

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

&

SPA:



2012



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

&

SPA:

:

2012

	À Á Â Ã Ä Å Æ Ç È É Ê Ë Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.34
3.4.1	(frigidarium)À Á Â Ã Ä Å Æ Ç È	...34
3.4.2	(tepidarium) À Á Â Ã Ä Å Æ Ç È	34
3.4.3	(caldarium) À Á Â Ã Ä Å Æ Ç È ..À Á Â .À Á	35
3.5	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.37
3.5.1	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	..37
3.6	À Á Â Ã Ä Å	40
3.7	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	..À 41
3.7.1	-	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã41
3.7.2	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	..À .À ..42
3.7.3	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	...À 42
3.8	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	..À Á43
3.8.1	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.À ...44
.	-	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..44
.		À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..44
.		(tepidarium)À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..À ...44
.		(caldarium)À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã .À Á ...45
.		(laconicum)À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã .À Á .À 45
.		À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã .À 45
.		(frigidarium)À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã .À Á ..À 45
.		À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã .À ..À ..45
3.9	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.À .45
3.9.1	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.À Á Á Á .À ..46
.		À Á ..47
.	,	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..51
.		À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..À ..56
.		À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã ..À 62
.	«	»À Á Â Ã Ä Å Æ Ç È62
3.9.2	À Á Â Ã Ä Å Æ Ç È Ì Í Î Ï Ñ Ò Ó Ô Õ Ö × Ø Ù Ú Û Ü Ý Þ ß à á â ã	.À .63
.		À Á Á ..64



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

spa

spa

, spa,

spa,

spa,

SUMMARY

As part of an holistic approach, both historically and today, the human health depends on complete physical, mental and social well-being, based on a healthy lifestyle.

The aim is prevention, obtaining as well as maintaining health, vitality and wellness. Among others, an important element in achieving this goal is the use of water, thermal or sea, known as hydrotherapy.

The term spa applies to treatments with the use of water, thermal and/or sea, offered in specialized centers. The Dead Sea, rich in unique in the world mineral elements, could be described as the largest spa in the world.

Modern Aesthetics, through therapeutic protocols of classical or alternative beauty care and the use of special cosmetic products, combined also with the use of the liquid element, provides care in both face and / or body, with multiple positive effects on the conservation and prevention of the good external appearance, while creating a sense of deep calm and relaxation, with beneficial effects on body, mind and soul.

Key words: thermal water, sea water, hydrotherapy, balneotherapy, spa, spa resorts, spa treatments, dead sea, classical and alternative beauty care, health, rejuvenation, wellness.



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

«

»

,

.

,

.

,

.

,

«

»

«

».



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

spa ().

spa

spa

spa

«

,

/

».

SPA

SPA

"Salus Per Aquam"

"Sanitas Per Aquam",

Spa.

Spa

Aquae Spadanae.

"spargere",

16

William Slingsby

Spa, 1596

Harrogate,

Dr

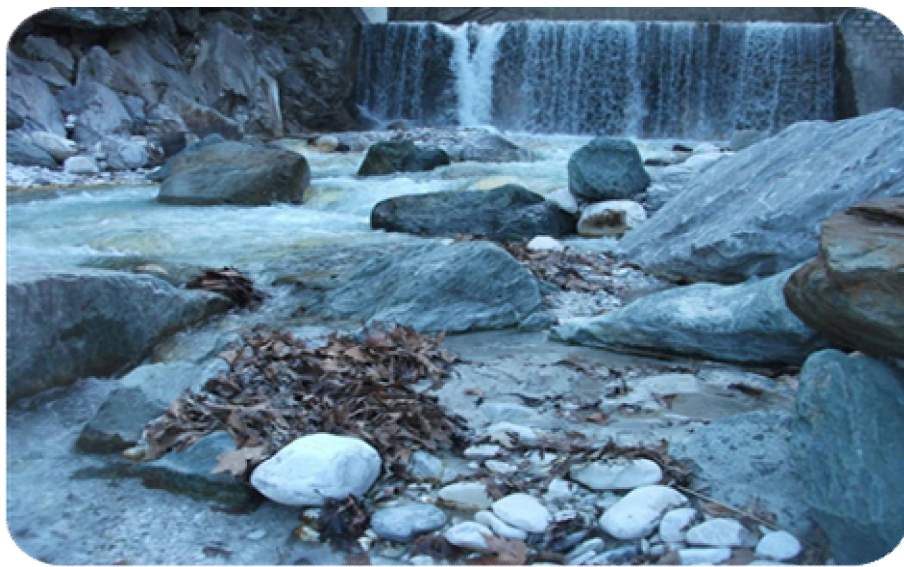
Timothy Bright

British Spa,

Spa

1.

1.1



2.1



2.2

1.2

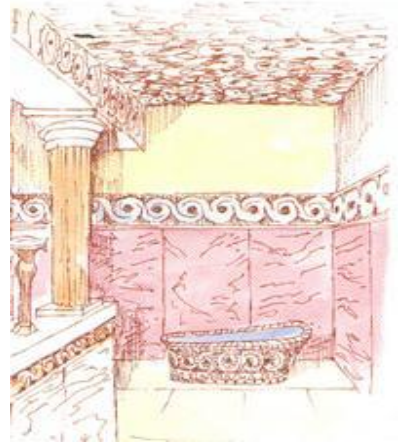


2.3

100

()

2



2.4

1.3

« »



2.5

, , ,
,
, «
», (),

1.4

SPA.

,
« ».
(
)



2.6

1.5

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



2.7

6 5 . .

q

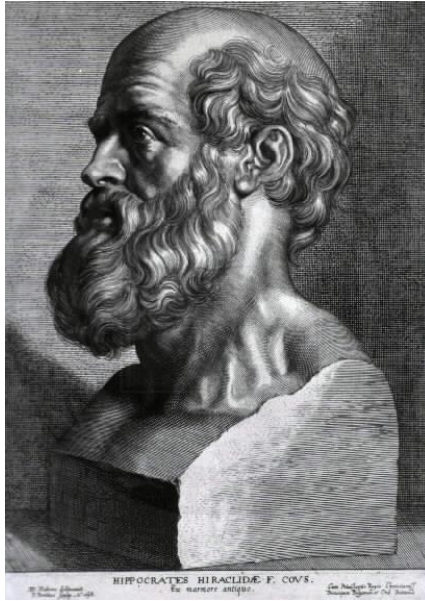


2.8

(6 5 . .),

1.6

(460 . .- 377 . .),



2.9

9

#

1.7

2 . . . (129 . .)

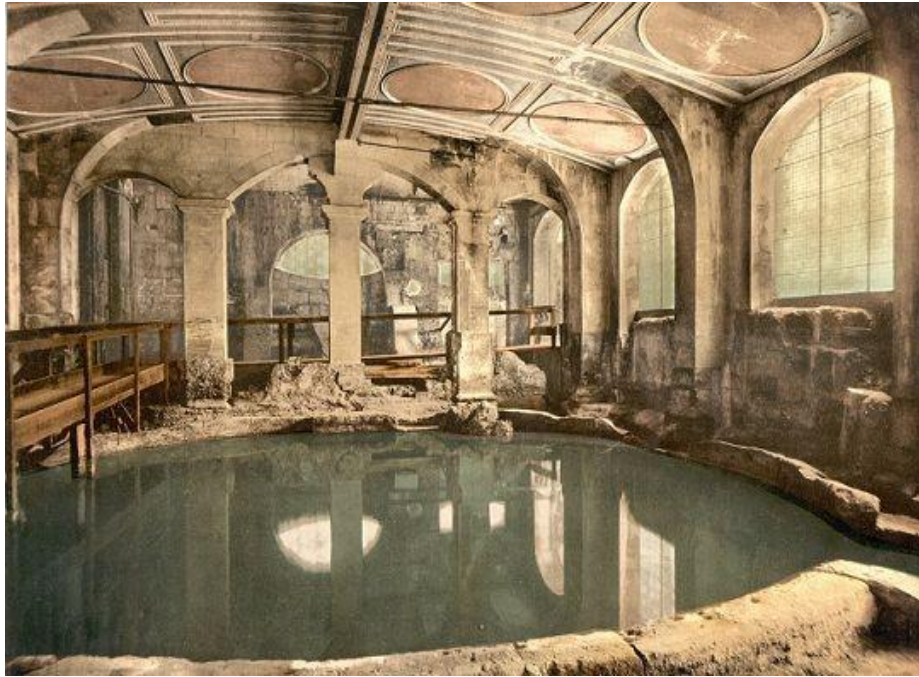
(, , ,)
).

(, , , ,
: «

q

».

6



2.10

5 -4

1.9



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2 . .

2.

(,).

±balneat

± ±

2.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

q

2.2

Vichy

Bath

Buxton

Baden

Aix

Aquincum



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.3

33 . . . 170
(63-12 . . .),

856,

3.

