

Health Problems? European Medical Spas Offer Relief

For over two thousand years people have been taking restful breaks to rejuvenate, invigorate and heal. In Europe the 'Medical Spa', a health, relaxation and rehabilitation centre has been around for well over a hundred years and 'Health Resorts' cropped up where salty water was found bubbling beneath the ground. Salty and thermal waters were deemed to have healing properties and thousands would flock to drink the water, indulge in huge tubs of mud or salt baths and undertake supervised medical treatments such as diathermy (an electro magnetic heat used for healing) or heliotherapy (a chiropractic treatment for muscle stimulation)...

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