Pleasure Garden*



## ASTOR GARDEN HOTEL

### About the Hotel

The five-star Astor Garden Hotel is situated within Sts. Constantine and Helena resort in the coolness of natural greenery, just a few steps from the beach.

### Facilities

The standard rooms have sea or park views. The deluxe rooms offer a unique panoramic view. Two stylish restaurants and four bars are available to hotel guests.

### Balneo, SPA and wellness

The hotel features a wellness centre. Directly alongside the Astor Garden Hotel is the Aquahouse Thermal and Beach, offering many rehabilitation options. Situated on the coast, Aquahouse Thermal and Beach features over 14 indoor and outdoor thermal water pools. Aquahouse Thermal and Beach operates in

close cooperation with the Astor Garden Hotel to offer the following therapeutic programmes: detox, curative, Ayurveda, thalasso- and algae-therapy programmes. A medical examination is required before commencing any therapeutic programme.

### Mineral Waters

The water in the Astor Garden Hotel is hyperthermal at a temperature of 46°C with overall mineralisation of 553 mg/l with hydro-carbonate-sodium-calcium-magnesium water content. Its healing powers have been proven throughout the centuries.

### INDICATIONS

• For external application - beneficial for illnesses related to body support and locomotion and the peripheral nervous system, as well as for orthopaedic,

traumatic, dermatological and gynaecological disease

- Diseases. Drinking the water in balneotherapy - beneficial for disorders of the stomach and small intestine, gall bladder and liver disease, kidney, urinary tract- and urological illnesses, as well as metabolic ailments.

### CONTRAINDICATIONS

- specific oncological and infectious diseases, heart arrhythmia, acute illnesses and decompensated organ functions as well as epilepsy.



## AZALIA HOTEL BALNEO & SPA

*Health from the sea, mineral water and maritime climate*



## AZALIA HOTEL BALNEO AND SPA

### About the Hotel

Azalia Hotel Balneo and SPA is located near Varna on the northern Black Sea coast within the Sts. Constantine and Helena resort. It offers rehabilitation and preventive balneo-therapy programmes throughout the year.

### Facilities

Rooms with sea views, restaurant, VIP lounge, lobby bar, medical SPA centre, indoor thermal water pools, jacuzzi, traditional sauna, infra-red sauna, steam bath and fitness suite.

### Balneotherapy and SPA

The Azalia Medical SPA Centre is equipped with facilities for electro-therapy, magnetic field therapy, Tangent baths for underwater, whirlpool and pearl massage, as well as indoor and outdoor mineral water pools for individual and group therapy sessions, and hydro-massage mineral water baths. The following therapies and curative

programmes are offered: thalassotherapy, mud therapy; low- and medium-frequency physical therapy, ultrasound; infra-red lamps; locomotive therapy and manual therapy; pain therapy procedures; curative exercises, and posture correction.

### Mineral Waters

The temperature is a constant 32°C and contains iodine oxidising sulphur compounds.

### INDICATIONS

- External application for the following conditions:
- illnesses related to the body support and locomotion system (arthritis, spondyloarthritis, arthrosis, rheumatoid arthritis, ankylosing spondylitis)
- diseases of the peripheral nervous system (discopathy, radiculitis, plexitis)

- orthopaedic and traumatic illnesses
- chronic aspecific dermatitis, atopic dermatitis
- gynaecological disease.

### CONTRAINDICATIONS:

- oncological and infectious diseases
- acute illnesses and decompensated organ and system functions
- chronic ischaemic heart disease (IHD) - with arrhythmia
- epilepsy.



Sts. Constantine and Helena Resort,  
9006 Varna, Bulgaria  
reservations@astorgardenhotel.com  
[www.astorgardenhotel.com](http://www.astorgardenhotel.com)



Sts. Constantine and Helena Resort,  
9006 Varna, Bulgaria  
reservations@azaliahotel.com  
[www.azaliahotel.com](http://www.azaliahotel.com)



The Palace Hotel



Following in the Footsteps  
of the Romans

## BALNEO & SPA HOTEL THE PALACE, SUNNY DAY RESORT

### About the Hotel

The five-star Palace Hotel Sunny Day is located within the Sts. Constantine and Helena resort directly located at the fine-sandy beach. Enjoy breathtaking views of the Black Sea and the beautiful wooded landscape. This combination offers an outstanding setting for perfect relaxation. A long section of beach within a quiet cove, gently sloping to the water, makes for an inviting bathing or swimming experience. Surrounding it are a thermal spring, the Black Sea and rare tree varieties that combine to form the resort's unique atmosphere. Our balneological and SPA department offers over 60 different treatments. An indoor and outdoor pool complete the offering. Sauna, jacuzzi, massage and healing mud packs ensure a wonderful

stay. The outdoor pool is filled with healing thermal water during the cooler season from 1st September to 31st May (26-30°C depending on weather conditions). Sun umbrellas and lounge chairs at the pool and on the beach are included for our guests (depending on availability). The perfect choice for couples and families.

**Catering:** Half board or all-inclusive

**National category:** 5 stars

**Accommodation:** 153 rooms, 5 floors, 2 lifts

**Distance to beach:** on sea-front

### Facilities

Buffet restaurant, à la carte restaurant, outdoor and indoor pools, pool bar, lobby bar, terrace, changing rooms, shops, table tennis, billiards,

fitness suite, SPA, hair salon, room service, laundry service, car hire, conference and meeting rooms, free Wi-Fi, parking, beach towels (deposit required), hotel safe at reception.

Accommodation in double rooms or suites, with the option of a sea view or park view, equipped with bath/toilet, balcony, hair dryer, satellite TV, air conditioning, phone, mini-bar, Wi-Fi, in-room tea and coffee.

Sunny Day Resort also features and a large children's playground.

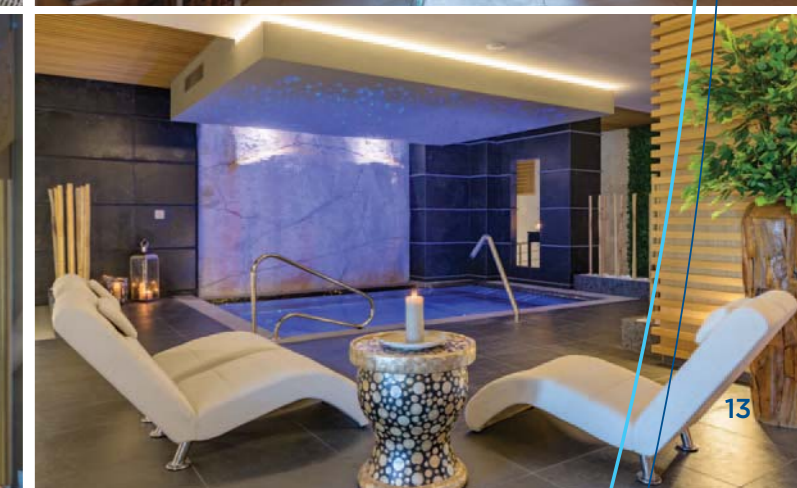
### Health Cures & Wellness

The thermal waters have a healing and soothing effect on all our guests. The hotel will open in 2021 with a completely renovated SPA Centre.

The certified medical SPA centre, the Hotel Palace SPA Centre under

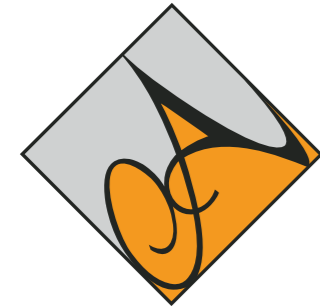
the professional management of Dr. Kaprelyan, is spaciouly laid out with direct beach access. Dr. Kaprelyan, a German and English speaker, is the physical medicine specialist, available to hotel guests five days a week. For over 20 years, we have healed all types of rheumatic illnesses, diseases of the body support and locomotion systems, back pain, arthritis, arthrosis, illnesses of the peripheral nervous system, neuro dermatitis, heart disease and chronic respiratory illness, gynaecological conditions, dermatological conditions, and general exhaustion.

We offer a diverse range of treatments: Therapeutic mud packs (full or partial body); lye compresses; paraffin packs; the complete physical therapy programme; inhalation with sea water; laser therapy and acupuncture; herbal poultice treatments; curative massage; full or partial body massage; connective tissue massage; oxygen therapy; various medicinal baths such as pearl baths, hydro-galvanic baths, thermal baths, aroma baths, algae baths; GUNA therapy; individual curative aerobics; group aerobics, and electro-therapy. The hotel is certified for balneo-therapy and as a SPA centre.



Sts. Constantine and Helena Resort,  
9006 Varna, Bulgaria  
sunnyday@sunnydaybg.com  
[www.sunnydaybg.com](http://www.sunnydaybg.com)

Sunny Day Resort Varna



# ATLAS

HOTEL  
★★★★

*A place to make memories*



Golden Sands Resort,  
9007 Varna, Bulgaria  
reservations@atlashotel.bg  
[www.atlashotel.bg](http://www.atlashotel.bg)



## ATLAS HOTEL

### About the Hotel

The Atlas Hotel is located on the northern Black Sea coast near Varna in the Golden Sands resort.

### Facilities

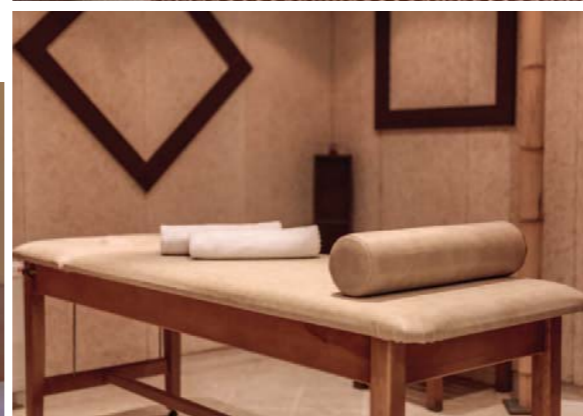
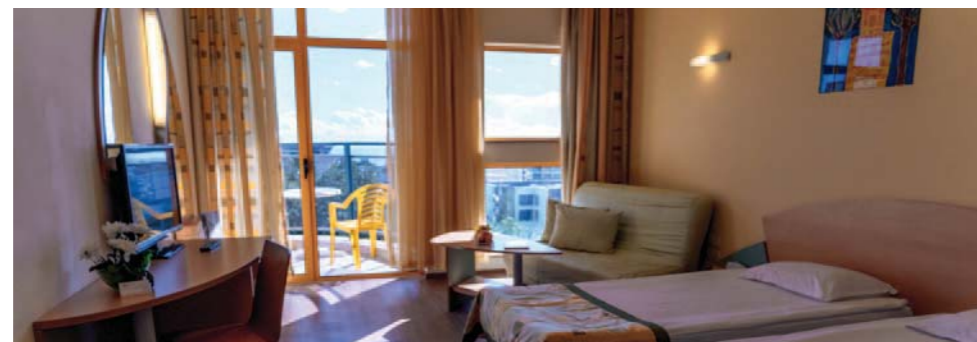
The sunny rooms with magnificent views of the park, pool or sea offer an atmosphere of peace, warmth and summer relaxation.

### SPA, Wellness, Saltwater Treatments

You can enjoy a wide selection of health

and beauty treatments in the Atlas Hotel's SPA Centre, including full or partial body massage, aroma massage, massage with honey and chocolate, hydro-massage and aroma baths, steam baths and sauna.

Hotel guests can also experience the benefits of our saltwater treatments. Evidence shows that salt water and algae stimulate blood flow, tone the skin, restore physical balance, release toxins from the body, and heal skin and capillary damage.



# ASTERA

HOTEL & SPA  
★★★★

*The holiday spot by the sea*



Golden Sands Resort  
9007 Varna, Bulgaria  
reservations@asterahotel.com  
[www.asterahotel.com](http://www.asterahotel.com)



## ASTERA HOTEL AND SPA

### About the Hotel

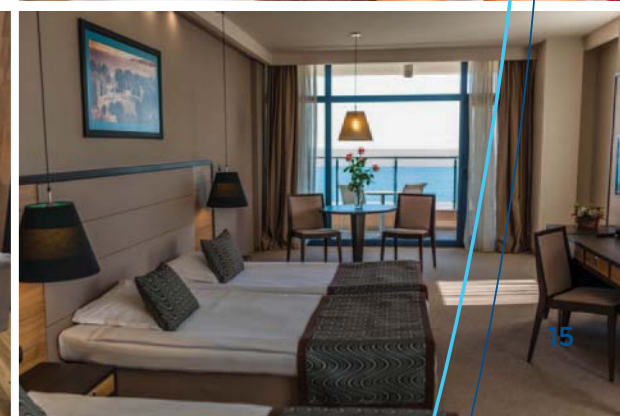
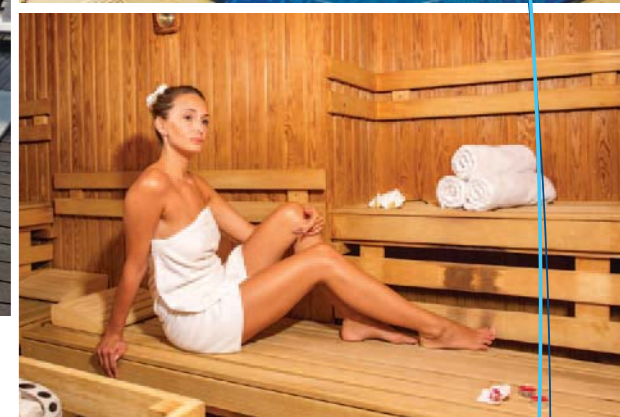
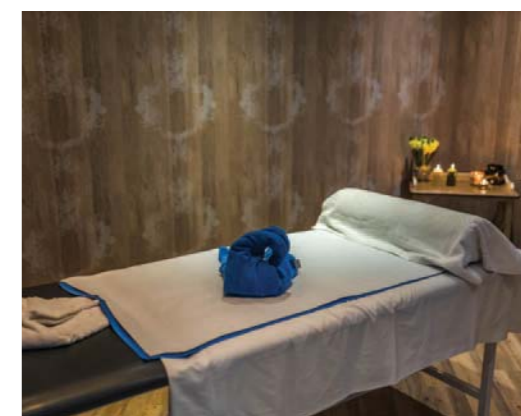
The Astera Hotel and SPA is situated on the northern Black Sea coast near Varna in the Golden Sands resort. The beach is right next to the Hotel.

### Facilities

Spacious rooms, relaxed atmosphere, two restaurants, lobby bar, vitamin bar, terrace bar and both indoor and outdoor pools.

### SPA & Wellness

The Astera SPA and Wellness Centre offers treatments, massages, facial and body therapies, hydrotherapy, mud treatments, weight-loss programmes and anti-cellulite therapies, and curative and balneotherapy programmes. Additional offerings







Take some time  
for yourself!



9007 Golden Sands Resort, Bulgaria  
reservations@grifidhotels.com  
[www.grifidhotels.com](http://www.grifidhotels.com)

Facebook: Grifid Hotels  
Instagram: grifidhotels

## MEDI SPA ENCANTO BEACH BY GRIFID – Your journey to wellbeing!

**IS THERE ANYTHING MORE IMPORTANT THAN YOUR HEALTH?...**

The Encanto Beach MEDI SPA is THE DESTINATION FOR YOUR HEALTH, where summer beach holidays and threatening yourself go hand in hand! A combination of modern facilities and the latest detox and wellness offerings offers care for your body and ensures inner harmony.

