PERSONAL TOUR

BALNEO VACATION AND DENTAL TOURISM

PROPHYLAXIS, REHABILITATION AND RECREATION

Feel powerful as Nature!
Balneotherapy, prophylaxis, rehabilitation and recreation are the treatments of health conditions using mineral water. The waters have special properties. They contain varying amounts of minerals that have proven health benefits. Mineral waters can be used internally or externally.

Each water source has its own unique mineral properties which is suited to treat a specific body system, organ or health condition. Bulgaria has been endowed by nature with some of the best water sources in Europe. They have been used since ancient times to treat a wide range of medical conditions. For centuries the secret of these curative waters has been known and people have travelled from far away to enjoy their benefits. The experienced therapists we work with will be happy to recommend the best treatment plan for you.
The Saint Spas Balneocomplex is the newest five-star complex in Bulgaria, fully supplied with mineral water.

The hotel part of the complex has 105 standard rooms, 4 VIP studios and 115 luxurious apartments – attractive as design and color decision, with heavenly views southwards and northwards towards the awesome Rhodope Mountains. All rooms in the hotel are equipped with LCD TVs, mini-bars, internet, satellite and telephones in the bath, as well as in the room.

Entertainment facilities with main Restaurant for 300 people, Restaurant-terrace for 100 people, Cafe-terrace for 50 people, Panorama bar restaurant for 80 people, Lobby-bar for 60 people, Gambling room, Computer room, Kids corner, Fitness, Beauty center.

Wellness zone with big and small (kids) indoor swimming pools with mineral water, Finnish sauna, sauna with chromo-therapy, steam bath, room for relax, Fresh and vitamin bar.

SPA zone with 2 rooms for cosmetic treatments, 15 massage rooms and 6 rooms with bath-tubes, Egypt bath, Turkish bath, solarium.

Entertainments. Sports tournaments in bridge, chess and backgammon, table tennis, water polo can be organized in the complex. You can visit the sports schools and courses in swimming – individual and group classes, Bulgarian national dances, callanetics, underwater gymnastics in groups.

The prices included:
breakfast, lunch, dinner, tourist insurance, pool with mineral water, jacuzzi, sauna, fitness, steam bath, relax zone, car park, Wi-Fi.
The SPA and Wellness centers in “SAINT SPAS” are the most attractive places in the balneocomplexes. Built with the newest constructive technologies and with modern design and period arrangement they attract each guest of the hotels. Everyone can relax here, as well as everyone can take a real rest or delight in the feeling and the scent of all nature gifts.

The SPA and Wellness centers have outdoor /in the summer/ and indoor swimming pools, Jacuzzi, kids pool, sauna, steam bath, Fitness, Turkish bath, Egypt bath, massage rooms, Ayurveda, cosmetic rooms, underwater massage bath-tubes, solarium, beds for aroma therapy, Vichy shower.

Medical zone with rooms for Physiotherapy, Cardiology and Internal medicine, Gynecology, Surgery, Gastroenterology, Urology and Dermatology, laboratory, hall for Kinesitherapy, therapeutic room, rooms for lye treatments, light therapy, ultrasound, inhalations, mineral water therapy.

Different rehabilitation and recovering programs may be applied in the two branches of the center for healing of:

- Degenerative joint diseases – arthrosis;
- Inflammatory joint diseases – rheumatoid arthritis, ankylosing spondylitis, other arthritis;
- Disk disease;
- Diseases of the nervous system;
- Traumatic diseases of the musculoskeletal system;
- Osteoporosis;
- Hypertension;
- Respiratory diseases – chronic bronchitis, bronchial asthma;
- Exchange endocrine diseases – gout, diabetes;
- Kidney-urological diseases: nephrolithiasis, pyelonephritis;
- Ulcer – gastritis, colitis;
- Infertility;
- Overweight – obesity;
- Peripheral vascular diseases.
On the northern coast of the Black Sea, between the Albena and Kranevo holiday resorts, 300 m away from the beach, is located a new modern balneology hotel with healing thermal springs – THERMA PALACE.

THERMA PALACE is a balneology hotel that offers luxurious apartments, studios and double rooms meeting the high expectations for style and comfort of every guest. All rooms have a private sanitary unit, a TV set, telephone, mini-bar, hair dryer and direct Internet access. The complex features two swimming pools (indoor and outdoor), allowing the guests to "flirt" with mineral water and its healing properties year-round.

THERMA PALACE has a stylish lobby, reception, lobby bar, sky bar, a tea house, an Italian and a Russian restaurant, a rehabilitation centre, gym, yoga place, a bowling and snooker club.

The prices included: breakfast, lunch, dinner, Bulgarian alcoholic and soft drinks, mineral water, coffee, tea; swimming pool with mineral water; Japanese barrels, thermal area (Finnish sauna, herbal sauna, salt room, steam bath, foot baths, ice bucket), fitness, Wi-Fi, lounge and umbrella on the beach.

The Balneology services include:
- LPG;
- Physiotherapy;
- Pressotherapy;
- Oxygen therapy;
- Underwater extension;
- Whirpool bath;
- Dry flotation;
- Cryotherapy;
- Lye treatment;
- Mud treatment.

The SPA and WELLNESS services include:
- Aroma - herbal bath;
- Finnish sauna;
- Turkish bath;
- Salt room;
- Japanese hot tubs;
- Vichy shower;
- Foot tubs and kneipp foot baths.
Sevtopolis Hotel Balneo&Spa is situated in the centre of Pavel Bania, within it's well kept own park with rich greenery. The hotel is easily recognized by it's modern, yet stylish building, with its own Spa and Wellness Centre - an exclusive concept, related to the seven basic principles of the SPA philosophy: Water, Beauty, Nature, Vitality, Balance, Diet, Harmony.

Built in an oval shape, the hotel is designed to bring comfort and harmony in a peaceful surrounding and a lot of daylight. The oval shapes are applied in the Lobby area, suites, restaurant and indoor pool, completing the sense of relaxation and well being.

State-of- the -Art medical centre provides a vast variety of balneological treatments and rehabilitation procedures under the supervision of highly professional medical staff. Along with traditional balneology, guests can indulge in a variety of spa and relaxing therapies, indoor and open-air swimming pools with mineral water, relax areas. At guests’ disposal are a restaurant, Lobby bar, Fresh bar, free parking and Wi-Fi.

What makes the Sevtopolis Hotel unique, is the feeling of traditional architecture and home comfort, combined with the innovation taste.

The wide range of relaxing therapies and beauty treatments for body and spirit includes:

- Sauna park, numerous types of baths & showers, jacuzzi;
- Body treatments – honey, stone, and aromatherapy;
- Beauty & Body cosmetics and treatments;
- Several massage types;
- Japanese and Oriental relax areas - Indoor and outdoor pool with hot mineral water;
- Consider the moment when body, soul and feelings merge in perfect harmony of deep comfort and total wellbeing in Spa and Wellness Centre of Hotel;
- Seuthopolis you can experience this moment over and over.

The prices included: breakfast, lunch, dinner, indoor swimming pool, jacuzzi, sauna, steam bath, car park, internet, city tax and VAT and 3 balneo treatments per day. The prices are per person, for the specified period of time, for minimum 7 - 10 or 14 nights with included: 1 medical examination – basic, 3 balneology procedures per day.
The elegant Pirin Park Hotel is situated on the west slopes of Pirin mountain, along the mouth of the picturesque Sandanska Bistritsa River, next to the fresh park of Sandanski SPA and climatic resort - the best natural healing centre for bronchial asthma in Europe.

The invigorating gifts – sun, water and health are guarantee for your complete rest in Pirin Park Hotel in Sandanski. Along with its excellent conditions for SPA and climatic treatment, SPA & wellness vacation, outdoor recreation, eco, mountain and hunting tourism, cognitive, cultural and historical tours, and thanks to the high professionalism, excellent conference facilities, first-class cuisine and entertainment opportunities, the five-star Pirin Park Hotel is especially popular for successful business events, meetings, team buildings and memorable family celebrations.

A team of renowned physicians has prepared for you the following medical SPA programs in Pirin Park Hotel:

- Anti stress program;
- Lungs programme;
- Musculoskeletal diseases and peripheral nervous system diseases programme;
- Mother - child programme.

The medical SPA programs in Pirin Park Hotel are prescribed by a doctor; they are conducted individually and include medical examination (initial, controlling and final) and a combination of the following types of treatments:

- Balneo – hydrotherapy: pearl bath, tangentor, thermal mineral pool with benches with hydro-massage jets and "tired legs" Kneipp paths;
- Physiotherapy: electrotherapy, magnetic therapy, laser therapy, ultrasound, light therapy, lye therapy, mud treatment, inhalations with mineral water and herbs;
- Kinesitherapy and rehabilitation: individual and group curative exercises, terrain treatment, respiratory exercises, special massage techniques, lymph drainage;
- Tangentor;
- Wood eco bath-tub for hydro & aero-massage;
- Two-seater hydro-massage bath-tub;
- Pearl bath;
- Thermal pool with Kneipp paths;
- The mineral water used in Pirin Park Hotel is from Miroto spring. Its is crystal clear, colourless, with pH 7.8 and is suitable for:
  - Drinking in cases of gastrointestinal diseases, bile and liver diseases, renal, urological and metabolic diseases – gout, sugar diabetes, obesity;
  - External balneotherapy – diseases of the locomotor system, peripheral nervous system and skin diseases (due to the high content of metasilicic acid (72 mg/l) which has a powerful detoxing effect on the skin).

The prices included: breakfast, lunch, dinner, tourist insurance and VAT, wifi, car park, unlimited use of: fitness, indoor pool, jacuzzi, children’s pool, park garden with swimming pool, children’s pool and a children’s playground.
Interhotel Sandanski is situated in the center of Sandanski. Interhotel Sandanski offers one of the largest medical centers for medical treatments and rehabilitation of the Balkan Peninsula. The guests can use three mineral water pools, one of which is thermal with a temperature of the water 38°C.

The region of Sandanski is highly recommended for prevention and treatment of asthma in its three types – allergic, non-allergic and combined. An improvement of asthma symptoms is observed during the first week of treatment and the attacks get lower in frequency and intensity. The asthma attacks disappear in more than 55% of all patients.

The wide range of balneological procedures applied at Interhotel Sandanski has a healing effect on many medical conditions such as:

- upper respiratory tract diseases: rhinitis, sinusitis;
- non-specific pulmonary diseases: bronchitis, post-pneumonic condition or chronic obstructive pulmonary disease;
- neuralgic conditions: pleuritis, radiculitis, spinal disc problems;
- skin allergies: urticaria and psoriasi;s
- some kidney problems as well as metabolism disorders.

Interhotel Sandanski’s balneology complex has traditionally been recognized by a number of physicians as a preferred center for prevention and treatment of osteoporosis and locomotory system disorders such as arthritis and arthrosis.

The Paraffin procedures have an extraordinary effect on osteoporosis recovery. All procedures are prescribed by our doctor during an initial examination and they include local paraffin application on painful spot.

The TORFOSOL is an outstanding component used in our curative and preventive programs. Torfosol is a unique BIO product patent in Bulgaria. It consists of dried and ground turf, fertilized with Fluorine /F/, Silicon /Si/ and Magnesium /Mg/. Torfosol is often prescribed for treatment of locomotory system conditions. It is applied either as a supplement for mineral baths or as partial application on algetic zones.

