

Ignatova 2018: Ignatova, Darinka. The effects of swimming on preschool children with spinal abnormalities, *17th International Balkan Society for Pedagogy and Education /BASOPED/ Conference 'Traditions and innovations in the education of the Balkan countries'*, ISBN 978-954-326-370-7, Sofia, 207-212.

Ignatova 2021: Ignatova, Darinka. Specificity of the motor potential for achieving Scholar Wellness, *Trakia Journal of Sciences*, Vol. 19, Suppl. 1, 867-873, ISSN 1313-3551 (online), Trakia University doi:10.15547/tjs.2021.s.01.136, Available online at: <http://www.uni-sz.bg>

Ignatova & Iliev 2023: Ignatova, Darinka, Alexander Iliev. Current methods and models combining nutritional regimes with motor activity. *International Scientific Journal of Innovation "Smart Innovations in the Recreational (Wellness) Industry and Niche Tourism"*, ISSN: 2603-4921, 05 (1-2), 08-14, [https://scjournal.globalwaterhealth.org/wp-](https://scjournal.globalwaterhealth.org/wp-content/uploads/2024/02/2.IGNATOVA_ILIEV_p.7-13_2023.pdf)

[content/uploads/2024/02/2.IGNATOVA\\_ILIEV\\_p.7-13\\_2023.pdf](https://scjournal.globalwaterhealth.org/wp-content/uploads/2024/02/2.IGNATOVA_ILIEV_p.7-13_2023.pdf)

Nesheva 2023: Nesheva, Irina. A wellness tool to perform healthy lifestyle practices In the Bulgarian school system. *Национално издателство Аз Буки МОИ Сп. „Стратегии на образователната и научната политика“* С. том 31, номер 5, 560-572, ISSN 1314-8575 (Online); ISSN 1310-0270 (Print) – 0.2 (2022) Impact factor/ Q4 (2022) Rank by JCI, <https://doi.org/10.53656/str2023-5-7-wel>

Nesheva 2023a: Nesheva, Irina. Pregnancy and wellbeing. *Trakia Journal of Sciences*, Sofia. Volume 21, Supplement 1, Series Social Sciences, 231-235, doi:10.15547/tjs.2023.s.01.039 ISSN 1313-7069 (print), ISSN 1313-3551 (online)

Nesheva 2022: Nesheva, Irina. Social benefits of Wellness motor activities for women with normal pregnancy. *International Scientific Journal of Innovation "Smart Innovations in the Recreational (Wellness) Industry and Niche Tourism"*. Vol. 4, Is. 1-2, ISSN: 2603-4921, 22-27.

## Бенчмаркинг на антропометрични показатели, базиран на плувни занимания

Даринка Игнатова

Цел на проучването бе установяване и оценка нивото на двигателно развитие, базирайки се на проследяване на антропометрични показатели: ръст, тегло и гръдна обиколка чрез организиране на системни занимания по плуване на деца в начален етап на основната образователна степен. Бенчмаркинг-анализът на резултатите от обучението е осъществен в рамките на една учебна година. Предмет на анализа е влиянието на началното обучение по плуване, върху здравословното състояние и двигателно развитие при 7 – 8-годишни деца. Обект на изследване е динамиката в антропометричните показатели в процеса на обучение по плуване, както проследяване на специфични индикатори, измерени чрез обективни инструменти, систематизирането и анализа им. Изследователски контингент са 30 деца, на 7 – 8-годишна възраст, редовно посещаващи занимания по плуване на басейн „V-Gym Fitness & SPA“ в гр. София. Научно обосноваването изводи позволяват да бъде установено влиянието на двигателната подготовка на учениците върху динамиката на антропометричните им показатели: ръст, тегло и гръдна обиколка посредством системни плувни занимания. В периода от 01.09.2023 до 01.05.2024 г. бе проведено измерване на двигателния потенциал на ученици от начален етап на основната образователна степен в условията на учебно-тренировъчни плувни занимания. За извеждане взаимовръзката между индикаторите е приложен анализ на динамиката чрез математико-статистическа обработка.

# Possibilities and Perspectives of Modern SPA Therapies for Developing a Healthy Lifestyle

**Mariana Angelcheva**  
National Sports Academy 'Vassil Levski'

**Abstract:** This article draws attention to the possibilities of applying modern spa therapies in order to reduce the risk of socially significant diseases, perspectives for the development of wellness education and future research. The results of recent studies on the effectiveness of spa and wellness programs in influencing psycho-emotional state, overweight, cellulite and health in users of these services are analyzed.