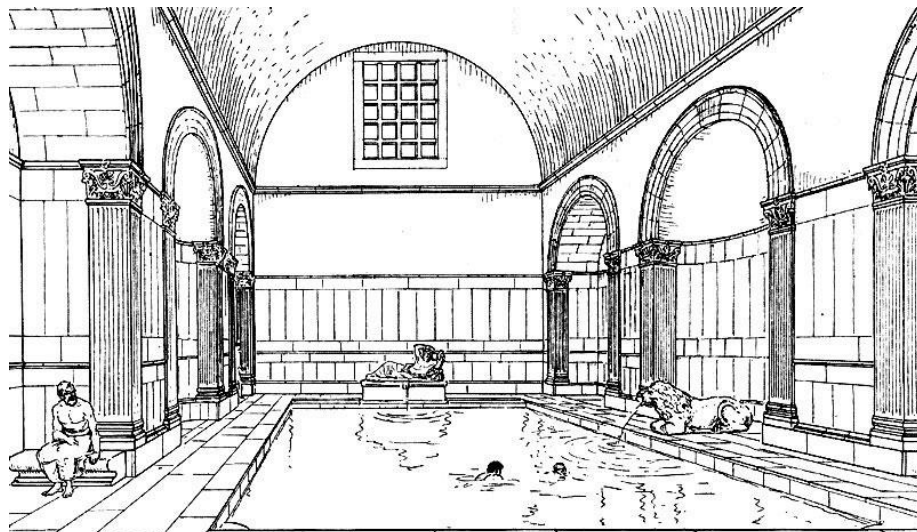
3.1 (BALANEUM)

(balaneum)

35

3.2 (T)

(Thaermae),



2.11

3.3

- (apodyturium)
- (frigidarium),
- (tepidarium)
- (caldarium).

o o

3.4.1

(frigidarium)

(frigidarium),

(natatio),

O

3.4.2

(tepidarium)

(tepidarium)

3.4.3 (caldarium)
(caldarium)

(alveus)

(labrum)



2.12
(labrum) . ()



2.13

()

(57 C).



2.14

"BENE LAVA».

()

« » (BENE LAVA).

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.5

80 . . .

3.5.1



2.15 .

urae),

(praefurnium).

(pilae).



2.16

()

De architectura,

0,60 .

1 .

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1

(tubuli)
mammatae),

(tegulae

(praefurnium)

80 C.

), (

frigidarium, labrum,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

frigidarium,

3.7

2 3
3 . .

3.7.1 -



2.17

3.7.3

-
-

:

-
-
-
-
-
-

(Balneator)

(fornacator)

(perfusor)

(capsarius)

(Balneator), o

 *Your complimentary use period has ended. Thank you for using PDF Complete.*
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(fornacator),

« »,

, tepidarium

(perfusor),

(capsarius)

24

3.8



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.8.1

(tepidarium)

(tepidarium),

(caldarium)

(caldarium),

(laconicum)

(laconicum),

Laconicum

Sudatio,

(unctorium).

(frigidarium)

(frigidarium)

frigidarium



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1.500

3.000

25 . . .

81 . . , 95 . . , 65 . . , 185 . . ,

217 . . , 305 . . ,

315 . . .

Frigidarium e Santa Maria Degli Angeli.

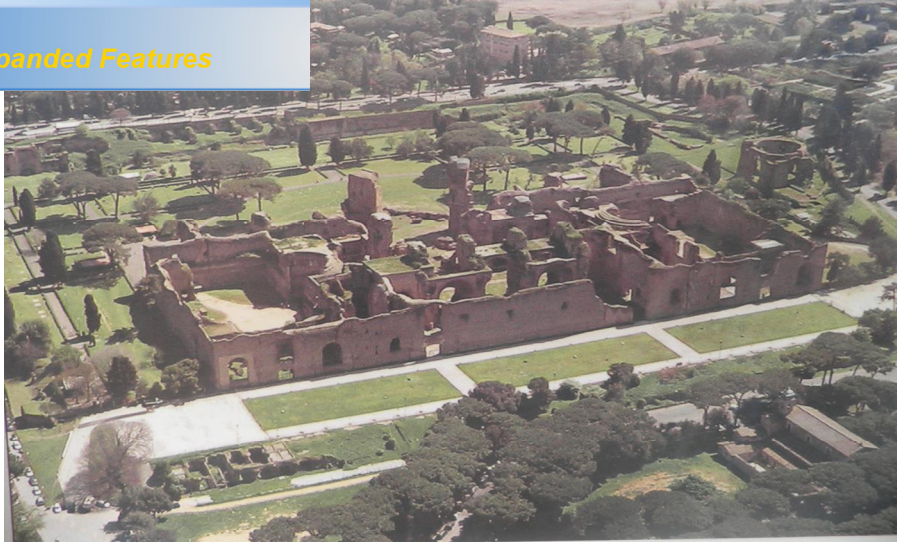
Herculaneum

B

79 . . .

3.9.1

212 . . .



2.18

()

(via Nova),
Septizodium,

(Via Appia Nuova).



2.19

()



2.20

()



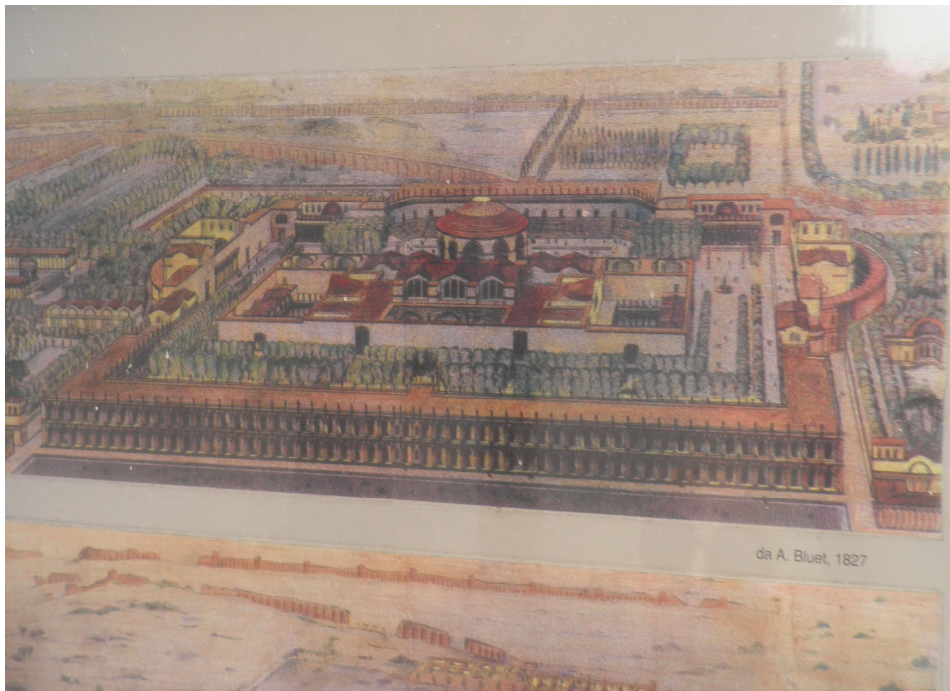
2.21

()



2.22

()



2.23

()



2.24

()



2.25

()

337 x 328

216 . . . ,
(217 . . .),

1.600 . . .



2.26
()

300

/ ,



2.27

()

6.000



2.28

()

()



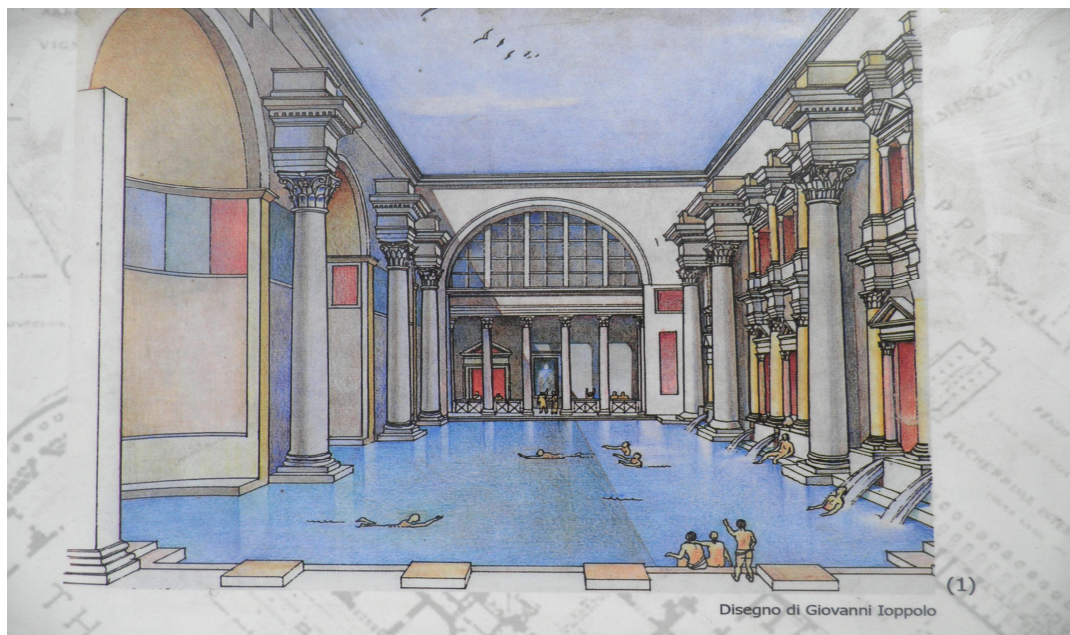
2.29

()

(natatio),

laconica

caldarium.



