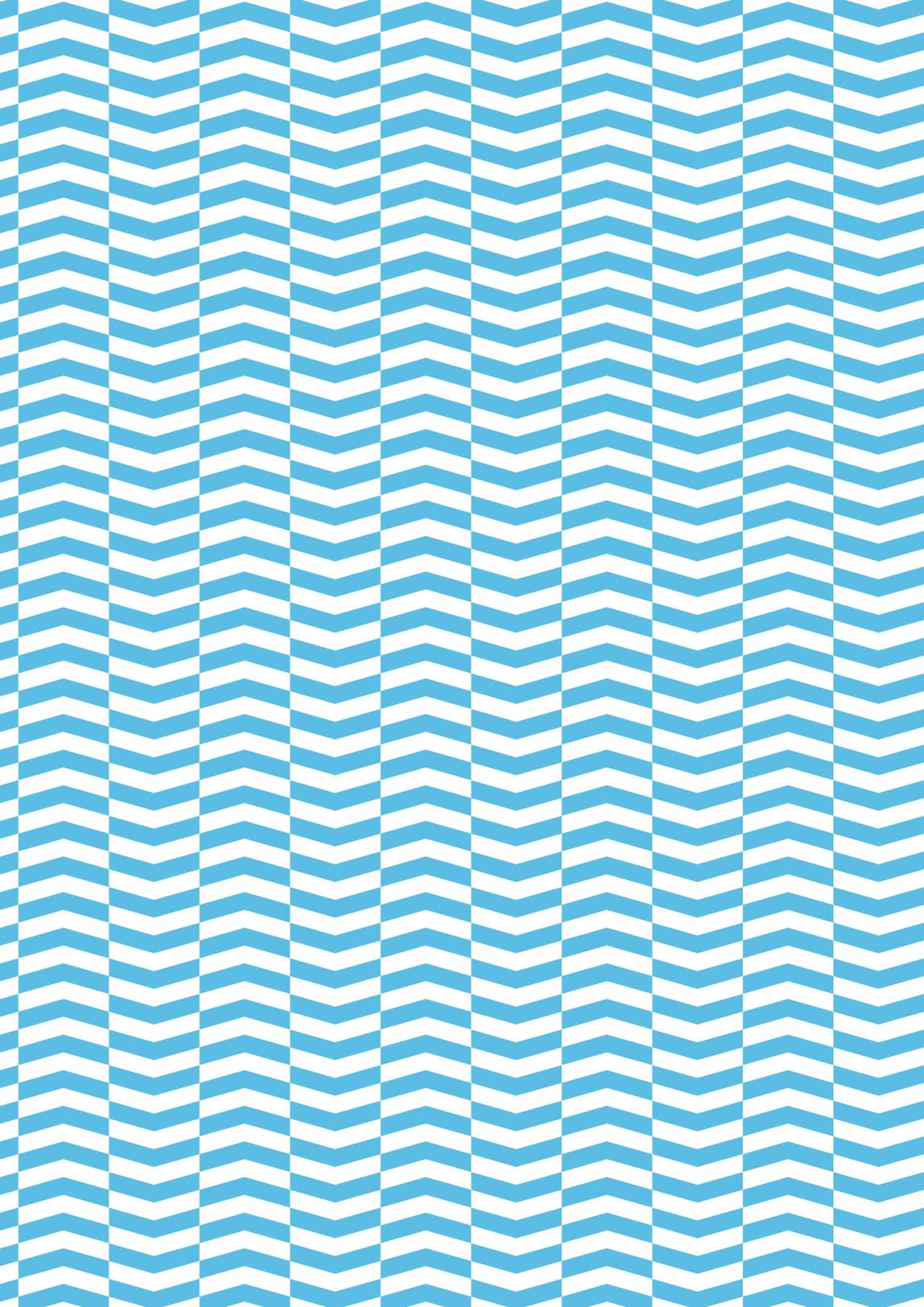


Georgia Your

SPA

Wellness Destination

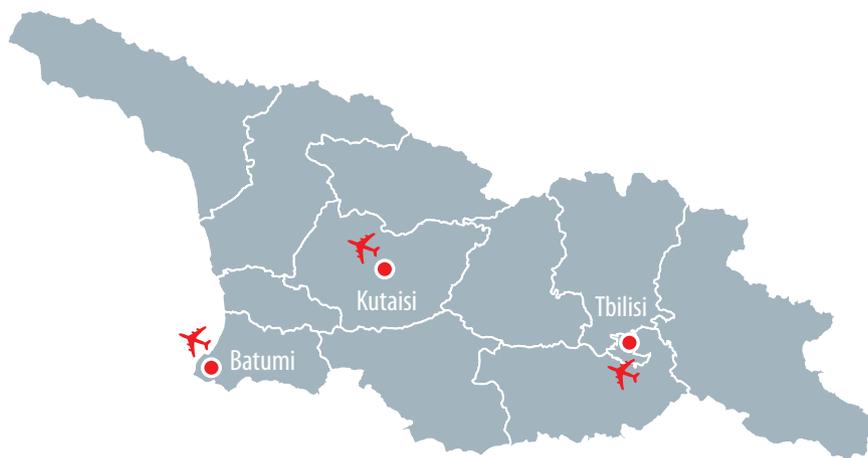






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Population › 3 720 400 (2016 estimate)

