

Natural Therapeutic Factors assessments to wellness - Health Tourism attractiveness in Health Resort Itaipulandia/Brazil

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Recibido: 04-08-18

Aceptado: 29-08-18

Abstract

The term “natural therapeutic factor” (NTF) has similar denominations (local/physical curative/medicinal/healing/remedy resource/product/agent), when international publications related it to the sectors: health, wellness, tourism, recreation, salutogenic place, resort, SPA, sanatorium, nature bioactives, traditional or complementary alternative medicines (CAM), thermal medicine, medical hydrology, balneology or climatology, geomedicine, naturopathy, ... NTF can be considered environments or resources from preserved nature, with biological active components, were controlled exposure at short term local visitations improve or maintain functioning, minimise or prevent disabilities, benefits well-being or health and including many medicine practices, therapies interventions or holistic approaches.

Key words: health resort medicine, healing places, spa towns, geotourism, local remedies resources, bio-climate environments.

Evaluación de Factores Terapéuticos Naturales para el bienestar - atractivos turísticos del Centro Termal Itaipulandia / Brasil

Resumen

El término "factor terapéutico natural" (FNT) tiene denominaciones similares (local / curativo físico / medicinal / curativo / recurso remedio / producto / agente), cuando las publicaciones internacionales lo relacionan con sectores: salud, bienestar, turismo, recreación, lugar saludable, centro turístico, balneario, sanatorio, bioactivos naturales, medicinas alternativas tradicionales o complementarias (CAM), medicina termal, hidrología médica, balneología o climatología, geomedicina, naturopatía, ... NTF puede ser considerado como un recurso en un entorno preservado por la naturaleza, con componentes activos biológicos, donde la exposición controlada a corto plazo, las visitas locales mejoran o mantienen el funcionamiento, disminuyen o previenen las discapacidades, benefician el bienestar o la salud e incluyen muchas prácticas médicas, terapias intervencionistas o enfoques holísticos.

Palabras clave: medicina termal, lugares saludables, villas termales, geoturismo, recursos curativos locales, ambientes bioclimáticos

REFERENCIA NORMALIZADA

Lazzerini FT. Natural Therapeutic Factors assessments to wellness - Health Tourism attractiveness in Health Resort Itaipulandia/Brazil. *Bol Soc Esp Hidrol Med*, 2019; 34(1): 89-93. DOI: 10.23853/bsehm.2019.0957

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1. Environments: SPA town (salutogenic city), green space, blue space, natural peaceful place (bath fresh open site: sea, beach, lake, river, waterfall, park), therapeutic landscape (scenic beauty, pleasing to the human senses), ecogeophysic (telluric, cosmic), climates (air bath, wind, temperature, barometric pressure, relative humidity), solar radiation (UV-A, UV-B, visible light and infrared radiations), air ions (electrical and magnetic DC/AC fields), marine remedies, terrenkur (walking trail), forest bath, microclimates (karstic cave, salt mine, radon ionic speleo chamber), hot spring.
2. Resources: thermal water, mineral water (bath, drink, inhalation), electrolytes (organic, inorganic), gases (air and water dissolved or emanations, moffette), radionuclides, aerosol (mist, spray), steam (vapour), peloids (clay, mud, sapropel, liman, peat, organic silt, bitumen, ozocerite), salts, sands (quartz, carbonate, monazite, ilmenite), minerals (stone, gemstone, crystal, bischofite), metal, fossil, naphthalene, paraffin, baegerine, oils (mineral, vegetal, animal, essential), plankton, algaes, microalgae, plants, phytoncides, honey.

Certain traditional health resort medicine countries (Russia, Ukraine, Romania, Serbia and Czech Republic) endue specific legislation on NTF rational exploitation, health-promotion potential, protection and patrimony/heritage value. Also, they are the basis to differentiate between several types of SPAs, bath centers and resorts on the European market. Thus, may guide related business, establishments services and infrastructure projects, destinations marketing strategy development, tourist attractiveness or facilities and therapy/medicine bioactivity foundations. Several studies

cite these activities sustainability, enhancing the economy, preserving nature and improving wellness and health to the visitors and to the residents at destinations. Therefore, the scientific research about local NTF is highly recommended in places like this case study: Balneary SPA Resort Itaipulandia City, Parana State, Brazil. The methodology here applied starts through the keywords and NTF related sectors literature review in the digital databases (scholar.google.com; periodicos.capes.gov.br and nlm.nih.gov/mesh). Then, with selected publications NTF related types, classifications, properties and indications; possible targets are locally prospected and evaluated by local observations and bibliography about this place.

Itaipulandia city possess excellent economic and social rates, adequate urbanization, good infrastructure, offer quality of life to its population (sometimes denominated "Brazilian Switzerland"), being the Parana West Coast or Itaipu Lake bordering Towns with the second tourist destination preference. A peaceful site, with scenic beauty, cleanliness environments, climatic favourable particular conditions, geothermal balneary SPA resort installations and planned distinct tourism types facilities; Itaipulandia Town (Figure 1) keep enough features to the wellness and health tourism attractiveness, including a NTF expressive inventory evaluated in this study (Table 1).

Figure 1 – Itaipulandia SPA town-Health resort NTF indicated locations in the Google Earth image



Table 1 – Itaipulandia SPA town – Health resort NTF potentials characteristics and indications

| | NTF | Characteristics | Indications |
|----|---|---|---|
| 1 | SPA Town | Economic, social, environmental and tourist receptivity features Accessible Itaipu Lake, with sand beach and riparian forest | Well-being and relax |
| 2 | Blue-Green Spaces | Aquatic park, Cave SPA, balneary resort and sky observatory | Reducing stress and morbidity |
| 3 | Recreational Values | Royal palms route | Evoke emotions and sensations that radically improve the sense of well-being, reduce stress and prevent depression |
| 4 | Terrenkur-Walking Trail | Restful plain continental low land with humid subtropical climate - Cfa | Indications to the systems: cardiovascular, musculoskeletal, nervous, respiratory, digestive and reproductive |
| 5 | Climatotherapy | Generosity hypertermal water flow | Sedative effect, indications to lowers blood pressure, regulates nervous system, reduces secretions, relieve to respiratory-gastrointestinal tract prolems |
| 6 | Geothermal Fountain | pH 8,5 - TDS 2300 mg/l | Balneology: rheumatism, sedative, cleanliness, wounds, insomnia, pain |
| 7 | Alkaline Mineral Water | Triple water type | Balneology: absorption through the epidermis, cutaneous selectivity permeability (lipolicity and/or diffusivity by ionic species), alleviates swelling, promote skin softening and elasticity |
| 8 | SO ₄ +HCO ₃ +Cl+F Composition | Skincare trace elements | Balneology: dermatosis, rheumatism, antioxidant effect, arthritis, eczema, wounds, tissues water balance, keratinocytes energy |
| 9 | Si+B+Mn+Mo+Zn+Li Presence | Salt cave, sauna mist, negative air ions, clay mask, essential oils, cosmeceutical | Balneology: healing, immune system modulator, antioxidant, aging prevention, cell development, collagen and elastin metabolism, transdermal permeation |
| 10 | Indoor Synthesized NTF | | SPA experiences, mood, relax, detox, skincare, beauty care, aesthetics |

Acknowledgment: The author thanks the “*eau thermale CATARATAS*” Dermocosmétique Brasil Ltda Institution to the financial support.

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