2.30

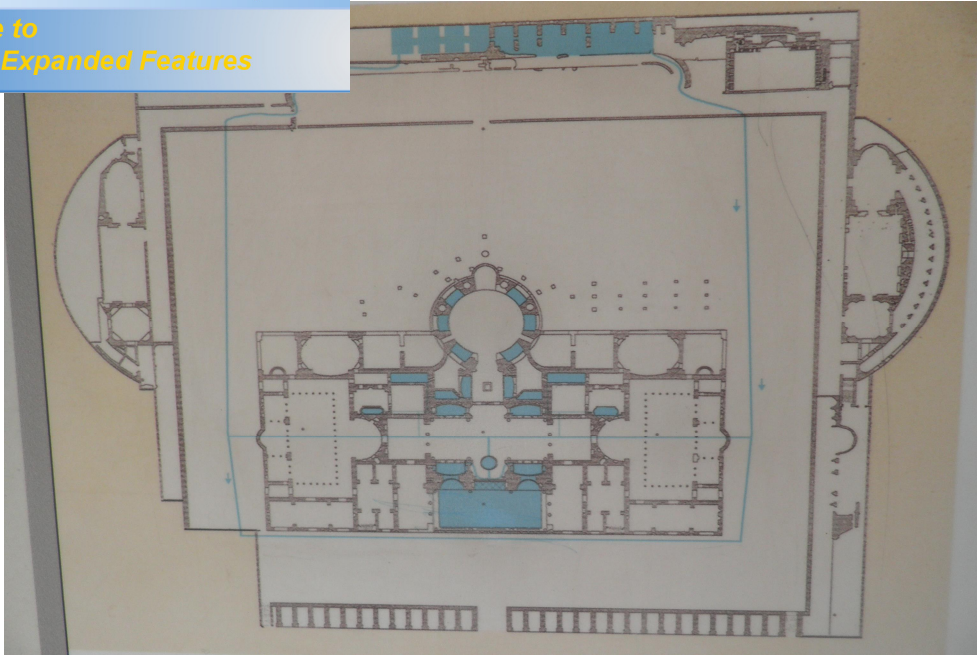
()

(hypocaustum)

caldarium

tepidarium

frigidarium,



2.31

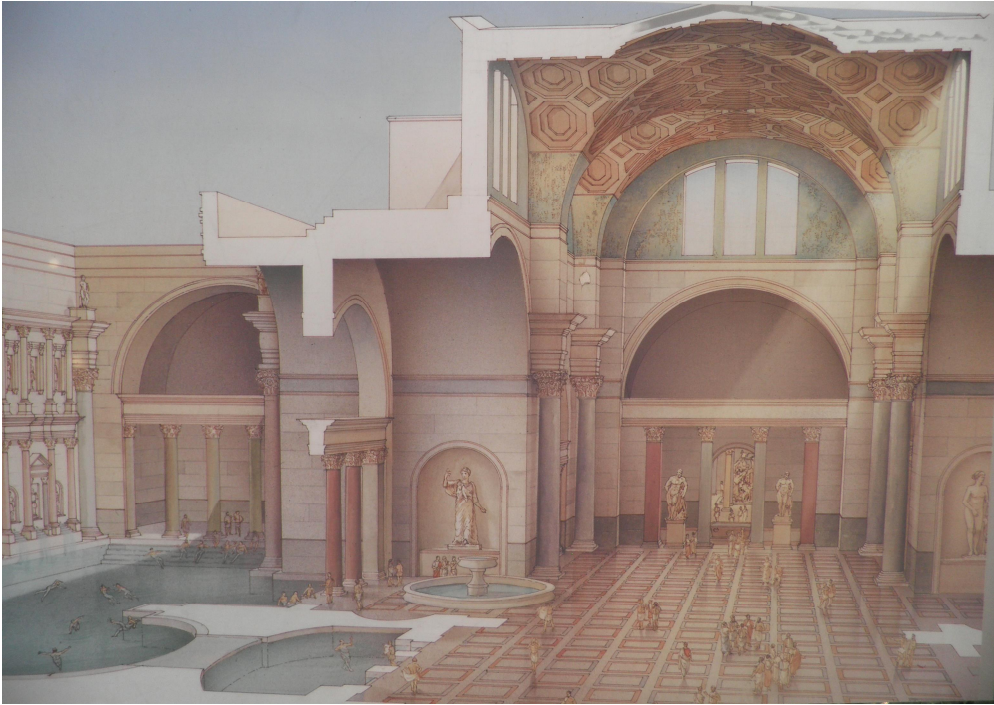
()



2.32

()

Mithraeum (),
1900.



2.33
()
,



2.34

()



2.35

()



2.36 . ()

III (1534-1549),



2.37 «Farnese Bull».
()



2.38 « ».

()

Farnese Bull

Bourbon.



2.39 () .
()

, ,
1563,

, frigidarium,
,

17 .



40. ()

1824



2.41 ().

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1996

(tepidarium),

(frigidarium)

« »



2.42

()

3.9.2



2.43

()



2.44

()

(frigidarium),

« »,

tepidarium,



2.45

(labrum),

()



2.46

()

aldarium,



2.47

()

4 . . ,

2 . .

62 . .

79 . .



2.48

()



2.49

()



2.50

()

tepidarium caldarium,

frigidarium,

3.10



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

3.11

337

3



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

4.

5.



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

13

q

5.1

5.2

1326, Collin Le Loup,

Spa,

«spa»

5.3

16 ,

Karlsbad

10 11 ,

" "

 *Your complimentary use period has ended. Thank you for using PDF Complete.*
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Scarborough (),

1626,

Scarborough Spa.

. Wittie

1660,

1735.

6.

17

17 ,

6.1

. 1702,

Bath,

, Bath

Richard (Beau) Nash.

, Nash

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Wood

Bath

Ralph
spa

Bath

Bath

6.2

17

Bath

(
)

4:00

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

7. **18°**

18 ,

spa.

, Karlsbad,

« »,

7.1

18

Dr David Beecher (), 1777,

1797, , Dr James Currier

: « , , ».



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

19

19 ,

, 1842,

, 1846 1896».

1842,

8.1

19

, 1843,

1

15 ,

1845 ,

8.2

1860,

 **PDF Complete**
Your complimentary use period has ended.
Thank you for using PDF Complete.
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

‘ ‘
« » « »

· ·

· ‘

· ·

8.3

1867 ‘

· ‘
‘ 1880

· ·
· ‘

· ‘

‘ ·
· ‘

8.4

19

‘ ·
· 18 19

· ‘
· Bath ‘

», -
 Carlsbad, Marienbad, Franzensbad

Baden-Baden

19

8.5

19

Trinkhallen (),

8.6

19

19



2.51

19

(spa)

1930,

Trinkhalle (), , nhalatorium ()
Kurhaus Conversationhaus,



2.52 , Carolus Spa, Aachen,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Baden-Baden

(spa)

(Trinkhallen).

19

8.7

19

19



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

«

»

19

Karlsbad

06:00

Karlsbad

09.00

19

9.

20

20



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Baden-

9.1

BADEN BADEN

20

Baden-Baden

20

154

15 20

8 (20 cm)

20

140

150



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

SPA

(spa)

, , , , , , , .

spa.

10. 21

-

,

,

.

,

spa

.

,

.

spa

,

.

,

,

.

11. SPA

,

,

.

SPA,

SPA

Spa.



2.53 «SANITAS PER AQUA».

()

SPA

SPA

Spa,

- SPA (Resort SPA),
- SPA
- SPA (Day SPA),
- SPA (Club SPA),
- SPA (Cruise SPA),
- SPA (Destination SPA),
- SPA (Holistic SPA),
- SPA (Adventure SPA),
- SPA (Medical SPA),
- SPA
- SPA (Structured SPA)
- SPA (Exclusive/ VIP SPA)
- SPA (Eco SPA Green SPA)

12.1 SPA

(RESORT/HOTEL SPA)

spa,

spa.

12.2 SPA



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

12.3 SPA (DAY SPA)

spa

12.4 SPA (CLUB SPA)

spa.

12.5 SPA (CRUISE SPA)

spa,

spa.

12.6 SPA (DESTINATION SPA)

spa,

12.7 SPA (HOLISTIC SPA)

SPA

12.8 SPA (MEDICAL SPA)

Spa

spa,

/

Spa

peloids. peloids



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

ENTURE SPA)

12.10 SPA

spa

12.11 SPA

12.12 SPA (STRUCTURE SPA)

12.13 SPA (EXCLUSIVE/VIP SPA)

12.14 SPA (ECO SPA GREEN SPA)

()

«the Green SPA network»



3.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(37° C),

1.

-
-
-
-
-
-
-
-
-



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.