Territory › 69 700 km²

GDP (nominal) › USD 13 959.9 m

International arrivals in 2015 › 5 901 094

Share of tourism in GDP › 6, 7%

Resorts › 103

**TBILISI
AIRPORT**



RESORTS	DISTANCE (KM)
Tskaltubo	250
Borjomi	170
Sairme	270
Nunisi	173
Ureki, Grigoleti	340

**KUTAISI
AIRPORT**



RESORTS	DISTANCE (KM)
Tskaltubo	15
Borjomi	135
Sairme	60
Nunisi	85
Ureki, Grigoleti	117

**BATUMI
AIRPORT**



RESORTS	DISTANCE (KM)
Tskaltubo	150
Borjomi	275
Sairme	185
Nunisi	233
Ureki, Grigoleti	60

HEALTH AND WELLNESS RESOURCES

Georgia with its abundant and diverse thermal and mineral waters and curative mud deposits can easily rival with the world's leading health and wellness destinations.

Thanks to its location, rugged topography and diversity of greenery, the climate of the country is essentially variable. This is the main underlying factor of the availability of different types of health resorts of which wellness and spa destinations are of a paramount importance.

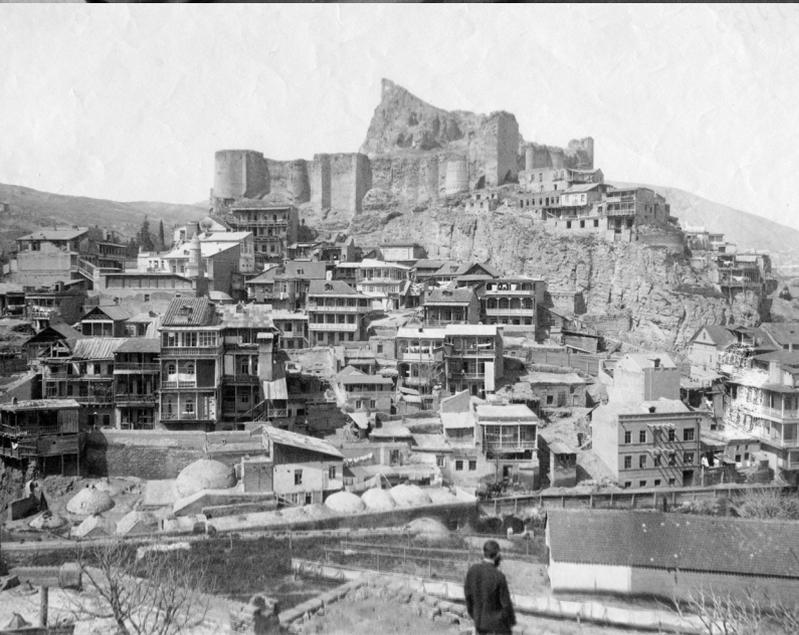
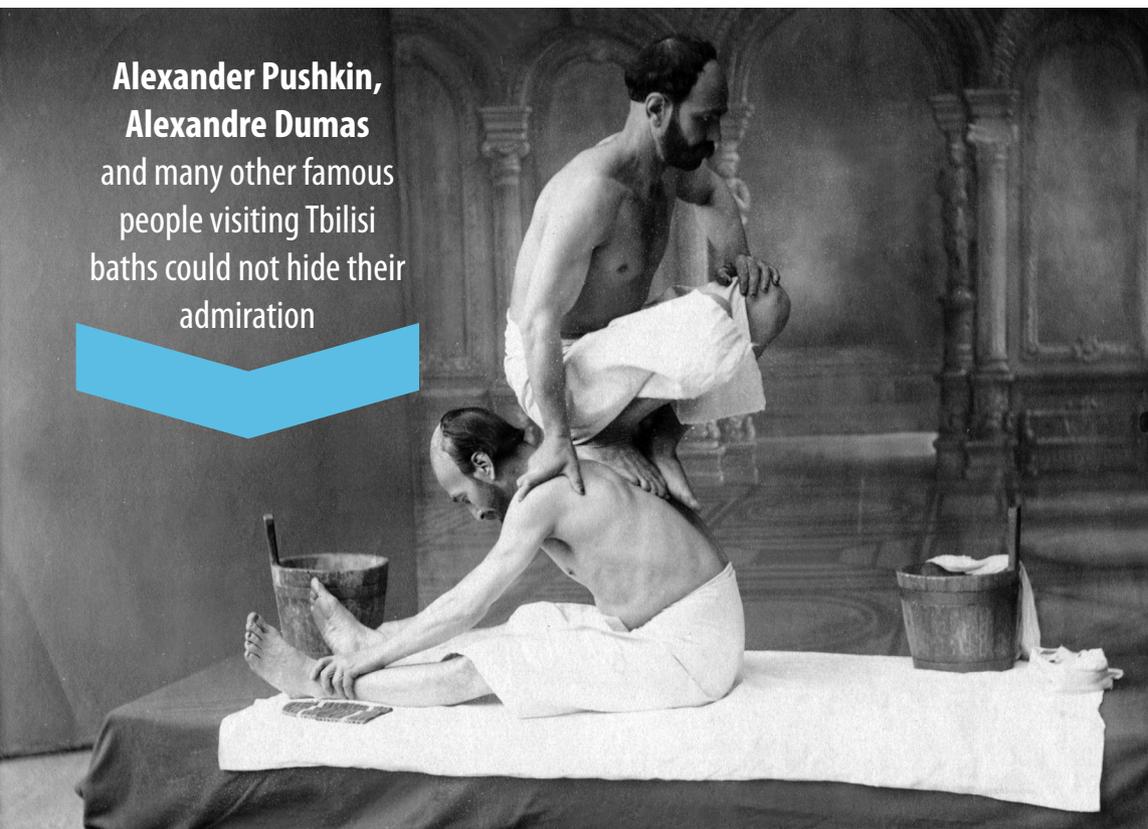
There are up to 2 000 mineral and thermal springs found throughout the country. Georgia has a profound history and tradition of putting them to use. Various diseases can be prevented and cured with the help of mineral waters: disturbance of metabolism, locomotive system disorders, cardio vascular system diseases, nervous system disorders, gynecological, urological, dermatologic and endocrine diseases – these are just few to name that can be cured at Georgian resorts. Besides the thermal and mineral waters exceptionally high value should be placed on muds – peloids that can be found in few areas of the country. They are mostly used for treating various chronically inflammation diseases.



