

Andalucía



Andalusia offers you numerous added incentives for the enjoyment of health tourism: a **mild climate**, breathtaking **natural areas**, and links with **history and heritage** thanks to the conservation or recreation of Roman or Arab baths for modern day use. The region also offers a comprehensive range of **tourist services** related to health and wellbeing with a large number and variety of facilities which permits the visitor to choose the destination which best meets their needs, tastes, and budget.

The link between **water and health** has always been part of the history of Andalusia, with its wealth of springs with mineral-medicinal properties. This thermal tradition, which reached its height during the Roman and Muslim periods, has been revived today.

The **Greek and Roman cultures** associated water with the daily ritual of worshipping and caring for the body and their **Thermal Baths** became centres for social, cultural and commercial exchange. The important Roman archaeological site of **Itálica**, in Santiponce (Seville), contains remains of both the larger and smaller thermal baths. Of special note, for their exceptional state of preservation, are the Roman baths (1st century AD) of the **Alhama de Granada Spa**, and the various marble pools in the **San Andrés Spa** in Canena (Jaén).

ARAB BATHS

The hydraulic infrastructure constructed by Roman engineers to channel water from medicinal springs was used and improved by the Muslims, for whom the **Culture of Water** became an essential part of their identity. Their refined habits of hygiene, and the mandatory ablutions before reading the Koran, combined with the spiritual meaning of water, led to the proliferation of baths across the whole of Andalusia.

They were situated near to mosques and city gates and remained open all day, with different times for men and women. A continuation of the Roman thermal baths or caldas (although smaller in size and more standardised), Muslim baths also combined **recreational and commercial aspects**.

The **Arab Baths of the Villardompardo Palace in Jaén**, one of the largest and best preserved of their kind in Europe, are a good example of how these magnificent constructions from the Andalusí period were structured. They were solid buildings with little ventilation and included **three or four rooms**: the resting vestibule or hallway where clothes were left; the first nave or cold room, where bathers were given wooden sandals and cloths for the head and body; a central or warm room, with a stove for creating steam; and the last room with heated waters, underneath which was the furnace. In 1984, the Europa Nostra Association awarded a Medal of Honour to these Baths in recognition of the fine restoration work. The four rooms of the **Arab Baths in Ronda** (Malaga), with its furnace and beautiful vaulted ceilings with star-shaped skylights, have also been restored. Other interesting constructions from this period include the **Arab Baths in Alcázar de Jerez de la Frontera** (Cadiz), the **Alcazaba of Almería**, the **Alhambra and El Bañuelo** (both in the city of Granada) and those of **Baza** (Granada). Modern hammams reproduce the traditional structure of Andalusí baths with three rooms at different temperatures, a massage or treatment room, and a patio-solarium. They also

include traditional tea rooms, restaurants serving Arabic food, and even feature shows with belly-dancers.

SPAS

The **golden age of spa culture** took place between the middle of the 19th and the beginning of the 20th centuries, during which spas became the centres of social life. At this time **artists and intellectuals** such as Théophile Gautier, Lord Byron and Alejandro Dumas enjoyed the beneficial effects of thermal waters in Andalusia's spas, alongside **aristocratic families** and **European royals** such as the Empress Eugenia de Montijo. During the mid 20th century **Lanjarón** became a key holiday destination for the rich and wealthy from Andalusia and the North African colonies. Virginia Woolf, Bertrand Russell and Manuel de Falla all enjoyed its medicinal waters, and an adolescent **Federico García Lorca** is believed to have had a romance during his summer stays at the spa town.

Nowadays the 10 Andalusian spas are once again popular destinations for leisure and free time and their centuries-old tradition is very much being reinvented. As well as their **thermal waters**, these facilities offer highly qualified **staff**, **unique locations** in natural areas of great beauty, and easy access to local cultural and historic attractions. The **Carratraca Thermal Baths** lie on the slopes of the **Sierra Blanca**, the **Alicún de las Torres baths** are situated near to the Cerro del Mencil, where the **Fardes and Gor rivers** meet, and the **Lanjarón** baths nestle on the southeast side of the **Sierra Nevada Nature Park**, the summits of which are the source of the spa's waters. Whilst maintaining many of their original techniques, spas now offer new services, modern accommodation, and treatments which combine their therapeutic properties with aesthetic and recreational aspects.