:

-
-

2.1

:

-
-
-

2.1.1

,

:

-
-

).

3 4

2.1.2

q



3.2

2.1.3

2.2

-
-
-
-
-

2.2.1



3.3

2.2.2



3.4

(bar/cm²)

2.2.3

- , « » ,
- :
- ,
- ,
- ,

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



2.2.4



3.5

2.2.5

» , q

() ().



3.6

3.

- (),
- ,
- ,
- ,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



1.



4.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

- :
- .

1.2.1

1.2.2

1.3

1.4

2.



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.2

È

2.3

2.3.1



20



20



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

:



2.3.2.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.3.2.3

2.3.2.4

2.3.2.5

()

(,)



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

250-300 gr/lt.

2.3.2.7

2.3.2.8

2.3.2.9

3.

4.



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

4.1

4.2

-
-
-



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(

).

4.4

- :
- ,
- ,
- .

4.4.1

4.4.2

15-20 ,

25%.

4.4.3

- pH
-
-

depot (),

5.





PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

5.1

15-20



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

5.3

- :
- (,),
- (, ,)
- (, ,)
- :
- ()



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

- (),
- ,
- (
- . . .),
- (, ,)
-).

5.4

- (. . .)
- ,)
- .
- :
- ,
- ,
- (
-),
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- (3)
- ,
- (32)
- 7 .



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

7.

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

70%

95%



5.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1.

(thalassotherapy)

19

$\frac{3}{4}$

()

()

2.



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Charles Brucell

1791, Richard Russel

marine hospital,

1899,

Roscoff

19

20

1904,

Renè Quinton

«L'eau de mer, milieu organique»,

«

».



PDF Complete
*Your complimentary use period has ended.
 Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Quiberon Institute
 1967, Dr. La

Bonnardière

"thalassotherapy"

A. Deledicque

«

».

3.

()

« » ,

:

- ,
- ,
- ,
- ,
- .

3.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

60

(, , , .)

3.1.1

1

	g/ kg	(%)
(Cl)	18,980	55,044
(SO)	2,649	7,682
(HCO)	0,140	0,406
(Br)	0,065	0,189
(F)	0,001	0,003
(H3BO)	0,026	0,075
(Na)	10,556	30,613
(Mg)	1,272	3,689
(Ca)	0,400	1,160
(K)	0,380	1,102
(Sr)	0,013	0,038
	34,482	100,000
()	965,518	
	1000,000	

3.1.2

3.1.3

- : , , : , .
 - : , .
 - : , .
- /
- 10
- 0,5-1,0 gr.

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

gram

E.Coli,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.2.1

« »

3.2.2



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.2.3

30 45 50

3.3

-
-
-



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

4.



 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



5.2

.

,

,

.

(

)

,

,

(

).

,

,



5.3

8

300

4.1.1

50



5.4

25.000

4.1.2



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

70%

4.1.4

4.1.5

), (. .), (. .)

➤ :

➤ :

➤ :

➤ :

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

12, -

, 70% -72%.

4.1.6

-
-
-
-

32

4.1.6.1

q

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(micro-

-20 -45

().

4.1.7

4.1.8

Fucus, Ascophyllum, Laminaria



5.4

4.1.10

-
-
-
-
-
-
-



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

-
-
-
-
-

4.1.11

4.1.12

-
-
-
-

4.2

Click Here to upgrade to Unlimited Pages and Expanded Features



5.5.

O
)

(

-
-
-

-
-

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



5.6.



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

5.

(spa)

(, ,)

« »



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

-
-
-

6.1

2%.



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

SPA



6.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1.

1.1

q
Ein Gedi



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

spa

3.

3.1

30% () 3%

)

, q

2

	42,89%
	11,00%
	10,30%
	0,08%
	5,75%
	0,44%
	0,063%
	29,06%

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



:



:

3.1.1



6.2



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

-
-
-
-
-),
-
-
-
-
-
-

3.2



6.3

3.2.1

- , :
- ,
- ,
- ,
- ,
- ,
- , :
- ,
- ,
- ,



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

-
-
-
-
-
-

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

SPA

()

SPA

1.

SPA

()

SPA

-
-

2.

2.1

-
-
-
-
-
-
-

2.1.1.

).

2.1.2

(

peeling),



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

- (,),
- ,
- ,

2.1.2.1

()



7.1

(,) ,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)





7.2



7.3

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.1.3



7.4

#

¶

2.1.4

- ,
- lifting,
- ,
- C,
- ,
- ,
- ,
- ,
- ,
- ,
- (Rejuvance),
- .



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(6-12)

1.000

-
-
- () ,
- (" ") ,
- ,
- ,
- ,
- ,
- /

-
-

6

2.1.4.2

lifting

lifting

lifting

8-12

1-2

lifting

-
-
-
-
-
-
-
-
-

« »

2.1.4.3

(Retinol A)

()

2.1.4.4

C

C

C

2.1.4.5



7.5

➤ 10%

➤ 1% DNA,



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

➤ 1%

➤ 5%

Ginkgo Biloba,

2.1.4.6



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.1.4.7

()

jojoba

Spa

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

« »



7.6

1 ½

- (, ,),
- (, ,),
- (),
- ().

2.1.4.8



7.7

2.1.4.9

, C, E

2.1.4.10

ginger,



7.8

2.1.4.11 (Rejuvance)



7.9

(rejuvance).



7.10

-
-
-
-
-
-

2.1.4.12



7.11

2.1.5

«

»

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



7.12

2.1.6

()

-
-
-
-
-
-

2.2.1

2.2.1.1

- ,
- (),
- (relax),
- ,
- ,
- (),
- ,
- (Balinese massage),
- (four hand massage),
- (hot stones massage),
- ,
- ,
-



:
1-2



()

2.2.1.3



2.2.1.4



(),

()

(relax)

I.



7.13



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

()

➤ ,

➤ (),



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

➤ ,

➤ ,

➤ (,),

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ().

➤ :

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ :

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

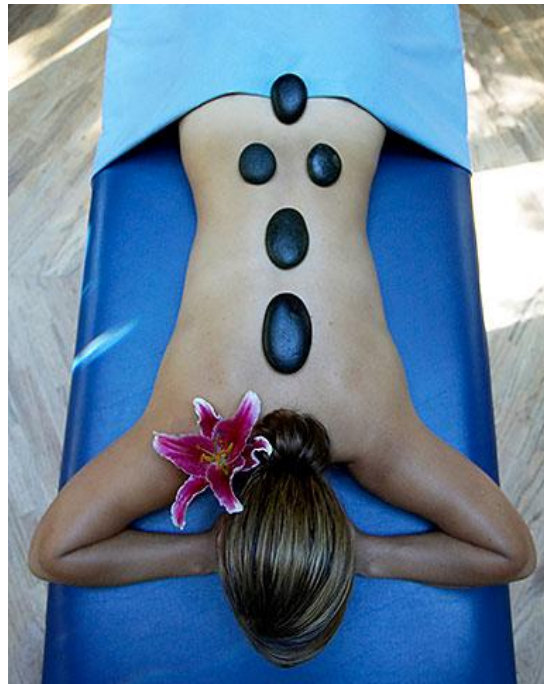
II. (Relax Hot Stone massage)

« SPA »,



7.14 (Hot stones).

chakra



7.15

chakras

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

« »

III.

(Hot Stone Facial Massage)

chakra.



7.16

IV. Thai ritual-Hot stone massage (Thai Herbal Pouch)

(hot stone therapy).



7.17 Hot stone massage.

Thai ritual.

thai ritual



7.18 Thai ritual.

H

V.

, jojoba oil, macadamia oil).



7.19

VI. (Thai massage)

2.500



7.20



7.21

SEN



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

➤ ()

➤ SEN (),

➤

SEN



VII.



7.22



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

()

). q

- (Shiatsu),
- (Reflexology),
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- - ,
- .

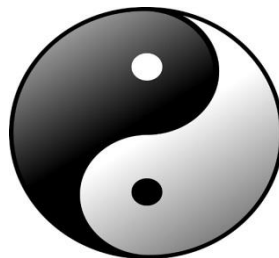
1.

yin-yang,

1.1

yang ()

yin (),

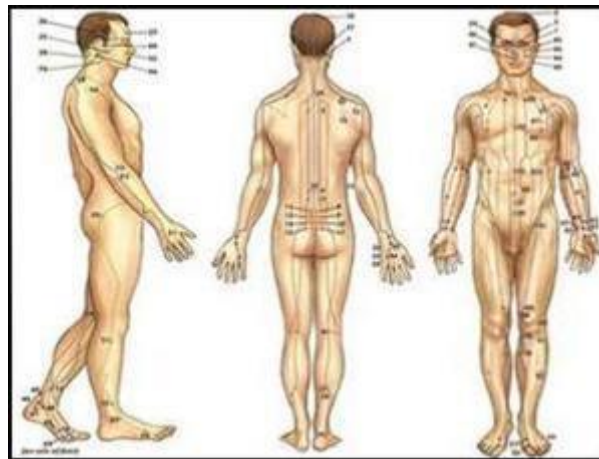


8.1

1.2

»

«



8.2

1.3 CHAKRAS ()

chakra

()

chakras: « chakras

()

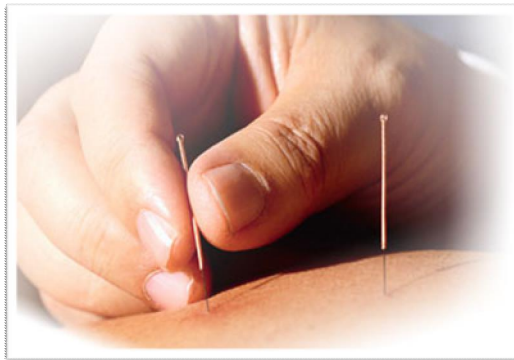
».

chakras

7 chakras

1. chakra
2. chakra
3. chakra
4. chakra
5. chakra
6. chakra 3
7. chakra chakra.