Recover your health at Georgian health and wellness resorts that will also help you relax and forget a daily routine. Besides medical treatment, Georgian resorts offer their visitors a wide range of tourist activities making your stay there even more memorable.

There are up to **2 000**
mineral and thermal
springs in Georgia

**Alexander Pushkin,
Alexandre Dumas**
and many other famous
people visiting Tbilisi
baths could not hide their
admiration



Л 136. Азиатские терцики. Тбилисских сырных бань.



Tbilisi XXI century

SPA & WELLNESS DESTINATION



Tbilisi Sulfur Bath, XIX c



SPA

Wellness Facilities





The word Tbilisi is derived from the Georgian word “tbili”, meaning warm

Tbilisi was founded in the V century by the King Vakhtang Gorgasali





TBILISI

There are several capital cities in the world that offer its visitors luxury of natural spas and wellness services. Tbilisi is amongst these rare destinations. It is exactly sulfur springs in the midst of the old part of the city that are source of Tbilisi's existence. As the legend relates, back in the 5th century, King Vakhtang Gorgasali had sent a falcon after a pheasant, soon the servants found the birds plunged into a hot spring scalded to death. Surprised, the king due to the healing properties of the hot water and the advantageous location of the area ordered the city to be built around the spring. In fact the word Tbilisi is derived from the Georgian word "tbili", which means warm, referring to the natural springs. Sulfur bath houses were constructed at this location later and thereon the naturally warm mineral springs of Tbilisi have attracted numerous travelers from all over the world. Alexander Pushkin, Alexandre Dumas and many other famous people visiting Tbilisi baths could not hide their admiration.

For centuries Tbilisi sulfur baths have been places not for just hygienic purposes, but also for people to get together, socialize, exchange information and just enjoy themselves. Nowadays they are favorite relaxing places for locals as well as for the guests of the city . Sulfur water cleanses and smoothens skin; it helps to cure various skin diseases. If you wish to make the most of the sulfur bath it is a good idea to enjoy the massage offered by a so called Mekise.

Besides Sulfur baths district – Abanotubani, naturally warm waters rich in sulfur can also be found in north-eastern area of the city and also north-western outskirts of Tbilisi, in the area of Lisi Lake. Thermal waters in this part of the city are also used to supply some residential districts with hot water.

