

## 30 Years of European Spas: Nature, Natural Remedies and Climate Health as Europe's Unique Strength

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To mark its **30th anniversary**, the **European Spas Association (ESPA)** has released a special commemorative publication highlighting the strategic role of Europe's medical spas and climate-health resorts in an era defined by prevention, longevity and sustainable wellbeing.

The anniversary edition underlines how **natural remedies, therapeutic landscapes and evidence-based spa medicine** represent a distinctive European strength with growing relevance for public health systems. Across Europe, medical spas are increasingly recognised as complementary health infrastructures supporting prevention, rehabilitation and long-term quality of life.

**"Medical spas today are strategic health infrastructures supporting prevention, rehabilitation and long-term wellbeing,"** says **Dr Siyka Katsarova**, President of ESPA and Advisor to the EU's New Lifestyle Strategy.

The publication showcases Europe's exceptional therapeutic diversity — ranging from **thermal and mineral waters, climate therapy and thalassotherapy** to modern medical spa innovations. ESPA members offer a comprehensive spectrum of services, including medical rehabilitation, physical activity, nutrition, mental-health programmes, stress reduction, and lifestyle interventions, integrated with traditional spa treatments.

Scientific evidence from across Europe demonstrates the positive impact of natural therapies in addressing **chronic and lifestyle-related diseases, post-COVID rehabilitation, mental-health disorders, cancer aftercare, cardiovascular rehabilitation**, and preventive and longevity-focused programmes. The publication positions spa medicine as a contributor to resilience, healthy ageing and sustainable healthcare.

### Key Facts

- Over **1,000 health resorts and clinics** within the ESPA network
- Around **25 million visitors annually**, generating **€50 billion** in economic impact
- Approximately **850,000 jobs** supported across Europe

### About ESPA

Founded in 1995, the European Spas Association represents national spa and balneology organisations across Europe. ESPA promotes quality standards, innovation and evidence-based spa medicine, strengthening Europe's position as the global leader in natural health tourism and medical spa excellence. Download the European Spas magazine: <https://europeanspas.eu>

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