

## Wellness and Spa Tourism

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Increasingly difficult living conditions in the globalizing world and increasing levels of stress in daily life are greatly affecting the well-being of individuals. Wellness and SPA therapies offer significant contributions to the well-being of the individual. Wellness; It means to be fit in mind, body, soul and relationships, Wellness tourism is defined as travel that they do to enhance and protect the well-being of individuals [1]. The word “spa” may be derived from the Walloon word “espa” meaning fountain. Spa may also originate from the Latin word “spagere” (to scatter, sprinkle, moisten) or may be an acronym of the Latin phrase “sanitas per aquas” (health through water) [2]. These practices, known as Wellness and SPA therapies, are used day by day in diverse applications in different time periods and cultures.

Today, the use of Wellness and SPA therapies worldwide is quite common. Individuals are aware that SPA treatments are good for many discomforts and SPA centers are not only a place for bathing but also an important tool for leisure time evaluation. Wellness world economic value has reached 3.7 trillion dollars. SPA economy, according to 2015 data, reached an average of 98.62 billion dollars, 2.150.147 million people in SPA more than 121,595 worldwide provide job opportunities [3].

The concept of wellness, which has a very broad meaning with the use of the terms wellness and SPA are limited to therapies made with water. In wellness and SPA tourism therapies, water-based therapies basic, Wellness-based therapies can be said to be helpful applications. Water-based therapies are balneo therapy, hydrotherapy, thalasso therapy and cosmetic therapies. Supportive and complementary therapies are massage, mud, heliotherapy, peloido therapy, exercise, sound therapy, color therapy, climato therapy, etc. Everything that makes people feel good, it is located in Wellness and SPA therapies. They want to experience this kind of tourism because of restoring their personal health (psychological, physiological, sociological), having fun, resting, etc. Therapies in Wellness and SPA tourism because the individual takes a holistic approach should be presented/presented as person-specific applications. Individuals, Wellness and SPA therapies

aiming to relax, enhance and improve wellness with a holistic approach, can be shown Figure 1. Wellness and SPA therapies, social, emotional, physical, intellectual, psychological, psychological, environmental and occupational dimension, are used to increase the well-being of individuals (Figure 1).

Balneotherapy is applied therapeutic in curing style with methods bathing, drinking and inhalation natural treatment elements such as thermo mineral waters, peloids and gasses.

Thalassotherapy, sea and climate is applied in curing style.

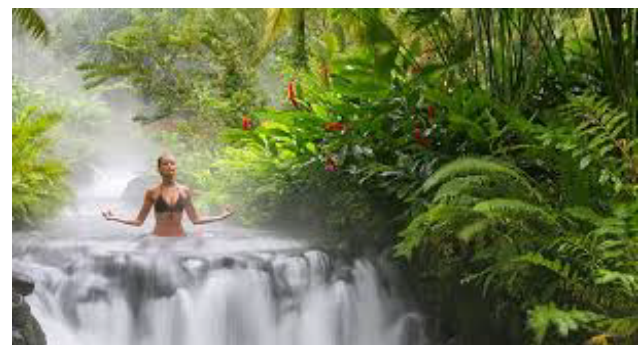


Figure 2: Wellness and Spa Tourism.

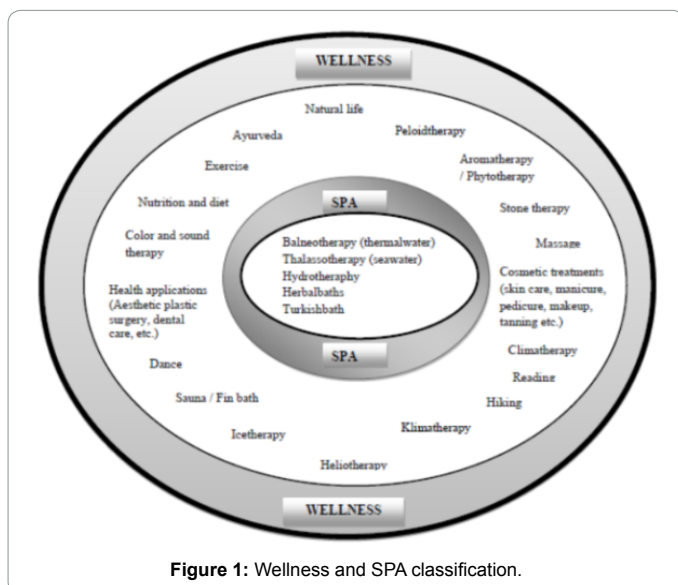


Figure 1: Wellness and SPA classification.

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Hydrotherapy is cure done usually by fresh water and with water at a temperature of 20°C.

Cosmetic therapies are applied in curing style cosmetic preparations and natural products (Figure 2).

#### **References**

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