Tbilisi with its mild, snowless winter and warm, sunny summer is a year-round destination offering its visitors rich and diverse cultural sights and activities, heartily hospitality and possibility to restore physical well-being.



TBILISI BALNEOLOGY RESORT

Tbilisi Balneology Resort founded in 1938 is located in the historical district of Tbilisi, the south-eastern part of the city. In the west and south-west it is bounded by the National Botanical Garden, while from the other sides it borders upon the River Mtkvari and Teleti gorge.

Naturally warm sulfurous mineral waters with a temperature ranging from +37°C and up are characterized by low salination. The water is used for curing diseases of a locomotive system, a nervous system, a cardio-vascular system, various skin diseases, gastrointestinal diseases, etc. Besides the mineral water procedures Tbilisi Balneology Resort also offers curative mud baths, medical massage and exercises, etc. Here you can find a consultation and diagnostic departments equipped with present-day technologies, a modern laboratory. Patients receive treatment on an outpatient basis.

Works to restore the resort started in 1999. On the base of the resort, the medical tourism department

and the center of Tbilisi State Medical University studying resorts are operating. Recently opened children rehabilitation autism center offers a possibility to consult with leading professional of the field from Italy.





9 Gorgasali street, Tbilisi
 +995 322 72 55 17
 saakashviliicenter@gmail.com

PROGRAM TYPE

PRICE

SERVICES INCLUDED

7 DAYS

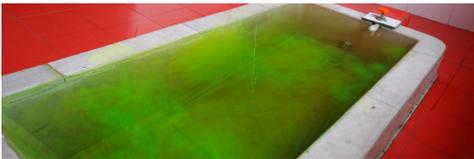
\$355 



Consultation with the doctor; CBC blood test, urine analysis, sugar analysis and biochemical examination (PT, INR, PI); 3 procedures of hydro colon therapy; ultrasonography of 1 organ; Duodenal lavage and examination of gastric juice; ECG; 5 procedures of sulfur bath or hydro therapy (underwater massage); 5 procedures of medical mud bath or mud application on small organs.

10 DAYS
Healthy spine

\$555 



Consultation with the doctor; CBC blood test, urine analysis, prothrombin test and C-reaction protein; spine roentgenogram; 7 procedures of medical massage; 5 procedures of plantar therapy; 5 procedures of Thai massage; 7 procedures of sulfur bath or hydro therapy (underwater massage) or 7 procedures of underwater or dry stretches.

10 DAYS
Dermatological package

\$375 

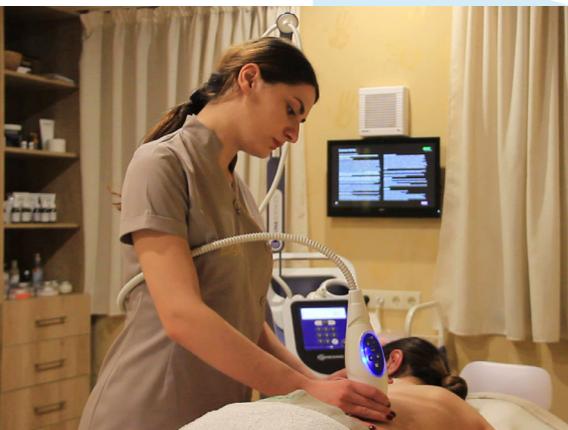
Consultation with the doctor; CBC blood test, urine analysis; 7 procedures of mud bath; 7 procedures of sulfur bath; hydro colon therapy; 3 procedures of ultrasonography

10 DAYS
Health restoring package

\$280 

Consultation with the doctor; CBC blood test, prothrombin test; 7 procedures of hydro therapy (underwater massage); 7 procedures of Charko douche; 7 procedures of oxygen cocktail.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



BIOLI MEDICAL WELLNESS RESORT

The medical wellness resort Bioli is situated in the recreation area of Kojori, in 15km from the center of Tbilisi, at an altitude of 1200 meters. The ideology and concept of resort is built not on psychological comfort and pleasure, but on controlled and measurable recovery process, based on medical scientific theories.

With the innovative methods of diagnosis we are assessing the health status at the level of the life unit - cell. We discover if there is an imbalance between free radicals and antioxidant forces - the trigger for the emergence and development of

many diseases.

We also examine the quantity of micro elements in the cells, including toxic ones, study the structure of the body (by 50 different parameters), perform the fitness testing, wellness testing, diagnosis of the autonomic nervous system, genetic diagnostics and other studies.

Based on these parameters we build a science-based algorithm of guest's stay in the eco-friendly resort conditions, which will be the most effective for health.