Physical therapy and electro therapy such as ultrasound, laser therapy, magnet therapy and electrophoresis are widely used in the treatment of various diseases at Interhotel Sandanski’s Balneology center.

Programs are adapted for adults and children and are performed under doctor’s supervision.

The prices included: breakfast, lunch, dinner. The hotel offers additional spa treatments.
Calista Spa Hotel is located in the Stara Zagora Mineral Spa resort complex, in a magnificent and ecologically clean area 12 km from Stara Zagora. Spa and wellness center located in the hotel is 6000 sq.m and has the most advanced technical facilities.

The classification formula of the mineral water of the Stara Zagora Mineral Spa rates it as IV-44.

The mineral water of the Stara Zagora Mineral Spa is described as being of low content of minerals (acrothermal) hyper thermal water of neutral reaction, belonging to the carbonic acid mineral waters, containing 60 mg/l CO₂ and of mineral content 498 mg/l.

Disorders suitable for prophylaxis and treatment
1. Vertebrogenic (related to the spinal column) disorders and such of the peripheral nerves
2. Degenerative, joint and near joint inflammatory disorders
3. Conditions after traumatic and orthopedic disorders
4. Disorders of the central nervous system

Services offered by the center are:
- Water procedure with mineral water;
- Hydro Massages and therapy;
- Kinesis therapy;
- Electrical Therapy;
- Lye treatment;
- Anti-cellulite therapies;
- Modeling Therapy;
- Slimming and firming treatment;
- Finnish sauna;
- Infra-red sauna.

The prices included: breakfast, lunch, dinner, tourist tax, car park and use of: swimming pool, children’s pool, fitness, steam bath with mint, steam bath with eucalyptus, ice room, relax zone, finnish and infrared sauna.
Majestic mountain, centuries-old forests and sparkling air – Mother Nature has combined these gifts in Borovets for us to see how a Paradise corner looks like. The resort is at 1350 meters above sea level on the northern slopes of Rila mountain, at the foot of Peak Musala. Pine trees and mountain flowers enshrine Hotel Kalina. Its guests enjoy conveniences and remedial procedures combined with adventure and memorable experiences. The hotel offers perfect service, full recreation and health prophylaxis throughout the year. The perfect place for a marvelous relax.

**Conditions and conveniences**

The hotel capacity is 46 beds in 21 rooms and 4 apartments. The homely ambience of the rooms is underpinned by the warmth of wooden materials and stylistic furniture. Each room has an individual WC unit, cable TV, minibar and Internet. The guests are welcome at the hotel’s restaurant and spacious day bar, while a conference room with all modern equipment provides an excellent venue for business meetings.
SPA center
The rehabilitation center includes medical office, physiotherapy, hydro massage, sauna and massage. Cool summers, mild and snowy winters and healthy climate make the hotel an attractive place for recreation and rehabilitation.

The following diseases and conditions are successfully treated at hotel Kalina:
- Respiratory diseases;
- Diseases of the peripheral nervous system;
- Musculoskeletal diseases;
- Functional disorders of central nervous system.

Entertainment
Places of prominence in the area of Borovets are Bistritsa Palace, Sitnyakovo Place and the Black Rock locality. Mountaineers can take a cabin lift to Yastrebets Hut and then track the path to Musala Hut and Peak Musala. For Nature lovers, Hotel Kalina will organise walking routes with mountain guides, horse riding, fishing, picnics, etc. The Hotel can also be visited in wintertime as the Borovets resort offers excellent ski slopes and other facilities for winter sports. And summer will charge us with the energy of divine nature.
Just 17 km away from the capital city Sofia, at the skirts of the green forest hills of Luylin Mountain is Bankya resort – a wealth of remedial thermal water, brisk air and bountiful sun. Amidst this wealth is Balneal complex Druzhba with its two hotels: Druzhba and Druzhba 2.

The town of Bankya is 640 m above sea level. The resort has moderate continental climate with sub-mountain influence. The average annual temperature of the air is 9.4°C. The summer is warm, but not hot, with refreshing winds from the surrounding mountains and valleys. The winter is moderately cold, but without strong winds. These climatic conditions render the place appropriate for yearround balneal treatment.

Conditions and conveniences
Hotel Druzhba offers 46 beds in 20 rooms and 3 VIP rooms. All rooms are equipped with cable TV and refrigerator. Other guest facilities include restaurant with 100 seats, lobby bar, unmanned outdoor parking lot for 20 cars.

Hotel Druzhba 2 offers 46 beds in 21 rooms and 2 apartments. All rooms are equipped with cable TV. The restaurant seating is 30.

Business services
Hotel Druzhba offers two conference rooms:
Bankya with 40 seats and Lyulin with 120 seats. The rooms are equipped with flipcharts, screens and beamers for workshops, business meetings and conferences. Hotel Druzhba 2 has two conference rooms with 20 seats each.
Balneal therapy centre
The rehabilitation center of Balneal Complex Druzhba has a medical office, physiotherapy, solarium, hydro therapy centre with whirlpools and pearl tubs; gym and outdoor mineral water pool.

Mineral water
The famous mineral waters of Bankya are with temperatures between 36.5°C to 37°C and total flow rate of 24 lt/sec. These are weakly mineralized, hydrocarbonate-sulfate-sodium, clear, colourless, odourless and pleasantly tasting drinkable waters.

Treatment indications:
- Cardiovascular diseases;
- Diseases of the peripheral nervous system;
- Endocrinial and metabolitic diseases;
- Functional disorders of the nervous safety (neurotic and neurasthenic);
- Degenerative disorders of musculoskeletal system (arthrosis).

Entertainment
Sport and entertainment programmes (tennis, fishing, horse riding, bowling, outdoor hydrothermal pools).
The remedial mineral springs of Hissar resort are a natural bridge between Ancient Ages and present days!
The hotel is situated in the northern part of the town near the Momina Sulza spring, amid greenery, quietness and clean air, in an excellent environment for recreation and relax. Accessible by disabled persons. Business facilities are available.
The town of Hissar is a modern balneal resort in a small valley with the same name on the southern skirts Core Sredna Gora (Middle Mountain). The peaks Botev, Leški and Kupena of Stara Planina (Old Mountain) peep above the highlands of Sredna Gora, which ensconce the town on the northern side. Southward, the horizon is open to the vast Upper Thracian Valley providing abundant sunlight and picturesque far-reaching panorama. The climate is mixed-type, transitory-continental. The average annual temperature is around 11.9°C with 280 sunny days in the year. Summers are moderately hot with reduced humidity. Winters are mild with transitory snow blankets. Springs are fresh and autumns are moderately warm and long.

**Conditions and conveniences**
The Hotel offers 120 beds in 62 rooms and 6 apartments. The following services are available to the guests: cable TV, refrigerator, area for attending to disabled persons, telephone, Internet, safety deposit box, room service. Other hospitality facilities include gift shop, secure parking lot, conference room with up to 100 seats, restaurant with 120 seats with diet, national and European cuisine, café bar with 20 indoor seats and terrace with 40 seats, sports facilities – table tennis, gym and unmanned parking lot.
Balneal therapy centre
The rehabilitation center includes indoor mineral water pool, diagnostic unit, physiotherapy unit, kinetic therapy unit for remedial exercises (in groups or individually), remedial massage (manual), gym, hydro therapy unit with hydro massage tubs, whirlpools, pearl tubs, juniper tubs, etc., indoor mineral water pool for therapeutic procedures, lye therapy, sauna.

Mineral water
The bioclimate subtly complements and enhances the effect of balneal factors. The 22 warm mineral springs are national wealth and each of them has unique therapeutic properties. The thermal water is weakly mineralized, hydro-carbonate, with temperature 52°C.

Treatment indications:
- Renal and urological diseases;
- Diseases of the musculoskeletal system;
- Diseases of the peripheral nervous system;
- Gastrointestinal and gall-renal diseases;
- Gynecological diseases.

Entertainment
The resort is famous for its remains of ancient settlement, Roman baths and several Christian churches. Conversely to the other populated settlements in the Roman province of Thrace during these ancient ages, the settlement at the warm mineral springs (today Hissar) evolved to an important polis in III – IV c. AD. In IV c. AD, during the rule of the Roman emperor Diocletian, the polis was surrounded with wide fortress walls, the ruins of which are on display today. The Hotel organizes visits to the Thracian cult center in the nearby village of Starosel.
The Kostenets Villas resort is in the northern skirts of Rila mountain at 835 meters above seal level. The magnificent nature, which combines alpine and flat country landscape, the friendly climate, the unique combination of mineral water and natural and historic sites offer ideal conditions for year-round balneal therapy, recreation and sport activities.

Balneal Hotel Constantzia is part of the Kostenets Villas resort – 9 km southwest of the town of Kostenets, amidst the dense forests that overgrow the northern slopes of Rila mountain. This is a meeting point of extraordinary natural environment, mineral water and clear rivers – irreplaceable sources of energy.

**Conditions and conveniences**
The Hotel offers 270 beds in 129 rooms and 6 apartments. All rooms are equipped with cable TV, individual WC unit and mineral water on tap. Other guest facilities include: restaurant with 280 seats, day bar with fireplace, barbecue terrace with 65 seats, secure outdoor parking lot, lift, information desk, local heating system, summer garden, playground for kids, house telephone, post desk, outdoor beach with mini pool. There are also two conference rooms with 150 and 30 seats accordingly.
**Balneal therapy centre**

The rehabilitation centre includes medical office, indoor and outdoor pool with mineral water, steam bath, hydro massage, therapeutic tubs, massage rooms, physiotherapy rooms, gym.

**Mineral water**

The mineral water temperature is 47°C. It is characterised as weakly mineralized, hydro-carbonate, sulphate-sodium, mildly fluoric, with traces of radon and with very low general hardness.

The springs were known yet in the Ancient Ages evidenced by the remains of Roman thermae, balneal facilities and nymphaeums.

**Treatment indications**

- Musculoskeletal diseases.
- Diseases of the peripheral nervous system.
- Skin diseases.
- Functional disorders of the central nervous system.
- Gynecologic diseases.
- Respiratory diseases.

**Entertainment**

Nearby natural sites of prominence are Kostenets Waterfall and Kostenets Lake. Kostenets municipality is known for the 150 year old temple St. Archangel Mihail (in the village of Kostenets), St. Spas monastery, St. Grand Martyr George temple, St. Pantaleimon church and the chapels St. Ilia and Sta. Petka. There are also preserved tumuli and remains of 11 ancient villages from the Bronze age, Early and Late Iron Age. The Trayan Gate fortress dates back to Roman times, but in Bulgarian history it is known with the defeat suffered in 986 by the Bulgarian Czar Samuil from Emperor Basil II.
The resort is bestowed with mild mountain climate, moderately cold winters and cool summers. The air is crystal clear, more ionized and rich in ozone than usual. Sunlight is intensive and lasting, with high content of ultraviolet rays. The altitude of the resort is 800 meters above sea level. Lilacs Resort is just 15 km from Gabrovo, in the lovely mountain locality known as Lilacs. The crisp, highly ionized and ozone rich air has an outstandingly favourable effect on respiratory diseases. There is playground for children. The place is accessible by disabled persons. Business services are available.