**Keywords:** spa therapies, certified spa and wellness centres, wellness, education.



Mariana Angelcheva is a doctor in physical and rehabilitation medicine, Ph.D, and full-time Associate Professor at Department of 'Health Care', Faculty of Public Health, Healthcare and Tourism, at National Sports Academy 'Vassil Levski'. She is member of the Bulgarian Medical Association.  
E-mail: drangelcheva67@gmail.com

## INTRODUCTION

*Medicus curat, Natura sanat.*  
Hippocrates, c. 460-377 BC

### I. HEALTH STATUS OF THE BULGARIAN

There is a trend of ageing population in the European Union (EU) countries and Bulgaria is no exception. According to Eurostat (2021), Bulgaria is ranked first among the EU member states with the highest overall mortality rate (21.7 per thousand) compared to the average for the EU (11.9 per thousand). Compared to the average life expectancy in the EU (80.1 years), the estimated average life expectancy in Bulgaria is lower.

The National Health Risk Factor Survey (2020) of Bulgarians shows: *insufficient physical activity; deficit of health education information; poor nutritional status; high levels of daily stress.*

The worsened health of the Bulgarians, the high morbidity and mortality rates, the reduced life expectancy place ever more demanding requirements on the healthcare system. These trends require the search for new alternatives to improve health and quality of life. In this sense, spa and wellness practices offer effective coping strategies, such as health risk prevention.

Fortunately, we live in a country with abundant nature. Bulgaria is among the first countries in Europe in the variety and richness of hydrothermal waters and resorts with balneoclimatic treatment.

## II. POSSIBILITIES OF SPA THERAPIES FOR IMPROVING THE HEALTH STATUS OF THE BULGARIANS

From a medical point of view, spa therapies are considered as complex health and/or aesthetic programs for restoring the physical, mental and psychological health and beauty of a person, using natural healing resources or their artificial analogues in combination with psychotherapeutic methods. Spa methods are pleasant, non-invasive, painless; they provide increased comfort to the client through additional impact on the senses of sight (natural landscapes), hearing (composition of sounds and silence, music), smell (aromatherapy), touch (warm, cold, tactile impact), taste (herbal and detox teas, fresh, etc.). They can have different durations (1, 3, 5/10 days).

Depending on their **goals**, spa therapies are aimed at **detoxification** of the body, **relaxation** of the nervous system, **anti-cellulite** and **figure re-modelling** effect, **revitalizing** and **slowing aging** effect, **analgesic** and **prophylactic** effect when included and Medical Spa sector (courses of more procedures).

**Scientific research** on the effects of different spa treatments and spa programmes, both in the short and long term, is still lacking.

### II. 1. AIM

Analyzing the results of some of the latest studies on the effectiveness of spa therapies aimed at influencing **stress**, **weight reduction** and **cellulite**. The presented scientific evidence

should be compared with the results of our own research in the field of the scientific subject.

## II.2 RESULTS AND ANALYSIS

### II.2.1. Anti-stress and relax SPA therapies

Spa therapies provide an opportunity to improve both the physical, emotional and mental adaptation of the body. The most frequently offered relaxing procedures are different types of **massages** – relaxing, aromatherapeutic, reflex, hydro massage with mineral or fresh water; **masks** – hydrating, cleansing, revitalizing; **heat-treatment procedures** – Finnish and infrared sauna, steam bath, laconium, tepidarium, Turkish bath; **water procedures** – baths, showers, baths, bathing in a mineral pool; **aeration and heliotherapy**.

#### II.2.1.1. Massage therapy

In the last two decades, there has been an increased interest in massage therapy for spa and wellness prevention of various diseases. Research has shown that massage therapy positively affects anxiety<sup>1,2</sup>; depression<sup>3</sup>; pain<sup>4</sup>; stress<sup>5</sup> and improves quality of life<sup>6,7</sup>.