The health improvement program is developed for each guest, which includes:

- › The functional system of nutrition of environmentally pure products and individually added endemic phytoresources (Georgia holds the leading place in the world by their diversity);
- › Personalized anti-stress program of physical activity;
- › Procedures for detoxification of the body;
- › De-stressing procedures;
- › Recommendations and appropriate actions to improve the sleep
- › Wellness recommendations

The picturesque landscape, the well-developed area of the complex with the original architectural design, clean air - all this creates a positive attitude. The rich cultural program, which includes local tours, tasting of rare wines, the best national dishes and more will improve the mood.

At the end of therapeutic measures the repeated diagnostics is conducted and the achieved success is demonstrated to the guest.

There are 4 wellness programs with different duration - 2, 7 or 14 days. You can also get a recommendation to change the entire program and its duration.

*Kojori, 1 Bioli Str, Tbilisi
+995 322 322 322
www.bioli.ge*

Program type	Duration
Bioli intro	2 days
Anti-stress program	7 days or 14 days
Detox program	7 days or 14 days
Chronic fatigue management	7 days or 14 days



Types of procedures of each program are selected individually based on thorough medical examination and diagnostics.

BORJOMI

Borjomi - one of the most well-known balneo-climatic health resorts with exceptionally diverse nature and unique mineral water is located in Samtskhe-Javakheti region, in the picturesque Borjomi Gorge, at an elevation of 800-1000 meters. Resort's moderately mild winter with occasional snowfall and reasonable warm summer make your stay here very pleasant.

Besides its stunning nature and curative climate Borjomi boasts with unique spring waters. Medicinal properties of these springs were recognized since ancient times. The fact that it was not used for just drinking is proved by archeological findings of stone baths which date back to the first century A.D.

Borjomi with its adjoining Likani resort was a favorite place for Grand Duke Nicholas Mikhailovich of Russia and the whole Romanov family that had summer and winter residential palaces here. Later Likani Palace was Joseph Stalin's favoured place and he used to spend summers here.

Borjomi water's unique composition and medicinal qualities are same to those found in the waters of the Vichy Grand-Grille spring in France and the Silesia spring in Germany. Borjomi water is sourced from a 1,500 year old volcanic spring. On its journey upwards, the rocks of the Caucasian mountains enrich the water with over 60 different mineral compounds. Drinking it helps to cleanse the body from toxins and reinforce the immune system. It is also good for dental healthcare as the fluoride and iodide in the water help to decrease the risk of tooth decay.

Borjomi resort has attracted numerous guests from many countries. Resort's mineral waters are mainly used for curative purposes, for medical baths, inhalation and lavage of gastro-intestinal organs. It is beneficial for treating diabetes, joint and connective tissue diseases, chronic gastritis, ulcers, chronic bowel, liver and bile duct diseases, kidney stones, urinary tract, respiratory diseases and metabolic disorders.

In southern part of the Borjomi Central Park visitors can find open air sulfur water pools, called Tsar's Sulfur Baths, the best place to relax and enjoy swimming in naturally warm water beneficial for skin. Walking through the rich alley and taking a bath with this warm, soft and healthy water will be one of the best experiences of your stay in Borjomi. There are a lot of historical monuments in and around the resort giving visitors possibilities to enjoy cultural tourism.



Resort's proximity to Borjomi-Kharagauli National Park makes it an attractive nature-based destination

Borjomi water is sourced from a 1,500 year old volcanic spring





RIXOS HOTEL BORJOMI

Rixos Hotel Borjomi with its special 5* Deluxe facilities and a well-equipped Health Centers is located in Likani, 177 km away from Tbilisi. The hotel offers outstanding comfort to its guests in 151 contemporarily styled rooms, each with an amazing view overlooking peaceful and stunning mountains covered by coniferous trees. Except the Health Center facilities, Rixos Hotel Borjomi is pampering its guests with SPA Massage services, Turkish Hammam, Saunas and state of the art Fitness Room, Rixy club, and the water dome with its free flow of natural Borjomi mineral water. A lot of historical places found around the hotel, cultural events, variety of seasonal sports activities give guests the opportunity to stay active on holiday. The Rixos Hotel Borjomi with its 166 sq. m. ballroom and 4 modern conference rooms equipped with recent Audio-Visual equipment is the best venue for business travelers and organizers. For the gourmet lovers, open buffet, as well as "A 'la Carte" services, are offered at the two hotel's restaurants.

Rixos Borjomi Health Center has a rehabilitation and a diagnostic center equipped with the latest equipment. The Health Center offers services and wellness treatments of various types, such as doctor consultation, ultrasonography, gastroscopy, functional diagnostics, physiotherapy, bath procedures, irrigation procedures, laboratory research, biochemical research, etc.





