



ESPA
EUROPEAN SPAS ASSOCIATION



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Health | Quality | Innovation



Ladies and gentlemen,

For more than twenty years, the European Spas Association (ESPA) has been promoting the use of natural remedies based on mineral water, landscape and climate. No matter you call this balneotherapy or spa therapy, it embraces a wide spectrum of activities, the core of them being the use of mineral water for health purposes, either as part of a curative scheme or under a preventive approach.

Looking at the awesome variety of our practices, and this makes up their richness, I have always been struck by a common feature of balneotherapy wherever in Europe : its underused, even sometimes neglected contribution to the tackling of chronic diseases affecting health budgets. It should be better acknowledged that spa operators are health providers, offering a complementary treatment to follow-up on cancer, diabetes, arthritis, overweight and obesity, respiratory diseases, the loss of autonomy among elderly people and some other chronic conditions. To bring about this change of perception among public authorities, health funds and medical doctors, the actual medical benefit of spa cares should be better established. We at ESPA are convinced that balneology should be viewed as evidence-based medicine and that it is our duty to make it happen.

Taking a closer look at spa resorts wherever in Europe, you will notice that the offer is not limited to medical cares. The stay in a spa resort is quite frequently driven also by recreative purposes, whether you call this wellness or wellbeing tourism. I will certainly not disregard this part of their activities: spa resorts need to offer medical cares and wellness practices to flourish as they most often consolidate each other for the sake of the patients/guests.

Whether it be curative, preventive or recreative, patients and guests expect the offer to be of outstanding quality. ESPA therefore recently promoted the creation of QuHeP, an NGO who will be responsible for issuing criterias defining high quality in security, hygiene and infrastructure.

Being well and well-being: ESPA is engaged to make it happen!

Thierry Dubois

President

EUROPEAN SPAS ASSOCIATION

The European Spas Association (ESPA) is the nonprofit association of the European Spa sector based in Brussels (Belgium).

OBJECTIVES

The European Spas Association's global objective is to promote spa medicine in Europe as a curative and preventive approach using natural remedies, rehabilitation techniques, physical agents, education in lifestyle, to maintain and enhance the health status of patients and guests, promote wellbeing and favour quality of life.

AREAS OF EXPERTISE

HEALTH – QUALITY – INNOVATION

- To influence policy in the European Union;
- To develop health strategies for cure and prevention for the European citizens;
- To promote and improve quality standards in all spas and health resorts within Europe;
- To stimulate exchange of experience, best practices and know-how;
- To stimulate and resource evidence-based research;
- To create positive perceptions about the medical benefits of spa cares among public authorities, health funds and medical doctors.

Visit our website for more details:
www.europeanspas.eu/contents/organs



ESPA EXECUTIVE COMMITTEE

WORKING GROUPS

E-LIBRARY

www.espalibrary.eu

Exclusively dedicated to evidence-based balneotherapy

MEDICAL RESEARCH

Evidence Based research

European Balneotherapy Epidemiological Survey

EU HEALTH

EU platform on Diet, Physical Activity and Health

EU Directive on Crossborder Healthcare

3rd EU Health Programme

Health Promotion, Information and Education

MARKETING

www.europeanspas.eu

Digital Channels (Website, Social Media, Newsletter, Insight News)

PR & Events

Printed materials

ESPA Annual Congress

ESPA INNOVATION AWARDS

www.espainnovationawards.eu

QUALITY

Quality in Health Prevention

Quality Standards





Photo by Jean-Marc Gourdon

MEDICAL SPAS IN EUROPE

FACTS AND FIGURES

ESPA represents over **1,400 medical spas and health resorts** as well as facilities for cure, prevention, rehabilitation, and health and wellness tourism in Europe. The related European market contains according to ESPA approximately **10,000 facilities**. The industry **employs directly and indirectly around 750,000 people and has an annual turnover of approximately 45 billion euros**. This means that the European facilities are not only an essential part of the health services in their national markets and in Europe, but also important economic contributors and employees. In addition, many of these jobs are in structurally weak regions – as is untouched nature and the distance to industrialised regions an essential feature of many spas and health resorts.

BALNEOTHERAPY CARE IN SPAS AND HEALTH RESORTS OF EUROPE

Balneotherapy in many European countries has a long spa tradition and it is an integral part of the health care system.

Balneotherapy is provided only in spa facilities with medical background that are recognized by the state authorities. As such it is part of the health care system and has to abide by strict regulations.