*Spa package 'Anti-stress' (aromatherapy massage; hydro massage bath with warm mineral water; full body mask with pure chocolate; underwater shower massage, relaxing massage (with a background of quiet music and aromatic candles) is applied to 45 persons (18 men and 27 women) with the possibility of additional use of the sauna park (Finnish and infrared sauna, laconium, tepidarium, steam bath with mint and eucalyptus, relaxation room, ice fountain and ice pool).*

*The SAN test applied to the examined persons showed a positive attitude in 85 % with an improvement in a number of indicators (feeling of freshness; feeling of burst of strength; better self-esteem; satisfaction; good mood)<sup>8</sup>.*

<sup>1</sup> Bauer et al. 2010: 70-75.

<sup>2</sup> Andonova 2014c: 103-107.

<sup>3</sup> Moyer 2008: 3-5.

<sup>4</sup> Marinova 2019: 581-585.

<sup>5</sup> Nikolovska et al. 2012: 694-697.

<sup>6</sup> Wändell et al. 2012: 8-15.

<sup>7</sup> Marinova 2018: 205-213.

<sup>8</sup> Pavlova et al. 2016: 336-341.



Picture 1. Relaxing massage.



Picture 2. Point massage.

There is still a lack of studies in Bulgaria investigating the impact of combined physical and mental relaxation methods.

The combined effects of anti-stress massage and an individual combination of Dr. Bach's flower essences were applied to 57 individuals (43 women and 14 men) aged 20 to 50 years. There was also an increased interest in relaxation treatments in males, as a health prevention option; the combined effects attracted people of active working age (40-50 years), with the likely cause being accumulated higher stress levels on one hand and better financial opportunities on the other. 65% of respondents would repeat the treatments<sup>9</sup> (Fig. 1).

The combined impact of the relaxing massage and Dr. Bach's anti-stress elixir provides deeper psychophysical relaxation.



Picture3. Bach elixirs.

Analysis of recent research data shows an expansion of the therapeutic uses of rose oil by demonstrating a number of its pharmacological effects: antioxidant and antiviral (herpes virus); analgesic, anxiety and depression reducing; antimicrobial; bronchodilator and antitussive effects; anti-inflammatory; antidiabetic; laxative and anti-aging effects<sup>10,11</sup>. Certified spa and wellness centres in the country, where there is a comprehensiveness of digital presentability of services, have developed special aromatherapy rituals. The average number of aromatherapy treatments is approximately between four for wellness centres and six for SPA centres<sup>12</sup>.

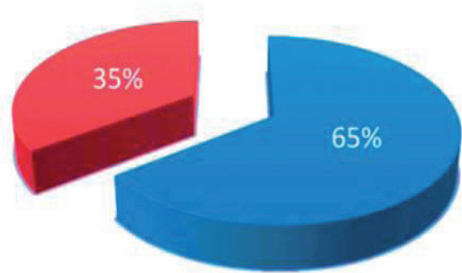


Figure 1. Respondents' preference for repeating the procedure.

### II.2.1.2. MODERATE ANTI-STRESS PHYSICAL ACTIVITY

In recent years, there has been an increased interest in **moderate physical anti-stress activities** such as yoga, tai-chi, qigong, sacred architecture, paneurythmy, eurythmy and others. These are practices aimed at restoring the balance between mind and body, between

<sup>9</sup> Angelcheva, Petkova 2019: 348-352.

<sup>10</sup> Popova-Dobrevva 2023: 74-81.

<sup>11</sup> Popova-Dobrevva, Gencheva 2012: 135-141.

<sup>12</sup> Popova-Dobrevva 2022: 98-103.

the spiritual and the physical in the human personality, in which the client actively and consciously participates in stimulating his or her own healing mechanisms.

*Clinical evidences* are presented for the use of *yogic breathing* in the treatment of *depression, anxiety, post-traumatic stress disorder, as well as for the treatment of victims who have experienced mass disasters*, as the yoga system enables to *increase the body's resilience against stress. to improve well-being, mood, attention, intellectual focus, and stress tolerance* by increasing parasympathetic tone and calming stress response systems via neuroendocrine pathways<sup>13</sup>.



Picture 4. Yoga practice.

The study of 76 women (42 yoga practitioners and 34 physically inactive) showed that the **leading coping strategies** for women who *do not play sports are passive*; they have more difficulty solving their problems in stressful situations and become frustrated. *For women practicing yoga, the leading strategies are active*. The studied individuals react immediately in stressful situations, concentrate on the problem and actively deal with it<sup>14</sup>.