Conditions and conveniences
The Hotel offers 121 beds in 61 rooms and 8 apartments. The following services are available to the guests: direct telephone line and Internet, satellite TV, room service, business centre with Internet access, conference rooms with 130 and 20 seats and full technical equipment, satellite TV rooms, kid room and playground, safety deposit box at the reception desk, laundry and ironing services, secure parking lot. Other hospitality facilities include restaurant with 150 seats, summer garden with 100 seats, day bar in the lobby, night club, karaoke, sport facilities: snooker, table tennis, court tennis, bike hire, ski tow and ski wardrobe.
Treatment indications

The Lilacs complex is a climatic mountain resort. A characteristic feature of Lilacs is the intensive use of air and solar baths, dosed walks, etc. for prophylaxis and therapeutic purposes.

Climatic therapy is the most accessible and widespread form of therapy and prophylaxis. It uses the therapeutic and prophylactic effects, which weather conditions of the surrounding environment, radiant energy of the sun and regional climate specificities produce on the human body.

The following branches of climatic therapy are used at the resort: air (aero) therapy and solar baths. Aero therapy takes place outdoors in the park, on the terraces of the complex, during daytime and nighttime sleeping in rooms with opened windows and by air baths. Solar baths possess many remedial properties as they increase the performance of various organs and tissues, improve the metabolitic process and strengthen the defense functions of the body. They also help increase the physical and intellectual capacity as well as the overall condition of everyone.

- Respiratory diseases (chronic bronchitis, pulmonary emphysema, bronchial asthma, chronic obstructive pulmonary disease, chronic pneumonia, pneumosclerosis, silicosis)
- Cardiovascular diseases (hypertension, myocardial infarction in chronic phase, ischemic heart disease – stable form)
- Otolaryngological diseases (disorders of the outer, middle and inner ear, chronic and allergic rhinitis, tonsillitis, laryngitis, pharyngitis, sinusitis)
- Endocrinal and metabolic diseases (diabetes, thyrotoxicosis, hypothyroidism, obesity)
- Neurological diseases (diseases of the central and peripheral nervous system, functional disorders of the peripheral nervous system)
- Musculoskeletal diseases (traumatic, orthopedic and strain-caused diseases of the musculoskeletal system)

Balneal therapy centre

The rehabilitation centre includes therapeutic office, physiotherapy with electrotherapy and light therapy units, gym for remedial physical exercises and fitness workouts, lye therapy, paraffin therapy, solarium, sauna, hydro therapy in underwater massage tubs.

Entertainment

Walking tours to Uzana locality and Peak Mazalat. Sightseeing trips to Etara, Bozhenci, the House of Humor and Satire, the Museum of Education, Dryanovo Monastery, Tryavna, Sokolski Monastery.
This resort, cuddled between Stara Planina (Old Mountain, also known as The Balkan) from north and Sredna Gora (Middle Mountain) from south, very close to Koprinka dam and Tundja river, offers excellent conditions for recreation, rest and treatment. The climate is transitory-continental, springs are cool, summers are warm, autumns are dry and winters are mild. Remedial mineral water known from Ancient Ages!

Climatic and Balneal Therapy Hotel Pavel Banya is part of the resort with the same name, at 382 meters above sea level, between The Balkan and Sredna Gora, amidst the beautiful Rose Valley, 25 km from the city of Kazanlak. Accessible to disabled persons. Business services are available. Here you will find excellent environment for recreation, rehabilitation or therapy.

**Conditions and conveniences**

The Hotel offers 500 beds in 222 rooms and 33 apartments. The rooms are homely and well equipped. The Hotel has 3 restaurants: Bulgaria with 180 seats and terrace-like summer garden, Laguna with 80 seats and summer garden, panoramic bar-restaurant with 100 seats, conference room and sporting facilities including football, basketball and volleyball pitches.
Balneal therapy centre

The rehabilitation centre includes a Balneal and hydro therapy sector with 30 tubs, including underwater extension, underwater (tangential) massage, bubble whirlpools (Jacuzzi) and hydrogalvanic tub, indoor swimming pool with mineral water for remedial underwater exercise, saunas and solariums, outdoor swimming pools for adults and minors and Jacuzzi;

Kinetic therapy sector for remedial physical exercises (in groups or individual), therapeutic massage (manual and mechanized), mechanic therapy and gym; Thermal therapy centre with paraffin therapy unit; Physiotherapy sector with 20 cabins for electro and light therapy; Diagnostic sector with units for X-ray and bone density tests, laser therapy and needle therapy, anticeulitis therapy and iris diagnostics.

Mineral water

The main therapeutic factor is thermal mineral water, which was used for therapeutic purposes yet in ancient times. Mineral waters with similar physicochemical properties – temperature between 50° and 61°C and total flow rate of 16 lt/sec – sprout from seven natural springs and artificial wells.

The water is characterised as weakly mineralized, hydrocarbonate-sodium, slightly alkaline, of low hardness and low radon content, siliceous and weakly to moderately fluoric.

Treatment indications

- Musculoskeletal diseases
- Degenerative and inflammatory diseases of the joints
- Traumatic and orthopedic diseases
- Vertebrogenic (originating from the spinal column)
- pathological changes
- Diseases of the peripheral nervous system
- Diseases of central nervous system
- Post-burn conditions

Entertainment

Historical sites include remains of an antique polis, Roman bath and balneal facilities, large Christian church, etc.
The town of Strelcha is one of the most famous Bulgarian resorts, situated in a beautiful park, near a pine forest in the southern skirts of Core Sredna Gora (Middle Mountain), amidst a picturesque basin in the valley of Strelchanka Luda Yana river, 475 meters above sea level. Friendly bioclimate, generous number of sunny days through the year, mild winters, moderately hot summers, in combination with remedial warm mineral water all add up to make an excellent environment for year-round balneal therapy. Business services are also available.

**Conditions and conveniences**

The Hotel offers 130 beds in 56 rooms and 4 apartments. All rooms have cable TV, minibar, telephone, mineral water on tap. Other hospitality facilities include: restaurant with 150 seats, lobby bar, Café and pastry shop, secure outdoor parking lot, two conference rooms with 30 and 45 seats.
Balneal therapy centre
The rehabilitation centre includes a Hydro Therapy section with one outdoor and two indoor mineral water pools, mineral tubs, whirlpool, hydro massage tubs, pearl tubs, and sauna; Kinetic Therapy section; massage rooms, medical offices; Electro and Light Therapy section, and Paraffin Therapy section.

The combination of friendly climate with remedial mineral water and very good therapeutic facilities warrant successful treatment, rehabilitation and prophylaxis of major diseases.

Mineral water
The mineral water used in Balneal Hotel Roza for prophylaxis and treatment has flow rate of 13 lt/sec, mineral content 324 mg/lt., minor content of Radon – 222 E. The water is hyperthermal at 42°C, weakly mineralized at M 0.331, sulfate-hydrocarbonate-sodium and fluoric with mildly alkaline pH of 8.25 and temperature +56°C. The water has good drinking and taste properties (low hardness of 0.8H and high alkaline pH of 8.8), which makes it appropriate for both external applications (baths, pool, tubs, underwater massage and gymnastics) and drinking or inhalatory applications.

One of the substances contained in the mineral water – radon, is a noble gas occurring from the fission of radioactive elements deep beneath the earth surface. The released radon is dissolved in waters traveling through radioactive earth layers. The main mechanism of the balneo-specific effect of radon water consists of stimulation and regulation of cell functions. Radon balneotherapy has proven balneo-specific effect on a number of high-incidence diseases.

According to the established norms for safe balneal treatment, Bulgarian radon waters can be used 2 to 3 times per year.

Treatment indications: musculoskeletal diseases; neurological diseases; functional disorders of the nervous system; gynaecologic diseases; metabolitic and endocrinal diseases; skin diseases; respiratory diseases; chronic intoxications with heavy metals.
The Hotel is in the town of Banya, in Stryama Valley, 12 km from the town of Karlovo.
The resort lies at 282 meters above sea level.
The place offers a comfortable and homely environment, comprehensive balneal therapy combined with mineral water and remedial mud. Away from the hustle of everyday life, this is a real realm of peace! Accessible to disabled persons.
The climate is mild, transitory-continental. These climatic features make Banya an year-round climatic and bath resort. There are excellent opportunities for comprehensive balneal and climatic therapy as well as for prophylaxis, recreation and tourism. In the resort there is a natural source of remedial mud, which is used for comprehensive balneal therapy.

Conditions and conveniences
The Hotel offers 150 beds in 75 rooms and 6 apartments. All rooms are furnished in luxury, including individual bathrooms with warm mineral water on tap, cable TV, minibar, telephone and local heating. The apartments have tubs and air-conditioning systems. There is also an Internet room, gift and cosmetics shop, secure parking lot. The Hotel offers business services and well equipped conference room for up to 100 seats. Other facilities include restaurant with summer terrace, Internet café with open air terrace, snooker table and gym.

Entertainment
The summer residence of Czar Boris III with its rich botanical garden is a site of cultural and historic prominence. The guests of the resort can visit and see the nearby towns of Karlovo, Sopot and Kalofer, which are an important part of the Bulgarian renaissance period, as well as the Hissar resort and the Thracian tomb in Starosel. Just 200 meters from the Hotel there is an outdoor mineral water pool which is opened throughout the year and a seasonal swimming complex with three mineral water pools. Sightseeing trips and walking tours are also available.
Remedial mud is an important factor. In more detail, it is peat soaked with mineral water. The peat nourishes and rejuvenates human tissues, abates inflammation, soothes inflammatory processes, has remedial effect on joints, muscles and nerve pains. Due to its easy absorption in the body, peat stimulates the immune system and provides oxygen to the tissues. The peat components – mineral substances and micro-elements, penetrate through the skin pores to reach the nerve ends, the blood and lymph system, thus stimulating defensive reactions and regenerative processes in the tissues. This makes peat a product of choice for many musculoskeletal diseases, nervous system diseases, in sport medicine, etc. As a rich organic compound, peat contains an set of fat acids, mineral salts and olygoelements (K, Ca, Mg, etc.), vitamins, enzymes and lipids, which tone-up and hydrate the skin, make it more smooth, elastic and shiny, and improve its turgor.

**Balneal therapy centre**
The rehabilitation centre includes three medical offices, balneal therapy unit, outdoor mineral water pool, steam bath, physiotherapy and lye therapy units, herbal tubs with mineral water, hydro massage tubs, mud therapy unit, massage rooms and kinetic therapy unit.

**Mineral water**
The mineral waters of Banya originate from several springs. There are more than 10 large mineral springs in the resort. The waters come at 30 lt./sec and temperature 35-50°C. The average temperature of Banya waters is 58°C. These are weakly mineralized, sulfate, hydrocarbonatesodium, fluoric, siliceous waters with strong alkaline pH of 9.2.

**Treatment indications**
- Diseases of the peripheral nervous system
- Diseases of the central nervous system
- Musculoskeletal diseases
- Demyelinating diseases – multiple sclerosis
- Gynecological and andrological diseases
This resort at 31 m above sea level. The climate is transitory-continental with typical Black Sea impact. Summers are warm and hot, winters are mild to moderately cold. The average temperature in January is +2°C and the average temperature in July is +23.4°C. The climate favours year-round balneal therapy and comprehensive balneal and climatic therapy and prophylaxis. The Balneal Hotel is part of Burgas Mineral Baths resort. This is one of the most ancient resorts in Bulgaria – 15 km from Burgas and 30 km from the well known Sunny Beach. Business services are also available.