### YOUR PLACE...

The hotel is situated in a picturesque corner of the seaside resort Golden Sands, surrounded by the charming coast and the peacefulness of the nature reserve. It will impress with its modern design and service, not to mention its cosy atmosphere. All this makes the Encanto Beach MEDI SPA a

unique destination.

### FULL SPECTRUM OF OPTIONS TO IMPROVE YOUR HEALTH...

**Treatments and Therapies:** From its modern equipment featuring well-known brands to its high-quality Bulgarian products and herbs - all this in the hands of dedicated professionals

**Healthy Eating:** A customised diet tailored to your needs and tastes, provided in a modern, specialised restaurant

**Fitness and Sports:** Individual and group sports and fitness activities at beginner and advanced levels offered in a high-end fitness studio, or by the sea or on the green

**Inner Balance:** Yoga, Pilates, meditation, etc.

**Healthy Culture:** Talks on healthy nutrition and habits, helping you to continue your "health journey" once you are back home.

### JUST SOME OF OUR HIGHLIGHTS...

- part of the GRIFID hotel group - a leading collection of world-class hotels that have received many awards based on their guest reviews
- four differently themed levels over an area of 2 300 m<sup>2</sup>
- 32 professionally equipped treatment rooms:

### AQUATIC Floor:

Mud treatments and therapies, water treatments, equipment from German leading company UNBESCHIEDEN (hydrotherapy-, electrogalvanic-,

underwater massage tubs, extremity four-cell baths, dry floating beds, Fango paraffin equipment, stand-alone showers, etc.), lymphatic drainage, colon therapy.

**SPA Circuit with free entry:** hree different saunas, steam bath, hammam bath, ice fountain, Kneipp path, hydrotherapy and indoor pool with sea-view glass panels, relaxation zone.

**VITALity Floor:** Shiatsu massage, press therapy, large physiotherapy room with ultrasound, ring magnet, oxygen treatment, cosmetic and beauty salon.

**Panorama Fitness Room and Studio:** Fitness room equipped with exclusive TechnoGym kinesis equipment, group activities room:

- professional yoga and swim instructors and fitness trainers;
- infinity pool with spectacular view and beach club;

- powerful effect of the maritime climate can be experienced in three seasons (from April to October);
- attention to detail, quality and the latest trends at the right price.

### YOUR PROGRAMMES...

#### Health:

We take advantage of the healing power of natural resources and use the facilities of our modern wellness centre to provide holistic treatments for your physical health.

#### Detox:

Purify your body, recharge it and pamper it with a combination of therapies, sports, and dietary treatments, together with our luxurious bio skin care products from VOYA.

#### Beauty:

We offer recognised professional brands as well as organically produced Bulgarian cosmetics to rejuvenate your body and relax your mind.

#### Sports:

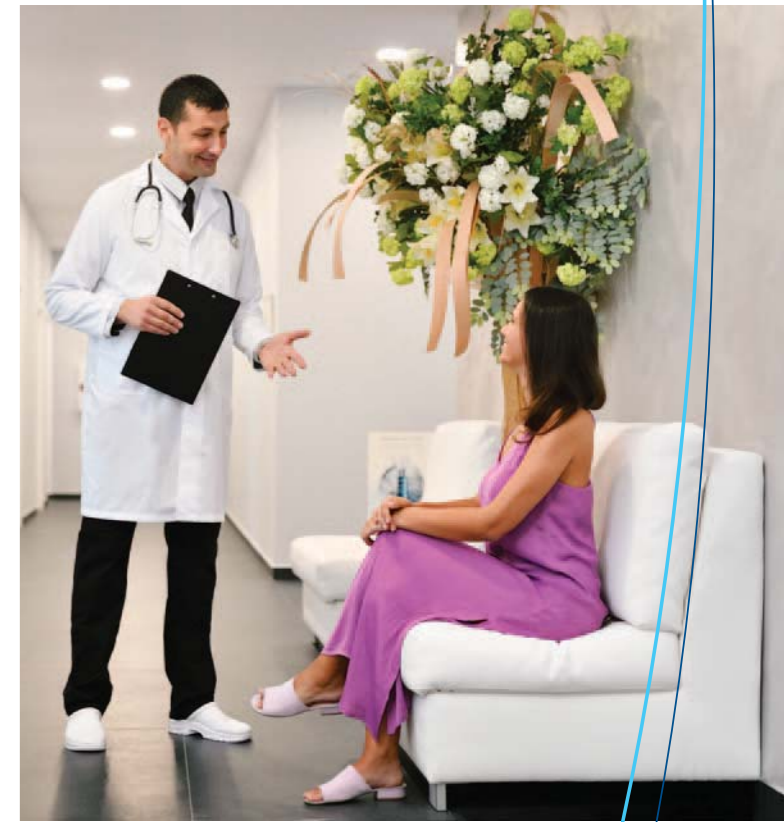
Reach new levels of physical conditioning through targeted muscle strengthening and the ability to improve joint functioning.

#### A FEW HIGHLIGHTS...

Cures: Highly mineralised mud and Fango therapy as well as organic beeswax; arthro-rheumatic cures; treatment for respiratory disease; treatment and prevention of peripheral neuropathy; treatment of the body support and locomotion system

Detox: Sun-bathing rituals with herbal leaves, colon therapy, tea detox programme, algae treatment.

**HOLIDAY EXPERIENCE  
WITH PLENTY OF OPTIONS! –  
GRIFID Encanto Beach**





**THERMAvillage  
SPA & SPORT**

Ecology, Sports,  
Health!



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[www.thermavillage.com](http://www.thermavillage.com)



## ‘THERMA VILLAGE’ SPA AND SPORTS COMPLEX IN KRANEVO

The “THERMA VILLAGE” Spa and Sports Complex is a new complex on the Black Sea coast, 25 km from Varna, particularly well-suited to individual or family holidays, with outstanding options for balneo and wellness tourism all year round. The complex consists of two five-star hotels, eight two-storey villas, a sports camp/four-star hotel, six restaurants, a pizzeria, a bakery and four bars. The two medical SPA centres also have eight mineral baths, four jacuzzis, a hydro canal, three fitness studios, two thermal zones, a modern sports facility with its Olympic-size ‘BLACK SEA ICE ARENA’, a tennis court, bowling lanes, running track, volleyball court and football pitch. It is well suited to both day visits and longer stays.

The complex is supplied with mineral water from the nearby “Baltata” nature preserve located on the coast. The mineral spring has a depth of 20 metres, guaranteeing the water’s absolute purity. The waters have efficacy in reducing inflammation and easing pain. This was the inspiration behind the project to build the complex - namely, the interplay of natural curative factors such as the natural surroundings, the Black Sea’s year-round mild climate, the mineral waters and the modern spirit expressed in its creative design. All this makes the complex an

attractive destination for Bulgarians and for international guests. The range of procedures includes physiotherapy and prophylactic methods adjusted to the stage of the disease and its effects; healing baths; indoor and outdoor pools; underwater massages; kinesiotherapy; paraffin- and mud applications and much more.

**Treatment and convalescence are** carried out by a highly qualified team of specialists in various healthcare fields – doctors, physical therapists, kinesiotherapists, masseurs, and cosmetologists. Treatment programmes, which are prescribed by the medical wellness centre’s head physician, include a medical examination and an appropriate number of daily treatments. All spa programmes are created and standardised by the Ministry of Health in accordance with European Union standards for balneology and SPA tourism. All hotel guests can take advantage of the following medical activities and consultancies: balneology, rehabilitation, climatotherapy and correct nutrition.

**The healing therapies,** offered at the complex are: mud therapies, electrotherapy, magnetic field therapy, TENS impulse, electro-stimulation, interferential therapy (IFT), ultrasound, deep oscillation, pressotherapy, lymph drainage equipment,

oxygen treatment, halotherapy in the salt room, massage, cryotherapy, laser therapy, underwater massage, pearl bath, jacuzzi with herbal extract, Vichy shower, Sharko shower, underwater aerobics, remedial gymnastics, aqua biking, FOHOW Chinese energy massage, LPG, cryolipolysis, cavitation, thalassotherapy with micro-algae.

**The “THERMA VILLAGE” Complex** and Medical SPA Centre offer the best options for effective treatment and prevention of illness with 3-, 5-, 7-, 10- and 14-day packages encompassing:

### REHABILITATION PROGRAMMES

- 1. Arthro-rheumatic programme** – for diseases of the body support and locomotive system as well as rheumatic complaints. The programme includes the following procedures: Medical examination and observation, electrotherapy, 25-minute therapeutic massage, mud/cloth applications, 20-minute peat bath, 30-minute aerobics.
- 2. Programme for tired legs** – reduces tension and stimulates local blood circulation.

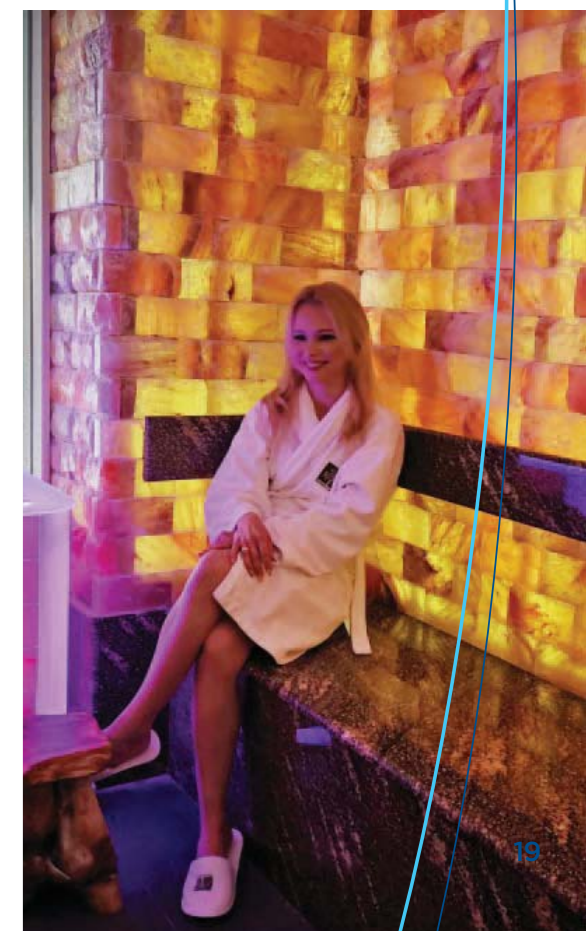
The programme includes the following procedures: Medical examination and observation, 20-minute pressotherapy session, 25-minute lymph drainage massage, cryo-compresses with mud, 20-minute salt bath, magnetic field therapy, 15-minute aqua biking.

- 3. Programme for ailments of the respiratory tract** such as laryngitis, tracheitis, chronic bronchitis. The programme includes the following procedures: Medical examination and observation, electrotherapy, curative massage, mud applications, 20-minute peat bath, 15-minute halotherapy, 30-minute aerobics.
- 4. Programme with peat bath and mud** – to strengthen the locomotive system of the peripheral and central nervous systems. The programme involves the following procedures: medical examination and observation, 20-minute sea salt bath, 25-minute therapeutic massage, 15-minute electro-treatment, 15-minute salt room, 20-minute full-body mud application in dry flotation bath.

**5. Programme for chronic skin ailments** - prophylactic treatment for skin disease and extension of remission times for existing skin disease/psoriasis. The programme involves the following procedures: medical examination and observation, 20-minute peat bath, up to 3-minute cryo-cubicle, magneto-therapy, 15-minute salt room, 20-minute full-body mud application in peat bath.

**6. Treatment programme with pathology** of the central and peripheral nervous systems - prevention of neuroses, chronic fatigue syndrome, vegetative-vascular dystonia, radiculitis, neuritis. The programme involves the following procedures: medical examination and observation, 15-minute oxygen therapy, 20-minute Vichy shower, magnetic field therapy, 25-minute therapeutic massage, 20-minute underwater massage, 20-minute full-body mud application in peat bath.

*We look forward to seeing you!*





Health and Beauty  
from Nature



9620 Albena Resort,  
Bulgaria

[www.albena.bg](http://www.albena.bg)



## ALBENA

### Location

Albena is a place where peace and silence, beauty, greenery and fresh air come together. The seaside resort invites its guests to an outstanding SPA world where beauty and health come from nature. There are four SPA centres, each with its own range of health and beauty treatments and programmes. Albena was the recipient of the 2019 ESPA Innovations Award for the most innovative travel destination.

### Facilities

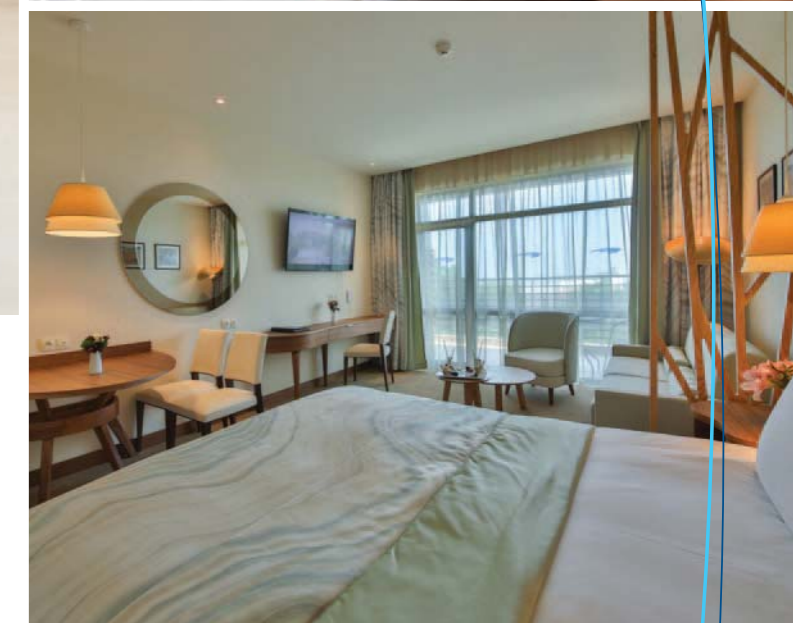
The seaside resort features more than 30 comfortable hotels located either on the seafront or amid the lush vegetation of the park with a breath-taking sea view. The hotels offer everything their guests need to ensure a comfortable and pleasant holiday.

### SPA and Wellness Centres

**THE MEDICA ALBENA MEDICAL CENTRE** specialises in the treatment of all types of body support and locomotive diseases, the peripheral nervous system, functional nerve damage and skin ailments, cellulite, obesity, and states of exhaustion and stress. The SPA centre features 40 specialists. Since 2019, the rehabilitation hospital at Albena has offered a specialised programme for recovery from various illnesses.

### ELEMENTS SPA – FLAMINGO GRAND

The unity formed by the harmonious and artful design at “Elements SPA” in the Flamingo Grand Hotel and SPA, and its specially selected spa offerings which correspond to the four elements of nature, provides a rich source of vital energy and beauty.



### SENSES SPA – MARITIM HOTEL PARADISE BLUE

Senses SPA and Wellness Centre offers you a chance to escape your daily routine in stylish and comfortable surroundings with magnificent sea views. Highly qualified specialists look after your comfort with a complete range of selected therapies and massages for face and body. At Senses SPA and Wellness Centre, each guest is provided with a customised plan.

### RALITSA SPA – PRIMASOL RALITSA SUPERIOR HOTEL

The SPA Centre is situated in the four-star “PrimaSol Ralitsa Superior” Hotel, where it offers its guests: Thermal area with sauna, steam bath, jacuzzi, swimming pool with mineral water and retractable roof, fitness area with cardio-training equipment and hydro massage, pearl baths and hydro-galvanic baths.