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The San Nicolás spa



Season: All year round.
Waters: radioactive waters which flow from the ground at 47.5° C and contain sulphur, bicarbonate, iron, magnesium, and calcium.
Therapeutic benefits: locomotive system, respiratory problems, digestive system (when used in drinks), kidney, urinary tract, anxiety, stress, obesity, cellulitis.
www.balneariosannicolos.com
www.balneariosannicolos.es
Tel. 950 641 361 - ALMERÍA

The Sierra Alhamilla spa

Waters: Hyperthermal waters containing bicarbonate, sulphur, chloride, and sodium-magnesium which have a temperature of 58° C and flow at 10 litres per second.



Therapeutic benefits: respiratory and gastric system, rheumatism, arthritis, obesity, neuralgias, nervous system, locomotive system and post-traumatic conditions.
sierraalhamilla@gmail.com
Tel. 950 317 413 - ALMERÍA

The Chiclana spa

Season: February to December.
Waters: hypertonic alkaline waters (high concentration of minerals) containing sodium chloride, sulphur and calcium sulphate. Temperature: between 37° and 39° C.
Therapeutic benefits: skin, rheumatic-post trauma, respiratory problems, stress.



www.balneariodechiclana.net
Tel. 956 400 520 - CADIZ

The Alhama de Granada Spa

Season: March to November.
Waters: the thermal waters emerging from its two springs, Baño Viejo and Baño Nuevo, are rich in sulphate-calcium-magnesium, bicarbonate and oligometals. With a powerful flow and a temperature of 47°C they have a whole range of therapeutic properties.
Therapeutic benefits: treatments related to degenerative conditions of the locomotive system (especially arthrosis), respiratory problems (bronchitis, sinusitis, asthma) and stress.
www.balnearioalhamadegrada.com
Tel. 958 350 011 - GRANADA



The Alicún de las Torres Thermal Resort

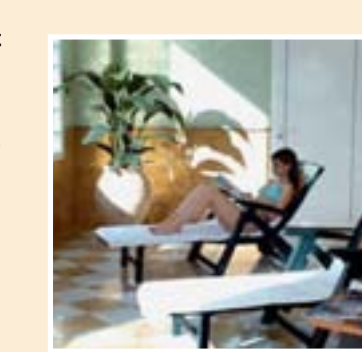
Season: February to December.
Waters: the water of the various springs emerges at 34,5 °C (Hypothermal). The waters are radioactive and their chemical composition includes sulphates, calcium, bicarbonates, and magnesium.
Therapeutic benefits: Alicún's thermal waters are effective for degenerative and inflammatory chronic rheumatisms, chronic respiratory problems, skin and digestive diseases, processes related to alterations of the uric acid metabolism, neurosis, and stress.
www.alicundelatorres.com
Tel. 958 694 022 - GRANADA



The Graena spa

Season: March to December.
Waters: Hyperthermal waters which emerge at a temperature of 44 °C, with a strong rate of

More information that:
Asociación de Balnearios de Andalucía
www.balneariosdeandalucia.com



They contain iron, chloride, sulphates, calcium and magnesium.
Therapeutic benefits: these waters are especially beneficial for rheumatoid diseases and processes (arthrosis, arthritis, osteoporosis, neuralgias, muscular lesions), respiratory diseases (chronic bronchitis, asthma, sinusitis, rhinitis), skin diseases (eczemas, contact allergies and psoriasis), and neuro-psychiatric disorders (neurosis, stress).
www.balneario-graena.com
Tel. 958 670 681 - GRANADA

The Lanjarón spa

Season: February to December.
Waters: the waters of Lanjarón's six springs flow from the ground at a temperature of between 16° and 27°C. They contain bicarbonates, sodium-calcium, and iron, as well as small amounts of carbon and magnesium.
Therapeutic benefits: in addition to their therapeutic effects (depurative, digestive, diuretic and appetite stimulant) the spa offers a popular anti-stress programme.
www.balneariodelanjaron.com
Tel. 958 770 137 - GRANADA