**Conditions and conveniences**
Hotel St. Mina offers 148 beds in 67 rooms and 3 apartments. Cable TV is available in all rooms. Other hospitality facilities include restaurant with 120 seats, lobby bar and multipurpose, multimedia conference room with 70 seats.
Balneal therapy centre

The rehabilitation centre includes advanced medial equipment, underwater massage tubs, one outdoor and two indoor mineral water pools. A number of bespoke medical procedures are performed to make maximum use of the remedial properties of natural factors: tubs (mineral, mud, pearl), underwater jet massage, underwater shower massage, mineral pool, mud applications, lye therapies (application of compresses with lye heated in water bath), lye electrophoresis.

Mineral water

The main remedial factor in the resort is the mineral water, characterised as hot (41°C), weakly mineralized (0.604 g/l), chloride-hydrocarbonate-sodium, highly alkaline (pH 9.95), siliceous (94 mg colloidal meta silicic acid per litre). The water is clear, colourless, odourless, drinkable with very good taste, inter alia due to its very low hardness (the so called "soft water). 

Treatment indications

- Diseases of the peripheral nervous system
- Diseases of the central nervous system
- Musculoskeletal diseases

The Balneal Hotel has traditions in the area of balneotherapy. It offers a combination, unique to the country, of three remedial factors: mineral water, firth mud and remedial lye, which, combined with favourable sea climate and complemented with performed physical factors and kinetic therapy, produce a pronounced therapeutic effect.
Varshets (400 m above sea level) is situated in a lovely hollow with 120 thousand decares of century-old beech and oak forests along Botunya river. The forest-rich northern slopes of Stara Planina (Todorini Kukli peak – 1875 m) and the grand ridge of Koznitza raise above the town. The astonishing 100 year boulevard with sycamore trees is part of a picturesque forest park of 800 decares (the second largest in Bulgaria) with pine trees and decorative plants. The climate is moderately continental with sub-mountain impact. A modern hotel at the heart of Vurshets – one of the oldest balneal resorts in Bulgaria. The natural combination of mountain, balneal and climatic therapy guarantee the strengthening of your health! Excellent conditions for conference and business tourism!

Conditions and conveniences
The Hotel offers 90 beds in 36 rooms and 9 apartments. Vila Tintyava has 36 beds in 18 rooms and 2 apartments. All rooms are equipped with telephone, minbar, cable TV, wireless Internet access, safety deposit box and secure parking lot. Other facilities include restaurant with 240 seats, day bar, summer bar. The hotel has a well equipped conference room and a DVD room.
Balneal therapy centre
The rehabilitation centre includes outdoor mineral water pool, SPA centre with Jacuzzi, hydro massage system and steam bath; balneal therapy unit, physiotherapy unit with electrotherapy; Kinetic therapy unit with gym and massage rooms.

Mineral water
The mineral water has been used for more than 2000 years and is the only Bulgarian one among the top 20 mineral waters in the world. It is used for hydro therapy – both internal (by drinking) and external (pools, various tubs, underwater massage).

The total mineralization of the water is 0.241 g/l. It is characterised as hypothermal, weakly mineralized hydrocarbonatesulfate-sodium, without traces of chemical and microbiological contamination.

Treatment indications
- Diseases of the central nervous system
- Diseases of the peripheral nervous system
- Musculoskeletal diseases
- Cardiovascular diseases
- Endocrinal and metabolic diseases
- Renal and urological diseases

Entertainment
- The Hotel Complex uses its own minivans to take the guests on sightseeing trips to local and more distant sites of natural, cultural, historic and religious prominence, such as the Ledenika and Magurata caves, the phenomenal rocks Belogradchiki Skali and Vratsata, Baba Vida fortress, Cherepishki Monastery, The Four Thrones Monastery and the fourth largest monastery in Bulgaria – Klisurski, which dates back to the 13th century.
- Walking tours are organised to popular localities in the region – Vododpada (Waterfall), Minkovi Baths, Bylata Voda (White Water), Zeleni Del and Ivanchova Meadow.
- Bicycles can be rented for cycling tours and the ski slope at Peak Kom can be used in wintertime.
VELINGRAD RESORT
VELINGRAD MEDICAL SPA HOTEL

Velingrad – the Spa capital of Bulgaria! This is the resort with the largest number of mineral springs. It is situated in the one of the loveliest parts of the Rhodopes – the Chepino Hollow.

The Balneal Hotel is amidst a rich pine forest. It offers excellent conditions for prophylaxis, relaxation and business services.

Velingrad is 133 km southeast from Sofia, 85 km southwest from Plovdiv and 45 km southwest from Pazardzhik.

The resort is at 754 meters above sea level. The climate is characterized by cool summers and mild winters. The area offers excellent opportunities for combined forms of balneal and climate therapy as well as for prophylaxis, recreation and tourism. Velingrad is also known for the largest Karst spring on the Balkans – Kleptuza, one of the town’s landmarks. The Radon Bath with its remedial mud ponds, the sulfur springs Topilata, the localities Yundola, Belmeken and Kurtovo are only part of the numerous natural beauties.

**Conditions and conveniences**
The Hotel offers 99 beds in 49 rooms and 2 apartments. Each room has cable TV and minibar. Other facilities include restaurant with 120 seats, day bar and conference room.
Balneal therapy centre
The rehabilitation centre includes full set of balneotherapy, rehabilitation physiotherapy facilities – outdoor mineral water pool, tubs, hydro massage, whirlpool and pond, gym, physiotherapy and paraffin therapy, solarium and massage rooms. The offered procedures have therapeutic and relaxing effect.

Mineral water
Mineral waters in the resort are almost everywhere and have very diverse compositions. They sprout from 70 hot springs at the impressive rate of 142 lt. per second – this is more than 12 million litres per day. Their temperatures vary from 46° to 94°C. All waters are weakly mineralized, sulfate-hydrocarbonatesodium, strongly alkaline, of low hardness and pleasantly drinkable.

Treatment indications
- Musculoskeletal diseases
- Diseases of the peripheral nervous system
- Functional disorders of the central nervous system
- Renal and urological diseases
- Respiratory diseases

Entertainment
The artificial lakes Batak, Dospat and Balmeken are attractive sites for athletes and fisherman. The surroundings of Velingrad are amazingly picturesque. Legends tell that the ancient Orpheus lived in these places. Sagas tell the story of how the Rhodopes bestowed titanic strength to Spartacus – leader of the slave uprising in Ancient Rome. The old Bulgarian fortress of Tsepina – seat of Despot Slav, is 18 kilometers from Velingrad near the village of Dorkovo.
A renovated hotel in Teteven – one of the most picturesque Bulgarian towns. Offers excellent conditions and conveniences for relaxation and rest. Accessible to disabled persons. Kids corner for the youngest guests. Excellent conditions for conference and business tourism.
The town of Teteven is in Lovech District. It is situated in the valley of Vit River in Vasilyovska Mountain, at 418 meters above sea level.

Conditions and conveniences
The hotel offers 160 beds in 65 rooms and 10 apartments. All rooms are equipped with telephone, minibar, cable TV and wireless Internet access. The hospitality facilities include safety deposit box, secure outdoor parking lot, secure outdoor pool with water filtration and heating system.
Panorama restaurant Zdravetz – 160 seats in two halls and 60 seats at an open-air summer terrace with magnificent view to Teteven. The restaurant is air-conditioned. The lobby bar has 40 seats. It is air-conditioned and offers an Internet corner. The Suntan Cocktail Bar with 30 seats is next to the pool. Animation and Entertainment centre “The Discotheque” – 150 seats at two levels. Multifunctional, multimedia, Internet enabled conference hall at two levels with 100 seats and art gallery.

Business services
Multifunctional, multimedia conference hall at two levels with 100 seats and equipment for workshops, business meetings and conferences, including flipchart, screen and beamer. Wireless Internet.
Balneal therapy centre
The rehabilitation centre includes outdoor pool, spa centre with three multifunctional tubs, including tangential massage, Jacuzzi for hydro massage, pearl tubs with ozon generator, chrome (colour) therapy, aroma therapy, music therapy. The spa centre also offers a genuine Finnish sauna with white pine lining.
– Physiotherapy: electro therapy and inhalation units, sleep therapy;
– Kinetic therapy: massages, gyms with specialised exercise equipment and mechanized massage equipment, remedial physical exercises and sport hall.

Treatment indications
- Respiratory diseases
- Diseases of the central nervous system – functional nervous disorders
- Diseases of the peripheral nervous system
- Musculoskeletal diseases
- Cardiovascular diseases
- Endocrinal and metabolitic diseases

Entertainment
Sightseeing trips and walking tours on eco paths – Under the Splashes of the Waterfall, the Dangerous Fang Shelter; beach, cultural and historical tourism. To familiarize yourself with the historic, cultural and religious past and present of Teteven, visit the local Museum of History, the St. Ilia Monastery (built in the 13th century), the town church Vs. Svetih (All Saints) and a number of houses forming part of the architectural heritage – Bobev House, Yorgov House, Hadji Ivan’s House as well as the Glozhene Monastery and the Kostina locality (also known as “Bloody Little Well”) in the nearby village of Rabaritsa.
The Forest Park Rhodopes resort occupies the northern parts of the mountain ridge Chernatitsa. It is situated south of Plovdiv at 1280 m above sea level. The climate is transitory-continental. The air is exceptionally clean without any pollutants. The resort is used for climatic prophylaxis and treatment of a many diseases. The Hotel is situated in the Forest Park Rhodopes resort 28 km south from Plovdiv.

The generous variety of tree species – white pine, fir, beech, hazelbush, blue juniper – contributes to the successful treatment of respiratory diseases. The Hotel is accessible by disabled persons.

Conditions and conveniences
Hotel Diana offers 90 beds in 36 rooms and 4 apartments. The rooms are equipped with TV, minibar, individual bathroom and WC unit, terrace. The Hotel has a restaurant, café aperitif, sport facilities and conference room for up to 50 attendees.
Balneal therapy centre
The rehabilitation centre includes medical office, sauna, hydro massage, massage rooms, pearl tub, physiotherapy procedures including light and electro therapy, lye therapy, remedial gymnastics, inhalation. Climatic therapy and climatic prophylaxis normalize the responsiveness of the body and increase its resistance to the adverse impacts of the environment, normalize a number of physiological process and improve the immunological status of the body.

The following therapeutic methods are used at the prophylaxis and rehabilitation center
- Remedial physical exercises
- Remedial manual massage
- Hydro therapy
- Lye therapy
- Light and electro therapy

Hydro therapy uses plain water with different temperature, different mechanical impact and chemical content (chemical substances added to the water) in a plain tub, juniper tub, pearl tub, whirlpool, underwater massage.

Lye therapy: Lye contains all elements and trace elements that occur in sea water. The treatment is applied in the form of compress packs soaked with lye and heated to 40-45°C. The produced effect is holistic due to the involvement of thermal and mechanical factors. The benefits for the body are: improved blood supply, accelerated resorption and resolution of pathologic products, oedema and pain relief, accelerated metabolic and recovery processes.

Entertainment
Leisure time: sightseeing trips to sveta gora, ancient Plovdiv.