### OUR SPA PROGRAMME

**Two- or three-week arthro-rheumatic cure:** Individual treatments using natural remedies (mineral water and therapeutic mud) are beneficial in the treatment, rehabilitation and prevention of many painful chronic illnesses of the locomotive system and in improving general performance.

**Albena Vital Programme:** This is an individualised therapeutic programme for weight reduction and improved physical and mental health. Many therapeutic factors – coastal climate, sea mud, mineral water and movement – are combined with healthy nutrition for the best results.

**Paradise ritual with Bulgarian herbs and honey** is another individualised programme. It uses the power of Bulgarian herbs and honey to exert a positive influence on your entire body.



The dream place for you  
and your family!



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[www.topolaskies.com](http://www.topolaskies.com)



## TOPOLA SKIES RESORT AND AQUAPARK

Situated above one of the Black Sea's most beautiful bays among picturesque coastal hills, with a magnificent view of the endless waters of the Black Sea, the Topola Skies SPA resort is a dream destination for a fulfilling family holiday.

**TOPOLA SKIES RESORT AND AQUAPARK** is located on one of the most beautiful sites along the Bulgarian Black Sea coast, 60 km north of Varna and 17 km south of Cape Kaliakra.

Nearby are Bulgaria's three largest golf courses, as well as Bolata Bay, rated in 2019 on the Internet site European Best Destinations as one of the most beautiful beaches in Europe.

**TOPOLA SKIES RESORT AND AQUAPARK** combines comfort and nature. The four-building complex provides comfortable, fully furnished apartments as well as a hotel with modern, spacious rooms. Guests can enjoy three zones with heated swimming pools, hydro-massage areas, children's attractions and a Wellness Centre with play and fitness areas. The DREAM SPA Wellness Centre reflects an authentic, traditional Bulgarian atmosphere offering first-class therapies and treatments.

### DREAM SPA

The exclusive DREAM SPA Centre is one of the most in-demand places in the TOPOLA SKIES RESORT AND AQUAPARK. The unique and authentic Bulgarian atmosphere in the DREAM SPA, combined with one of the relaxing and refreshing procedures or therapies, makes this an attractive destination for the whole family. The DREAM SPA Centre also strives to promote good health and the attainment of total harmony between body and mind.

The therapies used rely exclusively on organic Bulgarian products. These products are manufactured using traditional ingredients such as lavender, damask roses and their derivatives: essential oils that are incorporated into soaps, aromatic salts, peelings and various preparations; oils from cold-pressed nuts; beeswax; medicinal Bulgarian mud; lye; herbal extracts.





## SAINT GEORGE SPA HOTEL

### Location

The Saint George SPA Hotel is on Bulgaria's Black Sea coast in the historic town centre of Pomorie, situated between the main pedestrian zone and the seafront. It is 8 km from Burgas Airport. Here Bulgaria's largest therapeutic mud bath is located. Pomorie's lake contains a unique therapeutic estuary mud: peloid, a precious natural product. The lake has been awarded protected status by UNESCO.

### Facilities

The hotel features one luxury apartment, four studios, 16 comfortable rooms with sea views, 68 standard double rooms with either sea or park views, and eight single rooms. Restaurant facilities include a main restaurant, a bar and grill restaurant, a summer garden restaurant,

a glassed-in veranda and a magnificent sky bar with jacuzzi.

### Spa and wellness area:

- ✓ Indoor pool 9 x 5m, 29°C water temperature with hydro-massage area
- ✓ Finnish sauna, infra-red sauna, steam bath
- ✓ Contrast shower, dry herbal sauna, salt room
- ✓ Beauty and hair salon
- ✓ Fitness room

### Medical SPA area:

Medical practice, physical therapy, balneotherapy, massage rooms.

### Health Cures & Wellness

In 2015, the hotel was honoured in the category of "Innovative Medical SPA Programme". The SPA programmes that

have been developed combine different treatment methods with therapeutic estuary mud and lye. All treatments are performed by highly qualified medical staff.

The hotel offers the following curative and relaxation SPA programmes:

Arthro-rheumatism (four treatments daily)

To prevent body support and locomotive diseases and promote healing of these conditions, for rheumatic and neurological illness.

Thalasso programme (three treatments daily)

Anti-aging: for prevention and to accelerate healing processes, increase immunity and slow the aging process.

Anti-stress package (three treatments daily)

For mental and physical exhaustion/overload, to reduce stress.

Mini-relaxation programme (two treatments daily)

For mental and physical exhaustion/overload, to increase immunity.

Wellness programme for chronic skin ailments (two treatments daily)

Wellness programme for ailments of the respiratory tract – sinusitis, pharyngitis, bronchitis (two treatments daily)

### SPA and wellness treatments and therapies:

- ✓ Body peeling
- ✓ Aromatherapy
- ✓ Wine therapy
- ✓ Masks with therapeutic mud, collagen, Bulgarian rose, algae, etc.
- ✓ Anti-cellulite and weight loss therapy
- ✓ Salt bath with lye
- ✓ Mud bath
- ✓ Pearl bath



P.K. Yavorov Str. 15  
8200 Pomorie, Bulgaria  
office@st-george-bg.com  
[www.st-george-bg.com](http://www.st-george-bg.com)



Enjoy healthy living!

## GRAND HOTEL POMORIE

**The Grand Hotel Pomorie**, situated between the Black Sea coast and the salty Lake Pomorie, has been known for many years as one of the best balneo, SPA and wellness hotels in Bulgaria. It boasts 178 rooms with magnificent sea views, a balneological centre specialised in healing with mud and lye, a mineral salt water pool and outstanding conditions for maritime, conference and weekend tourism. The hotel is only 11 km from Burgas Airport, and is open throughout the year.

Hotel guests can enjoy the restaurant, summer garden restaurant, park, mini-golf course, library, billiards and games room, children's playroom, two bars, a fitness studio and a multi-functional sports facility. On request, hotel guests can also use the nearby stadium.

The Balneo, SPA and Medical Centre offers its guests a holistic approach that

facilitates their enjoyment of relaxing SPA treatments, as well as prevention, rehabilitation and professional treatments under the supervision of a physician.

### Mineral salt water and mineral salt water pool

The hotel has the unique feature of being able to offer its guests a pool with mineral salt water drawn from a depth of 70 metres, guaranteeing its impressive purity. Microbiological studies have found that the sodium, potassium, chlorine and other micro-elements have an extremely positive therapeutic effects for the skin, locomotive system and peripheral nervous system. The high salt concentration gives it natural disinfectant properties, eliminating the need to use additional chemical disinfectants (chlorine) in the pool.

### Mud treatments

We use the famous therapeutic estuary mud, which is taken directly from Lake Pomorie. The estuary mud consists of water, organic and mineral elements, hormones, enzymes and vitamins, with hydrogen sulphide the most important component. It has high thermal capacity and low thermal conductivity. Because of these qualities, it improves blood circulation and activates intra-cellular biochemical processes. The high sulphur content has an extremely beneficial effect on illnesses of the locomotive system and peripheral nervous system, as well as for gynaecological conditions.

### Treatments with lye

Lye is a natural product, harvested from Lake Pomorie, that exhibits a high mineral level. Its effect is to greatly reduce patients' inflammation and pain.

### Physiotherapy

The hotel features modern physiotherapy equipment for the treatment of illnesses of the locomotive system, peripheral nervous system and skin ailments:

- for magnetic field therapy;
- ultrasound;
- for high-frequency and ultra-high-frequency electrotherapy;
- High-frequency energy laser (with extremely strong anti-inflammatory and pain-relieving effects owing to the laser's inflammation reduction action on muscles, tendons and slow-healing wounds);
- Puva therapy - a UV treatment device with solar irradiance from the A and B wavelengths that generate highly positive effects on skin regeneration. It is primarily used for the treatment of psoriasis and dermatitis;
- Thermophoresis device - the latest technology that enables treatment of the painful area with ultrasonic energy or a pharmaceutical substance as well as the use of cryotherapy;
- Hydrocolon therapy - an extremely useful procedure for hydrotherapy of the colon with water and water solutions using high-tech devices. The therapy is especially suitable

for the treatment of blockages, colic, prostate disease, ovary inflammation, bowel tissue decay, gas build-up, liver disease, kidneys, dry skin, allergies, and in measures to prevent colon cancer.

### Kinesiotherapy room

The room is fitted with equipment for individual patient physiotherapy following fractures or illnesses that require individual physiotherapy.

### SPA and Wellness Centre

The Grand Hotel Pomorie's SPA and Wellness Centre provides the perfect complement to these services by imbuing guests with a feeling of relaxation and harmony that contributes to their wellbeing throughout their stay.

Our guests have for their use an indoor salt water pool, salt water jacuzzi, children's pool, large jacuzzi, three outdoor pools, steam bath, hammam, saunas, Kneipp path, shower pail, shock pool, salt resting room and 17 massage rooms, each of these creating an individual sensation and a relaxing atmosphere. The broad range of traditional and healing massages, SPA rituals and therapies allows you to forget your hectic routines and transform your holiday into a worthwhile and unforgettable experience.



Prof. Stoyanov Str. 5  
8200 Pomorie, Bulgaria  
marketing@grandhotelpomorie.com  
[www.GrandHotelPomorie.com](http://www.GrandHotelPomorie.com)

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# VIA PONTICA RESORT

Health & Leisure



## FESTA VIA PONTICA RESORT

### Location

Pomorie is a popular balneal centre from ancient times under the name Anhialo, because of the natural resources available from the Salt Lake. The town was founded in the 4th century BC near the salt lake, also known as the ancient Thracians "sacred" lake, because of its healing properties.

Just 12 km away from the international airport of Burgas, Pomorie offers vast beaches, authentic atmosphere and lots of history. In summer Pomorie offers up to 2360 hours of sunshine every year, average air temperatures between 20 – 30° C, and the beach is about 5 km long with shallow waters and sea water temperature of 22 – 26° C. Winters are mild and with minimum precipitation.

The healing powers of the mineral water in the town are also well-known. The slow cooling of the sea water is very typical for the region. In the morning before sunrise the air is rich in ozone, negative ions, ultraviolet rays and iodine released in gas form by seaweed.

### Via Pontica Resort

Located 50 meters away from the south beach of Pomorie, Via Pontica offers a modern and high standard accommodation among a beautiful park with natural greenery. Two outdoor pools with vast sunbathing areas offer a quite or activity retreat by the water. A beach area reserved for the hotel guests is available. The hotel consists of 215 standard double rooms, 19 double superior rooms and 35 family rooms.

The hotel offers 2 restaurants: Buffet Restaurant and "Babitsa" Garden BBQ Restaurant, where traditional folklore programme is performed. Also 2 Lobby bars, Pool Snack Bar, Fresh bar, Winery and Wine Bar are available for each need and requirement of our guests.

There are also a heated indoor pool, fitness, beauty parlour, Medical SPA centre, animation for children and adults are available for the hotel guests.

### Winery

The real story about the winery at the hotel way back in 1924 when the first wine production cooperation in Pomorie was established. A story which with hope and love continues to

develop through 1932 when prominent French architect found the beauty and magical power of this place and established the first modern winery which proud heir today is Black Sea Gold wine factory in Pomorie.

Via Pontica has preserved the spirit of the last century in the restored building of the cellar, recreating the wine traditions of the Pomorie region with unique collection of photographs and accessories of our ancestors.

### Medical centre Festa Medica & SPA

Festa Medica recreation and health centre offers diagnostics, complex rehabilitation and prevention of children and adults, combining professionally healing natural resources of Pomorie with the appropriate medical equipment. A full range of electro, hydro and thermal treatments is available with a focus on the lye and mud treatments as well as the positive effect of the sunbathing and the healing beach sand which has a grey colour.

At Festa Medica you will be able to enjoy high-quality service from renowned experts in the field of medical and wellness services. From 2014, the centre is registered under the Hospitals Act 3.

The hotel offers also sauna, steam bath, relax room and heated indoor swimming pool.

### Balneo procedures and Medical treatment

- Physiotherapy.
- Electrotherapy.
- Lasertherapy.
- Hydrotherapy, wellness treatments, whirlpool, vortex and pearl massage.
- Therapeutic exercise and massages.
- Medical bath treatments.
- Mud-cure.
- Treatment with lye.
- Kinesitherapy.
- Magnetic therapy.
- Doctor cabinets.
- Cabinet of nerve and internal medicine.
- Wellness procedures with wine.

### Rehabilitation and Medical procedures

- Diseases of the musculoskeletal system.
- Rehabilitation of patients after endoprosthesis of knees and hip joints.
- Diseases of the central and peripheral nervous system.
- Diseases of the respiratory system.
- Skin diseases.
- Diseases of the male and female reproductive system.
- Metabolic disorders.



Chaika Str. 2  
8200 Pomorie, Bulgaria  
sales@festahotels.com  
www.festahotels.com



## WAVE RESORT

### Location

The Wave Resort is one of the finest luxury hotels on the Black Sea coast. This beautiful facility is located 5.5 km from Pomorie and 15 minutes from Burgas Airport. Situated in one of the most ecologically sustainable areas of the Bulgarian Black Sea coast, it enjoys clean air, silence and undisturbed nature. Lake Pomorie is a salt-rich coastal lagoon and a natural open-air source of the therapeutic mud that is regarded as a national treasure. The beach sand is fine, graphite-coloured and rich in iron and salts.

### The Resort

The Wave Resort features 426 elegant, beautiful, spacious rooms. Numerous dining options, outstanding beach areas with custom-designed landscaped pools, as well as extensive

outdoor facilities for leisure and relaxation provide for a pleasurable stay. The Ultra-all-inclusive plan includes one main buffet restaurant, three à la carte themed restaurants featuring Bulgarian, Asian and Mediterranean menus, four bars, a food corner area, a children's club, a water park and an adults-only relaxation zone.

### Health facilities

The W SPA provides preventive and regenerative health care options. Professional therapists offer the latest diagnostic techniques used as the basis for personalised treatments.

- Preventive and restorative health treatments
- Physiotherapy
- Electromagnetic therapy
- State-of-the-art technology-based

and hands-on therapies

- Inhalation therapy
- Hydro massage therapy
- Rasul mud pool
- Therapeutic salt water pool 36-38°C\*
- Himalayan salt room
- Vichy shower
- Kneipp pool
- Rehabilitation treatments

\* open April, May and October

### Black Sea mud

W SPA's exclusive treatments are based on nature. The unique mud from nearby Lake Pomorie has a far-reaching therapeutic effect on the body and is an exceptionally skin-friendly product.

### Positive effects:

- relaxes muscles
- improves circulation
- anti-inflammatory
- pain-relieving
- supports the upper respiratory tract
- remedy for stiff joints
- supports metabolism
- positive effect on digestion
- hydrating effect

\* Prior to any health treatment, consultation with a physician is highly recommended.

### Sports and Relaxation

The harmonious SPA landscape with its quiet pools and soothing thermal zones are a favourite relaxation area.