PERIOD

Low Season

(February, March, April, May, October, November)

High Season

(June, July, August, September, December, January)

PRICE PER NIGHT, DELUXE ROOM (FB)

\$170 

\$220 

SERVICES INCLUDED

16 Meskheti Str. Borjomi
+995 322 29 22 92
borjami.rixos.com

Doctor (therapist, endocrinologist) consultation, general blood analysis, general urine analysis, glucose research, gums irrigation with mineral water, physiotherapy (electrophoresis, galvanization, UHF (Ultra High Frequency)), ultrasound, diadinamia, diathermia, darsonval, magnetic therapy, laser therapy, inhalation, 3 automatic underwater massages, 2 manual underwater massages, 3 Vichy showers, 1 mineral bath, 3 circular shower, 3 ascending shower.

The treatment and laboratory researches are included in the price for the guests who are staying in the hotel at least for 7 nights. All treatments can be conducted only after the consultation with a doctor.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.

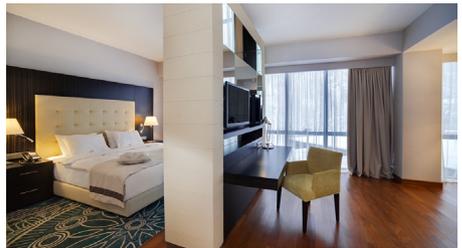




CROWNE PLAZA BORJOMI

The Crowne Plaza Borjomi is situated in the heart of Borjomi, a picturesque Georgian spa and resort town well known for its artesian natural springs. The 101 room hotel is very conveniently situated just a few minutes' walk from the entrance to the famous Park of Borjomi, very well placed to welcome both leisure and corporate travellers and represents a haven for those looking to relax, rejuvenate or have a quiet meeting. The architecture of the building outside ideally fits the surroundings and blends in with the nature around it. The hotel has contemporary interior design with a hint of nostalgia for the elegant, trusted and much loved old times. Modern guest rooms with many of an unusual shape and different size, terrace café, two restaurants, bar and Wine bar, Club Lounge and the Gym are nicely combined with the exclusive Wellness & Spa Centre (2.400 sqm) offering leisure facilities like: swimming pool, steam room, saunas and different relaxing areas, an array of health treatments to satisfy the most discerning tastes and needs. For the youngest guests, hotel has two floor playroom and dedicated kids menu. There are four conference rooms and

the hotel features the comprehensive Crowne Plaza meetings program. Sleep Advantage Program is created to enable a peaceful night's sleep through signature bedding, wake – up calls, designated quiet zone floors and aromatherapy products, to ensure business travellers have a successful trip and leisure guests the most memorable stay.





3 DAY PROGRAM

PRICE

SERVICES INCLUDED

9 Baratashvili Street, 1200, Borjomi
+995322 221 221
www.ihg.com

Cardiovascular system

\$475



Taking 200-300 ml mineral water Borjomi, daily Yoga, daily Kneip path, daily relaxing lounger, daily massage, daily Holistic Cocooning, cycling, pool, light fitness, Scandinavian walking, diet, daily enotherapy.

Please note that prices are given only for treatment and do not include accommodation and meal plan expenses. After consultation treatment plans as well as prices may be changed.

Respiratory system

\$650



Taking 200-300 ml mineral water Borjomi, daily Yoga, Himalayan salt steam room (2 procedures), chamomile steam room (1 procedure), daily massage, daily holistic Cocooning, 1 procedure of Borjomi mineral water bath, 2 procedures of Pearly Oxygen bath, cycling, pool, light fitness, Scandinavian walking, diet, daily enotherapy.



Digestive system

\$525



Taking mineral water Borjomi, daily gallbladder lavage with Borjomi water and honey, daily Yoga, 2 procedures of Borjomi mineral water bath, daily massage, cycling, pool light fitness, Scandinavian walking, diet, daily enotherapy.



Nervous system

\$772



Taking mineral water Borjomi, gallbladder lavage with Borjomi water and honey, daily Yoga, Himalayan salt steam room, relaxing lounger, 2 procedures of Cleopatra bath, daily massage, cycling, sulfur pool, pool, Scandinavian walking, diet, enotherapy.



Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



HOTEL BORJOMI PALACE

Borjomi Palace is a 4 star hotel located within 800 meters from Borjomi Mineral Water Park and 30 minute drive from a famous Georgian ski resort Bakuriani. Traditional Georgian culture and Baroque style is combined in the modern design and interior of Borjomi Palace & Spa. The hotel offers its guests stunning views on the resort and surrounding mountains covered in coniferous forest.

Borjomi Palace & Spa offers various services such as Spa procedures, tour packages around Borjomi and other parts of the country, an airport transfer, etc.

Total number of rooms at the hotel is 164. There are outdoor and indoor swimming pools, 3D

cinema, 2 conference halls, 2 restaurants, a bar, a summer café, a sauna, a hammam, a fitness center and a gym.