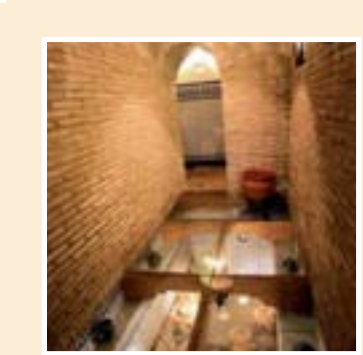


The San Andrés spa

Season: All year round.
Waters: the main characteristics of our waters are their hardness, their almost neutral pH value, and their balanced combination of minerals including sodium, magnesium, calcium, iron, potassium, bicarbonates, and sulphates. Temperature: 20,7° C (Hypothermal waters).
Therapeutic benefits: these thermal waters are particularly beneficial for people with kidney, gastrointestinal, osteo-muscular,



and cardiovascular diseases, as well as skin complaints, and problems related to the upper and lower respiratory systems. They are also useful in the treatment of psychological problems, stress, or physical exhaustion.
www.balneariosanandres.com
Tel. 953 770 062 - JAÉN



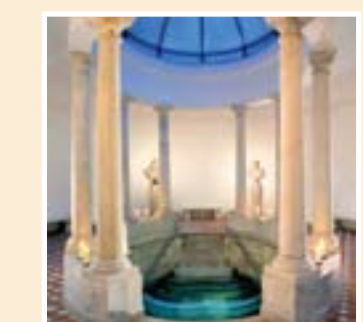
The Tolox spa

Season: May to October.
Waters: these are nitrogenised waters with oligometals and calcium which emerge at a constant temperature of 21° centigrade.
Therapeutic benefits: nose and throat problems, eye and bronchial diseases, and complaints of the urinary tract, as well as ocular and respiratory allergies.
www.balneariodetolox.com
Tel. 952 487 091 - MALAGA

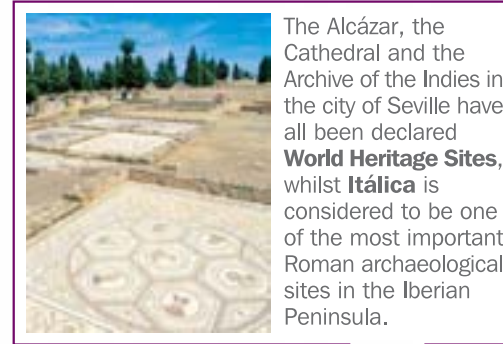


The Carratraca-Villa Padierna Thermal Baths

Season: All year round.
Waters: the waters of the Carratraca spring are radioactive and contain sulphur, calcium and magnesium.
Therapeutic benefits: the waters are particularly beneficial for skin, respiratory and gynaecological problems, rheumatisms, disorders of the nervous system and post-trauma conditions. Their antioxidant effects, thanks to their bipolarity, make these waters ideal for facial, body and general rejuvenation treatments.
www.thermasdecarratraca.com
Tel. 952 489 542 - MALAGA



Health Tourism



The Alcázar, the Cathedral and the Archive of the Indies in the city of Seville have all been declared **World Heritage Sites**, whilst **Itálica** is considered to be one of the most important Roman archaeological sites in the Iberian Peninsula.

The historic centre (the Jewish Quarter) and the **Mosque** in the Caliphal city of Cordoba have been designated a **World Heritage Site**. The famous fiesta of the **Patios** and the **May Crosses** festival offer a feast of colour, whilst in the province as a whole, gastronomy and heritage go hand in hand.



Andalucía



A sea of **olive groves** dotted with imposing medieval castles leads to the renaissance towns of **Úbeda and Baeza** (a World Heritage Site), whilst the surrounding **countryside** is dominated by the Sierras of Cazorla, Segura, and las Villas.

