10-4 Shumadian forest hammam as a medical SPA concept

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Objectives: In our investigation we had a goal to present and measure the effect of the authentic outdoor medical SPA programs “Shumadian Forest hammam”, “Cigota Cross SPA golden pine forest hammam” and “Tara hammam as 75+, ageing well program” that combine phytoncides, heliotherapy, mineral springs water, zero distance food, tradition and heritage of the Serbian people, on the health of the people.

Material and Methods: Our investigation was designed to measure the effects of Medical SPA programs proposed by experts team of Medical SPA Association of Serbia. One of the programs “Cigota Cross SPA Golden pine forest hammam” has been designed for the healthy women age 50 + for the promotion of healthy life style, better quality of life and preventing disease.

Program encompass several leisure activities: 1 hour walking through the wild nature (woods and fields, collecting herbs and flowers), 10 minutes of kneipp therapy, (walking through the spring water) 30 minutes of meditation below the oak tree, listening birds song, 10 minutes of breath exercise, 10 minutes of folk dance therapy along with music therapy from shepards pipe. Next 30 minutes takes time to prepare and consume the brunch tailored by zero distance food protocols and according the mood food questionnaire, Natural spring water (4 x 200 ml or more) has been consumed during the program protocol. At the end the attendants were involved in selfness workshop (how to make their own herbal ball from collected herbs and flowers, for self massage during additional 30 minutes.

The traveling by bus to the destination from the meeting point, and backward was 45-50 minutes.

The measurement of physiological parameters was conducted by pulse oxymeter device twice before entering the bus from the meeting point and from the program destination.

The Manchester colour wheel test and aromadiagnostic test, as nonverbal mood profile state tests were performed after the pulse oxymeter measurement.

The GHQ has been performed the day before the program, to select healthy attendants.

The Burn out test, Life satisfaction test, stress scale, and POMS24 scale were performed the day before the program and before entering the bus after the program.

All of 30 participants have completed the program procedure.

Results: We have calculated overall score from the tests before and after the program and we have found that there are higher scores of overall oxygen saturation after the program, lower score of Burn out tests, lower score of stress test. POMS24 test shows lower score of TMD.

The Manchester colour wheel, and aromadiagnostic tests indicate the changes towards more balanced emotional state.

Conclusion: Our pilot investigation showed that there is measurable positive effect of authentic forest hammam medical SPA programs on the holistic health of the attendants.
Summarizing the results of our pilot investigation we did not explore them by comprehensive statistical methods. That part of investigation will be organized after more thorough investigation in our future work.

**Keywords:** forest bathing, sun bathing, spring water

**References**