Borjomi Palace has its own spa and health center offering wide variety of beauty and medical treatments based on sodium bicarbonate water which is good for cleansing the body, boosting immune system, treating and preventing of various diseases. Doctor consultation, ultrasonography, gastroscopy, functional diagnostics, physiotherapy, mineral water and mud bath procedures, irrigation procedures, laboratory research, biochemical research, salt room therapy, inhalation procedures, etc. are offered by the health center of the hotel.





17 K. Gamsakhurdia street, 1200, Borjomi
 +995 322 43 00 31/32
 www.borjomipalace.ge

NUMBER OF OVERNIGHTS

SERVICES INCLUDED

7 OVERNIGHTS AND MORE



Check-up by a gastroenterologist; Consultation with one of the doctors (urologist, cardiologist, gynecologist); CBC Blood test, blood sugar test, urine test, gastric analysis and duodenal intubation; Colon irrigation with mineral water (1 procedure); Duodenum irrigation with mineral water; Ultrasonography of one organ; Electrocardiogram (ECG); Physical therapy of two types (3 procedures each); Mineral water inhalation (3 procedures); Spa capsule: hydro massage - chamomile and calendula (2 procedures); Electrical mud (3 procedures); Paraffin applications (3 procedures); Gynecological procedure based on the mineral water (3 procedures); Salt room therapy (3 procedures); A swimming pool (until 17.00) and a gym.

10 OVERNIGHTS AND MORE



Check up by a gastroenterologist; Consultation with one of the doctors (urologist, cardiologist, gynecologist); CBC Blood test, blood sugar test, urine test, coagulogram; Colon irrigation with mineral water (2 procedures); Pancreatitis test and mineral water cleansing; Duodenum cleansing; Ultrasonography of two organs; Electrocardiogram (ECG); Physical therapy of two types (5 procedures each); Mineral water inhalation (5 procedures); Spa capsule: hydro massage - chamomile and calendula (4 procedures); A small capsule - a steam bath, aromatherapy and chromotherapy (1 procedure); Electrical mud (5 procedures); Paraffin applications (5 procedures); Salt room therapy (5 procedures); Gynecological washing (5 procedures); A swimming pool (until 17.00); a gym and billiards.

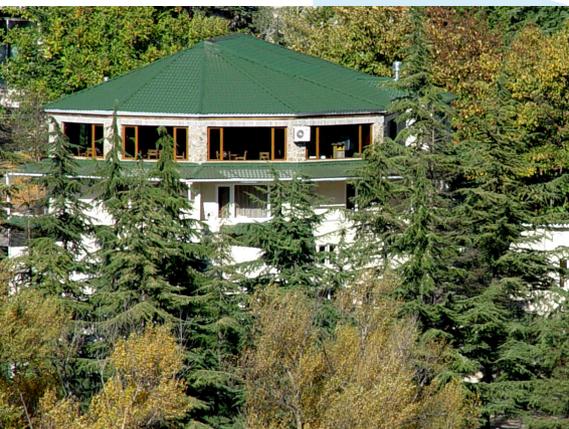
14 OVERNIGHTS AND MORE

Borjomi Palace & Spa offers its guests staying at the hotel more than 7 nights with full board (meal) procedures listed here for free.

Note: please check the prices with the hotel in advance.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.

Check up by a gastroenterologist; Consultation with one of the doctors (urologist, cardiologist, gynecologist); CBC Blood test, blood sugar test, urine test, coagulogram; Colon irrigation with mineral water (3 procedures); Pancreatitis test and mineral water cleansing; Duodenum cleansing; Ultrasonography of all organs; Electrocardiogram (ECG); Physical therapy of two types (procedures each); Mineral water inhalation (5 procedures); Spa capsule: hydro massage - chamomile and calendula (7 procedures); A small capsule - a steam bath, aromatherapy and chromotherapy (2 procedures); Electrical mud (7 procedures); Paraffin applications (7 procedures); Salt room therapy (7 procedures); Gynecological washing (7 procedures); A swimming pool (until 17.00); a gym; billiard; a sauna (1 procedure).



HOTEL BORJOMIS KHEOBA

Hotel "Borjomis Kheoba" is located in the heart of the resort just a 15-minute walk from the central public park. It is easily accessible by public transport. If you are traveling by car you will find a parking space available at the property.

67 comfortable rooms equipped with a flat-screen satellite TV, a telephone, a fridge, WI-FI, air conditioning offer great views on mountains covered in coniferous trees and the River Mtkvari. The private bathrooms come with a shower, hairdryer and free toiletries. Some rooms have a balcony.