Treatment indications
- Respiratory diseases
- Compensated cardiovascular diseases
- Diseases of the peripheral nervous system
- Musculoskeletal diseases
BALNEAL HOTEL Zhiva Voda (Live Water) is part of the Sliven Mineral Baths resort in the valley of Tundja river, 12 km from the city of Sliven. The Hotel offers all conveniences and facilities for your rest, prophylaxis and rehabilitation. Business services are also available.

Conditions and conveniences
The Hotel offers 74 beds in 35 rooms and 2 apartments. Each room has a terrace, individual bath and WC unit and TV. The capacity of Zhiva Voda restaurant is 65 seats. In the building there is also a conference room with 40 seats.

Balneal therapy centre
The rehabilitation centre includes two mineral water pools, dedicated units for physiotherapy and balneal procedures and sauna.

Mineral water
The mineral water is hot (48°C, with strong flow rate (17 lt/sec), weakly mineralized (1,986 g/lt), hydrocarbonate-sulfate-sodium and calcium, and yet slightly fluoric (fluor content 4,2 mg per litre). The water contains 27 mg colloid meta silicic acid per litre and has neutral reaction (pH 6,8) due to the CO₂ content (287 mg/l). Total water hardness (20,8H). The water is good for treatment of gastrointestinal diseases such as chronic gastritis, gastroesophageal reflux, stomach and duodenal ulcers and chronic spastic colitis.

The water is also indicated for treatment of renal and gall diseases such as: chronic hepatitis, gallbladder dyskinesia, gall tract dyskinesia, chronic cholecystitis.

The water can also have an impact on the musculoskeletal system, mainly disorders of intervertebral discs in the neck section of the spinal column, disorders of intervertebral discs in the lumbar section of the spinal column and diseases of the peripheral nervous system such as cervicobrachial plexitis, lumbosacral radiculitis.

Zhiva Voda Balneal Hotel also offers procedures with remedial lye supplied from Atanasovsko Lake. The following bespoke medical procedures are used at Zhiva Voda in order to make the most of the natural factors and the remedial properties of water and lye: tubs (mineral, pearl), mineral pool, underwater shower massage, underwater jet massage, water drinking therapy, intestinal flushes, lye therapy procedures (application of compresses with lye heated in water bath).

Lye is the final product of the salt production process: The salt water in Atanasovsko Lake is kept in evaporating ponds and salt pans until the salt crystallizes. What remains on top the salt layer is dense, oily fluid, odourless, yellowish, with density 31 – 35 Baumé degrees. Contains Fe, Cu, Zn, K, Na, Ca, Mg, Br, sulfates, hydrocarbonates.

Lye procedures have anti-inflammatory effect on the body, they stimulate its defensive reactions, enhance the phagocytic capacity of leucocytes, promote the regeneration and growth of granulocytes and activate alkaline phosphatases in blood and saliva. Lye has antihistamine, myotropic and slight adrenolytic effect. It is recommended for treatment of musculoskeletal and nervous diseases.

Treatment indications
Gastrointestinal diseases, renal and gall diseases, musculoskeletal disorders, diseases of the peripheral nervous system.
### Properties of the Mineral Waters

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<th>Physicochemical properties</th>
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</tr>
</thead>
</table>
| **BANKYA DRUZHB MEDICAL SPA COMPLEX** | Temperature: 35°C - 37°C  
ph: 9.6  
Mineralization: low.230 g/l  
Anions:  
Fluoride (F-) 3.5 mg/l  
Chloride (Cl-) 17.8 mg/l  
Sulphate (SO4 2-) 62.1 mg/l  
Hydrocarbontes 61 mg/l  
Carbonates (CO3 2-) 18 mg/l  
Cations:  
Sodium (Na+) 64.1 mg/l  
Potassium (K+) 0.6 mg/l  
Calcium (Ca2+) 3.4 mg/l | The waters are characterized as hydrocarbonate-sulphate-sodium. They are also siliceous (53 mg colloidal metallic acid in 1/L). | Cardiovascular diseases; cardiac anomalies in sodium chloride; Ischemic Heart Disease (IHD) conditions after myocardial infarction, hypertension of degree I and II, early atherosclerosis, Raynaud's disease, Buerger's disease; nervous system: neuropathic and neurological conditions; functional disorders of the reproductive system; endocrinological system: mild thyrotoxicosis, severe insulin-dependent diabetes, prophylaxis and treatment of osteoporosis, climax, post-exhaustion conditions; recovery from surgical interventions. |
| **KOSTENETS VILLAS  
KONSTANTIA MEDICAL SPA HOTEL** | Temperature: 47°C  
ph: 9.2  
Mineral acid (H2SO3): 48.7 mg/l  
Anions:  
Fluoride (F-) 3.8 mg/l  
Chloride (Cl-) 7.0 mg/l  
Sulphate (SO4 2-) 56.8 mg/l  
Hydrocarbontes (HCO3 3-) 2.4 mg/l  
Carbonates (CO3 2-) 25.4 mg/l  
Hydrocarbontes (HCO3 3-) 5.5 mg/l  
Cations:  
Sodium (Na+) 67 mg/l  
Potassium (K+) 1.4 mg/l  
Calcium (Ca2+) 3.5 mg/l  
Iron (Fe2+) traces mg/l  
Magnesium (Mg2+) traces mg/l | Hyperthermal; slightly mineralized - 0.249 g/l, hydrocarbonate-sulphate-sodium, fluoric, slightly radioactive. 35 Fm; 0.3 nano Curie/L - radon; low total water hardness - 0.8°H. | Diseases of the musculoskeletal system and peripheral nervous system; certain types of skin diseases; gynaecological diseases; respiratory diseases. |
| **VELINGRAD MEDICAL SPA HOTEL  
WELL NO 7  
VELYOA BANYA SPRING** | Temperature: 45°C  
Mineralization: 26.97/77 mg/l  
ph: 9.8  
Mineral acid (H2SO3): 40.90 mg/l  
Anions:  
Fluoride (F-) 5.00 mg/l  
Chloride (Cl-) 5.09 mg/l  
Sulphate (SO4 2-) 59.67 mg/l  
Hydrocarbontes (HCO3 3-) 0.61 mg/l  
Carbonates (CO3 2-) 31.75 mg/l  
Hydrocarbontes (HCO3 3-) 61.19 mg/l  
Cations:  
Sodium (Na+) 74.38 mg/l  
Potassium (K+) 0.50 mg/l  
Calcium (Ca2+) 3.70 mg/l  
Magnesium (Mg2+) traces mg/l | The water is of low mineralization, sulphate-hydrocarbonate-sodium, and also siliceous - (48-107 mg/l colloidal silicate compounds per L), strongly alkaline, clear, colourless, drinkable with good taste. | Diseases of the musculoskeletal system: arthrosis, dischopathy, post-traumatic conditions, periartitis, diseases of the peripheral nervous system: pleuritis, radiculitis, polynuropathy; diseases of the central nervous system: neurotic and neurasthenic conditions; diseases of the respiratory system: bronchial asthma, chronic bronchitis; gynaecological diseases - chronic inflammatory processes; skin diseases: neurodermatitis; the water also helps alleviate climax-related disturbances in women and men. |
| **BANYA STRYAMA MEDICAL SPA HOTEL  
WELL NO 5 OF PRO EAD** | Temperature: 45°C  
Mineralization: 36.71 mg/l  
ph: 9.1  
Mineral acid (H2SO3): 74.8 mg/l  
Anions:  
Fluoride (F-) 9.8 mg/l  
Chloride (Cl-) 9.1 mg/l  
Sulphate (SO4 2-) 60.80 mg/l  
Carbonates and hydrocarbontes: 134.2 mg/l  
Cations:  
Sodium and potassium - 87.76 mg/l  
Calcium - 6.6 mg/l  
Magnesium - 0.49 mg/l  
Iron - 0.04 mg/l | Hydrocarbonate-sulphate-sodium, fluoric, siliceous, clear, colourless and odourless, slightly mineralized. | Musculoskeletal system: arthrosis, post-HDS (herniated disc surgery) conditions, fractures, pelvic joints, knee joints; nervous system: dischopathy, herniated discs with radiculitis; gynaecological, renal and urological diseases; CNS conditions: post-ISC (ischemic cerebral stroke) conditions; multiple sclerosis. |
| **HISAR GERGANA MEDICAL SPA HOTEL  
WELL NO 5** | Temperature: 52°C  
Mineralization: 240 mg/l  
ph: 7.9  
Radon 155 std/l  
Mineral acid (H2SO3): 62.8 mg/l  
Anions:  
Fluoride (F-) 1.5 mg/l  
Chloride (Cl-) 7 mg/l  
Sulphate (SO4 2-) 26 mg/l  
Carbonates and hydrocarbontes: 45 mg/l  
Cations:  
Sodium (Na+) 155 std/l  
Potassium (K+) 30 mg/l  
Calcium (Ca2+) 4 mg/l  
Iron (Fe) 4.5-8.5 mg/l | Slightly mineralized, hydrocarbonate-sulphate-sodium, strongly alkaline, with radon content. Radon provokes reconstruction of cellular activity and stimulates gallbladder and liver functions. | Diseases of the excretory system, gastrointestinal tract, gall and liver system, musculoskeletal system, peripheral nervous system, male and female reproductive system. |
<table>
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<tbody>
<tr>
<td><strong>BURGAS MINERAL BATHS</strong></td>
<td>Temperature: 41°C&lt;br&gt;Mineralization: 604 mg/l&lt;br&gt;pH: 6.95&lt;br&gt;Metabolic acid (&lt;H2SO4): 766 mg/l&lt;br&gt;Metabolic acid: 6.7 mg/l&lt;br&gt;<strong>Acids:</strong>&lt;br&gt;Fluoride (F -): 0.76 mg/l&lt;br&gt;Chloride (Cl -) : 1.54 mg/l&lt;br&gt;Sulphate (SO4 2-) : 57.1 mg/l&lt;br&gt;Carbonates (CO3 2-) : 300 mg/l&lt;br&gt;Hydrogen carbonates (HCO3-): 24.4 mg/l&lt;br&gt;Hydroxides (OH-): 12.5 mg/l&lt;br&gt;<strong>Cations:</strong>&lt;br&gt;Sodium and potassium (Na+ and K+): 191.9 mg/l&lt;br&gt;Calcium (Ca++): 2.6 mg/l&lt;br&gt;Iron (Fe2+): 0.01 mg/l&lt;br&gt;Iron (Fe3+): 0.03 mg/l&lt;br&gt;Magnesium (Mg++): 1.1 mg/l&lt;br&gt;Carbon dioxide (CO2): 287 mg/l&lt;br&gt;</td>
<td>The water is characterised as (41.5°C), slightly mineralized (604 mg/l), with chloride-hydrocarbonate-sodium, with pH: 6.95; silicous (94 mg colloidal metallic acid per), moderately fluorine (8 mg fluor per l.). The water is clear, colourless, odourless, with very good taste and drinking properties, inter alia due to its very low hardness (0.3 German degrees, i.e. &quot;soft&quot; water).</td>
<td>1. Musculoskeletal system: inflammatory diseases of the joints (arthritis), degenerative diseases of the joints (arthrosis), traumatic diseases. 2. Peripheral nervous system: neuritis, radiculitis, herniated discs, pleuritis, neuralgia. 3. Central nervous system: infant cerebral paralysis, post-polio-myelitis conditions, multiple sclerosis, post-meninigitis conditions, post-SCI (spinal column injury) conditions. 4. Female reproductive system: inflammatory diseases; dysmenorrhea, sterility.</td>
</tr>
<tr>
<td><strong>SLIVEN MINERAL BATHS</strong></td>
<td>Temperature: 40°C&lt;br&gt;Mineralization: 1,986 g/l&lt;br&gt;pH: 6.5&lt;br&gt;Metabolic acid (&lt;H2SO4): 27 mg/l&lt;br&gt;<strong>Acids:</strong>&lt;br&gt;Fluoride (F -): 4.2 mg/l&lt;br&gt;Chloride (Cl -) : 23 mg/l&lt;br&gt;Sulphate (SO4 2-) : 340 mg/l&lt;br&gt;Carbonates (CO3 2-) : 24 mg/l&lt;br&gt;Hydrogen carionate (HCO3-): 48.0 mg/l&lt;br&gt;Phosphates (PO4 3-) : 0.5 mg/l&lt;br&gt;Carbonates 60 mg/l&lt;br&gt;<strong>Cations:</strong>&lt;br&gt;Sodium (Na+): 530 mg/l&lt;br&gt;Potassium (K+): 31 mg/l&lt;br&gt;Calcium (Ca++): 70 mg/l&lt;br&gt;Iron (Fe2+): 0.02 mg/l&lt;br&gt;Magnesium (Mg++): 31 mg/l&lt;br&gt;</td>
<td>The water is hyperthermal, hydrocarbonate-sulphate-sodium and potassium, slightly fluorine, with neutral pH 6.8.</td>
<td>Gastrointestinal, liver and gallbladder, endocrine and metabolic diseases, diseases of the peripheral nervous system and of the musculoskeletal system – failures of the intervertebral discs in the neck and lumbar section of the spinal column.</td>
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<tr>
<td><strong>ZHIVA VODA MEDICAL SPA HOTEL</strong></td>
<td>Temperature: 50°C&lt;br&gt;Mineralization: 213.794 mg/l&lt;br&gt;pH: 8.08&lt;br&gt;Metabolic acid (&lt;H2SO4): 45.70 mg/l&lt;br&gt;<strong>Acids:</strong>&lt;br&gt;Fluoride (F -): 0.01 mg/l&lt;br&gt;Chloride (Cl -) : 12 mg/l&lt;br&gt;Sulphate (SO4 2-) : 27 mg/l&lt;br&gt;Carbonates (CO3 2-) : 44.6 mg/l&lt;br&gt;Hydrogen carbonate (HCO3-): 34.6 mg/l&lt;br&gt;<strong>Cations:</strong>&lt;br&gt;Lithium (Li+): 0.02 mg/l&lt;br&gt;Sodium (Na+): 59.1 mg/l&lt;br&gt;Calcium (Ca++): 5 mg/l&lt;br&gt;</td>
<td>The water is characterised as hyperthermal, slightly mineralized, hydrocarbonate-sulphate-sodium. The content of essential trace elements and the radiological values are within the established norms for mineral waters. The water has stable physicochemical composition and properties, and conforms to the requirements of BSS (Bulgarian State Standard) 14947 – 90 “Waters – natural mineral, drinking”. The therapeutic and prophylactic properties of the mineral water are determined by the combined effect of its therapeutic factors, namely the chemical components and specific action ingredients (hydrocarbonate / sulphate ions and metallic acid), and by its hypotonic feature.</td>
<td>Diseases of the nervous system. Diseases of the cardiovascular system. Diseases of the musculoskeletal system. The water also has good impact on: gastrointestinal, gallbladder and liver diseases, endocrine and metabolic diseases such as gout and diabetes, diseases of the excretory system – lithiasis, chronic pyelonephritis, conditions after surgery of the urinary and reproductive system, gynaecological and skin and ocular diseases, as well as certain chronic occupational intoxications (caused by lead, toxic substances used in the pharmaceutical industry, etc.).</td>
</tr>
<tr>
<td><strong>VARSHETS TINTYAVA MEDICAL SPA COMPLEX</strong></td>
<td>Temperature: 61°C&lt;br&gt;Mineralization: 620 mg/l&lt;br&gt;pH: 7.6&lt;br&gt;Hydrogen carbonate (HCO3-) 0.7 mg/l&lt;br&gt;Radium (Ra226): 22.9 mC/g&lt;br&gt;Metabolic acid (&lt;H2SO4): 54 mg/l&lt;br&gt;Metabolic acid: 84mg/l&lt;br&gt;<strong>Acids:</strong>&lt;br&gt;Fluoride (F -): 14 mg/l&lt;br&gt;Chloride (Cl -) : 11 mg/l&lt;br&gt;Sulphate (SO4 2-) : 19 mg/l&lt;br&gt;Hydroxy carbonate (HCO3-) 1.5 mg/l&lt;br&gt;Hydrogen carbonate (HCO3-): 354 mg/l&lt;br&gt;Hydroxides (OH-): 0.7 mg/l&lt;br&gt;<strong>Cations:</strong>&lt;br&gt;Lithium (Li+): 0.04 mg/l&lt;br&gt;Sodium (Na+): 140 mg/l&lt;br&gt;Calcium (Ca++): 8 mg/l&lt;br&gt;Iron (Fe2+): 0.3 mg/l&lt;br&gt;Magnesium (Mg++): 1 mg/l&lt;br&gt;</td>
<td>Slightly mineralized, hydrocarbonate-sodium, slightly alkaline, with low density and low radon content; silicious and slightly to moderately fluorine.</td>
<td>Diseases of the musculoskeletal system – degenerative and inflammatory conditions of the joints and the spinal column, osteoporosis; traumatic and orthopedic conditions; muscle and ligaments disorders. Gynaecological and certain skin diseases.</td>
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<tr>
<td><strong>PAVEL BANYA MEDICAL SPA COMPLEX</strong></td>
<td>Temperature: 42°C&lt;br&gt;Mineralization: 324 mg/l&lt;br&gt;pH: 6.25&lt;br&gt;Radium (Ra226): 22 mC/g&lt;br&gt;<strong>Acids:</strong>&lt;br&gt;Fluoride (F -): 4.0 mg/l&lt;br&gt;Sulphate (SO4 2-) : 92 mg/l&lt;br&gt;Carbonates (CO3 2-) : 3 mg/l&lt;br&gt;Hydrogen carionate (HCO3-): 36 mg/l&lt;br&gt;Hydroxides (OH-): 65 mg/l&lt;br&gt;<strong>Cations:</strong>&lt;br&gt;Sodium (Na+): 70 mg/l&lt;br&gt;Potassium (K+): 1.5 mg/l&lt;br&gt;Calcium (Ca++): 5 mg/l&lt;br&gt;</td>
<td>Hyperthermal, slightly mineralized, sulphate-hydrocarbonate-sodium and fluorine, with alkaline pH.</td>
<td>Diseases of the musculoskeletal system and of the peripheral nervous system; gynaecological diseases – chronic diseases, primary and secondary sterility; chronic renal and urological failures; chronic diseases of the respiratory system.</td>
</tr>
</tbody>
</table>
# PRICE LIST
of medical services in spa hotels of
PROPHYLAXIS, REHABILITATION AND RECREATION Plc.