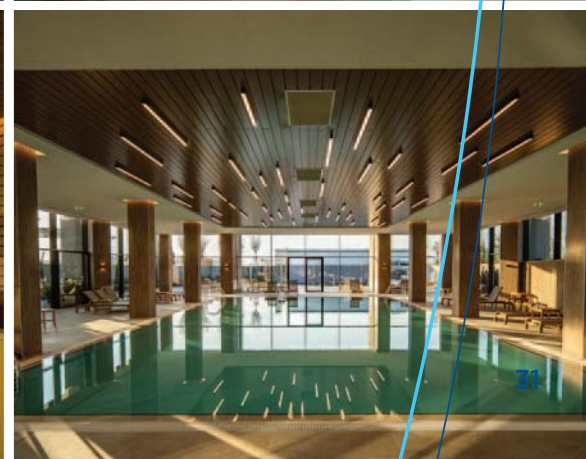
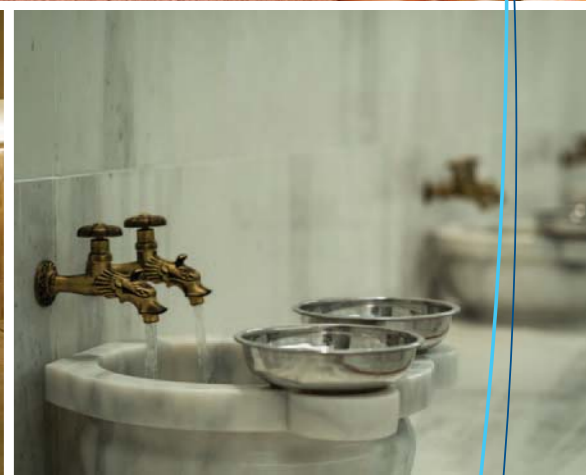
- Indoor pool\*
- Waterfall pool\*

- Sun terrace\*
- Jacuzzi\*
- Fitness studio
- Herbal sauna 45°C
- Finnish sauna 95°C
- Steam bath 45°C
- Turkish bath 42-45°C
- Stretching and yoga studio
- Relaxation room
- Therapeutic mud procedure
- Algae therapy
- Hydrotherapy
- Ayurveda
- Asian massage
- Beauty salon

\* open April, May and October



Camping area Aheloy  
8217 Pomorie, Bulgaria  
reservations@waveresort.bg  
[www.waveresort.bg](http://www.waveresort.bg)





Park Hotel  
**KYUSTENDIL**  
 Spa and Wellness Retreats ★ ★ ★ ★



Kalosia Str. 19  
 2500 Kyustendil, Bulgaria  
 reception@parkhotelkyustendil.com  
[www.parkhotelkyustendil.com](http://www.parkhotelkyustendil.com)



## PARK HOTEL “KYUSTENDIL”

### Location

The Hotel's superb location is always a wonderful surprise for our guests. It is situated at the foot of Hisarluka Hill, a sacred place dating from the time of the Roman Empire. Here guests can enjoy the perfect combination of fresh air, nature and the unique curative properties of the mineral water. It is only a stone's throw from the centre of the Bulgarian city of Kyustendil (85 km west of the capital, Sofia), which offers a modern atmosphere, a thousand years of history and a rich cultural life.

### About the Hotel

The Hotel is the only four-star community-owned hotel in Bulgaria with this rating. It features around 200 beds in luxurious rooms, 14 single rooms, 72 double rooms and 9 suites equipped to accommodate guests with special needs (fully accessible). All rooms are

furnished in a contemporary style, and have cable TV, phone and Wi-Fi.

The outdoor hot mineral water pool can be used year-round for relaxation and recuperation. The SPA Centre offers over 30 different treatments, including mud treatments, physiotherapy, kinesiotherapy, mineral water cures and a variety of massage treatments. There is a steam bath, jacuzzi, mineral baths and sauna for the use of guests. There is also an indoor/outdoor playground for children near to the pool.

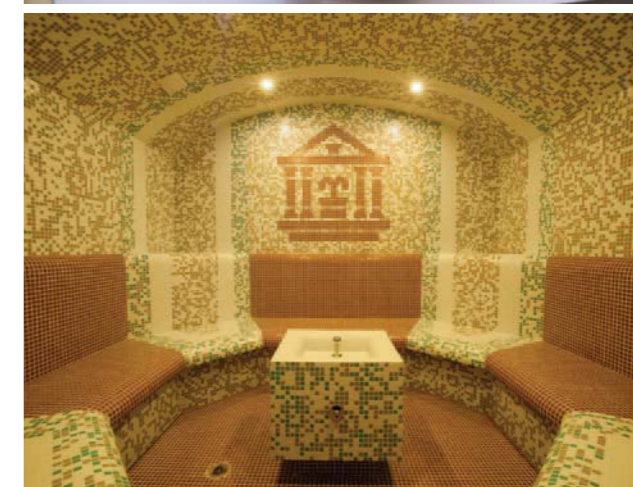
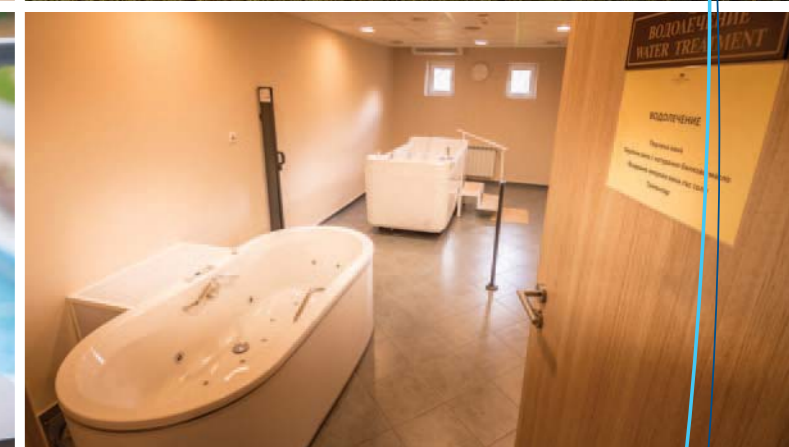
Park Hotel Kyustendil is an excellent choice for business meetings, company gatherings, conferences, presentations and team-building events. Conference rooms equipped with modern multi-media and sound systems are available.

### MINERAL SPRINGS AT KYUSTENDIL

Kyustendil, known as the "City of Mineral Springs",

is proud of its two thousand years of history. Its mineral water has a unique structure. The curative properties stem from its mineral composition, the sulphides, its hypotonic effects, the high temperature, light mineralisation and relatively high fluoride content, and the strong alkaline reaction and sulphur content. The temperature of the spring reaches 73°C. Kyustendil mineral water has a beneficial effect on a range of health ailments. For example, gynaecological diseases, reproductive health- and fertility treatments, illnesses related to body support and locomotion, traumatic, orthopaedic and neurological diseases, neuralgia, plexitis, discopathy and slipped discs, as well as persistent skin ailments.

The development of balneology, rehabilitation and spa resort tourism is a priority for the municipality of Kyustendil. Park Hotel Kyustendil is the result of a community programme to make the ancient city famous again as a centre for healing, and it has become a modern and welcoming travel destination.





## STRIMON GARDEN SPA HOTEL



Tsar Simeon I Str. 24  
2500 Kyustendil, Bulgaria  
reception@strimon.bg  
[www.strimon.bg](http://www.strimon.bg)



## STRIMON GARDEN SPA HOTEL

### Location

Strimon Garden SPA Hotel is located in the city of Kyustendil, at the foot of Mount Osogovo in the south of the Kyustendil Plain, known in Bulgaria for its cherry and apple orchards. The city is recognised as a nationally significant SPA resort area. Its origins are connected to the curative mineral springs. The Thracians founded a settlement around the springs. Later, the Romans constructed one of the largest thermal centres of their eastern provinces, giving it the name "Pautalia".

### Balneological Centre

The Balneological Centre at Strimon Garden SPA Hotel covers 1200 m<sup>2</sup>

and is certified under Regulation 2 of the Bulgarian Ministry of Tourism and the Bulgarian Ministry of Health. It is fed by a mineral spring. With a temperature of 73°C, it is a hot spring, with overall mineralisation of 0.620 g/litre. The water contains hydrogen sulphide, silicium, hydro-carbonate, sulphate, sodium and fluorine ions.

The Hotel uses natural products made from the Black Sea – sea lye and therapeutic estuary mud as well as mud from Chuklyovo Blato, the only officially licensed peat bog in the region.

The Hotel's focus is on the prevention and rehabilitation of diseases of the locomotive system, peripheral nervous system, metabolic syndrome,

etc. Programmes have been developed for these illnesses as well as for fertility treatments. The hotel also offers a detox programme and a treatment programme for burn-out syndrome.

The hotel employs specialists in physical and rehabilitation medicine and internal diseases as well as rehabilitation and kinesiotherapy.

### The following facilities and therapies are offered:

#### Balneotherapie:

**Thermotherapy:** Finnish sauna, infrared sauna, steam bath;

**Kinesiotherapy;** Fitness room, massage rooms;

**Electrotherapy:** Iontophoresis, TENS current, low frequency-, interferential- and other types of current;

**Ultrasound therapy;**

**Magnetic field therapy;**

**Laser therapy;**

**Pressotherapy for lymphatic drainage;**

**Inhalations with mineral water;**

**Pelokinesis;**

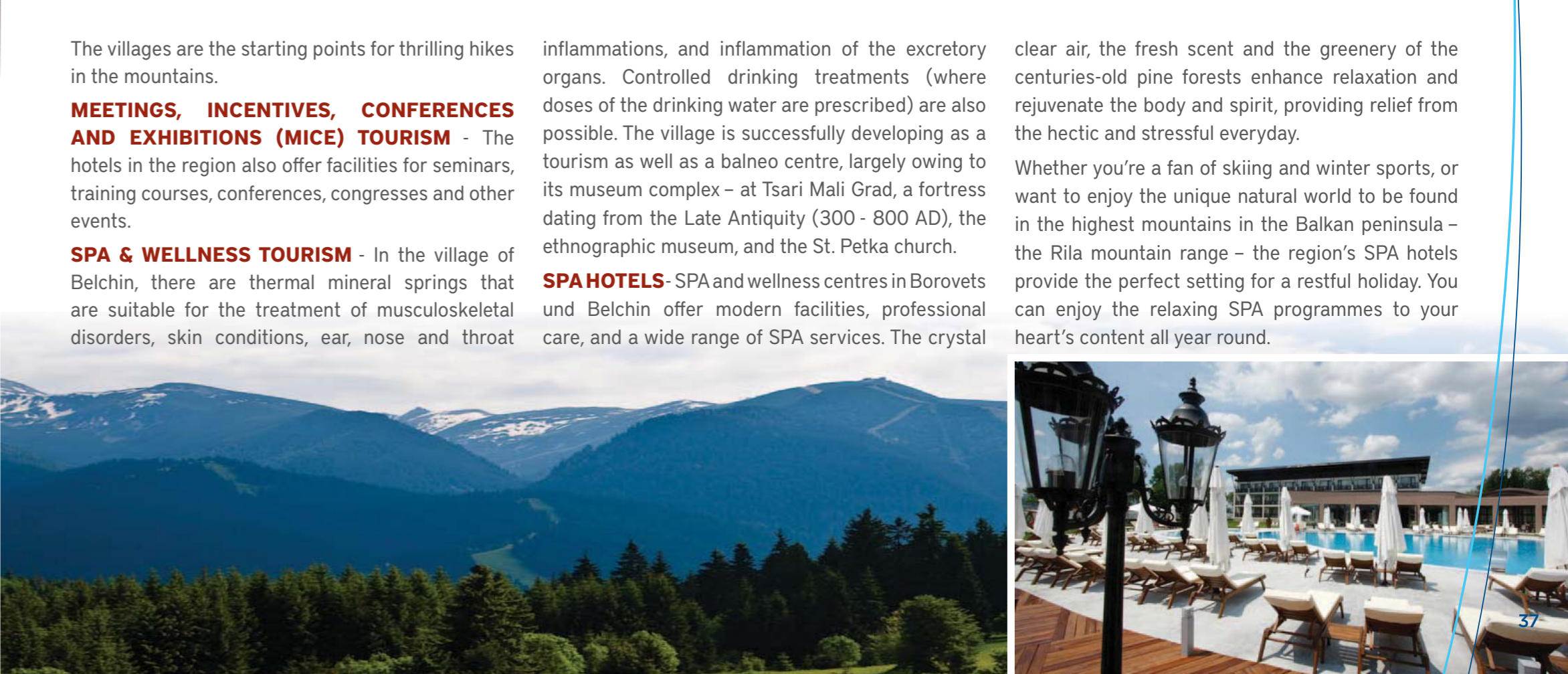
**Oxygen therapy.**

The hotel also offers SPA and wellness tourism. Hotel guests are offered natural Bulgarian beauty products derived from grape extracts as well as the world-famous Bulgarian rose products offering healing and detoxification. We also use organic beauty products from Germany.

### The centre offers a:

- Cosmetic and beauty studio;
- Studio for SPA manicures and SPA pedicures.





**Samokov Municipality**

Makedonia Str. 34  
 2000 Samokov, Bulgaria  
[samokovtouristcenter@mail.bg](mailto:samokovtouristcenter@mail.bg)  
[www.samokov-info.com](http://www.samokov-info.com)

## SAMOKOV – ONE DESTINATION, MANY OPTIONS

**The town of Samokov** has a modern appearance. It has succeeded in blending its historical heritage, culture, and love of sports with the charm of the surrounding countryside and its temperate summers and snowy winters. Samokov is a sun-filled place, with many fine days. It is an attractive place for visiting and relaxing all year round, with a wide variety of attractions for tourists:

**MOUNTAIN TOURISM** is the main type of tourism in the area, offering many different activities in winter as well as summer. The oldest mountain health resort, Borovets, is only 10 km from Samorov. It was also the first resort in the Balkans and has a history stretching back 120 years. The complex offers opportunities for all types of winter sports, with modern facilities and equipment. The cool summer air and the tranquillity of the centuries-old forests of the Rila mountain range

offer year-round relaxation, with magnificent mountain panoramas and hiking trails.

**SPORTS TOURISM** - The outstanding sports facilities and the multifunctional sports hall suitable for 26 different sports offer the chance to train all year long for many different competitions.

**CULTURAL AND HISTORICAL TOURISM** - The region has a rich cultural and historical past that reaches back centuries. Samokov was the setting for two significant events in Bulgaria in modern times – the first Bulgarian printing house (1828) and the first Bulgarian periodical, “Philology” (1844).

**RURAL TOURISM** (Village Tourism) - The villages of the regions have preserved their identity, and the tranquillity of the mountains is in perfect accord with the homely comforts and charm of the village houses.

The villages are the starting points for thrilling hikes in the mountains.

**MEETINGS, INCENTIVES, CONFERENCES AND EXHIBITIONS (MICE) TOURISM** - The hotels in the region also offer facilities for seminars, training courses, conferences, congresses and other events.

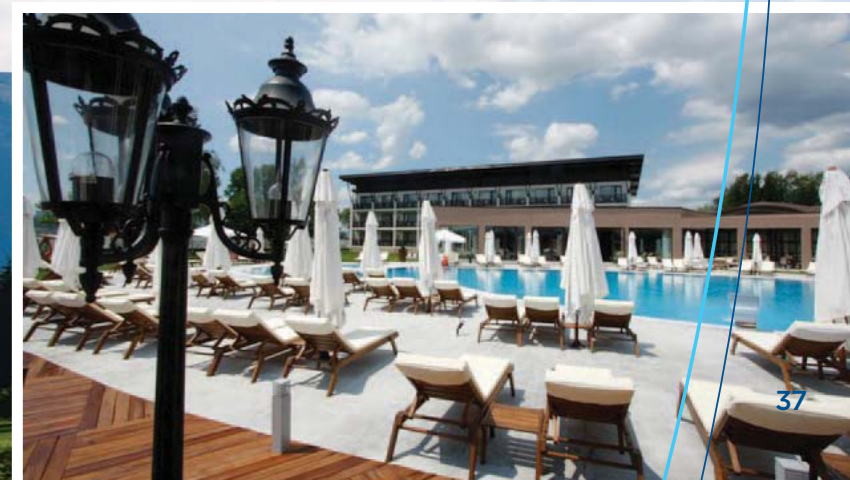
**SPA & WELLNESS TOURISM** - In the village of Belchin, there are thermal mineral springs that are suitable for the treatment of musculoskeletal disorders, skin conditions, ear, nose and throat

inflammations, and inflammation of the excretory organs. Controlled drinking treatments (where doses of the drinking water are prescribed) are also possible. The village is successfully developing as a tourism as well as a balneo centre, largely owing to its museum complex – at Tsari Mali Grad, a fortress dating from the Late Antiquity (300 - 800 AD), the ethnographic museum, and the St. Petka church.