### II.2.1.3. BALNEOTHERAPY

Five-month hot mineral water spa therapy in 500 clinically healthy volunteers, showed significant relief of complaints related to sleep disturbance; mental stress and general health problems; joint pain, leg or foot cramps; blurred vision in subjects in the experimental group compared to the control group; significant

reduction in waist circumference in women under 55 in the experimental group<sup>15</sup>.

### II.2.2. SPA TREATMENTS FOR CELLULITE REDUCTION.

Successful spa treatments for cellulite reduction require: long-term complex application of an appropriate diet and exercise regime, combined with an individual approach to treating problem areas. The orientation of consumers towards an environmentally friendly healthy lifestyle in recent years has made natural products more and more preferred as anti-cellulite, remodelling and detox treatments: honey, chocolate, essential oils, seaweed, milk, wine and others.

Anti-cellulite massage with honey was applied to 20 women (25-35 years, 10 treatments of 30 minutes, twice a week) with 2-5 drops of suitable essential oils in individual combinations (grapefruit, orange, lemon, lavender, juniper, rosemary, sage, geranium, etc.). Statistically significant reductions were reported for all measured circumferences. Combined with thermo-zone treatments, honey therapies are a very good detoxifying and revitalizing procedure<sup>16</sup>.

The analysis of the exported Internet information in the digital applications of the certified centres in Bulgaria shows that honey treatments occupy a significant place in Bulgarian SPA-centres and are less present in wellness centres and massage studios in Sofia. It is noticeable that there is a tendency to develop and apply both independent and combined rituals and concepts based on the use of Bulgarian products – honey, wine, milk, rose oil and herbs<sup>17</sup>.

*Apparatus methods for aesthetic correction and remodeling of the figure*, based on reshaped physical factors: *ultrasonic cavitation; pressotherapy; radiofrequency lifting; exercises on a vibrating platform* were included in a 3-month program of figure modelling in 45 overweight

<sup>13</sup> Brown's, Gerbarg 2005b: 711-717.

<sup>14</sup> Marinov et al. 2017: 57-63.

<sup>15</sup> Bei Yang et al. 2017: 261-272.

<sup>16</sup> Tomova 2022: 88-93.

<sup>17</sup> Angelcheva, Tomova 2023: 66-73.

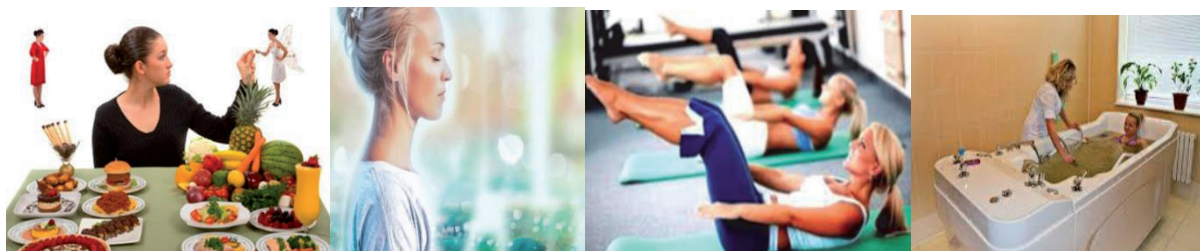
women with cellulite (second degree), aged 34-45 years. The combination of *diet* and *aesthetic physiotherapy* applied to the studied individuals showed a statistically significant reduction of their BMI to the healthy norm (BMI below 25)<sup>18</sup>.

### II.2.3. SPA THERAPIES FOR WEIGHT REDUCTION

**Spa therapy** combined with **practical workshops** is **more effective** in weight loss programs for obesity at a young age and for metabolic syndrome in adults. A two-week author's complex spa program (appropriate diet and exercise regimen, anti-cellulite and underwater-shower massage, relaxation techniques and healthy lifestyle discussions) applied to 25 clinically healthy pre- or post-menopausal women (40-50 years) had a positive effect not only on weight reduction but also on the level of mental well-being in the studied individuals<sup>19</sup>.

Comparable in design to our study is a prospective controlled study conducted at a center (the thermal facility of Bryd le-Bain, France) with 340 obese and overweight volunteers enrolled and divided into two groups. The study monitored the long-term effects of a standard weight loss spa therapy (intake of 600 ml of mineral water; individual baths, showers and underwater massages, consultation with a nutritionist, a practical nutrition workshop, physical activity with or without a trainer) applied alone and in combination with a therapeutic education program to the studied individuals. The results showed that while Spa therapy carried out alone led to weight reduction, increased physical activity and improved quality of life, the inclusion of therapeutic training increased the durability of these effects<sup>20</sup>.