1.4



8.3



PDF
Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

20-30

1.5

- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,
- ,

1.6

- ,
- ,
- ,
- ,
- ,

- -
 - (, . .), (,)
 -)
- 2.



8.4

/

botox

,
,
« »
:
➤
➤
➤
:
➤
➤
➤
➤
,

2.2

:
➤
,
➤
,
➤
,
➤
➤
➤
➤
➤
➤
➤
➤
➤
➤
➤
➤
➤
➤
:

3. (SHIATSU:)

anma (anmo)

tuina

(1920) Tokujiro Namikoshi

(accupressure),

, 1950 Shizuto Masunaga,

Zen Shiatsu,



(extensions)

Hara.

Akinobu Kishi

Pauline Sasaki

8.5

➤ Tao Dao:

Tao

4

Yin Yang

➤ **Ki Qi:**

Ki,

➤

Yin Yang:

È

➤

12

Ki -

Mashunaga)

(Du Mai)

(Ren Mai)

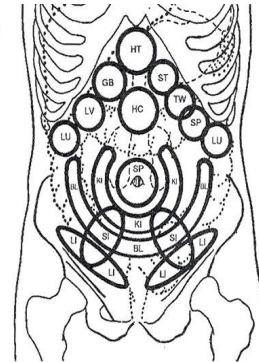
➤ **subo:**

➤ **Hara:**

Ki
 " Hara"
 Hara"
 " Ampuku (),
 Hara,

" ,
 ,
 " ,
 Hara
 " ,
 E

Ampuku



Hara,

(,

8.6

➤

o Ki,

Tsubo

➤ **yo Jitsu:**

, " Hara"

➤ **Qi Gong:**

C'huan

T'ai Chi

➤ **Makko ho:**

6

Ho

Qi Gong

T'ai Chi Chu'an.

Makko

➤ **Zen,**

Mahāyāna,

zazen

(enlightenment). Zen,

➤ **Sotai ho:**

Kenzo Hashimoto(1897-1993),

Sotai



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

➤ **Futon:**

5

() ().

(Ki).

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

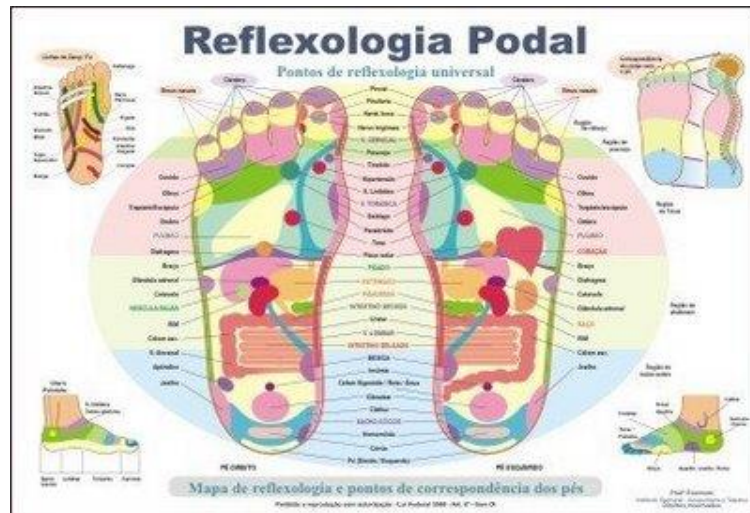


8.7

(. . .),

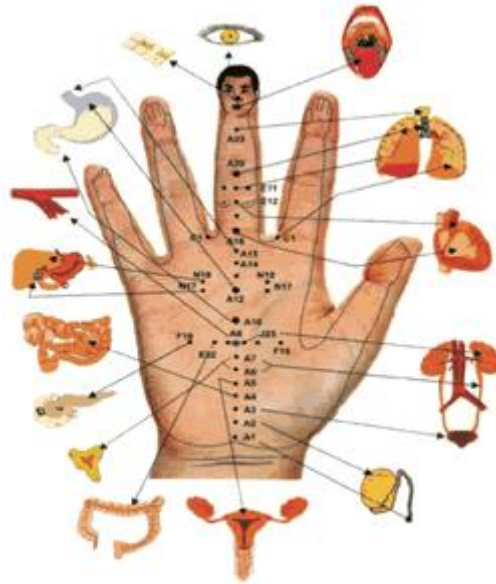
(REFLEXOLOGY-

()



8.8

q



8.9

4.1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1. The first part of the document discusses the importance of maintaining accurate records of all business transactions. This is essential for the proper management of the company's finances and for ensuring compliance with applicable laws and regulations.

2. In addition, it is important to establish a clear system of internal controls to prevent and detect errors and fraud. This system should be designed to provide a reasonable assurance of the reliability of the financial reporting process.

3. The second part of the document focuses on the role of the accounting department in providing accurate and timely financial information to management. This information is used to make informed decisions about the company's operations and to evaluate the performance of the organization.

4. It is also important to ensure that the accounting department is properly staffed and equipped with the necessary resources to perform its duties effectively. This includes providing ongoing training and development opportunities for the staff.

5. Finally, the document emphasizes the importance of maintaining a strong relationship with external auditors. These auditors play a critical role in verifying the accuracy of the financial statements and providing an independent opinion on the company's financial health.

6. In conclusion, the document highlights the key elements of a successful financial reporting system and provides practical advice for implementing these elements in a way that meets the needs of the organization.

7. The document also includes a list of references and a glossary of key terms to help readers understand the concepts discussed in the text.

8. (MS),

9. (PMS),



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

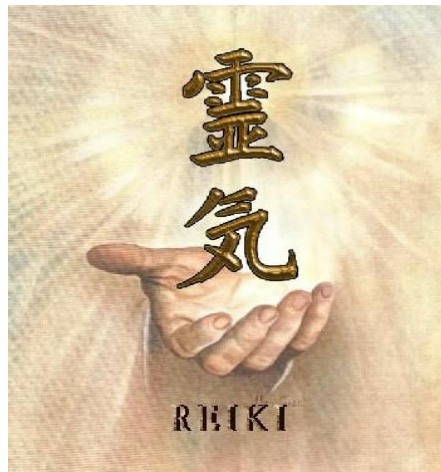
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

4.2

4.3

3

5.



8.10

To

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.11



:

➤ ,

➤ , , , ,

➤ , ,

➤ , , ,

➤ ,

➤ ,

➤ , ,

➤ ,

➤ , , , ,

➤ , ,

➤ ,

➤ , ,

➤ ,

➤ , ,

6.

(Sanskrit)

« ».

),

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.12



8.15

stress,



8.14 *Bach.*

Dr. Edward Bach,

Edward Bach : «

».

:

-
-
-

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

-
-
-
-
-
-

7.



8.16

Dr. Bach

Bach,



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.17

7.1

- T : (- -)
- . :



8.18

- ()
- ()
- ()
- ()

7.2

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.19



8.20

- , q
- , ,
- , , , ,

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

➤ : , 15-20 ,

➤ :

➤ :

➤ :

➤ :

➤ :

➤ :

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

➤ ,

9.

).

«

»



8.21



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

T

T

T

T

T

T

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

10.



8.22



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

chakras

chakra,

11.



8.23

(chakras)



8.24

stress

12.



8.25

),

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

13.



8.26



8.27

‰ †

‰ †



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

‰ +

‰ +

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



NOMO Đ . 349

1



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

() , () ,

() ,

(spa)



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3

1.

2.

3.

4.

6

1.

2.

(. . .).

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1.1.1920

2 . 2188/1920.

4. . . .

,

.

7

1. (. . .)

,

.

2.

,

,

,

,

,

,

,

,

. . . ,

,

,

,

3.

.

,

.

,

.

8



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

:

)

)

16

1. . . . ,

2.

. . . .

(100)

8

. 2971/2001.

3.

1 17, . . .

17

E

1.

,

,

. . .

,

2.

. . .

,

,

,

,

,

,

3.

1

,

(1)

2,

. . .

E

18



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.

19

1.

(1)

2.

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(1)

3.

q

4.

244/69:

426/70:



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

433/94:

(426)

749/99:

37/ /07-02-1989:

3 / .15543:

. 4 /5258,

« 361/69 . «

».

3498/2006 (' 230/24.10.2006)

« »

(2).