<table>
<thead>
<tr>
<th>№</th>
<th>Name of service</th>
<th>Price per service evro</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Examination by physician – primary</td>
<td>15,00</td>
</tr>
<tr>
<td></td>
<td>– secondary and any examination afterwards</td>
<td>5,00</td>
</tr>
<tr>
<td></td>
<td>– Consultation with specialist</td>
<td>20,00</td>
</tr>
<tr>
<td></td>
<td>– Consultation with habilitated specialist</td>
<td>25,00</td>
</tr>
<tr>
<td>2</td>
<td>Bandage</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Putting of bottle system</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Intramuscular injection</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- with client's material</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Intravenous injection</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- with client's material</td>
<td></td>
</tr>
</tbody>
</table>

## MAIN ACTIVITIES

### PHYSIOTHERAPY

#### Hydro Therapeutic Procedures

6. Ordinary whole bath with drinking or mineral water with or without medicines | 7,00  
7. Partial bath /including two and four chamber bath according to Haufe/ | 5,00  
8. Mineral swimming pool /outdoor or indoor/ | 5,00  
9. Therapeutic shower /according to Sharko, Scottish, etc./ | 4,00  
10. Bath with tanctor | 15,00  
11. Underwater extension /neck, thoracal, lumbar/ | 13,00  
12. Combined underwater extension | 16,00  
13. Medicine /herbal/ bath | 12,00  
14. Air eddy bath | 10,00  
15. Pearl bath | 10,00  
16. Eddy bath – seating position | 5,00  
17. Hydrogalvanic bath | 11,00  
18. Subaqua bath /drainage - intestinal/ | 12,00  

#### Thermal Therapeutic Procedures

19. Lye treatment procedures of application | 5,00  
20. Pressure Chamber | 5,00  
21. Partial fangotherapeutic procedure | 8,00  
22. Paraffin therapeutic procedures of application | 6,00  

SPECIAL ACTIVITIES

2. Bandage                                              | 2,40 |
   - with client's material                               | 1,60 |
3. Putting of bottle system                              | 5,00 |
4. Intramuscular injection                               | 2,40 |
   - with client's material                               | 1,20 |
5. Intravenous injection                                 | 3,60 |
   - with client's material                               | 1,60 |
<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>23.</td>
<td>Fangoapplication of the whole body</td>
<td>15,00</td>
</tr>
<tr>
<td>24.</td>
<td>Intracavital applications /vaginal or rectal pads/</td>
<td>7,00</td>
</tr>
<tr>
<td>25.</td>
<td>Sauna – individual</td>
<td>20,00</td>
</tr>
<tr>
<td></td>
<td>– group /minimum 3 people/ per person</td>
<td>5,00</td>
</tr>
</tbody>
</table>

**Electrotherapy**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.</td>
<td>Therapy with high frequency electric-magnetic waves of a field</td>
<td>6,00</td>
</tr>
<tr>
<td>27.</td>
<td>Therapy with high frequency electric-magnetic waves of more fields – price for each field afterwards</td>
<td>4.00</td>
</tr>
<tr>
<td>28.</td>
<td>Therapy with low frequency and medium frequency currents, including electrophoresis – interferema</td>
<td>6,00</td>
</tr>
<tr>
<td>29.</td>
<td>Electric stimulations of hypothrophic muscles</td>
<td>7,00</td>
</tr>
<tr>
<td>30.</td>
<td>Procedures with Darsonval’s currents</td>
<td>6,00</td>
</tr>
<tr>
<td>31.</td>
<td>Ultrasound of one field</td>
<td>7,00</td>
</tr>
<tr>
<td>32.</td>
<td>Ultrasound of more fields – price for each field afterwards</td>
<td>4,00</td>
</tr>
<tr>
<td>33.</td>
<td>Underwater ultrasound</td>
<td>6,00</td>
</tr>
<tr>
<td>34.</td>
<td>Individual cryotherapy/ cryoelectrophoresis</td>
<td>8,00</td>
</tr>
<tr>
<td>35.</td>
<td>Stimultense programs:</td>
<td>15,00</td>
</tr>
<tr>
<td></td>
<td>- For beauty body shaping</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Pain-free programs</td>
<td>15,00</td>
</tr>
<tr>
<td>36.</td>
<td>Module programs:</td>
<td>10,00</td>
</tr>
<tr>
<td></td>
<td>- Rehabilitation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Fitness program</td>
<td>13,00</td>
</tr>
<tr>
<td></td>
<td>- Lymph drainage</td>
<td>17,00</td>
</tr>
</tbody>
</table>