Thermal Dictionary

- ALGOTHERAPY.** Application of seaweed for beauty and/or therapeutic treatments.
- AQUAGYM.** Gymnastic exercises inside the water, a supportive medium where physical exercise is gentler on the body.
- AROMATHERAPY.** Use of essential oils extracted from aromatic plants with relaxing and invigorating properties.
- BODY SCRUB.** Beauty treatment which consists of exfoliating the outer layers of the skin with the aim of eliminating dead cells and renovating skin tissue.
- BODY WRAPS.** Involve covering a specific part of the body with seaweed, mud, fango, or even chocolate, honey, or grape by-products, often followed by the application of heat. Various therapeutic or beauty enhancing effects.
- CHOCOLATE THERAPY.** Therapy based on the application of cocoa and its benefits as an anti-cellulitis, antioxidant and hydrating substance. Applied in the form of massages, wraps, and immersion baths.
- CIRCULAR SHOWER.** Shower inside a circular booth with various water jets at a specific pressure which relaxes the body and stimulates circulation.
- DRY OR FINNISH SHOWER.** Hot dry room with a temperature of 60-90°C and a relative humidity below 50% which is used for relaxation and elimination of toxins.
- DYNAMIC OR HYDROPOOL.** Collective swimming pool equipped with a whirlpool and a combination of air beds, jacuzzis, jets, neck fountains and other features using pressurised water or compressed air to massage different parts of the body.
- ELECTROTHERAPY.** Application of electrical currents with different intensities for therapeutic purpose.
- FANGOTHERAPY.** Treatment based on thermal mud.
- HYDROMASSAGE.** Bath with air bubbles and high pressure water which has relaxing properties and stimulates circulation.
- HYDROPINIC TREATMENT.** Intake of mineral-medicinal waters as prescribed by a doctor. Commonly used in traditional spas.
- HYDROTHERAPY.** Overall body treatment based on the application of water at various temperatures and pressures.
- KNEIPP SYSTEM.** Anti-stress healing method which combines the therapeutic benefits of water and sunlight, with exercise, pure air, herbs and a balanced diet.
- LYMPHATIC DRAINAGE.** Massaging technique which activates circulation and contributes to the elimination of liquids and toxins.
- MANILUVE.** Arm bathing process.
- OZONE THERAPY.** Blood oxygenation technique used to eliminate the free radicals which cause fatigue.
- PARAFANGOS.** Fango or mud mixed with paraffin applied to the body at a temperature of 42° C which has a strong analgesic effect.
- PEDILUVE.** Foot and leg bath.
- REFLEXOLOGY.** Foot massage, applying pressure to the body's reflex points, which has effects of relaxation and helps to eliminate toxins.
- SCOTTISH SHOWER.** Shower with alternating hot and cold water which relaxes the body and stimulates circulation.
- SHIATSU.** Oriental relaxation technique which consists of massaging the energy points or channels which are also used in acupuncture. A variant called watsu is carried out inside the water.
- SPRAYS, AEROSOLS, INHALERS AND NEBULISERS.** Range of devices which apply water in drops, gases or steam directly into the respiratory system through the nose or mouth.
- STEAM OR TURKISH BATHS.** At 45° C and a relative humidity of 99%, they are used to eliminate toxins, hydrate the skin and treat the respiratory system.
- STOVE.** Natural or artificial room for groups of people where steam or gases can be inhaled.
- THALASSOTHERAPY.** Therapeutic use of various aspects of the marine environment: water, mud, seaweed and even the sea breeze in areas which are near to the coast.
- VICHY SHOWER.** Manual massage by a masseur whilst showering. Relaxing effects and relief for contractures.
- WATER JETS.** Application of pressurised water for muscle relaxation and general stimulation.
- WINE THERAPY.** Baths and treatments which use the beneficial properties of grapes, particularly the antioxidant capacity of its polyphenols.



A third of the province of Huelva is made up of protected natural areas (most notably **Doñana**, which has been declared a World Heritage Site and a Biosphere Reserve), whilst its coastline - the **Costa de la Luz** - is a haven of unspoilt beaches.



Gadir (Cadiz), the oldest city of Western civilisation, and the Roman remains of **Baelo Claudia**, are amongst the most interesting cultural attractions of a province which offers visitors picturesque **white villages** and magnificent beaches, as well as its highly renowned **cuisine** and prestigious international events.



The province of Malaga offers **historic cities and towns** (Malaga, Ronda, and Antequera), spectacular coastal and inland **landscapes**, typical local flavour of the **Axarquía** area, and the largest concentration of **golf courses** in the whole of Europe.



A land of contrasting landscapes with a wealth of areas of natural beauty (**Sierra Nevada**), Granada offers both **beaches and winter sports**, the charm of the **Alpujarras**, mysterious **cave dwellings**, and the ancient **Alhambra** (a World Heritage Site, together with the Generalife gardens and the Albaicín).



A much coveted film location, thanks to its **inexhaustible light**, the province of Almeria is rich in **historic monuments and nature sites** whilst its coast and unspoilt beaches are a magnet for divers from all over the world.