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(3).

-

. . .

,

(. . .)

,

.

. . . (4).

(5).

,

. . .

,

,

,

. . .

(6).

, ()

,)

(8).

(. . .)

,

(7).



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

• • •

,

,

•

,

•

,

•

• • •

(9).

,

,

(11).



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

frigidarium

« »

spa,

Altman N. 2000. Healing springs: the ultimate guide to taking the waters from hidden springs to the world's greatest spas. Inner Traditions / Bear & Company, [ISBN 0-89281-836-0](#).

Anderson F., 1990, Story of the spa, Architect Review, Vol 184, No1099, pp50-54.

Antoniou C., Costa G., Makridou S., 1999, The profile of the Fitness Clubs Customers in Greece, Proceedings of the 7th Congress European Association for Sport Management, Thessaloniki, Hellas.

Andre P., 2004, Evaluation of the safety of a non-animal stabilized hyaluronic acid (NASHA--Q-Medical, Sweden) in European countries: a retrospective study from 1997 to 2001, J Eur Acad Dermatol Venereol;18:422-425.

Andre P., 2004, Hyaluronic acid and its use as a "rejuvenation" agent in cosmetic dermatology. Semin Cutan Med Surg; 23:218-222.

Baumann LS, Shamban AT, Lupo MP, et al, 2006, Comparison of a family of new generation hyaluronic-acid based fillers with crosslinked bovine collagen in the correction of nasolabial folds: A doublemasked, multicenter, randomized, within-subject study. Annual Meeting of the American Academy of Dermatology March 3-7,; San Francisco, CA.

Bosniak S, Cantisano-Zilkha M, Glavas IP. 2004, Nonanimal stabilized hyaluronic acid for lip augmentation and facial rhytid ablation. Arch, Facial Plast Surg; 6:379-383.

Boyer Lewis C., 2001, Ladies and Gentlemen on Display: Planter Society at the Virginia Springs, 1790-1860, University of Virginia Press, [ISBN 0-8139-2079-5](#).

03, What's new in fillers? J Drugs Dermatol,

Carruthers A, Carey W, De Lorenzi C, et al, 2005, Randomized, double-blind comparison of the efficacy of two hyaluronic acid derivatives, restylane perlane and hylaform, in the treatment of nasolabial folds. Dermatol Surg;31(11 pt 2):1591-1598.

Carruthers JD, Carruthers A., 2005, Facial sculpting and tissue augmentation. Dermatol Surg; 31(11 pt 2):1604-1612. Yellow Rose

Carruthers J, Carruthers A., 2003, A prospective, randomized, parallel group study analyzing the effect of BTX-A (Botox) and nonanimal sourced hyaluronic acid (NASHA, Restylane) in combination compared with NASHA (Restylane) alone in severe glabellarrhytides in adult female subjects: treatment of severe glabellarrhytides with a hyaluronic acid derivative compared with the derivative and BTX-A. Dermatol Surg;29:802-809.

Carruthers J, Carruthers A, Maberley D., 2003, Deep resting glabellarrhytides respond to BTX-A and Hylan B. Dermatol Surg; 29:539-544.

Carruthers J, Klein AW, Carruthers A. et al., 2005, Safety and efficacy of nonanimal stabilized hyaluronic acid for improvement of mouth corners. Dermatol Surg; 31:276-280.

Chambers T., 2002, Drinking the Waters: Creating an American Leisure Class at Nineteenth-Century Mineral Springs. Smithsonian Institution Press,. (Out of print).

Cockerell N., 2010, Spas and health resorts in Europe, Travel and Tourist Analyst, No1, pp53-77.

Crebbin-Bailey J., W. Harcup J., Harrington J., 2005, The Spa Book: The Official Guide to Spa Therapy. Publisher: Cengage Learning EMEA, [ISBN 1-86152-917-1](#).

Delorenzi C, Weinberg M, Solish N, et al., 2006, Multicenter study of the efficacy and safety of subcutaneous nonanimal-stabilized hyaluronic Acid in aesthetic facial contouring: interim report. Dermatol Surg; 32:208-215.

Didaskalou E. and Nostos D., 2009, The role of climatic and bioclimatic conditions in the development of health tourism product. Anatolia, Vol 14, No2, pp107-126.

1, The complete book of water healing. 2nd

[BN 0-658-01378-5.](#)

Dover JS, Carruthers A, Carruthers J, et al, 2005, Clinical use of Restylane Skin Therapy Lett; 10:5-7.

Duranti F, Salti G, Bovani B, et al, 1998, Injectable hyaluronic acid gel for soft tissue augmentation: A clinical and histological study. Dermatol Surg; 24:1317-1325.

Dvorjetski E., 2007, Leisure, pleasure, and healing: spa culture and medicine in ancient eastern Mediterranean., Brill, (illustrated), [ISBN 90-04-15681-X.](#)

Fernandez-Acenero MJ, Zamora E, Borbujo J., 2003, Granulomatous foreign body reaction against hyaluronic acid: Report of a case after lip augmentation. Dermatol Surg; 29:1225-1226.

Friedman PM, Mafong EA, Kauvar AN, et al, 2002, Safety data of injectable nonanimal stabilized hyaluronic acid gel for soft tissue augmentation. Dermatol Surg; 28:491-494.

Gassan R. 2008. The Birth of American Tourism: New York, the Hudson Valley, and American Culture, 1790-1830. University of Massachusetts Press, [ISBN 1-55849-665-3.](#)

Honig JF, Brink U, Korabiowska M., 2003, Severe granulomatous allergic tissue reaction after hyaluronic acid injection in the treatment of facial lines and its surgical correction. J Craniofac Surg; 14:197-200.

Jordan D. 2003, Soft-tissue fillers for wrinkles, folds and volume augmentation. Can J Ophthalmol; 38:285-288.

Kiewa J., 2004, Self-control: The key to adventure? Towards a model of the adventure experience. In E. Cole, E. Erdman & E.D. Rothblum (Eds.), Wilderness therapy for women: The power of adventure (pp. 29-41). Binghamton, NY: The Haworth Press, Inc.

Koenig C., 2005, Specialized Hydro-, Balneo-and Medicinal Bath Therapy. Publisher: iUniverse, [ISBN 0-595-36508-6.](#)

Kombol T., 2010, Thalassotherapy and health tourism, Tourism and Hospitality Management, Vol 2, No2, pp 299-306.

De N, Narins RS., 2005, Angioedema acute
caused by injectable hyaluronic acid. *Dermatol Surg*; 31:577-
579.

Low E., 2006, Spas in Europe, *Leisure Manag*, Vol 9, No2, pp 46-48.

Lowe NJ, Maxwell CA, Lowe P, et al, 2001, Hyaluronic acid skin fillers:
Adverse reactions and skin testing. *J Am Acad Dermatol*; 45:930-933.

Lowe NJ., 2003, Arterial embolization caused by injection of hyaluronic
acid (Restylane). *Br J Dermatol*; 148:379.

Mandeville JT, Rubin PA., 2004, Injectable agents for facial
rejuvenation: botulinum toxin and dermal filling agents. *Int Ophthalmol Clin.*;
44:189-212.

Manna F, Dentini M, Desideri P, et al., 1999, Comparative chemical
evaluation of two commercially available derivatives of hyaluronic acid
(hylaform from rooster combs and restylane from streptococcus) used for soft
tissue augmentation. *J Eur Acad, Dermatol Venereol*;13:183-192.

Micheels P., 2001; Human anti-hyaluronic acid antibodies: Is it
possible? *Dermatol Surg* 27:185-191.

Morrison M., 1999,
%o + .

Narins RS, Brandt F, Leyden J, et al, 2003, A randomized, double-
blind, multicenter comparison of the efficacy and tolerability of Restylane
versus Zyplast for the correction of nasolabial folds. *Dermatol Surg*; 29:588-
595.

National Tourism Organization of Greece, 2000, Guide of thermal
springs and spa resorts.

Rao J, Chi GC, Goldman MP., 2005, Clinical comparison between two
hyaluronic acid-derived fillers in the treatment of nasolabial folds: hylaform
versus restylane. *Dermatol Surg*; 31(11 pt 2): 1587-1590.

Schanz S, Schippert W, Ulmer A, et al., 2002, Arterial embolization
caused by injection of hyaluronic acid (Restylane). *Br J Dermatol*; 146:928-
929.

Sebastian I., 2005, Health and SPA tourism, *Spa Australasia*, Vol 13,
pp 36-43.

Adventure Tourism, A Review of Research
Research, 28(2), 360-377.

Williams A., 2006, Spa bodywork: a guide for massage therapists.
Lippincott Williams & Wilkins, [ISBN 0-7817-5578-6](#).

World Health Organization, 2006, %Guidelines for safe recreational
water environments, Volume 2, Swimming pools and similar environments+

., 1998, -
.
., 2006,
,
(22- 25).

., 1998, - , (
)
,
., 2004,
,
(22-31).

, 2000,
,
. . . 1055/ 02.06.2009 «
,
,
,
».