**Light Treatment Procedures**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.</td>
<td>Radiation with solux, general and erythematic UV rays</td>
<td>5,00</td>
</tr>
<tr>
<td>38.</td>
<td>Dynamic thermostimulations - physitherm</td>
<td>5,00</td>
</tr>
<tr>
<td>39.</td>
<td>Treatment with polarized light “Bioptron”</td>
<td>6,00</td>
</tr>
<tr>
<td>40.</td>
<td>Taking and reading of biodose</td>
<td>2,00</td>
</tr>
<tr>
<td>41.</td>
<td>Laser therapy of skin surfaces</td>
<td>7,00</td>
</tr>
<tr>
<td>42.</td>
<td>Solarium:</td>
<td>6,00</td>
</tr>
<tr>
<td></td>
<td>- 15 min.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 20 min.</td>
<td>8,00</td>
</tr>
<tr>
<td></td>
<td>- 30 min.</td>
<td>10,00</td>
</tr>
<tr>
<td></td>
<td>- Solarium – 10 days card</td>
<td>50,00</td>
</tr>
</tbody>
</table>

**Reflex Therapeutic Procedures**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>43.</td>
<td>Classical acupuncture and acupressure and ozone therapy</td>
<td>13,00</td>
</tr>
<tr>
<td>44.</td>
<td>Laser puncture, laser pressure/ laser therapy</td>
<td>8,00</td>
</tr>
<tr>
<td>45.</td>
<td>Acupuncture with moxa or laser</td>
<td>5,00</td>
</tr>
<tr>
<td>46.</td>
<td>Electro acupuncture</td>
<td>8,00</td>
</tr>
<tr>
<td>47.</td>
<td>Micro acupuncture</td>
<td>6,00</td>
</tr>
</tbody>
</table>

**Inhalations**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>48.</td>
<td>Individual inhalations with different generators</td>
<td>5,00</td>
</tr>
</tbody>
</table>

**Kinezitherapy Procedures**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>49.</td>
<td>Group therapeutic gymnastics with rehabilitator</td>
<td>5,00</td>
</tr>
<tr>
<td></td>
<td>Description</td>
<td>Price</td>
</tr>
<tr>
<td>---</td>
<td>-----------------------------------------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>50.</td>
<td>Individual gymnastics with rehabilitator</td>
<td>15,00</td>
</tr>
<tr>
<td>51.</td>
<td>Generally supporting gymnastics</td>
<td>4,00</td>
</tr>
<tr>
<td>52.</td>
<td>Analytical gymnastics</td>
<td>5,00</td>
</tr>
<tr>
<td>53.</td>
<td>Autogene training</td>
<td>3,00</td>
</tr>
<tr>
<td>54.</td>
<td>Underwater gymnastics:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Individual with rehabilitator</td>
<td>15,00</td>
</tr>
<tr>
<td></td>
<td>- Group with rehabilitator</td>
<td>8,00</td>
</tr>
<tr>
<td>55.</td>
<td>Therapeutic gymnastics with specialized methods</td>
<td>10,00</td>
</tr>
<tr>
<td>56.</td>
<td>Arthro kinetics – passive extension</td>
<td>6,00</td>
</tr>
<tr>
<td>57.</td>
<td>Extension therapy</td>
<td>10,00</td>
</tr>
<tr>
<td>58.</td>
<td>Extension vibrator</td>
<td>10,00</td>
</tr>
<tr>
<td>59.</td>
<td>Extension therapy with tangentor</td>
<td>15,00</td>
</tr>
<tr>
<td>60.</td>
<td>Dry extension of pelvic-femoral joint</td>
<td>6,00</td>
</tr>
<tr>
<td>61.</td>
<td>Dry neck extension with preparation massage</td>
<td>15,00</td>
</tr>
<tr>
<td>62.</td>
<td>Labor therapy with instructor – 1 hour</td>
<td>7,00</td>
</tr>
<tr>
<td>63.</td>
<td>Use of equipment and devices /mechanotherapy/ 1 hour</td>
<td>2,00</td>
</tr>
<tr>
<td>64.</td>
<td>Fitness – per day</td>
<td>4,00</td>
</tr>
<tr>
<td>65.</td>
<td>Fitness – 10 days card</td>
<td>40,00</td>
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</table>

**Massage Procedure**

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>66.</td>
<td>Massage /manual/ of the whole body:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Classical</td>
<td>30,00</td>
</tr>
<tr>
<td></td>
<td>- Sayonji</td>
<td>45,00</td>
</tr>
<tr>
<td>67.</td>
<td>Partial massage /extremities, back, collar, etc./</td>
<td>10,00</td>
</tr>
<tr>
<td>68.</td>
<td>Massage of specialized techniques including acupressure, ozone therapy</td>
<td>13,00</td>
</tr>
<tr>
<td>69.</td>
<td>Pool therapy, Suspension therapy</td>
<td>6,00</td>
</tr>
<tr>
<td>70.</td>
<td>Vacuum massage /with cupping glasses, banochen/</td>
<td>7,00</td>
</tr>
<tr>
<td>71.</td>
<td>Vibromassage</td>
<td>6,00</td>
</tr>
<tr>
<td>72.</td>
<td>Apparatus massage</td>
<td>4,00</td>
</tr>
<tr>
<td>73.</td>
<td>Treatment of cellulite/ anti-cellulite</td>
<td>15,00</td>
</tr>
<tr>
<td>74.</td>
<td>Aromatherapy – treatment with herbal essences /ethereal oils/:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Whole body massage</td>
<td>30,00</td>
</tr>
<tr>
<td></td>
<td>- Partial massage</td>
<td>10,00</td>
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<tr>
<td>75.</td>
<td>Honey Massage:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- of back</td>
<td>20,00</td>
</tr>
<tr>
<td></td>
<td>- ant cellulite – body wrapping</td>
<td>25,00</td>
</tr>
<tr>
<td></td>
<td>- reflexoherapy – zone therapy of sole</td>
<td>15,00</td>
</tr>
</tbody>
</table>

**Clinical Laboratory**

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>76.</td>
<td>Hemoglobin</td>
<td>1,20</td>
</tr>
<tr>
<td>77.</td>
<td>Leucocytes</td>
<td>1,20</td>
</tr>
<tr>
<td>78.</td>
<td>Erythrocytes</td>
<td>1,20</td>
</tr>
<tr>
<td>79.</td>
<td>Speed of erythrocytes sedimentation /according to Panchenko and Westergrane/</td>
<td>1,20</td>
</tr>
<tr>
<td>80.</td>
<td>Differential counting of leucocytes and morphology of erythrocytes in peripheral blood</td>
<td>4,50</td>
</tr>
<tr>
<td>81.</td>
<td>Glucose – blood</td>
<td>1,50</td>
</tr>
<tr>
<td>82.</td>
<td>Urea</td>
<td>2,00</td>
</tr>
<tr>
<td>83.</td>
<td>Uric acid</td>
<td>2,00</td>
</tr>
<tr>
<td>84.</td>
<td>Total bilirubin</td>
<td>1,60</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------------------------</td>
<td>----</td>
</tr>
<tr>
<td>85.</td>
<td>G O T</td>
<td>3,50</td>
</tr>
<tr>
<td>86.</td>
<td>G P T</td>
<td>3,50</td>
</tr>
<tr>
<td>87.</td>
<td>Prothrombin time</td>
<td>3,60</td>
</tr>
<tr>
<td>88.</td>
<td>Bleeding time</td>
<td>3,00</td>
</tr>
<tr>
<td>89.</td>
<td>Total cholesterol</td>
<td>1,80</td>
</tr>
<tr>
<td>90.</td>
<td>H D L – cholesterol</td>
<td>3,00</td>
</tr>
<tr>
<td>91.</td>
<td>L D L – cholesterol</td>
<td>1,50</td>
</tr>
<tr>
<td>92.</td>
<td>Triglycerides</td>
<td>3,60</td>
</tr>
<tr>
<td>93.</td>
<td>Potassium and sodium</td>
<td>4,00</td>
</tr>
<tr>
<td>94.</td>
<td>Overall urine testing</td>
<td>2,00</td>
</tr>
<tr>
<td>95.</td>
<td>Creatinine</td>
<td>1,60</td>
</tr>
<tr>
<td>96.</td>
<td>Urine testing – for each indication /the relevant indicator must be specified/</td>
<td>2,00</td>
</tr>
<tr>
<td></td>
<td>– sediment – reference testing</td>
<td>4,00</td>
</tr>
<tr>
<td>97.</td>
<td>Sugar in urine</td>
<td>1,50</td>
</tr>
</tbody>
</table>

**Other**

<table>
<thead>
<tr>
<th></th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>98.</td>
<td>Electrocardiogram and oscillography with reading</td>
<td>12,00</td>
</tr>
<tr>
<td>99.</td>
<td>Electrocardiogram with 12 deviations</td>
<td>10,00</td>
</tr>
<tr>
<td>100.</td>
<td>Overall kineziological analysis</td>
<td>8,00</td>
</tr>
<tr>
<td>101.</td>
<td>X-ray for one projection:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- size 13/18</td>
<td>8,00</td>
</tr>
<tr>
<td></td>
<td>- size 18/24</td>
<td>10,00</td>
</tr>
<tr>
<td></td>
<td>- size 24/30</td>
<td>12,00</td>
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<td>- size 15/40</td>
<td>9,00</td>
</tr>
<tr>
<td></td>
<td>- size 30/40</td>
<td>15,00</td>
</tr>
<tr>
<td></td>
<td>- size 35/35</td>
<td>12,00</td>
</tr>
<tr>
<td></td>
<td>- size 3/4</td>
<td>4,00</td>
</tr>
<tr>
<td>102.</td>
<td>Spirometry (pulmometry)</td>
<td>5,00</td>
</tr>
<tr>
<td>103.</td>
<td>Measuring blood pressure</td>
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</tr>
<tr>
<td>104.</td>
<td>Oscillograph</td>
<td>3,00</td>
</tr>
<tr>
<td>105.</td>
<td>Allergy test</td>
<td>4,00</td>
</tr>
<tr>
<td>106.</td>
<td>Testing bone density</td>
<td>25,00</td>
</tr>
<tr>
<td>107.</td>
<td>Anthropometric testing /height, weight/</td>
<td>1,00</td>
</tr>
<tr>
<td>108.</td>
<td>Measuring and analysis of body weight /Tanita/</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- model TBF – 300</td>
<td>8,00</td>
</tr>
<tr>
<td></td>
<td>- model BC – 532</td>
<td>4,00</td>
</tr>
<tr>
<td>109.</td>
<td>Echography</td>
<td>20,00</td>
</tr>
</tbody>
</table>

**Note:** Prices are with VAT included.
We at “PERSONAL TOUR” work with contemporary and modern dental clinics, which have modern equipment, highly qualified specialists using the most advanced technologies in the field of dentistry. Our main goal is to be a reliable and preferred partner in providing specialized and adequate dental services, treatment, prevention and aesthetics for our clients. For this reason, we work with the best dental clinics in Bulgaria, located in some of the largest and most attractive cities: Sofia, Varna, Bourgas, Plovdiv and Blagoevgrad. The clinics that we work with are equipped with high-tech machines, world-class digital annuity, surgical and therapeutic laser equipment for placement of implants, measuring and filling the root canals.