The local natural healing resources (natural healing water, peloids, gases, climatic conditions) have always been subject to scientific research. Based on the knowledge of scientists and medical doctors, the treatments of particular diseases have been observed, approved and recommended.

Visit our website www.europeanspas.eu and download the e-brochure "Balneotherapy Care in Spas and Health Resorts in Europe" to learn more about Balneotherapy (Spa Therapy) in Europe.

Visit our website www.europeanspas.eu for more information on:

- Spa Destinations in Europe
- Indications
- Spa Medicine

MEMBERSHIP BENEFITS

Your voice will be heard!

ESPA is your representative in Europe, and as a member you have the chance to be part of the organisation that helps shape policies that affect the Medical Spas & Health Resorts industry. Being a member means you are part of an active European network and share our goal of promoting Medical Spas and balneotherapy. We do this through:

- Providing networking opportunities with other people involved in the Medical Spa & Health Resorts industry through regular events;
- Contributing to the industry through the participation at the meetings of the ESPA Board of Directors and the ESPA Executive Committee working groups. By participating in Executive Committee Working Groups, members help shape the focus of the ESPA's efforts to develop strategies and policies on a variety of issues that affect Medical Spa & Health Resorts in Europe;
- Your membership investment in the European Spas Association opens the door to a wealth of information on EU documentation, legislation, project and key initiatives, industry news, networking events and meetings, insights and trends.



OUR MEMBERS

The European Spas Association is an umbrella organisation representing 20 members from 19 European countries. Following the national members and details of contact:



BULGARIA

Bulgarian Balneology and Spa Tourism Union (BUBSPA)
office@bubspa.org
www.bubspa.org



CROATIA

Croatian Chamber of Economy
hgk@hgk.hr
www.hgk.hr



CZECH REPUBLIC

Czech Spa Association
sekretariat@lecebnelazne.cz
www.lecebne-lazne.cz



DENMARK

Health Clinic Barfodspark
wellness@mail.dk
www.kurklinik-barfodspark.dk

VisitVejle
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www.visitvejle.com



ESTONIA

Estonian Spas Association (ESPAL)
info@estonianspas.eu
www.estonianspas.eu



LITHUANIA

National Resort Association of Lithuania
info@kurortuasociacija.lt
www.kurortuasociacija.lt



LUXEMBURG

Domaine Thermal de Mondorf
domaine@mondorflu
www.mondorflu



NETHERLANDS

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FRANCE

Conseil National des Etablissements Thermaux (CNETH)
cneth.thermalisme@wanadoo.fr
www.medecinethermale.fr



GERMANY

Deutscher Heilbäderverband (DHV)
info@dhv-berlin.de
www.deutscher-heilbaederverband.de



HUNGARY

Hungarian Spa and Bath Association
www.spasinhungary.com
info@furdoszovetseg.hu



ICELAND

The Iceland Spa Association
nlf@nlf.is
www.hlsi.is



ITALY

FEDERTERME
segreteria@federterme.it
www.federterme.it



LATVIA

Jūrmala City Council
guntau@jpd.gov.lv
www.latviaresorts.lv



POLAND

Stowarzyszenie Gmin Uzdrowiskowych RP
biuro@sgurp.pl
www.sgurp.pl



PORTUGAL

Associação das Termas de Portugal
geral@termasdeportugal.pt
www.termasdeportugal.pt



ROMANIA

Romanian Spa Owner's Organisation (OPTBR)
optbr@bluescreen.ro
www.romanian-spas.ro



SLOVAKIA

Association of Slovak Spas
ask@ask.sk
www.slovakspas.eu



SLOVENIA

Slovenian Spas Association
ssnz@ssnz.si
www.slovenia-spa.si



SPAIN

Asociación Nacional de Balnearios (ANBAL)
anbal@balnearios.org
www.balnearios.org

Visit our website for more details about the ESPA members
www.europeanspas.eu/content/members/our-europeanspas-members

ESPA IN BRIEF

CORE ACTIVITIES AND PROJECTS

EPIDEMIOLOGICAL SURVEY ON BALNEOTHERAPY (2017-2018)

To identify:

- The different diseases and conditions treated by balneotherapy in the different european countries;
- The health profile of the patients;
- The treatments delivered to the patients in the thermal care facilities (TCF);
- An european profile for balneotherapy indications and treatments.