- <http://www.kurland.gr/SpagAισθητική/ΘεραπείεςΠροσώπου/ΘεραπείαΑκμής.aspx>
- <http://www.viedebeaute.gr/acne.html>
- <http://www.kurland.gr/SpaAισθητική/ΘεραπείεςΠροσώπου/ΘεραπείαPhytopeeling.aspx>
- <http://www.chryssalis.com/programs-prosopo-hydradermide.php?id=12>
- <http://esteticaxanthi.wordpress.com/θεραπειες-προσωπου/θεραπεία-βαθειάς-απολέπισης-phytopeeling/>

<http://www.aromahealing.gr/servedet.asp?p=&type=1&id=133>

<file:///F:/3610/lemfiko%20masaz/Google%20Μετάφραση.htm>

<file:///F:/3610/lemfiko%20masaz/Βασικοί%20χειρισμοί%20του%20λεμφικού%20μασάζ%20σώματος.htm>

<file:///F:/3610/lemfiko%20masaz/Το%20Λεμφικό%20μασάζ%20σώματος.htm>

<http://www.mybeautynet.gr/Περιοδικό/Άρθρα/εναλλακτικές-θεραπείες/ayuverda/Ινδική-μάλαξη-κεφαλής>

<http://holistichealthcare-beauty.co.uk/lynn.aspx>

<http://www.afroditispa.com/index.php?ID=wjkl8tCsNfRQmdwZ>

<http://www.agatsou.gr/antigoni/eidikes-efarmoges-aisthitikis-rejuvance>

<http://www.craniosacral.gr/home/index.asp?w=pages&r=1&pid=158>

<http://www.kalmia.gr/site/face/anaplasi>

<http://www.4uthesite.com/p-13716/peripoiisi-prosopou-me-xruso.html>

<http://www.homsiolglou.gr/botox.php>

<http://www.laserline.gr/files/laserlinepdf/Microdermabration.pdf>

http://www.cosmekon.gr/wwwgreek/services_sub.asp?mc_id=76&sc_id=83

<http://www.cbeauty.gr/gr/beauty-30.php>

<http://www.onlybeauty.gr/2011/12/fisiko-lifting-choris-nisteri%E2%80%A6/>

http://www.cosmekon.gr/wwwgreek/services_sub.asp?mc_id=76&sc_id=86

<http://www.renaissance.gr/leykansh-prosopou/>

<http://www.kurland.gr/SpaΑισθητική/ΘεραπείεςΠροσώπου/BelleVisageΘεραπείαΠροσώπουμεΠουγκιά.aspx>

<http://www.dreamdays.gr/product.php?id=1050>

<http://www.zimboulakiaristi.com/el/body-treatments-spa/38-thai-ritual-hot-stone-massage>

<http://www.portocarras.com/default.asp?pid=51&la=1>

http://www.nhs.gr/index.php?option=com_lessons&id=67&lsid=148&Itemid=1

<http://www.spa-greece.gr/spa-makedonia-9.htm>

<http://www.eot.gr>

<http://www.thermalsprings.gr>

<http://www.lib.auth.gr/>

: ❌

❌

<http://www.vita.gr>

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](http://www.kpe-thess.gr)

<http://www.kpe-thess.gr>

5.2

⤵ :

⤵ , , ,

⤵ ,

⤵ , ,

⤵ ,

⤵ ,

⤵ ,

⤵ ,

⤵ ,

⤵ , , ,

⤵

⤵

⤵

⤵

⤵ ,

.

6.

« ».



8.12

),

,
(, , ,

,

,

,

.

,

.

.

,

,

stress,



8.13



8.14

Bach.

Dr. Edward Bach,

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

,

».



8.15

:

-
-
-
-
-
-
-
-
-
-
-
-
-

,



8.16

Dr. Bach

Bach,



8.17

7.1

- T :
- . : (- -)
 - . :
 - . : (/)



8.18



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

- ()
 - ()
 - ()
 - ()
-).

7.2



8.19

8.



8.20

- , : q
- , , ,
- , , , , ,

- : , 15-20 ,
- : ,

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

➤ : ,

➤ : .

➤ : , .

➤ : .

:

-
-
-
-
-
-
-
-
-
-

9.

), (



8.21

T



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

,
. O
« »,

« ».

T

,

.

T

,

,

.

-

T

-

,

,

.

T

,

,

.

-

T

-

,

,

.

,

,

(,).

10.

-

,

.

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.22

()

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

chakras

chakra,

-
-
-
-
-
-
-
-
-
-

stress

11.

()



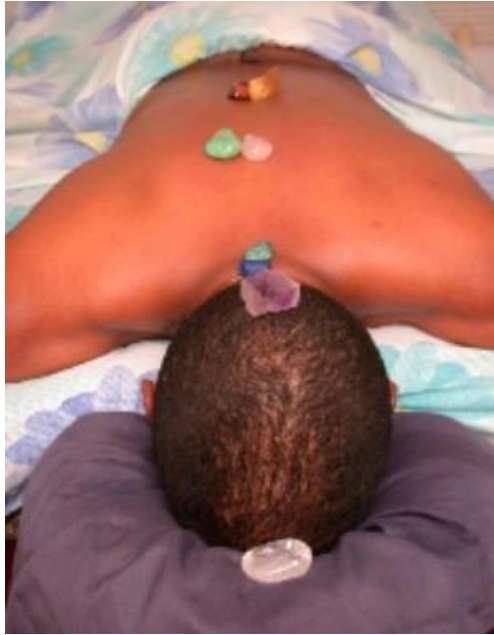
8.23

()

(chakras)

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.24

stress

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.25

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



8.26



8.27

‰ †

‰ †



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

‰ +

‰ +

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



NOMO Đ . 349



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

() , () ,

() ,

(spa)



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3

1.

2.

3.

4.

6

1.

2.

(. . .).

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

1.1.1920

2 . 2188/1920.

4. . . .

,

.

7

1. (. . .)

,

.

2.

,

,

,

,

,

,

,

,

. . . ,

,

,

,

3.

.

,

.

,

.

8



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

:

)

)

16

1. . . . ,

2.

. . . .

(100)

8

. 2971/2001.

3.

1 17, . . .

17

E

1.

,

,

. . .

,

2.

. . .

,

,

,

,

,

,

3.

1

,

(1)

2,

. . .

E

18



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.

19

1.

(1)

2.

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(1)

3.

q

4.

244/69:

426/70:



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

433/94:

(426)

749/99:

37/ /07-02-1989:

3 / .15543:

. 4 /5258,

« 361/69 . «

».

3498/2006 (' 230/24.10.2006)

« »

(2).



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(3).

-

. . .

,

(. . .)

,

.

. . . (4).

(5).

,

,

. . .

,

,

,

. . .

(6).

, ()

,)

(8).

(. . .)

,

(7).



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

...

,

,

.

,

.

,

.

...

(9).

,

,

(11).



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

frigidarium

« »

spa,



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

Altman N. 2000. Healing springs: the ultimate guide to taking the waters from hidden springs to the world's greatest spas. Inner Traditions / Bear & Company, ISBN 0-89281-836-0.

Anderson F., 1990, Story of the spa, Architect Review, Vol 184, No1099, pp50-54

Antoniou C., Costa G., Makridou S., 1999, The profile of the Fitness Clubs Customers in Greece, Proceedings of the 7th Congress European Association for Sport Management, Thessaloniki, Hellas

Andre P., 2004, Evaluation of the safety of a non-animal stabilized hyaluronic acid (NASHA--Q-Medical, Sweden) in European countries: a retrospective study from 1997 to 2001, J Eur Acad Dermatol Venereol;18:422-425.

Andre P., 2004, Hyaluronic acid and its use as a "rejuvenation" agent in cosmetic dermatology. Semin Cutan Med Surg; 23:218-222.

Baumann LS, Shamban AT, Lupo MP, et al, 2006, Comparison of a family of new generation hyaluronic-acid based fillers with crosslinked bovine collagen in the correction of nasolabial folds: A doublemasked, multicenter, randomized, within-subject study. Annual Meeting of the American Academy of Dermatology March 3-7,; San Francisco, CA.

Bosniak S, Cantisano-Zilkha M, Glavas IP. 2004, Nonanimal stabilized hyaluronic acid for lip augmentation and facial rhytid ablation. Arch, Facial Plast Surg; 6:379-383.

Boyer Lewis C., 2001, Ladies and Gentlemen on Display: Planter Society at the Virginia Springs, 1790-1860, University of Virginia Press, ISBN 0-8139-2079-5

2003, What's new in fillers? J Drugs Dermatol,

Carruthers A, Carey W, De Lorenzi C, et al, 2005, Randomized, double-blind comparison of the efficacy of two hyaluronic acid derivatives, restylane perlane and hylaform, in the treatment of nasolabial folds. Dermatol Surg;31(11 pt 2):1591-1598.

Carruthers JD, Carruthers A., 2005, Facial sculpting and tissue augmentation. Dermatol Surg; 31(11 pt 2):1604-1612. Yellow Rose

Carruthers J, Carruthers A., 2003, A prospective, randomized, parallel group study analyzing the effect of BTX-A (Botox) and nonanimal sourced hyaluronic acid (NASHA, Restylane) in combination compared with NASHA (Restylane) alone in severe glabellarrhytides in adult female subjects: treatment of severe glabellarrhytides with a hyaluronic acid derivative compared with the derivative and BTX-A. Dermatol Surg;29:802-809.