**SPA HOTELS** - SPA and wellness centres in Borovets und Belchin offer modern facilities, professional care, and a wide range of SPA services. The crystal

clear air, the fresh scent and the greenery of the centuries-old pine forests enhance relaxation and rejuvenate the body and spirit, providing relief from the hectic and stressful everyday.

Whether you’re a fan of skiing and winter sports, or want to enjoy the unique natural world to be found in the highest mountains in the Balkan peninsula – the Rila mountain range – the region’s SPA hotels provide the perfect setting for a restful holiday. You can enjoy the relaxing SPA programmes to your heart’s content all year round.





*Sun, Aqua & Health*



## „PIRIN” PARK HOTEL

### Location:

The elegant five-star ‘Pirin’ Park Hotel is located on the western slopes of the Pirin Mountains, the second highest mountain range in Bulgaria, along the mouth of the Sandanska Bistritsa River, next to Sandanski, the cool balneo and climatic SPA resort.

Gifts that provide life-giving energy such as sun, water and health guarantee complete rest and recuperation at the ‘Pirin’ Park Hotel. The hotel is a dream come true for all who would like a chance to recharge, with the vibrant, beautiful gardens, healing mineral waters, and magnificent views, and to feel at home in a comfortable, sun-filled setting far from home.

In early 2009, in a pilot project of the European SPA Association, the five-star ‘Pirin’ Park Hotel in Sandanski became the first hotel in Bulgaria to receive a EUROPESPA WELLNESS quality mark, confirming that the hotel meets

all the European requirements for a wellness infrastructure.

The ‘Pirin’ Park Hotel offers excellent facilities for balneo, SPA and wellness tourism all year round.

### Facilities:

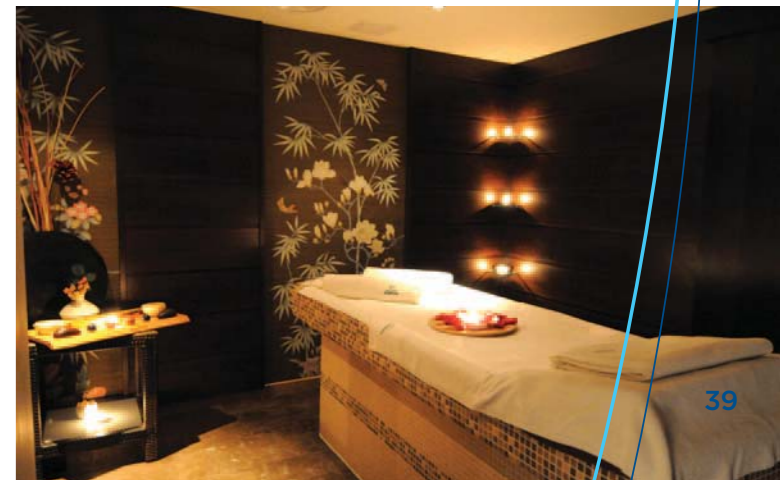
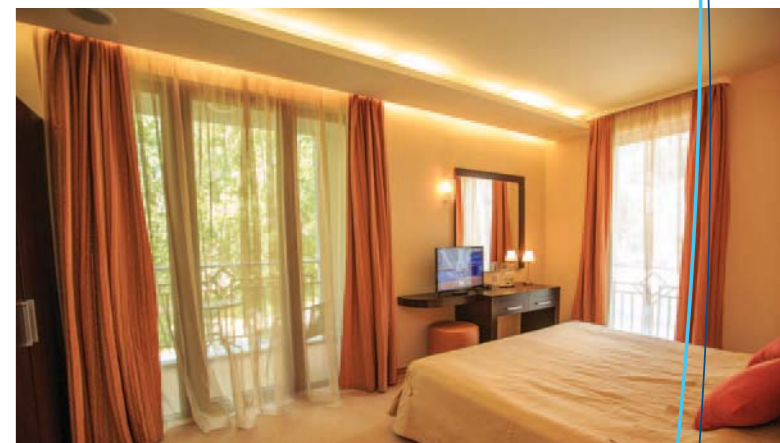
The ‘Pirin’ Park Hotel offers 120 luxury and 10 standard double rooms, 4 luxury and 4 VIP suites, in addition to 2 presidential suites.

In an additional ‘Pirin’ suite complex, 12 luxury suites (5 standard and 7 family suites) are also available for guests.

In our 2 restaurants – the Balkan restaurant with its winter garden, and the Mediterranean restaurant with its summer garden, guests can enjoy traditional Balkan cuisine and Mediterranean delicacies, while marvelling at the wonderful mountain views. The piano bar, and the lobby bar with patisserie in the exotic botanical garden, are designed to fulfil every culinary wish.

**The Luxury “Pirin” SPA and Wellness Centre** with its unique atmosphere is an ideal place to relax. The “Pirin” SPA centre offers a variety of SPA and wellness programmes of the highest quality, from around the world, including natural Bulgarian treatments. Balneological programmes for the promotion of health have been developed at the hotel by a team of renowned specialists and are conducted under medical supervision. These programmes focus on the prevention, treatment and rehabilitation of a range of diseases, e.g. nonspecific respiratory diseases, arthritis, osteoporosis, post-traumatic conditions, metabolic disorders, and urological and nephrological diseases. Each programme includes a combination of balneotherapy, physiotherapy, kinesiotherapy and rehabilitation, as well as the corresponding medical examinations.

**The “Pirin” SPA Centre** has an outdoor and indoor pool with 30°C water temperature, outdoor and indoor children’s pools with 34°C water temperature, a medicinal pool with mineral water with 38°C water temperature, a Kneipp bath for ‘tired legs’ and a jacuzzi. The hotel also has a sauna park with various saunas (Finnish sauna, bio sauna, caldarium, laconicum, frigidarium with an ice fountain and a rest zone). Additionally, the following facilities and therapies are available: Tangentor and pearl bath, VIP zone for two persons, fitness with cardio equipment, solarium, massage studios, a luxury beauty salon, electrotherapy, magnetic field therapy, laser therapy, ultrasound, light therapy, thermo- and cryotherapy, logotherapy, peat therapies, mineral water and herbal inhalation, a medical practice.



Hydrostroy Str. 27  
2800 Sandanski, Bulgaria  
[marketing@parkhotelpirin.com](mailto:marketing@parkhotelpirin.com)  
[www.parkhotelpirin.com](http://www.parkhotelpirin.com)

# Therma Vitae



**IB** Park Hotels



Garmen Municipality  
2947 Ognyanovo, Bulgaria  
office@thermavitae.bg  
www.thermavitae.bg



## THERMA VITAE HEALTH RESORT - OGNYANOVO

### Location

The southwest region of Bulgaria – the Mesta River valley, winding around the town of Gotse Delchev and the Ognyanovo mineral baths – proves itself a wonderful year-round destination for balneology and SPA tourism.

The mineral springs of the region have been valued in the Balkans since Roman times. Numerous remains of ancient edifices attest to this – baths and water supply systems discovered under or near the ruins of the ancient Roman city of Nicopolis ad Nestum. The city was built to honour the victory of the Roman Emperor Trajan over the Dacians. Archaeological excavations of a Roman baths (thermal baths) with a spacious dressing room (apodyterium), a cold water pool (frigidarium) and a warm water pool (caldarium) are evidence that the ancient Romans recognised and used the healing powers of the Ognyanovo mineral springs.

According to legend, the springs were sanctified and blessed by St. Paul the Apostle himself, which perhaps gave them miraculous powers of healing and possibly proved advantageous.

The Uva Nestum Wine & SPA, and the Therma Vitae Health Resort Ognyanovo complexes all provide the right conditions for a relaxing and restful stay. A proficient and experienced team is ready to welcome you for a range of special curative treatments and preventive procedures.

### THERMA VITAE HEALTH RESORT- OGNYANOVO

The Therma Vitae Health Resort - Ognyanovo complex is located in the picturesque region which is home to the Ognyanovo mineral baths.

The complex has 40 double rooms and 10 suites. The following are located in the Therma Vitae complex grounds: Hotel, licensed medical centre, restaurants, 5 mineral water pools, relaxation zone, fitness centre, park and playgrounds.

St. Paul's Medical Centre, located in the complex, offers a variety of treatment- and prevention options. It specialises in modern physiotherapeutic and rehabilitative procedures for the effective treatment and prevention of diseases of the musculoskeletal and peripheral nervous systems.



**UVA NESTUM**  
Wine & SPA



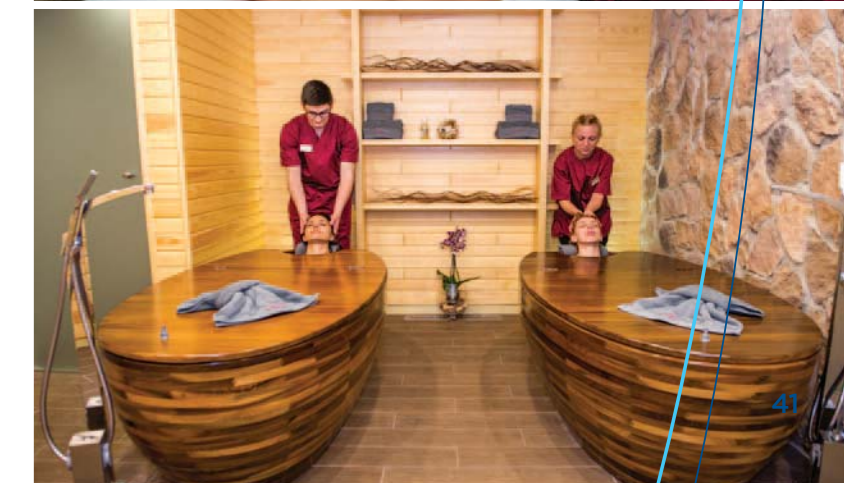
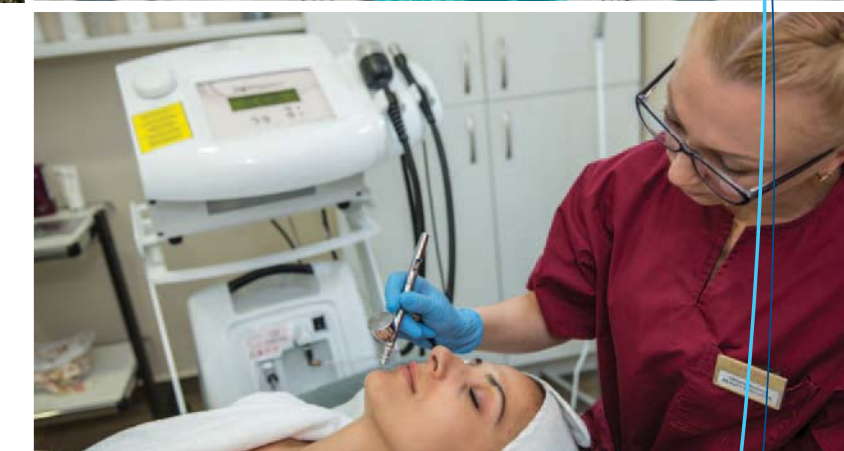
## UVA NESTUM WINE & SPA

### UVA NESTUM WINE & SPA

The Uva Nestum Wine & SPA complex is located near the town of Gotse Delchev. The complex covers an area of 7.7 hectares in the beautiful valley of the Mesta River.

The hotel has 24 double rooms and 9 suites. The following are located in the Uva Nestum Wine & SPA complex grounds: Vineyards, a boutique wine cellar, the hotel, various restaurants, a SPA centre, swimming area with various pools, a fitness zone, a sports centre with two tennis courts and a football pitch, a large park and even its own farm.

The SPA Centre at Uva Nestum Wine & SPA is specially designed as an oasis for a restful holiday. Carefully selected wine- and SPA therapies, innovative equipment and ultra-modern professional procedures all combine to restore the natural and relaxed rhythm of life.



**IB** Park Hotels



Gotse Delchev Blvd. 125  
2900 Gotse Delchev, Bulgaria  
hospitality@uvanestum.com  
www.uvanestum.com



# HOT SPRINGS

## Medical & Spa Hotel

★★★★+

*In the footsteps  
of the Romans*



Vtora Str. 43  
2778 Banya, Bulgaria  
reservations@hotsprings-spa.com  
[www.hotsprings-spa.com](http://www.hotsprings-spa.com)



## HOT SPRINGS MEDICAL & SPA HOTEL

The new home of the mineral waters **Hot Springs Medical & SPA Hotel** is located in the health resort town of Banya, at the feet of three majestic mountain ranges (Rila, Pirin and Rhodope) in the beautiful Razlog Valley. The site is 150 km from Sofia airport and 220 km from Thessaloniki.

### Pure mineral springs known for centuries

#### • Hot mineral pools all year round

Submerge yourself in the warm embrace of the silky mineral water. Not only does it revitalize your body, it also prolongs the effects of each SPA therapy or balneological treatment.

#### • Mineral water from the Banya health resort

With its unique mineral composition, the water from the Banya health resort is excellently suited to the treatment, prevention and rehabilitation of musculoskeletal disorders, the peripheral nervous system and the respiratory system.

#### • Wellness, medical centre and balneotherapy

We have expanded the concept of medical services in the area of personalised treatment, rehabilitation and prevention of diseases, as well as post-traumatic and post-operative conditions of the musculoskeletal system, the peripheral nervous system and the upper respiratory system.

#### • High-tech physiotherapy

- Tecar therapy
- High energy laser therapy
- Deep oscillation
- Lymph drainage (Pressotherapy)

#### • Traditional physiotherapy

- GAME READY (cold compression therapy for post-operative, post-traumatic and rehabilitative treatment)

- Electrical stimulation therapy
- Cryotherapy
- Laser therapy with low energy
- Ultrasound therapy
- Magnetic field therapy
- UHF therapy (ultrahigh frequency currents)
- Interference current therapy (medium frequency)

Additional medical equipment: Diadynamic (for electrotherapy), electrophoresis, ionophoresis, phonophoresis, Intervac (for vacuum therapy in combination with interference current), infrared lamp, quartz lamp, inhalator.

#### • Kinesiotherapy

Kinesiotherapy contracts and relaxes muscle groups to their core. It is the cornerstone of all programmes for healing, prevention and rehabilitation. Modern manual methods have very positive effects on the activity of

muscles, joints and vertebrae, breathing, the lymph system, the cardiovascular system and the peripheral nervous system.

- Peloid therapy- mud treatment
- Hydrotherapy
- AESTHETICS- High-tech wellness therapies
- Detox
- Massage and body treatments

We believe that a good body care regime and a healthy diet have a positive effect on your lifestyle.

