

## **BULGARIA: SPA NATURAL RESSOURCES**

Bulgaria is one of the richest lands of spas and wellness spots in Europe. With its more than 800 mineral springs with different curative characteristics, the country disposes with some of the best spa resorts, hotel complexes and spa centres in Europe.

Over 800 hydro mineral springs clustered in over 240 water formations, rich in hot and cold mineral water with temperatures varying from 37°C up to 101°C, spout out from a depth of over 2000 metres. Bulgarian hydrothermal, bioclimatic, mud treatment, sea cure and other health resources are ranked among the best in Europe.

The mineral waters in Bulgaria are known for their varied chemical composition, for their rich in minerals structure and micro components. Not at last Bulgaria is a real country of sunshine, where the sunny days are 20 % more than in Central and North-West Europe. All these facts make the spa resorts in Bulgaria a real temptation for all Spa lovers.

### **SANDANSKI:**

It is famous Bulgarian balneology and Spa resort, well-known for the curative power of its mineral springs. Sandanski is a town located 160 km south of Sofia, in the sunniest part of Bulgaria, at an altitude of 224 m, in the foothills of the Pirin Mountains, along the reaches of the Sandanska Bistritsa river, named after Bulgarian revolutionary Yane Sandanski. Sandanski's favourable position, suitable climate (with the highest average annual temperature in the country, +14,70°C) and the concentration of mineral water springs in the area are all reasons for the town's fame as a centre for relaxation and recreation.

### **TOUR PROGRAMME:**

#### **Day 1 – SOFIA**

Arrival in Sofia. Transfer to the hotel. Welcome drink. Short tour and overnight.

#### **Day 2 – SOFIA – RILA MONASTRY - SANDANSKI**

After the breakfast, you will depart to the town of Sandanski and visit the most famous place in Bulgaria – the Rila Monastery. The overnight and dinner will be in the town of Sandanski .

#### **Day 2 – 5 SPA & WELNESS PROGRAMME IN SANDANSKI**

#### **Day 6 – SANDANSKI - SOFIA**

Depart to Sofia. Hotel accommodation. Free time in Sofia. Dinner in a traditional restaurant with a folklore program. Overnight in Sofia.

#### **Day 7 – SOFIA – DEPARTURE**

Breakfast. Transfer to the airport.

### **ADDITIONAL TOURS (ON REQUEST, DEPENDING OF THE GROUP SIZE)**

#### **ROUPITE**

The landscape of Rupite is dominated by the eminence of Kozhuh (fur coat, taking its name from its shape resembling a fur coat thrown on) situated to the west.

Although it is only 281 m high, it rises like a high mountain in the low and flat Petrich Plain. An unusual place and an unusual church, built by the phenomenal Bulgarian clairvoyant Vanga, 20 km from Sandanski

#### **MELNIK**

(pop. 800) is the smallest Bulgarian town surrounded by marvelous sandy rocks and famous for its wine production. Picturesquely situated amidst a fantastic scenery - strangely shaped pyramids of sand and limestone. Steep, strangely shaped sandstone rocks, lovely white houses perched on their slopes and a single street which leads to the finest example of the former splendor of this small southern town. You will never be as close to this small but very interesting museum town known for the famous Melnik wine that is offered in every home. Wine tasting sessions in Melnik.

### **The tour includes:**

Accommodation in 5\* hotel;  
Sport & Wellness package;  
Meals: half board (breakfast & dinner); Welcome drink and farewell dinner;  
Transportation and transfers according to the programme.

**HEALTH AND SPA CENTER  
PIRIN PARK HOTEL 5\* - SANDANSKI - BULGARIA**

Situated at a distance of 300 m from the parkland. The sight from the place is spectacular - you can see the impressive Pirin mountain from one side and the wonderful Belasitsa mountain from the other side. The Sandanska Bistritsa river is in front of the complex.

PIRIN PARK HOTEL is 5-star category and dispose of:  
160 luxury rooms / Sat TV; telephone; mini-bar; balconies; mountain view; bath with shower-cabin and bathtub, phone and hair-drier; Internet; / PIRIN PARK HOTEL SPA & Wellness center offers to its guests an eco-bar with a variety of healthcare foods and drinks in one unique atmosphere.

The modern equipped, according to the EU standards, HEALTH&SPA CENTER offer to its guests the possibilities to use an unique combination of a traditional balneology /using the healing qualities of the mineral water and the specific of the climate/, a typical Bulgarian herbs and aromas /the rose oil, etc./ and a variety of the well known SPA & Wellness procedures and programs in Europe and in the world.

A. Treatment methods - The main therapeutic factors are the climate and the mineral water.

B. Basic physical and chemical characteristics of the water. The mineral water is hyper-thermal, slightly mineralized, clear, without residue and pleasant at taste. It contains hydro-carbonate compounds, as well as silicon and low levels of fluorine. Temperature T = 72-82 °C; mineralization M = 0.51-0.6 mg/l; metasilicon acid 4 mg/l; flow D = 6-7.6 l/sec; acidity pH = 7.5-8.7.

C. Indications for treatment : diseases of the respiratory system; unspecific, chronic diseases (bronchitis, asthma, allergic rhinitis, sinusitis, pharyngitis); treatment after pneumonia, bronchiectasitis, initial stage of pulmonary emphysema; chronic diseases of the joints, Behterev's disease, spondylarthrosis, post-fracture treatment, rheumatic arthritis; diseases of peripheral nervous system, neuralgia, neuritis, plexitis; rehabilitation after insults.

All procedures and programs are leaded by a high professional medical staff, studied and specialized in the field of SPA & Wellness therapies.

The client can choose to listen his favorite music, aromatics and lights during his procedure. PIRIN PARK HOTEL SPA & Wellness center uses the typical Bulgarian cosmetic products, herbs and oils as well as the cosmetic from the leading famous world companies.

**SPORT AND WELLNESS PACKAGE – EACH DAY DURING THE STAY IN SPA RESORT  
(Included in the price):**

Fitness; Indoor and outdoor thermal swimming-pool; Children swimming pool; Jacuzzi; Sauna park package ( Finland sauna; Herbal sauna; Steam bath; Caudarium; Laconium; Ice-room; Relax zone; Tepidarium; Therapeutic baths)

**PIRIN PARK HOTEL SPA & Wellness center offers ( Not included in the package price):**

- Medical examination; Electrotherapy; Magnetic therapy; Ultrasound; Laser; Inhalations; Lye and mud treatment;
- Pearl bath; Tangentor /Under water massage/; Bath with chrome-music therapy; Path "tired legs; Under water mechanical hydro-massage; SPA capsule; Bath Cleopatra;
- Turkish bath; "Rasul" ritual; Massage with brush and herbal soup; Massage with sea salt and oils; Anti-cellulite therapy – lymph drainage, body-wrapping , passive electro-gym, vacuum-therapy; SPA rituals – "Relax", "Tonic", "Detox"; Breast lifting therapy; Anti-stress therapy for men;
- Aurveda therapies: Shirodhara; Pindasveda; Baisvedana; Aromatherapy; Hot stone massage;
- Massages: Classic Massage; Aromatherapy; Bulgarian aromatherapy; Reflex-therapy; Remedial massage; Sport massage; Massage "California"; Chocolate massage; Honey massage; Manual therapy and mobilization; "Bamboo dreams" massage;

**Spa & Wellness Tour  
TOUR DURATION 7 days / 6 nights**