E-LIBRARY

As part of its commitment to promote evidence-based medicine, ESPA has developed this unique e-library exclusively dedicated to balneology. It aims to disseminate high-quality information towards health professionals and others engaged in basic research and clinical care, public health, health policy development, or related educational activities as well as professionals from the spa industry. Contrary to other databases that return thousands of references, the ESPA e-library is a friendly tool focusing on comprehensive information selected by the ESPA scientific experts, most valuable in the assessment of the medical and economic interests of balneotherapy.

www.espalibrary.eu



ESPA IN BRIEF

ESPA ANNUAL CONGRESS

The ESPA Annual Congress is one-of-a-kind, multi-dimensional, multi-day event. The Annual Congress includes everything from engaging workshops, B2B meetings, the annual Gala of the ESPA Innovation Awards, strategic thinking and knowledge sharing about the industry, and an outstanding international conference.

The events and activities leading up to it are designed to strengthen the bonds between the key stakeholders of the Spa and Health Resorts Industry.

The Congress provides an increasingly rare opportunity for communication and engagement. Meet, greet, and share ideas with the individuals and organizations who are growing and sustaining the Spa and Health Resorts business in Europe.

www.espacongress.eu

ESPA INNOVATION AWARDS

Celebrating Innovation and Evolution in the European Spa & Health Resort industry

The ESPA Innovation Awards celebrates Innovation in 6 different categories:

- Spa & Health Resort Destination;
- Medical Spa;
- Spa Hotel;
- Spa Concept;
- Health Spa Programme;
- Spa Research.

The ESPA Innovation Awards reflects the ESPA aim to stimulate exchange of experience, best practice and know-how.

The emphasis in judging applicants for the ESPA Innovation Awards will be on how effectively the innovation addresses its stated objectives, which may be to improve efficiency, to increase marketability, to achieve environmental goals, to improve market position.

www.espainnovationawards.eu





EUROPE SPA CERTIFICATION

The international Quality system for Medical Spa and Wellness

ESPA launched the international quality seals EuropeSpa med and EuropeSpa wellness in conjunction with leading experts to boost cross-border transparency and fairness in competition. EuropeSpa criteria are focusing on safety, hygiene and therapy infrastructure (EuropeSpa med – for medical spas) and safety, hygiene and wellness infrastructure plus service quality (EuropeSpa wellness – for wellness hotels).

The certificates helps professionals like health insurances and tour operators as well as patients and guests to identify the good spa facilities in the balneotherapy and wellness sector in Europe. The multilingual EuropeSpa web-site is a platform for all stakeholders to search for all EuropeSpa med and EuropeSpa wellness certified spas.

Being on the market for more than 10 years it can be proved that facilities applying the EuropeSpa quality scheme enter to a step by step process that leads to continuous improvement with the result of more satisfied guests, more economical success and more international reputation through better quality.

www.europespa.eu



ROMAN THERMAL SPAS OF EUROPE

Explore a unique Spa & Wellness experience built on a tradition of more than two Milleniums

Initiated by ESPA with two other international and eight national partners the Roman Thermal Spas of Europe brings together health resorts and thermal spa destinations of Roman origin. Based at the intersection of spa and cultural tourism all destinations offer contemporary and innovative combinations of medical spa and wellness facilities as well as history, arts, and gastronomy, embracing the rich and manifold tradition and charm of the European continent.

The main criteria for participation in this unique initiative is that member destinations have to be founded as a spa destination in Roman times and that they have maintained and cultivated this heritage over the course of the centuries until today. The initiative has the goal to market this special tradition to national, European and intercontinental tourist.



As an organisation the Roman Thermal Spas of Europe combine three elements:

- The Roman Thermal Spas are a brand helping member destination to raise awareness among national and international guests about their unique position as a historic spa destination
- It is a marketing network that takes direct measures to promote the member destinations in their national markets as well as on a global scale.
- It is a destination network that helps all destinations and providers to share knowledge and experiences in order to further develop their products and marketing measures to become even more successful spa destinations.

www.roman-thermal-spas.eu



QUALITY IN HEALTH PREVENTION

Healthcare services based on Balneotherapy

The cross-border association “Quality in Health Prevention” constitutes a milestone for quality in international health tourism. This association founded by ESPA, representatives of tour operators, other associations, health insurance companies, scientific institutes and other operators of medical spa hotels and facilities, will serve as a unique multi-stakeholder platform of the European medical spa and balneology industry regarding quality aspects.



Quality in Health Prevention


Healthcare Services based on Balneotherapy


www.quhep.org




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 [linkedin.com/company/european-spas-association/](https://www.linkedin.com/company/european-spas-association/)

 [pinterest.com/europeanspas](https://www.pinterest.com/europeanspas)

 twitter.com/europeanspas

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