#### • Our farm

We have created an ecological farm specifically for our guests where we cultivate completely pure and natural fruit and vegetables according to the old, traditional Bulgarian methods, and where our eggs are from 'happy hens'.





Winter and summer holidays in the mountains

## ASTERA BANSKO APARTMENT TOURIST COMPLEX & SPA

### About the hotel

Astera Bankso Apartment Tourist Complex & SPA is situated at the foot of the Pirin mountain range in Bulgaria. It is built in the typical local Bankso style, reminding of the unique houses of the Bulgarian Renaissance (from the beginning of the 18th century to the end of the 19th century). It is 200 m from the first ski lift station in Bankso.

### Facilities

The complex offers spacious rooms and apartments with magnificent views of the mountains, central heating, cable TV, telephone, mini bar and safe.

### SPA & Wellness

Astera Bankso is one of the few mountain hotels in Bulgaria that offers its guests water activities. The indoor Aqua Park is open all year. This unique attraction has a large swimming



pool. In the middle is a feature which creates the illusion of being under a veil of mist with two waterfalls. A speed river with two sleeves surrounds the main pool. Among the attractions are a large pool with a climbing wall, a water cave with a water wall, waterfalls and hydromassage lounges. There is a children's pool for the youngest guests.

The complex offers healing and sport massage, weight loss programmes, hydrotherapy, chocolate- or special mountain therapies, drainage procedures, peeling and aromatherapy, ethnic rituals, reflex zone massage, volcanic stone massage and salt baths.

The SPA Centre is equipped with traditional saunas, ice- and contrast showers, steam- and Turkish bath /hammam/, VIP and relax zones.

### INDICATIONS

The treatments have a positive effect on the central nervous system, metabolism, sleep patterns and the reduction of neurotic ailments.

### CONTRAINDICATIONS

Hydrotherapy has no side effects. There are no known contraindications.



Strazhite Str. 8, WV Gramadeto,  
2770 Bankso, Bulgaria  
reservations@asterabansko.com  
[www.asterabansko.com](http://www.asterabansko.com)



## VELINGRAD – THE SPA CAPITAL OF THE BALKAN PENINSULA

**Velingrad is the sunniest and most enchanting destination in Bulgaria.** The city lies in the beautiful Chepino Valley, at an elevation of 750-800 metres. Here you can rest your mind, body and spirit, and at the same time recharge all year round with the positive energy that radiates from the wonderful expanse of nature, the splendour of the mountain peaks and the extraordinarily varied landscape. Gloriously green in the spring, with gentle sunshine in the summer, warm pastel colours in the fall and a mild, white winter. The incomparable landscape and natural artefacts hold in their depths unspoilt and remarkable nature, and the relics of our culture.

The rare combination of the natural, hydrological and climatic conditions of the region ensures Velingrad stands at the forefront of balneological and climatic health resorts. **Its greatest wealth** is undoubtedly **the mineral water** - 77 natural thermal springs with various indications, mineral compositions and temperatures between 27°C and 98°C. With this range, almost all the curative properties of the

mineral waters in Bulgaria and Europe combine in Velingrad. The city has over six mineral baths, dozens of open-air mineral baths and balneo centres.

The SPA centres offer programmes for stress relief, weight loss, beauty treatments, comprehensive medical care, and treatments using traditional and alternative methods. The new, innovative and modern SPA procedures use natural Bulgarian treasures - yogurt, Damask rose oil, honey, herbs and other unique products.

And if the valuable mineral springs form the wealth of Velingrad, then its pride and most famous feature is without doubt **the largest karstic spring in Bulgaria - Kleptuza**. The flow rate is 580 l/s, and the water has a constant temperature of 8°C. The beauty of the centuries-old trees that tower over the water, the wooden bridge and the waterfall, this wonder of nature, make Kleptuza Park the most romantic and most attractive place to visit. The nature preserve of the same name is located in an area of 412 hectares. In it, black pine trees between 100 and 160 years old are preserved.

The climatic health resort Yundola is only 17 km from Velingrad, and is an attraction for guests all year round.

In the Velingrad region, there are monuments to its cultural and historical heritage from every period of history, such as **the sacred Thracian sites of the Bessi** from the 6th-7th centuries B.C. on the Ostrets Peak and above Kleptuza Lake in the St. Ilia region.

**The Church of St. Spas** lies above the city in the region of the same name. People have long since visited the site and associate its healing properties with St. Spas, the saint associated with good health.

**The Church of the Holy Trinity** is the oldest Orthodox church in the region. It was built on the foundations of an old stone church in 1816.

**The Museum of History** was founded in 1909. Over 21,000 historical artefacts are stored and researched here. There are four permanent exhibitions. Here you can also view the largest collection of Easter eggs in Bulgaria. The tradition of pen and wax drawing is promoted by the onsite studios where anyone can try their hand at this art form. The "Great Easter Egg Writing Event of the Chepino Region" takes place in the Velingrad centre every year before Easter.

A special site is dedicated to the great opera singer Nicolai Ghiaurov who came from Velingrad. The exhibition displays his costumes, musical scores, plaques and awards.

The ethnographic exhibition 'The Mountains-A Welcoming Home' tells of the way of life of the people from the Chepino region and their livelihoods. An exhibition corner is dedicated to the patroness of the city, Vela Peeva.

If you would like to travel back to the past and enjoy the wondrous beauty of the Chepino Gorge, you can do this on the transalpine railway in the Balkans! This is the **Rhodope Narrow-Gauge Railway**. It is a delightful experience and will remain an unforgettable memory.

The railway line is 125 km long, which is covered in around 5 hours at a low speed, due to the mountainous terrain. There are 35 tunnels along the line and dozens of picturesque bridges, gullies and beautiful bends. On the way is the highest station in the Balkan peninsula – Avramova Station – which is 1267 m above sea level. The Guardian, a well-known British newspaper, rates the narrow-gauge railway in the Rhodope mountains as one of the top ten train journeys in Europe.



**Velingrad Municipality**  
Han Asparuh Blvd. 35  
4600 Velingrad, Bulgaria



Bild: Schmalspurbahn im Rhodopen-Gebirge







*Valletudo Bonum Optimum -  
Good health is the highest  
common good!*



Nikolay Hrelkov Str. 9  
4600 Velingrad, Bulgaria  
reservations@spaclubbor.com  
[www.spaclubbor.com](http://www.spaclubbor.com)

FB: SpaClubBorVelingrad  
Instagram: spa.club.bor



#### Velingrad - SPA capital of the Balkan peninsula

Velingrad lies in the west of the Chepino Valley and connects the Rhodope and Rila Mountains at an elevation of 740 metres. According to legend, a large lake was located at the site of the Chepino riverbed. Orpheus was born and lived on the shore of this lake. The legend of the great history of Spartacus also originates in this region. Due to the beautiful natural surroundings, the mild and pleasant climate and the 80 mineral springs, Velingrad has become the largest and most visited health resort area for health tourism, not only in Bulgaria but also on the Balkan peninsula.

#### Sirona Hotels, Velingrad - We take good care of you

The **Hotel SPA CLUB BOR 4\*** and the **Balneo Hotel Sveti Spas 5\*** in Velingrad, together with the associated SIRONA MEDICAL CENTRE, which is equipped in accordance with the legislation governing medical institutions and employs specialists from various healthcare professions. The Chepino spring, which supplies mineral water to the medical tourism complex through its own water supply network, has a temperature of 48 °C and an overall mineralisation of 187 g/l and is hyperthermal. Hydrocarbon, sodium, fluorine, silicon, radon and hydrogen sulphide characterise the mineral water in both hotels. The spring flow rate is 70 l/s. The water is suitable for drinking, inhalation and external treatments. The indications for prevention, treatment and recuperation apply to musculoskeletal diseases, the peripheral nervous system, the metabolism, the gastrointestinal tract, kidney and urological diseases, gynaecology, skin conditions, and functional disorders of the nervous system.

## SPA CLUB BOR HOTEL

**Excellent service at an affordable price!**

**Hotel SPA CLUB BOR** is the first hotel certified by the European SPA Association in Bulgaria, and the most exclusive 4-star health tourism hotel supplied with mineral water in Velingrad. Built in a unique architectural style on ancient Roman baths and located in a pine ark in the centre of Velingrad, the Spa Club Hotel offers traditional methods and the newest accomplishments in healthcare. Our team of trained specialists will arrange your trip so well that you will immediately feel at home.

#### Luxury Boutique Accommodation!

**Hotel Spa Club Bor 4\*** offers boutique rooms, studios and suites at attractive prices close to the centre of Velingrad and the many nature attractions in the area. All rooms have an attractive design and are elegantly furnished to make you feel at home. The hotel has over 36 double rooms, 4 studios and 44 suites. We also have rooms for people with special needs (fully accessible).



Your top holiday destination for health, wellness and a rich and varied diet!

The wellness zone is available to all guests and includes indoor and outdoor pools, an outdoor children's pool, a jacuzzi, a sauna, a steam bath, a Moroccan bath, a relaxation area and lounge chairs by the pool. All pools at the Hotel SPA Club Bor 4 are supplied with mineral water from the Radonova Banya spring which reaches the hotel via an individual water supply system. The water temperature of the spring is 42-43 °C while the water in the indoor pool is maintained at a temperature of 28-30 °C, at 24-26 °C in the outdoor areas and 36-38 °C in the jacuzzi. In the children's pool, which is only open in the summer, the water temperature is likewise 36-38 °C. In addition to the wellness zone, the guests of the SPA Club Bor 4\* Velingrad Hotel can enjoy beauty treatments and massage in the hotel's own wellness area. In the medical centre, guests can rely on receiving excellent service and individual treatments from our medical specialists.

#### The varied selection!

**At the Hotel Bor 4\* Velingrad**, five different restaurants are available for every mood and hour of the day, always

offering freshly prepared meals and drinks to suit all tastes. Immerse yourself in the comfort of the Bor Restaurant and enjoy the culinary delights offered by our experienced chefs.

We serve breakfast, lunch and dinner, in addition to individual menus that are prepared upon customer request. Enjoy a cup of tea, a warm coffee or a drink of your choice while you catch up with the current news or choose a favourite book from our collection in the lobby bar of the hotel.

Get energised in our Fresh Bar after a hard workout, SPA treatment or simply around pool. The bar, located in the centre of the wellness zone, offers ready-made drinks, cocktails or ice cream, which are just some of the suggestions.

The Panorama Bar, located on the top floor of the Hotel Bor Club 4\*, has unparalleled 360° panoramic views of the entire city and the surrounding peaks of the Rhodope Mountains. The view is truly enchanting!

Are you looking for comfort, peace and culinary pleasures? The Caesar Gardens await you on those warm days!

Individual arrangements to meet every request ... Trust us!

**Spa Club Bor - A taste for life!**



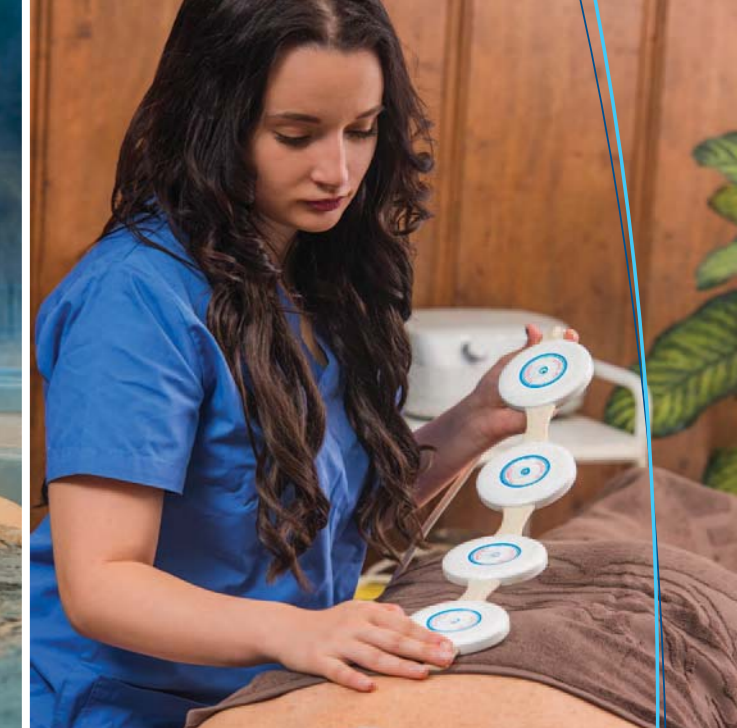


Stop time in the midst  
of nature!



Nikola Vaptsarov Str. 97  
4600 Velingrad, Bulgaria  
reservations@svetispas.com  
[www.svetispas.com](http://www.svetispas.com)

FB: HotelSvetiSpasVelingrad  
Instagram: sveti.spas



## HOTEL SAINT SPAS – VELINGRAD

**A luxurious 5\* experience in nature!**

**Balneo Hotel Saint Spas 5\* Velingrad** is situated in the region of the same name, in the Chepinska River valley, surrounded by hills with evergreen pines, vast velvet meadows, crystal blue skies and sun on the southern Rhodope mountains ... home of the ancient Thracian hero, Orpheus. A corner of the Earth blessed with a healing gift, famous since ancient times, with Roman and Turkish baths. Here, next to the hotel, is the largest mineral spring in the city - Radon's bath and one of the wonders of Bulgarian nature, the karstic spring Kleptuza, the largest karstic spring of the Balkans.

**Balneo Hotel Saint Spas 5\* Velingrad - Your perfect time-out in nature**

The hotel section of our complex has over 65 double rooms, 4 deluxe studios and 51 suites - attractive in design and colour, with captivating views of the south and north to the majestic Rhodope Mountains. Balneo Hotel Saint Spas 5\* Velingrad is an internationally recognised mountain complex,

fully supplied with mineral water, and with various activities for every age. It offers traditional methods and the latest achievements in healthcare. Our team of trained specialists will do our best to make you feel good during your holiday.

**Balneo Hotel Saint Spas 5\*- Your unique holiday destination for relaxation and SPA!**

The hotel's wellness area is available to all our guests and consists of a large pool with a water temperature of 30-32 °C, a children's pool on several levels for different ages and a connected jacuzzi with a temperature of 36-38 °C, Finnish sauna, steam bath, relax area, lounge chairs around the pool and a well-equipped fitness studio. All facilities of the hotel are supplied with mineral water, which reaches the hotel directly from the Radonova Banya spring via an individual water supply system.

Enjoy the new aquatonic outdoor pool of the Baneo Hotel Saint Spas 5\* with a built-in bar, out in the nature that

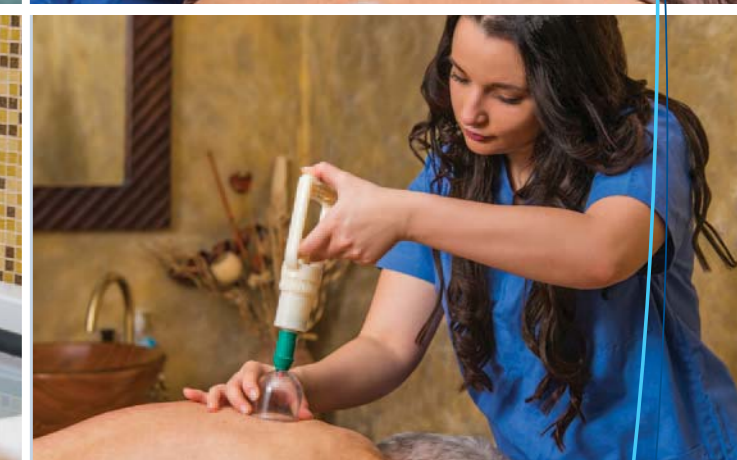
surrounds the complex. In the SPA Centre, you will find a variety of therapy and massage treatments with carefully selected natural products. Don't miss out on our specialised treatments in the Egyptian or Turkish bath, or ancient Ayurveda, that will enable you to return to your daily routine rested and energised.

