09-3 New approach to water treatments: hydrology, balneotherapy and thalassotherapy
the new health tourism

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New ways to attend patients and pathologies are developing due to scientific results and evolution of installations, techniques, aparatology at water treatment centers. We present a way to understand changes in mentality and patients needs. Our model proposes a combination of water centers, spa, balneary and thalassotherapy.

The first center is a Spa with medical wellness clinic in the city of Marbella. A favorite holiday destination in Spain. Objective of clients is having a holidays plus some spa programs, mostly, relaxing with psychological concerns. Slimming programs to lose weight are indicated along with individualized diet and a complete special physical exercise program based on aquagym and some attractive sports. Beauty programs are demanded by the female public that can be completed with small non invasive aesthetical procedures. Bioenergy medicine and natural treatments based in bioelectricity, electromagnetic fields and oriental techniques.

Programs recommended at Carratraca Balneary:

- Fertility and women unity. Due to the excellent results as antinflamatory and endocrine stimulation.
- Cardiovascular unit: most of the patients present some risk factors as high blood pressure, diabetes, obesity, tabaquism, cholesterol... that have indication for a deeper approach.
- Healthy Aging and preventive medicine by the antioxidant properties of water and also because the genetic unit can provide early detection of potential genetic variants and information about the oncotest, cardiogenetic test, and nutritional genetic test.
- The traditional slimming programs can also be implemented by new devices for physical activity; this allows the specialists to control the type of exercise and results, not only at the stay but by distance through several on line and video applications. This way responsible specialists have a complete control of the patient over the time, fidelization, coming back to our centers for periodical controls.
- Detoxification programs.

The third option is the thalasso therapy center, due to the benefits of sea water and climatology of the coast are ideal for several programs:
- Dermatological problems
- Osteoarticlar pathologies, with physiotherapy and osteopathy specialists.
- Psychological and psychosomatic problems.
- Retreat treatments where not only physical and psychological helps are provided by spiritual approach by the specialist and group techniques and individual coaching.
- Oncological diseases, as useful to help symptomatology and quality of life.

Finally all the compounds of sea water are part of thalassotherapy such as micro and macroorganisms. Assisted therapy with sea lions and dolphins (otaridothepany and dolphintherapy) could be part of the programs. A complete team of professionals with psychologist, physiotherapist, special educators, doctors, nurses and animal trainers are necessary.

Pathologies such as hyperactivity, autism, Down’s Syndrome for children can be treated. Families can participate not forgetting pathologies such as rheumatic fibromyalgia, Parkinson’s disease, multiple sclerosis and so on with scientific results published in the last years.

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