Few studies have examined the effects of aqua practice in overweight women. The application of a 6-month adapted aqua



**Picture 5.** Elements of a complex weight reduction program.

gymnastics program in obese women, combined with underwater-jet massage of problem areas, showed statistically significant weight reduction and improved psycho-emotional tone, compared to the change in these indicators in the group with massage procedure applied alone<sup>21</sup>.

Similar results were reported in a three-month study of women (up to 30 years of age) involving twice-weekly attendance at an aqua spinning program, combined with underwater

shower massage of problem areas, compared to those in the massage-only group<sup>22</sup>.

Such adapted programs have proven their effect in maintaining a healthy weight and good psycho-emotional tone also during pregnancy in healthy women<sup>23</sup>.

Stress and obesity are mutually determined conditions whose biological relationship has been established by the disturbances of the levels of the main hormones regulating appetite<sup>24</sup>.

Modern trends require Spa practices to

<sup>18</sup> Nikolovska 2013: 188-191.

<sup>19</sup> Angelcheva 2023: 556-560.

<sup>20</sup> Schnebelen-Berthier et al. 2019: 492-498.

<sup>21</sup> Aleksandrova 2019: 49-53.

<sup>22</sup> Trendafilov, Dimitrova 2013: 454-460.

<sup>23</sup> Nesheva 2015: 210-214.

<sup>24</sup> Haleem 2014: 384-97.

include both treatments and techniques aimed at influencing metabolism and reducing the effects of stress.

A scientific project has been developed to demonstrate the effectiveness of these practices by assessing heart rate variability, methods to assess cardiac re-modelling and function, electrodermal activity, blood markers, anthropometric profile, body mass composition, bone parameters, psychological assessment<sup>25</sup>. The Obesi Stress Protocol offers a new Spa program to manage stress in addition to the procedures to influence obesity in the thermal zone.

### II. 3. DISCUSSION

The accumulated global and Bulgarian experience shows that there is a need for more research aimed at proving the effectiveness of combined Spa programs for stress management in overweight and obesity.

### II. 4. OUTCOMES

Developing successful strategies to deal with everyday stress, overweight and obesity as an element of modern lifestyles through the integration of practices in Spa and Wellness culture would have significant benefits as health risk prevention. This in turn requires the

need for continuous and ongoing training of qualified personnel to respond to the challenges in this rapidly evolving field.

## II. 5. RECOMMENDATIONS

1. For the purposes of research in the field of spa and wellness practices in our country, it is necessary to introduce tools for evaluation and documentation of the obtained databases of the results of the analysis of experiments not only at the end of the therapeutic course, but also with the possibility of long-term follow-up

2. This research can serve as a basis for the design of new, more effective Spa and Wellness products and programs, combining both new and non-traditional methods for the prevention of risk factors of socially significant diseases.

## III. CONCLUSION

The holistic approach is the key to the future of SPA and Wellness Centres as a serious institution for health prevention. Incorporating therapeutic programs with educational objectives to be conducted within the Spa and Wellness treatment course will enable the current passive client to transform from a mere consumer into an active creator of their own health and well-being.

## BIBLIOGRAPHY

*Alexandrova* 2019: *Alexandrova, Velichka*. Ефективни уелбиинг методи във водна среда при жени със затлъстяване в средна възраст.[Efektivni uelbiing metodi vav vodna sreda pri zheni sas zatlastyavane v sredna vazrast]. Смарт иновации в рекреативната (Wellness) индустрия и нишов туризъм. Международно научно списание. Рекреативна & Wellness Индустрия и Нишов Туризъм, (1), ISSN: 2603-493X, 49-53.

*Andonova* 2014c: *Andonova, Tatyana*. Методика за намаляване на стреса и тревожността. [Metodika za namalyavane na stresa i trevozhnostta]. Спорт и наука, (4), 103–107.

*Angelcheva, Petkova* 2019: *Angelcheva, Mariana, Petkova, Simona*. Effects of combination between relax massage and Bach flower remedies on everyday stress, Proceedings book, International Scientific Congress 'Applied Sports Sciences', Balkan Scientific Congress 'Physical Edukation, Sport, Health', 15-16 November 2019, Sofia, Bulgaria, www. icass 2019.com, ISBN(Online):

978-954-718-601-9, ISBN(Print): 978-954-718-602-6, 348-352.