Your 5\* dream holiday with a variety of culinary temptations and activities for the whole family!

Several restaurants are available at the Balneo Hotel Saint Spas 5\*, including the Saint Spas Restaurant. An indoor restaurant provides access to the garden of Sirona's Gardens.

The breath-taking view of the Rhodope Mountains awaits you at the Panorama Bar, and, of course at the lobby bar and café terrace, where you can relax at any hour of the day. Wellness enthusiasts can enjoy drinks at the Fresh Bar by the pool. Billiards, table tennis and a fitness room for aerobics are available to all our guests.

**Balneo Hotel Saint Spas 5\* offers first-rate service with an individual approach for each of our guests!**





## SPA HOTEL RICH

**5-star boutique SPA Hotel Rich - The pink diamond of the Bulgaria SPA industry!**

The 5-star boutique SPA Hotel Rich is located in the middle of a large and picturesque park in the centre of the health resort city of Velingrad - the health resort capital of Bulgaria and the Balkans.

Welcome to our completely renovated unique SPA Centre - an oasis in which you can immerse yourself in a world of health and well-being. The SPA Centre Rich unites tradition and innovation and offers its guests 'health through water'. The following are available: Outdoor water facilities, VIP terrace with three types of baths and jacuzzi, indoor and outdoor mineral water pools, panorama relaxation room, steam bath, herbal sauna, Finnish sauna, multi-sensory showers, fitness studio, beauty and hairdressing salon (hairstylist, manicure and pedicure).

**The SPA offer** includes traditional or exotic massage, facial and body treatments, anti-cellulite treatments, spa capsule,

baths with mineral water and salts, aromas and herbs.

**The hotel** is built on the strongest energy field in the Velingrad valley where 5 of the city's mineral water springs are located, each of which exhibits different mineralisations.

**The SPA Hotel Rich** offers preventative measures and treatments for musculoskeletal diseases, the peripheral nervous system, the respiratory systems, negative stress, strain and fatigue.

After an examination by one of our physiotherapists, individual 3-, 5-, 7- or 10-day programmes can be prepared.

The hotel offers a fusion kitchen as well as the option to follow a diet when necessary.

**The customers** leave SPA Hotel Rich with a rejuvenated body, relaxed spirit, beautiful skin and head home happy and refreshed.

We heartily invite you to a fantastic SPA experience!



Saedinie Blvd. 500  
4600 Velingrad, Bulgaria  
office@hotel-rich.com  
<http://hotel-rich.com>



## VELINA SPA HOTEL

The greatest riches of the city lie in the 80 or so mineral springs with temperatures from 22 – 90 degrees Celsius. Decades ago, scientists confirmed that the city of Velingrad is a place with suitable properties expressly for healing diseases. This is how Velina Spa Hotel came into being.

Today it is a modern 4-star hotel that offers its guests an incredible combination of ancient pine forests, highly beneficial mineral water, tranquillity, comfort and care.

### Hotel Accommodation

Velina Spa Hotel Velingrad has over 63 different rooms with high levels of comfort.

### Swimming Pools

The outdoor pool is open throughout the year. The 25-metre lane and the 30°C water temperature invite one to go for a swim.

The indoor pool of equal size is mineralised and air-conditioned.

### SPA

In the SPA, you can relax with the sun and enjoy nature. The mineral water treatments and the SPA therapies benefit your health.

The SPA Centre has a fitness studio, a sauna, a steam bath, a jacuzzi and a swimming pool. Guests can experience balneological treatments, SPA therapies and

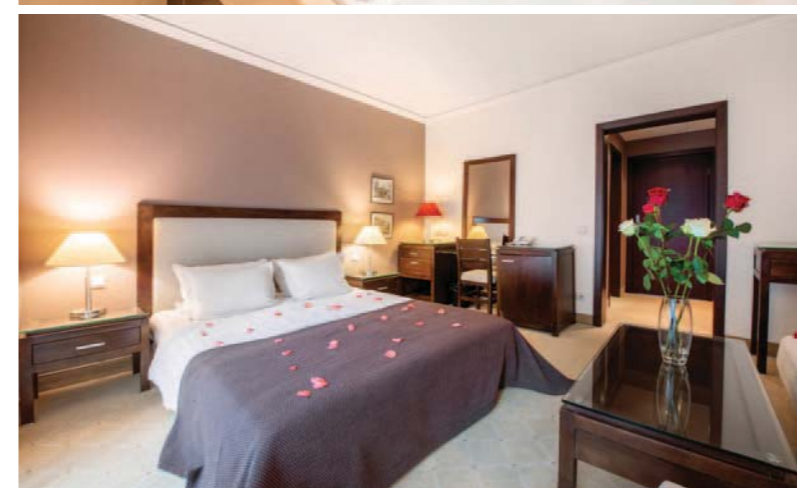
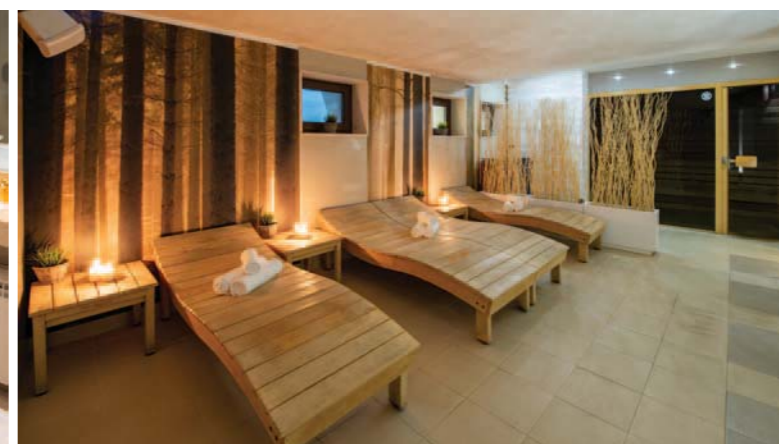
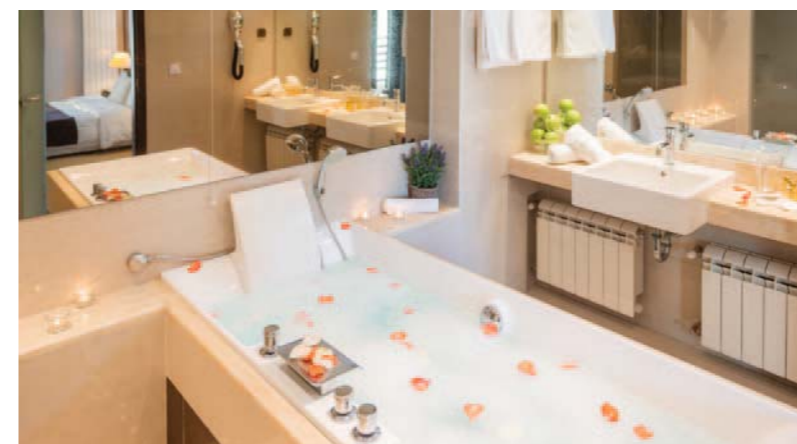
massages by qualified specialists. Individual treatment plans for almost all types of chronic conditions are arranged on site.

### Velina Restaurant

A classical restaurant with traditional Bulgarian and European cuisine is available for guests. In particular, the restaurant offers a selection of wines.

### Lobby Bar

The lobby bar is the perfect place for a cup of coffee, conversation, relaxing with a good book and enjoying the beautiful view.



Doctor Doshnikov Str. 14  
4600 Velingrad, Bulgaria  
reception@hotelvelina.com  
[www.hotelvelina.com](http://www.hotelvelina.com)



## SPA COMPLEX 'ORPHEUS' - DEVIN

**SPA COMPLEX 'ORPHEUS' - Devin** is a hotel complex that offers high-quality healthcare services. Different treatments and rehabilitations for diseases in the areas of physical and rehabilitation medicine are available on site through diagnostic procedures.

The town of Devin lies in the Rhodope Mountains at 710 metres elevation and combines diverse topography, picturesque natural surroundings, a mild climate and mineral springs. The climate in Devin is a transition climate, featuring a lower mountain range mitigated by its southern geographical location. The average annual air temperature is 10.5°C – the average in January is minus 1.5°C and in July 19°C. The summer is warm but not hot; the winter is mild. Spring begins

on 25 March, and the warm and sunny autumn lasts until 10 November. It is moderately cloudy, and fog is light. The levels of sunshine in the Rhodope Mountains and, especially in Devin, correspond to nearly 260 days of the year. The greatest value of the town is the curative mineral water which gave rise to the development of balneotherapy.

**The mineral water from the Devin repositories in the town of Devin** has a temperature of 42°C. The mineral water is slightly mineralised, clear, odourless and has very pleasant drinking- and taste properties. Due to its physicochemical properties, the mineral water from the Devin repositories is used for the following purposes:

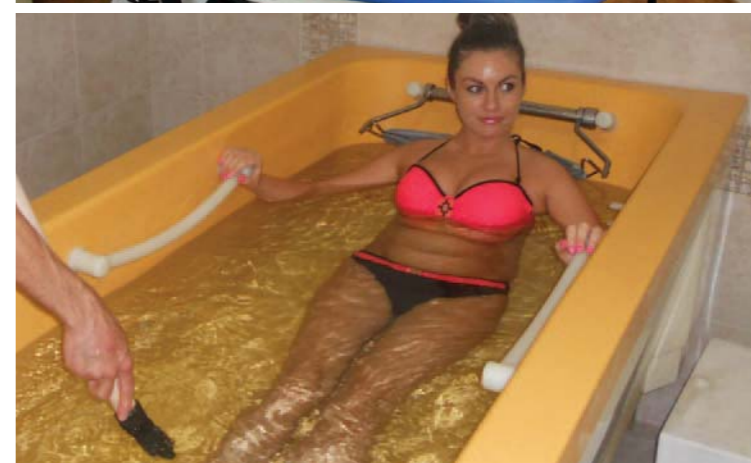
- for drinking purposes – in cases of gastrointestinal diseases, gallbladder and liver diseases, kidney and urological diseases, endocrine diseases and metabolic diseases;
- for external use – for the musculoskeletal system, for ailments of the nervous system, the genital system, the cardiovascular system, skin diseases;
- for inhalations - in the case of inflammatory, allergic and toxic diseases of the respiratory system;
- for use in sports- and preventive treatments and
- to strengthen the body's immune system.

**From the balneological site,** the Beden mineral curative bath near

Devin, mineral water with higher mineralisation and a higher temperature is directed to the SPA COMPLEX "Orpheus" via pipelines. For external use, the mineral water from Bedenski Bani heals the following diseases - musculoskeletal diseases, diseases of the nervous system, cardiovascular diseases, skin diseases, diseases of the female and male reproductive systems, gastrointestinal diseases, gallbladder diseases, excretory system diseases, endocrine diseases and occupational diseases. it is also used for the prevention of cavities, osteoporosis prevention, general prevention and strengthening the immune system; it also aids in cases of physical and mental fatigue and strain, recuperation after severe illnesses and surgical operations, as well as delaying the process of premature ageing.

**The SPA COMPLEX "Orpheus" - Devin** has all the necessary medical equipment and highly qualified personnel for the treatment of the diseases previously mentioned.

The combination of natural resources, different rehabilitation procedures and the location of the complex create excellent conditions for relaxation and patient recovery.



Tsvetan Zangov Str. 14  
4800 Devin, Bulgaria  
[www.orpheus-spa.com](http://www.orpheus-spa.com)



## SPA HOTEL PERSENK

**In the heart of the Rhodope Mountains, in the charming town of Devin, the 5-star SPA Hotel PERSENK awaits you.** For your holiday, the hotel offers a cosy and stylish atmosphere all year round, with exceptional tranquillity and comfort, and the opportunity to enjoy an extensive cuisine with local dishes and a diverse selection of aromatic wines.

**Within a year of opening, the hotel received five renowned awards:**

1. **"Building of the Year 2009"** – Award from the newspaper 'Construction & City' and the Bulgarian Ministry for Regional Development
2. **"Best Balneo Hotel for 2009"** - Bulgarian Hotel and Restaurant Association
3. **"Best 5-Star Hotel for 2009"** - 'Tourism and Leisure' magazine
4. **"Hotel of the Elite 2010"** - an award presented at the Fourth Russian Ball
5. **"SPA Hotel 2009"** - Bulgarian Union of Balneology and SPA Tourism (BUBSPA)

If you would like to escape from the daily routine and enjoy a restful holiday, in the region with the thickest ozone layer in Europe, come to us!

The SPA Hotel PERSENK has 66 deluxe double rooms, 7 standard double rooms, 1 family suite, 3 standard suites and 3 VIP suites. All rooms have wonderful views of the city, the mountain slopes and the hotel garden. The rooms are elegantly furnished and are cosy, comfortable and spacious.

### The Water at the SPA Hotel Persekn

The water flowing in the water supply system at SPA Hotel PERSENK is spring water. The Baldaran Spring is located in the Batashki area of the Rhodope Mountains. The water crosses 13 km to reach the town of Devin and your hotel room. The spring was registered in 1968 and put into operation. The flow rate is 51 to 54 l/s and the pH value is = 7.55 (with a norm of 6.5- 9.5). The microbiological, physicochemical and radiological properties of the spring water make it suitable for drinking. According to the latest studies by the town's sanitary authorities, the water has been completely useable since December 2009, and contributes to the rejuvenation and preservation of the body in an excellent state of health.

Enjoy the freshness of nature and the Rhodope Mountains with spring water at the SPA Hotel PERSENK!

### SPA Centre

Welcome to SPA PERSENK where you can get rid of everyday stress and pressures and let that SPA feeling overtake you! Feel

the joy of revival in your body in our saunas - Finnish and infrared, solarium, Turkish bath, steam bath, salt room, fitness area, relaxation room, jacuzzi, indoor mineral water swimming pool and children's pool as well as medicinal pools with mineral water from Beden (38 °C).

Enjoy unique traditional and anticellulite massage, and massage with honey, chocolate, bamboo sticks or volcanic rocks. Shake off your bad mood with a suitable therapy for your body - aromatherapy, hydrotherapy, wine therapy and many more.

To take full advantage of your stay for your health, you can make use of our physiotherapy, mud and lye treatments and a water jet massage in the tangentor bath, depending on your symptoms.

Hotel Persekn's SPA Centre has modern medical equipment such as 'Tanita'. This device is a new generation of professional Japanese body analysis devices that measure the body weight and calculate the body mass index and the basic metabolism.

### Halotherapy in the Salt Room

Halotherapy is a holistic treatment method whereby one aids the healing process in one's

own body by spending time in a salt room specially designed with modern technology. A series of studies have been conducted on the beneficial properties of salt. It is confirmed that it has a strong antibacterial, antifungal and anti-inflammatory effect which works exceedingly positively on human health. Halotherapy has an incredible effect on combating stress and fatigue, it strengthens the immune system, works especially well on ailments of the upper and lower respiratory system, and improves the body's functions.

### Restaurants and Bars

Discover a wealth of unforgettable aromas and true culinary temptations in a friendly atmosphere, with professional service and exceptional interiors.