The prices that we will offer are about 50% lower than dental prices in your country. This is due to the lower labour cost in Bulgaria compared to other European countries. This means that we offer 100% excellent quality at reasonable prices.

WHY CHOOSE “PERSONAL TOUR”:
- We organize all travel services during your stay for your comfort such as transport, accommodation, entertainment programs and other.
- Airport pick up and familiarizing you with the program and procedures during your stay.
- You will be accompanied by our staff during all medical procedures.
- If you need further treatment, rehabilitation or desire trips and vacation we will take care of all the details during the extension of your stay.
- We organize guided tours to interesting places in Bulgaria.
- We take into consideration the special requirements of our clients regarding food, drinks and religious events.

Prophylactic and therapeutic activities offered at the clinics of our partners cover 100% of the dental services: orthodontics, orthopedics, surgery, implantology, teeth whitening, conservative treatment, physiotherapy, allergology, roentengraphy.

HOW TO START:
The first step is to send us a panoramic and intra oral photos, and a complete blood count, which indicates the level of calcium in the body that will help our professionals to understand your medical needs and to choose the best option for their improvement. Then we will send you the details for dental procedures, medical facility and all other details related to your stay in the country.

Based on the established plan of treatment and the number of required procedures and their duration, we will prepare your application and inform you about the final cost of medical services and comprehensive tourist services. We will discuss with you what services you would prefer concerning accommodation, transport, interpreter, special requirements for food, tourist attractions and more. When you choose the best option for you, we will ask you to confirm the cost of all medical and related services that you need.

After your arrival in Bulgaria and your adaptation day, you will be accompanied by our staff to a consultation with a doctor.
doctor will review your medical records and will carry out further research to ensure that you are ready for the desired procedure. After the procedure and the medical consent for discharge, you will return back to the hotel to continue the rehabilitation period. You will be regularly reviewed by the doctor to control the treatment and recovery process.

When you get back in your home country you can call us at any time if you need advice, mediation or simply tell us how you are. Do not hesitate to call us for further questions or suggestions. We will be happy to keep in touch with you.

After you send us your panoramic and intra oral photos and due to the specific Treatment, the final price is formed individually according to each patient’s needs!

THE PACKAGE INCLUDES:
- Transportation from Sofia airport - Hotel – Sofia airport;
- All transfers connected with the medical services and cultural activities within the programme;
- 10 nights in double room business suite for 2 people;
- Full board – breakfast, lunch, dinner;
- 1 special dinner in traditional Bulgarian restaurant with folklore programme “CHEVERMETO”;
- Guided tour of the capital city Sofia
- Guided tours of 6 museums:
  - Boyana church (UNESCO World Heritage Site);
  - National History Museum;
  - National Institute of Archeology with museum;
  - Alexander Nevski Crypt Museum;
  - National Art Gallery;
  - Ethnographic Institute with Museum.
- Tickets for a musical show at the National Music Theatre;
- Interpreter (on your disposal during the entire programme);
- Tourist tax, tourist insurance.

THE PRICE OF THE PROGRAMME DEPENDS ON THE NUMBER OF PARTICIPANTS, THE SEASON AND OUR LONG-TERM COLLABORATION.
FOR MORE INFORMATION, PLEASE CONTACT US.

!!! Due to the specific Treatment the price is formed individually according to each patient’s needs.

Optional tours:
- Plovdiv – a half day guided tour of the Old Town of the second largest city in Bulgaria.
- Rila monastery – a half day guided tour of the most famous Bulgarian landmark.
- Koprivshtitsa – a half day guided tour of the stunning architectural reserve.
WHAT DENTAL CLINICS OFFER

Implantology
By placing dental implants - in most cases this is the best and optimal treatment for a missing tooth. The advantages are that there is no need to thinn the adjacent natural teeth, but also protects against bone loss (which is observed in the previous two points).

Dental implants are made of "Ti" (titanium) - this is a bio-inert material (metal) with good mechanical properties. There is a modul of elasticity which is closer to bone than other materials. Already under construction are implants made by “Zr” (Zirconium). This material has a color as a natural tooth.

Zirconia implants are appropriate to use in cases where aesthetics is necessary. A dental implant is the only option to replace the missing tooth as in respect of the crown, and in terms of the root.

Implantat acts as a natural tooth root that transfers masticatory forces and keeps bones healthy. Once you have discussed all possible treatment options with your implantologist and you choose exactly this method of recovery, planning and placement of implants are up to. Before the surgery patients need to have computer tomography (CT) and a panoramic X-ray. CT is used to determine the distance of the implant to adjacent anatomical structures such as sinus maxillaris, canalis mandibularis, canalis mentalis and others. 3D study allows precise treatment planning for complex clinical cases.

Basal implants
Revolutionary and completely new method for dental implantation, where there is no need for bone augmentation even in the worst cases. They are made of biocompatible titanium alloy. Basal implants are one single unit / Implant and Abutment are monolithically connected / . What is basal implantation?. Bone is composed of an internal spongy / cancellous / portion which is covered with dense bone layer / corticalis / . Each basal implant is placed in at least two places in corticalis . The corticalis used for anchoring of the basal implants is highly mineralized, and with high rate of regeneration. This ensures the integration of dental implants and allows their immediate loading. Basal implants differ from crest / axial / implants in the manner of placing, the manner of force distribution , but primarily by the planning and execution of the prosthetic construction and post-operative regime. Design of implants Lateral basal implants (BOI ® brand) with a large horizontal plane and reduced vertical parts Basal compression screws (BCS ®) with a wide thread for cortical penetration. Lateral basal implants are placed from the side / lateral / aspects of the jaw. Existing bone height should be up to 3mm. The cortical anchor provides a safe distribution of chewing pressure and guaranteed osseointegration.

Screw basal implants are placed without flap( through the gum) without making any incision. Their placement is similar to a crest implant, but basal implants transmit pressure over cortical bone.

Characteristics basal implants and screws:
- Basal implants have a special form that allows their placement even in cases of severe bone atrophy in patients with ‘insufficient’ bone level

Aesthetic dentistry
Aesthetic dentistry meets the contemporary requirements for a harmonious smile. This requires the use of all modern methods of planning and execution of treatment.
Basal implants are placed in one visit thus this method is less traumatic than the crest /axial/ implants
Can be used as an anchor for dentures and allow the patient to immediately restore masticatory function
Their placement is indicated for three or more adjacent missing teeth, because it requires larger place in the bone
Benefits
Basal implants are indicated for almost all patients, even toothless
Basal implants can be placed even in the presence of a little vertical bone height, if it is enough horizontal bone

The usual aim of treatment includes a fixed structure / bridge / 12 teeth on each jaw
Removable dentures can be placed over basal implants and thus improves the retention of dentures
Single crowns can also be placed over basal implants. They are loaded immediately only in certain situations
No intraoperative or preoperative infection can affect the outcome of treatment. There is no risk of perimplantitis and bone loss around the implants. The requirements for oral hygiene of the patient are less demanding because of the resistance of basal implants.
Basal implants are first choice for moderate or severe atrophy of the jaw, and in cases where patients want immediate restoration of masticatory function.
No substitute bone (bone augmentation) and sinus lift are necessary before placing the implants
Placement is possible even in patients with periodontitis. Advanced, hopeless periodontal conditions can be treated with basal implants in one visit. After elimination of periodontal compromised soft tissues and teeth, the patient is immediately ready for placement of implants
Basal implants can be placed immediately after extraction of teeth in one visit
Potential complications of implantation are minimized because the placement is associated with less invasive surgery and implants are placed in the deep layers of sterile bone. This reduce the risk of infection several times compared to the crest / axial / implants
Placement of basal implants has a lower price than the classical procedure because of the reduced treatment stages
The risk of infection and rejection are minimal because the implants are resistant to infection
Basal implants can be placed in smokers and patients with diabetes. The postoperative care for the implants includes perfect oral hygiene (brushing teeth, using dental floss, mouthwash) and regular check-ups. Otherwise, it is very likely to compromise implant and the implant to be lost.

Stages:
You have to make radiography. The surgeon makes an analysis and prepare a treatment plan that is discussed with the patient;
Preparation of the patient and the mouth for intervention;
Selection of individual implants /individual design/;
The placement of the implants is preceded by the administration of local anesthesia;
If extraction of teeth is required, implants are placed in their places and the abutments are fixed at the wrong angle to get parallelism with the other dental implants;
Orthopedic surgeon take an impression for the dental laboratory;
On the third day after surgery the permanent constructions over implants are fixed and the patient may burden them;
After surgery, the patient should make routine check-ups and panoramic radiography /about 6 months/.
Discover the remedial properties of mineral water with

PERSONAL TOUR

“Personal tour” is a registered Bulgarian tour operator with licence No. PK-01-9566. We are part of “Personal Konsult – Ganche Popov” – a company with 23 years of experience, registered under company case № 2837/1/1991 in the file of Sofia City Court from 12.12.1991. Our company specializes in tourism, acting as host and sending organization for groups, research and management of human resources, training, consultancy and publishing. We have a vast experience in the organization and implementation of international seminars and conferences, trainings and internships, participation in publishing specialized literature in human resource management and EU projects and programmes.

We offer to your attention our initiative for vacation with prophylaxis, rehabilitation and recreation which is essential for the well-being of people. A few countries in Europe have such favorable conditions for balneology, SPA and wellness tourism that Bulgaria offers. The abundance and diversity of thermal mineral springs (more than 1600, 40% of the total in Europe), as well as the curative mud deposits, make our country a desirable destination for vacation and treatment. The climate makes Bulgaria one of the “sunniest countries” in Europe. The sunshine days in the different regions of our country are between 250 and 300 a year, and in some areas, they are even more. Apart from the natural and climate facts, Bulgaria boasts with millennium history, diverse and healthy cuisine, organic products, traditions in wine making and preserved customs and culture.

Our team of tourism professionals, after extensive research, selected the best vacation and balneology centres and offer first class service with personal attitude, rich and interesting vacation programme with visits of cultural and historical sites, healthy and nourishing meals, high-quality wines and drinks, beautiful nature and a lot of sunny days.

You will find detailed information about our products on www.balneodenbg.com.

We are open to discuss every question that you may have regarding our tourism offers. We are ready to welcome a representative of your organization in Bulgaria, so that you ascertain the high quality of the services that we offer.

As you will see, the prices of our vacation packages and services are much lower than the ones in your country. This is due to the low labour cost in Bulgaria. For this reason, the price does not define quality, because we offer 100% excellent quality at reasonable prices.

We are ready to respond to any additional requirements that you may have regarding your stay in Bulgaria. For enquiries and requests about our balneological, vacation, dental and medical programmes, please contact us at: tourism@personal-konsult.com

Why choose us?
- We have professional experience and traditions created for more than 23 years and we are recognized as a reliable partner.
- Our team is built by reliable and highly qualified professionals.
- Our aim is to respond to all requirements of our partners and clients.
- We offer optimal quality – price correlation for our services.
- We would like our joint activities to be continued in successful and productive partnerships.
- We offer tailor made vacation packages.

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