*Angelcheva* 2023: *Angelcheva, Mariana*. Complex SPA program effect on overweight women's physical condition and well-being. Trakia Journal of Sciences. Series Social Sciences. ISSN 1313-3551, 21(1). Vol. 21, Suppl.1, 556-560.

*Angelcheva, Tomova* 2023: *Angelcheva, Mariana, Tatyana Tomova*. Apitherapeutic Heritage – Application and Innovation in the Spa and Wellness Industry of Bulgaria, Bulletin 'Heritage BG' – Research Announcements 5/2023, ed. Emmanuel Moutafov, Year 3<sup>rd</sup>, issue 5<sup>th</sup>, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, Sofia, 3(5), 66-73.

*Bauer et al.* 2010: *Bauer Brent, Susanne Cutshall, Laura Wentworth, Deborah Engen, Penny Messner, Christina Wood, Karen Brekke, Ryan Kelly, Thoralf Sundt*. Effect of massage therapy on pain, anxiety, and tension after cardiac surgery: a randomized study. Complement. Ther. Clin. Pract, 16, 70-75.

Bei Yang et al. 2017: Bei Yang, Qi-Zhong Qin, Ling-Li Han, Jing Lin, Yu Chen. Spa therapy (balneotherapy) relieves mental stress, sleep disorder, and general health problems in sub-healthy people. *International Journal of Biometeorology*. 62(5), 261-272.

Brown's, Gerbarg 2005b: Brown's, Richard, Gerbarg Patricia. Sudarshan KriyaYogic breathing in the treatment of stress, anxiety, and depression – part II: clinical applications and guidelines. *Journal of Alternative and Complementary Medicine*. 11(4), 711–717.

Dutheil, Chaplais, Vilmant, Courteix, et al. 2019: Dutheil, Frédéric, Elodie Chaplais, Audrey Vilmant, Daniel Courteix et al. Stress management in obesity during a thermal spa residential programme (Obesi Stress): protocol for a randomized controlled trial study, *BMJ Open*, 9, e027058,1-10.

Haleem 2014: Haleem, Darakhshan. Investigations into the involvement of leptin in responses to stress. *Behav Pharmacol*, 25, 384–97.

Marinova 2018: Marinova, Denka. Влияние на традиционния китайски масаж (туйна) върху качеството на живот при пациенти с множествена склероза, [Vliyanie na traditsionniya kitayski masazh (tuyna) varhu kachestvoto na zhivot pri patsienti s mnozhestvena skleroza]. Електронно списание Манас, Център на източни езици и култури „Св. Климент Охридски“, София: 4(2), ISSN 2376 -6256 (online), 205-213.

Marinova 2019: Marinova, Denka. Проучване ефекта на терапевтичния масаж при пациенти с хронична болка в шийния дял, [Prouchvane efekta na terapevtichniya masazh pri patsienti s hronichna bolka v shiyniya dyal]. Сборник с доклади, Международен научен конгрес „Приложни спортни науки“. НСА ПРЕС, ISBN: (Online): 978-954-718-601-9, ISBN: (Print): 978-954-718-602-6, 581-585.

Marinov, Gencheva, Angelcheva, Ignatov, Dimitrov 2017: Marinov, Todor, Nezabravka. Gencheva, Mariana Angelcheva, Ignat Ignatov, Vasil Dimitrov. Influence of Yoga Practices on Stress Coping Strategies. *Journal of Medicine, Physiology and Biophysics*. ISSN 2422-8427. An International Peerreviewed Journal, 39, 57-63.

Moyer 2008: Moyer Christopher. Affective massage therapy. *Int. J Ther. Massage Bodyw*, 1, 3-5.

Nesheva 2015: Nesheva, Irina. Benefits of the physical activity and the elaborated program mental prevention gym for women with normal pregnancy. *Research in Kinesiology*, 43(2), 210-214.

Nikolovska, Andonova, Kraydjikova, Peeva 2012: Nikolovska, Lence, Tatyana Andonova Leyla Kraydjikova, Penka Peeva. Massage methods for psychoemotional recovery in female athletes. *Sport & Science*. Extra issue 2012, VI International Scientific Congress “Sport, Stress Adaptation”, 17-

19 may 2012, 694-697.