The restaurants **Da'Vinia** and **ENIGMA** combine elegance and style and offer an extensive selection of wine. The terrace offers a view of the town and the majestic mountains! The perfect combination of luxury and quality service in a cosy ambiance.

Wine connoisseurs will certainly find their paradise in our enoteca 'LITTLE STAR' - an attractive little wine cellar where guests can

taste rare wines at a lovely walnut table or in front of the fireplace.

### You can also enjoy:

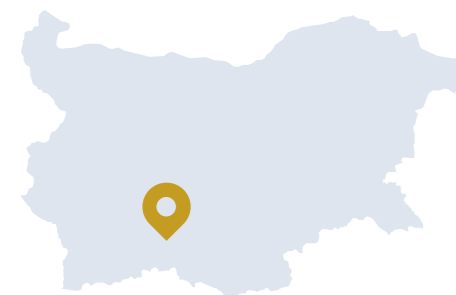
- Café with panorama view
- Lobby bar
- Night bar and bowling DOWNTOWN

### Persekn Thermal Water Park

The complex has a modern concept and belongs to the SPA Hotel Persekn 5\* family of hotels. Its advantage is the mineral water from the repository Bedenski Bani and its location in the heart of the western Rhodope Mountains.

The water oasis has a great number of mineral water pools - a half-Olympic size swimming pool measuring 25/12, a leisure pool, a water pool, children's pool and baby pool, a VIP area with a pool, as well as entertainment and attractions for young and old, restaurants and the SPA Centre. There is a stylish restaurant with a garden, 'Modar', in the grounds of the Persekn thermal water park, that entices with its modern interior, flawless service and excellent kitchen.

**The complex is open from June to September.**



Druzha Str. 10  
4800 Devin, Bulgaria  
marketing@persenk.eu  
<http://persenk.eu>





*Pamporovo is a magical place in the Rhodope Mountains, known as the cradle of Thracian civilisation and the land of the Thracian hero Orpheus. The mountain range is full of mysticism and energy. The beauty of its nature and the pure air are captivating. The high levels of negative ionisation in the region in connection with the mild climate has helped the Pamporovo resort become an outstanding climatic treatment centre suitable for prevention and rehabilitation.*



4870 Pamporovo resort, Bulgaria  
marketing@pamporovo.me

[www.hotelorlovetz.com](http://www.hotelorlovetz.com)



## HOTEL ORLOVETZ – PAMPOROVO

**The Five-Star Hotel Orlovetz** is in the centre of the Pamporovo resort near the ski area. The hotel has 98 spacious and modern furnished double rooms and 7 suites. All rooms face south and have a terrace with sensational panoramic views of the mountains and ski slopes.

**The Restaurant Orlovetz 5\*** offers first-class, fresh and balanced meals, selecting the best products prepared in a healthy way and with uncompromising quality.

The most enjoyable place after a day of skiing in the ski area of Pamporovo is around the fireplace in the lobby of Hotel Orlovetz.

### Mountain Relax Lounge

The newest wellness centre is the Mountain Relax Lounge located on -3 floor of the Hotel Orlovetz, covering an area of 1350 m<sup>2</sup>.

This interior oasis features a variety of relaxing amenities and equipment, and the centre offers a wide range of services.

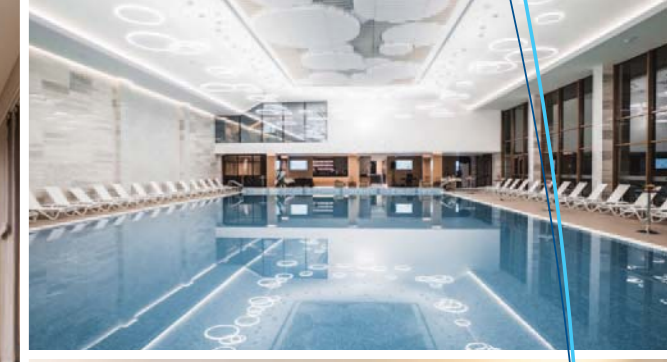
- Tropical shower
- Aroma steam bath
- Steam bath
- Aroma sauna
- Herbal sauna
- Turkish bath / Hammam
- Salt room
- Infrared salt / Halo sauna
- Jacuzzi
- Massages, body treatments and beauty treatments
- Vitamin bar
- Fangotherapy

The warm indoor pool (32°C) and the

relax zone in the Mountain Relax Lounge delicately complement your refreshing experience with incomparable mountain views, regardless of the season.

The fitness room (75 m<sup>2</sup>) at Hotel Orlovetz is available to hotel guests for 12 hours a day, and is equipped with the latest fitness equipment, weights, technogym weights and cardio machines.

Hotel Orlovetz is connected to the Five-Star Hotel Perelik by a warm walkway.



## HOTEL PERELIK – PAMPOROVO

### The Five-Star Hotel Perelik - The new face of Pamporovo

The hotel has been completely renovated with a modern Alpine design and combines luxury, comfort and cosiness. The hotel lies in the centre of the Pamporovo resort near the ski area with quick and easy access to the main ski centres.

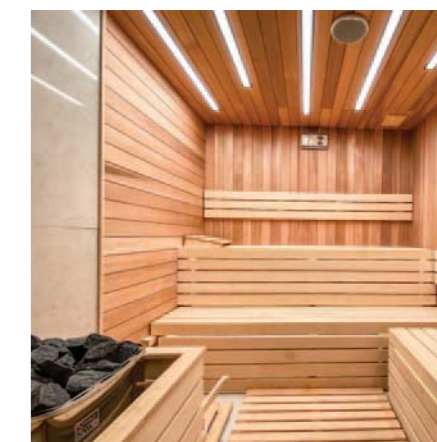
The hotel offers 130 spacious and modern furnished rooms. Most are oriented to the south and have magnificent views. The rooms are of varying sizes.

### Body & Soul SPA Lounge – The ultimate relaxation

In 2019, one of the most modern SPA and wellness centres opened – the Body & Soul SPA Lounge – offering a variety of relaxing body therapies, relaxation treatments, a modern fitness room and the largest pool of the Pamporovo resort with its semi-Olympic dimensions.

The centre extends over 3 floors and offers a wide variety of healing, relaxation, beauty and wellness amenities and treatments:

- Fitness room
- Jacuzzi (with 10 seats)
- Steam bath
- Ice room
- Herbal steam bath
- Infrared sauna
- Cedar Sauna
- Herbal sauna
- Sauna / steam bath combination
- Finnish sauna
- Tropical showers
- Relaxation zone
- Hammam
- Rasul
- Salt room



4870 Pamporovo resort, Bulgaria  
marketing@pamporovo.me

[www.perelikhotel.com](http://www.perelikhotel.com)



## SPA HOTEL „HISSAR“

### Location

The SPA Hotel Hissar lies in one of the most beautiful parks in the town of Hisarya, which is surrounded by hot mineral springs. It is 170 km from the capital city Sofia and 45 km from the second largest Bulgarian city of Plovdiv.

The combination of excellent climate, thermal water springs and a rich cultural and historical heritage makes the town and the region an exceptional attraction for treatments and relaxation. The diversity and uniqueness of the natural and cultural resources offer year-round opportunities for various types of tourism.

### Facilities

The hotel has a total of 140 rooms and 26 suites in the standard and deluxe building wings. The restaurant area of the complex has 2 restaurants, a bistro bar, a lobby bar, a pool bar and a night bar.

The complex offers sports and leisure time activities: Outdoor pool with different levels and half-Olympic size indoor pool (25 x 12 m), children's swimming pool, tennis court, mini-football field, bowling with six lanes, billiards tables, table tennis and a fitness studio.

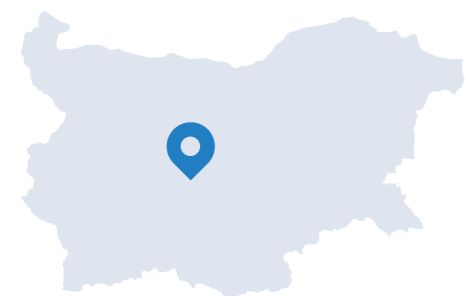
### SPA & Wellness

The SPA Centre of the hotel offers a complex of different units where the activities are directed towards relieving stress, restoring vitality and caring for body, mind and spirit.

A top-class decompression chamber (pressure chamber) with 12 seats is available to guests, offering a comfortable and relaxed atmosphere for the therapy. During the treatment sessions, 100% high pressure oxygen up to 3 atmospheres (3 bar) is inhaled, whereby plasma and other physiological fluids in the body are saturated. Increased oxygen concentration has an

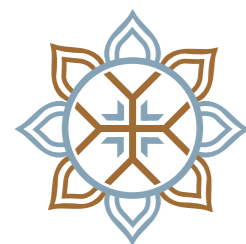
antimicrobial effect and regulates the body's functional and metabolic activities by accelerating the healing process.

In the modern equipped massage rooms, massage and therapy treatments of various types and durations are offered. The effect of mineral water can be perceived in various types of hydromassage, aromatherapy, colour therapy and ozone therapy. Special programmes for treatment, prevention, relaxation and detox are also offered. The SPA Centre has a modernly equipped physiotherapy area for magnetic field therapy, electrotherapy with low frequency current, ultrasound therapy, microwave thermal therapy and mud and paraffin wax treatments.



Gen. Gurko Str. 1  
4180 Hissarya, Bulgaria  
[marketing@hotelhissar.com](mailto:marketing@hotelhissar.com)  
[www.hotelhissar.com](http://www.hotelhissar.com)





# SEVTOPOLIS

Hotel Medical & SPA | Pavel Banya



Discover the better you

## HOTEL SEVTOPOLIS MEDICAL & SPA

### Location:

In the heart of Bulgaria, there is a site which has been known to our forefathers for its healing properties for thousands of years, and is famous throughout the world as the 'Valley of the Thracian Kings'. They knew about the curative mineral water that flows from the inner core of the earth. This land, between the mountains, was planted with roses and transformed into a garden.

This is a true fairy tale. There, in the 'Valley of the Roses and the Thracian Kings', in the town of Pavel Banya in the middle of the extraordinary Bulgarian countryside, is where the Sevtopolis Medical Hotel & SPA stands, named after the legendary Thracian king – the high priest Seuthes III.

The hotel is in the middle of the valley, but is also close to the modern city with all its amenities. The Plovdiv airport is only 90 km away and Sofia airport only 170 km.

### About the hotel:

The following are available for hotel guests:

- 58 rooms and 4 suites with a modern stylish ambiance and views of the nearby mountains
- Medical SPA Centre
- Restaurant
- Lobby bar
- Outdoor summer bar
- Conference room
- Beautiful garden
- Cardio centre and fitness room
- Parking areas.

The quality of the hotel has been recognised with the following awards:

- Best Balneo and SPA Hotel for 2019 in the Balkans
- Best Medical and SPA Hotel 2019, International Congress of SPA and Wellness in Baku, Azerbaijan
- Best Medical SPA Hotel of the Year 2017
- Medical SPA Hotel of the Year 2013
- SPA Hotel for 2010 in Bulgaria

The combination of traditional architecture, home comforts and a feel for the new emphasises the individuality of the Hotel Sevtopolis Medical SPA.

### Health resort and SPA:

In the Medical SPA Centre, with the most modern and innovative equipment, guests can be cared for by specialists who will prepare individual treatment programmes. The centre has the following treatment areas: Hydrotherapy, physiotherapy, movement therapy, logotherapy, aromatherapy, therapeutic massage and the Japanese room. The naturally occurring mineral water with healing properties is used in the various forms of therapies. The water contains metasilicic acid and low quantities of radon that activate tissue regeneration and also have a calming and pain-relieving effect.

Based on this resource, specialists have developed comprehensive expert healing programmes that combine ancient knowledge and traditional medicine with modern technology.

- The 'Health and History in the Valley of the Ancient Thracian Kings - High Priests' Programme - 14 nights

- Relaxation Programme for Soul and Body - 7 or 14 nights
- Intensive Detox Programme 'Sevtopolis' - 7 or 14 nights

In addition to traditional balneology, guests can enjoy a variety of SPA rituals and treatments unique to the Hotel that combine ancient Bulgarian formulations with developments in modern medicine.

A design wellness zone that includes the following is available to guests: Outdoor (during the summer season) and indoor mineral water pools, Finnish sauna, herbal sauna, steam bath, Kneipp path, relaxation zone.

### Indications

Diseases of the musculoskeletal system, the peripheral nervous system, rehabilitation of fractures and endoprosthetics.

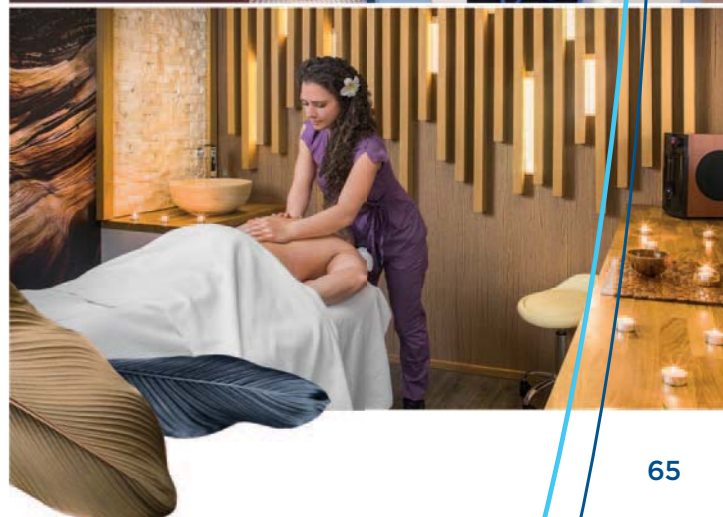
### Contraindications

Cardiovascular diseases, oncologic diseases, epilepsy, psychological illnesses, acute inflammatory and infectious diseases, skin- and venereal diseases.



Chudomir 3 str,  
Pavel Banya, Bulgaria

[www.sevtopolishotel.com](http://www.sevtopolishotel.com)



## CONTACT INFORMATION

For Health Insurance, Organisations and Partner Companies:



**Carmen Struck**

Deputy Managing Director  
German-Bulgarian Chamber  
of Industry and Commerce  
(AHK Bulgaria)  
e-mail: [carmen.struck@ahk.bg](mailto:carmen.struck@ahk.bg)  
Tel.: +359 2 816 30 20



**Siyka Katsarova**

Chair, Bulgarian Union  
of Balneology and  
SPA Tourism (BUBSPA)  
Vice President,  
European SPA Association  
e-mail: [office@bubspa.org](mailto:office@bubspa.org)  
**[www.bubspa.org](http://www.bubspa.org)**  
Tel.: +359 888 883 181  
+49 172 584 2505

Individual Guests and Tourists:



**BULGARIAN UNION  
OF BALNEOLOGY AND  
SPA TOURISM (BUBSPA)**

e-mail: [info@bubspa.org](mailto:info@bubspa.org)  
**[www.bubspa.org](http://www.bubspa.org)**  
Profi Tours Germany  
+49 173 535 9646



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Interpred -WTC Sofia, Building A, Et. 3  
Dragan Tsankov Blvd. 36, 1040 Sofia, Bulgaria  
Tel.: +359 2 81630-10, Fax: +359 2 81630-19  
e-mail: [info@ahk.bg](mailto:info@ahk.bg); <http://bulgarien.ahk.de>  
CEO: Dr. Mitko Vassilev

**Editors:**

Carmen Struck, Siyka Katsarova, Sonia Bankova

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We look forward to welcoming you!