Carruthers J, Carruthers A, Maberley D., 2003, Deep resting glabellarrhytides respond to BTX-A and Hylan B. Dermatol Surg; 29:539-544.

Carruthers J, Klein AW, Carruthers A. et al., 2005, Safety and efficacy of nonanimal stabilized hyaluronic acid for improvement of mouth corners. Dermatol Surg; 31:276-280.

Chambers T., 2002, Drinking the Waters: Creating an American Leisure Class at Nineteenth-Century Mineral Springs. Smithsonian Institution Press,. (Out of print)

Cockerell N., 2010, Spas and health resorts in Europe, Travel and Tourist Analyst, No1, pp53-77

Crebbin-Bailey J., W. Harcup J., Harrington J., 2005, The Spa Book: The Official Guide to Spa Therapy. Publisher: Cengage Learning EMEA, ISBN 1-86152-917-1

1, Solish N, et al., 2006, Multicenter study of
taneous nonanimal-stabilized hyaluronic Acid
in aesthetic facial contouring: interim report. *Dermatol Surg*; 32:208-215.

Didaskalou E. and Nostos D., 2009, The role of climatic and bioclimatic
conditions in the development of health tourism product. *Anatolia*, Vol 14,
No2, pp107-126

Dincin Buchman D., 2001, The complete book of water healing. 2nd
ed., McGraw-Hill Professional, ISBN 0-658-01378-5

Dover JS, Carruthers A, Carruthers J, et al, 2005, Clinical use of
Restylane Skin Therapy Lett; 10:5-7.

Duranti F, Salti G, Bovani B, et al, 1998, Injectable hyaluronic acid
gel for soft tissue augmentation: A clinical and histological study. *Dermatol
Surg*; 24:1317-1325.

Dvorjetski E., 2007, Leisure, pleasure, and healing: spa culture and
medicine in ancient eastern Mediterranean., Brill, (illustrated), ISBN 90-04-
15681-X

Fernandez-Acenero MJ, Zamora E, Borbujo J., 2003, Granulomatous
foreign body reaction against hyaluronic acid: Report of a case after lip
augmentation. *Dermatol Surg*; 29:1225-1226.

Friedman PM, Mafong EA, Kauvar AN, et al, 2002, Safety data of
injectable nonanimal stabilized hyaluronic acid gel for soft tissue
augmentation. *Dermatol Surg*; 28:491-494.

Gassan R. 2008. The Birth of American Tourism: New York, the
Hudson Valley, and American Culture, 1790-1830. University of
Massachusetts Press, ISBN 1-55849-665-3.

Honig JF, Brink U, Korabiowska M., 2003, Severe granulomatous
allergic tissue reaction after hyaluronic acid injection in the treatment of facial
lines and its surgical correction. *J Craniofac Surg*; 14:197-200.

issue fillers for wrinkles, folds and volume
l; 38:285-288.

Kiewa J., 2004, Self-control: The key to adventure? Towards a model of the adventure experience. In E. Cole, E. Erdman & E.D. Rothblum (Eds.), Wilderness therapy for women: The power of adventure (pp. 29-41). Binghamton, NY: The Haworth Press, Inc

Koenig C., 2005, Specialized Hydro-, Balneo-and Medicinal Bath Therapy. Publisher: iUniverse, ISBN 0-595-36508-6

Kombol T., 2010, Thalassotherapy and health tourism, Tourism and Hospitality Management, Vol 2, No2, pp 299-306

Leonhardt JM, Lawrence N, Narins RS., 2005, Angioedema acute hypersensitivity reaction to injectable hyaluronic acid. Dermatol Surg; 31:577-579.

Low E., 2006, Spas in Europe, Leisure Manag, Vol 9, No2, pp 46-48

Lowe NJ, Maxwell CA, Lowe P, et al, 2001, Hyaluronic acid skin fillers: Adverse reactions and skin testing. J Am Acad Dermatol; 45:930-933.

Lowe NJ., 2003, Arterial embolization caused by injection of hyaluronic acid (Restylane). Br J Dermatol; 148:379.

Mandeville JT, Rubin PA., 2004, Injectable agents for facial rejuvenation: botulinum toxin and dermal filling agents. Int Ophthalmol Clin.; 44:189-212.

Manna F, Dentini M, Desideri P, et al., 1999, Comparative chemical evaluation of two commercially available derivatives of hyaluronic acid (hylaform from rooster combs and restylane from streptococcus) used for soft tissue augmentation. J Eur Acad, Dermatol Venereol;13:183-192.

Micheels P., 2001; Human anti-hyaluronic acid antibodies: Is it possible? Dermatol Surg 27:185-191.

Morrison M., 1999,

‰ †,

Hyden J, et al, 2003, A randomized, double-blind study of the efficacy and tolerability of Restylane versus Zyplast for the correction of nasolabial folds. *Dermatol Surg*; 29:588-595.

National Tourism Organization of Greece, 2000, Guide of thermal springs and spa resorts

Rao J, Chi GC, Goldman MP., 2005, Clinical comparison between two hyaluronic acid-derived fillers in the treatment of nasolabial folds: hylaform versus restylane. *Dermatol Surg*; 31(11 pt 2): 1587-1590.

Schanz S, Schippert W, Ulmer A, et al., 2002, Arterial embolization caused by injection of hyaluronic acid (Restylane). *Br J Dermatol*; 146:928-929.

Sebastian I., 2005, Health and SPA tourism, *Spa Australasia*, Vol 13, pp 36-43

Weber K., 2007, Outdoor Adventure Tourism, A Review of Research Approaches. *Annals of Tourism Research*, 28(2), 360-377

Williams A., 2006, Spa bodywork: a guide for massage therapists. Lippincott Williams & Wilkins, ISBN 0-7817-5578-6

World Health Organization, 2006, Guidelines for safe recreational water environments, Volume 2, Swimming pools and similar environments+

., 1998, -
.

., & , 2006,
, ,

(22- 25)

., 1998, , (
) ,

, ,
, , 2004, , ,

, ,
(22-31)



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

. 2000,

,
. . . 1055/ 02.06.2009 «

,
,
,
.».



PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

<http://www.kurland.gr/Spag> / /
 .aspx

<http://www.viedebeaute.gr/acne.html>

<http://www.kurland.gr/Spa> / / Ph
 ytopeeling.aspx

<http://www.chryssalis.com/programs-prosopo-hydradermide.php?id=12>

<http://esteticaxanthi.wordpress.com/> - / -
 - -phytopeeling/

<http://www.ygeia-enarmonisi.gr/aromatherapy.html>

<http://www.aromahealing.gr/servicedet.asp?id=2>

<http://www.aromahealing.gr/servicedet.asp?p=&type=1&id=133>

file:///F:/3610/lemfiko%20masaz/Google%20% .htm

file:///F:/3610/lemfiko%20masaz/ %20 %20 %20
 %20 %20 .htm

file:///F:/3610/lemfiko%20masaz/ %20 %20 %20
 .htm

<http://www.mybeautynet.gr/> / / -
 /ayuverda/ - -

<http://holistichealthcare-beauty.co.uk/lynn.aspx>

<http://www.afroditispa.com/index.php?ID=wjkl8tCsNfRQmdwZ>

<http://www.agatsou.gr/antigoni/eidikes-efarmoges-aisthitikis-rejuvance>

/home/index.asp?w=pages&r=1&pid=158

<http://www.kalmia.gr/site/face/anaplasia>

<http://www.4uthesite.com/p-13716/peripoiisi-prosopou-me-xruso.html>

<http://www.homsioglou.gr/botox.php>

<http://www.laserline.gr/files/laserlinepdf/Microdermabration.pdf>

http://www.cosmekon.gr/wwwgreek/services_sub.asp?mc_id=76&sc_id=83

<http://www.cbeauty.gr/gr/beauty-30.php>

<http://www.onlybeauty.gr/2011/12/fisiko-lifting-choris-nisteri%E2%80%A6/>

http://www.cosmekon.gr/wwwgreek/services_sub.asp?mc_id=76&sc_id=86

<http://www.renaissance.gr/leykansh-prosopou/>

<http://www.kurland.gr/Spa / /BelleVisage.aspx>

<http://www.dreamdays.gr/product.php?id=1050>

<http://www.zimboulakiaristi.com/el/body-treatments-spa/38-thai-ritual-hot-stone-massage>

<http://www.portocarras.com/default.asp?pid=51&la=1>

http://www.nhs.gr/index.php?option=com_lessons&id=67&lsid=148&Itemid=126

<http://www.spa-greece.gr/spa-makedonia-9.htm>

➤ www.eot.gr

➤ www.thermalsprings.gr

➤ www.lib.auth.gr / : ❏

❏

➤ www.vita.gr



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

➤ www.kpe-thess.gr

: (<http://www.spa-greece.gr/spa-istoria3.htm>)