Nikolovska, Krstev, Megova, Mihaylova 2013: Nikolovska, Lence, Toshe Krstev, Tanya Megova, N. Mihaylova. Двигателна програма за редукиране на масата на тялото при избыточна тежест и целюлит. [Dvigatelnaya programma dlya reduktsii masyi tela pri zbytochnom vese i tsellyulite]. Материал от II Всероссийской научно-практической конференции с международным участием: „Лечебная физическая культура: достижения и перспективы развития“ (27-28 МАЯ 2013г.). 88-191.

Pavlova, Paskaleva, Ivanova 2016: Pavlova, Vanya, Ruska Paskaleva, Violeta Ivanova. Application of spa and wellness procedures for prevention of stress. Proceedings of the fifth scientific session for teachers and students of Medical College – Varna, October 13 – 14, 2016, 5(4), 336-341.

Popova-Dobreva 2022: Popova-Dobreva, Diana. Wellness innovations and good aromatherapy practices in Bulgaria. Bulletin ‘Heritage BG’ – Research Announcements 3/2022, ed. Emmanuel Moutafov, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316. Sofia, 2(3), 98-103.

Popova-Dobreva 2023: Popova-Dobreva, Diana. Wellness Innovations Based on Bulgarian Rose, Bulletin ‘Heritage BG’ – Research Announcements 5/2023, ed. Emmanuel Moutafov, Year 3<sup>rd</sup>, issue 5<sup>th</sup>, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, Sofia, 3(5), 74-81.

Popova-Dobreva 2012: Popova-Dobreva, Diana, Gencheva, Nezabravka. Литературен преглед на публикации свързани с Уелнес & Ароматерапия; Спорт и наука, София, Извън. Бр.1, 135-141, [Literaturen pregled na publikacii, svarzani s Wellness & Aromatherapy; Sport i nauka], Sofia, 135-141.

Schnebelen-Berthier et al. 2019: Schnebelen-Berthier, Coralie, Nathalie Negro, Arnaud Jaruga, Christian-Francois Roques, Jean-Michel Lecerf. Long term effect of spa therapy combined with patient education program on subjects with overweight and obesity – A controlled study. *Obes Res Clin Prac.*, 13(5), 492-498.

Tomova 2022: Tomova, Tatyana. Традиции и иновации в мануалните въздействия за Рекреация и Уелбийнг. Лечебен масаж с пчелен мед при целюлит [Traditions and innovations in the manual impacts in Recreation and Wellbeing. Lecheben massaj pri celulit]. Година II, брой 3, ISSN (Print): 2815-3138 // ISSN (Online): 2815-3316, БЮЛЕТИН „НАСЛЕДСТВО БГ“ – НАУЧНИ ИЗВЕСТИЯ“ 2/2022, ed. Emmanuel Moutafov, Sofia, 88-93.

Trendafilov, Dimitrova 2013: Trendafilov, Dimitar, Dimitrova, Bistra. Aqua spinning as anti-stress health prevention. Acts of conference ‘physical education and sport’. Montenegro, 2013,



no 37-39 / XI, ISSN: 1451-485 (9771-4517-48001), 454-460.

*Wändell, Carlsson, Gefvells, Andersson, Törnkvist*  
2012: *Wändell, Per, Axel Carlsson, Catharina Gefvells,*

*Katarina Andersson, Lena Törnkvist.* Measuring possible effect on healthrelated quality of life by tactile massage or relaxation in patients with type 2 diabetes Complement. Ther. Med., 20, 8-15.

---

## Възможности и перспективи на съвременните спа терапии за изграждане на здравословен стил на живот

**Мариана Ангелчева**

Настоящото проучване се фокусира върху възможностите на съвременните СПА и Уелнес програми за повлияване на стрес, редукция на наднормено тегло и целулит при потребителите на тези услуги. Очертани са основните насоки за развитие и необходимостта от бъдещи научни изследвания относно ефективността и качеството на СПА практиките и предлаганите програми. Особен акцент се поставя върху необходимостта от включването на здравно-образователни програми, насочени към промяна в начина на живот чрез създаване на трайни навици за здравословно хранене, физическа активност и стил на живот, в рамките на престоя в СПА и Уелнес центрите.

---