The hotel also offers a fully equipped conference room, an outdoor swimming pool, a bar and a restaurant giving guests possibility to enjoy a wide variety of Georgian and European dishes and beverages. It has a shared lounge area with billiards as well. If you feel like spending some time outside the hotel, lots of cafes and bars are within 10-minute walk from the property. Also, various tour packages offered by the hotel, will give you a chance to get to know historical-cultural heritage

of Borjomi region.

Medical center, located on the 1st floor of the hotel, offers various medical services and procedures to those interested in recovering their health. Guests of the hotel can consult with professional doctors who will determine which procedure they need to improve health condition. Besides the service of doctor's consultation the medical center offers services such as ultrasonography, functional diagnostics, irrigation procedures, physiotherapy, massage, bath procedures, laboratory and biochemical research, etc.





NUMBER OF OVERNIGHTS

PRICE PER PERSON, PACKAGE (FB)

SERVICES INCLUDED

107a Rustaveli Street, Borjomi
+995 599 32 32 47; +995 367 22 30 72
www.borjomiskheoba.com

7 DAYS

\$420



Therapist's consultation, general blood analysis, general urine analysis, glucose research, 1 automatic underwater massage, 1 manual underwater massage, 1 ascending shower, 1 mud bath, 2 back massage, 1 intestinal lavage with mineral water, 1 micro-enema, 1 gastric lavage, 1 duodenum lavage, 2 laser therapy, 2 physiotherapy, ultrasonography and several types of massage.

10 DAYS

\$600



Therapist's consultation, general blood analysis, general urine analysis, glucose research, 2 automatic underwater massage, 2 manual underwater massage, 2 ascending shower, 2 mud bath, 3 back massage, 2 intestinal lavage with mineral water, 2 micro-enema, 1 gastric lavage, 1 duodenum lavage, 3 laser therapy, 3 physiotherapy, ultrasonography and several types of massage.

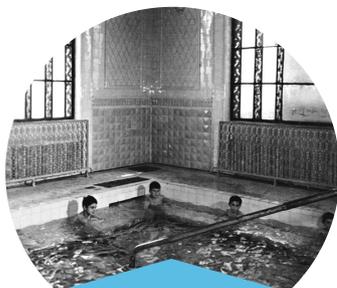
14 DAYS

\$840



Therapist's consultation, general blood analysis, general urine analysis, glucose research, 2 automatic underwater massage, 2 manual underwater massage, 2 ascending shower, 2 mud bath, 5 back massage, 2 intestinal lavage with mineral water, 3 micro-enema, 2 gastric lavage, 1 duodenum lavage, 5 laser therapy, 5 physiotherapy, 2 ultrasonography and several types of massage.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



Tskaltubo was especially popular in the Soviet era, attracting around 125,000 visitors a year

The resort is famous for its unique radon-carbonate mineral springs





TSKALTUBO

Spa resort Tskaltubo is located in the central part of western Georgia. Its climate is conditioned by the resort's location in the zone of humid subtropics, the proximity of the Black Sea and its protection from cold, northern winds by the Greater Caucasus Range. Winter is mild and mostly snowless here. Summer is very warm and moderately humid. Sunny days are the typical here though rainy and overcast weather is not infrequent. Hills that surround the resort are covered in rich subtropical vegetation, evergreen bushes and deciduous forests.

The resort is famous for its unique radon-carbonate mineral springs. The natural temperature of the water that varies between 33 and 35°C enables them to be used without preliminary heating. Tskaltubo's mineral waters are characterized by rather stable physical and chemical properties. The effective health-restoring and preventive properties of the mineral waters are accounted for their extremely complex composition in general and by the peculiar combination of major ingredients of their saline composition in particular. Naturally warm unique water can cure illnesses like locomotive system disorder, cardiovascular system disease, skin and endocrine diseases, gynecological disorder, disturbance in metabolism, etc. Duration of treatment varies from 7 to 20 days.

Another curative factor of the resort that was discovered and widely applied for medical treatment during 1970s is speleotherapy. Microclimate of Tetri Mgvime (White Cave) was quite successfully used for treating hypertensive diseases, bronchial asthma and neurosis.

One of the great attractions of the resort is its central park – main recreational area that is favorite place for locals and guests alike. It is home for various unique plants. Newly reconstructed park offers different tourist infrastructure.

Sataplia Strict Nature Reserve with its dinosaur footprints, unique Sataplia cave as well as Prometheus cave in Kumistavi, offers wonderful day trip opportunities to holiday makers. If you feel an adrenaline rush then don't miss a chance to visit the Okatse Canyon and a breathtaking waterfall located just within 30 minute drive from the resort. Tskaltubo's proximity to Kutaisi city, famous for its abundant historical monuments including UNESCO world heritage site, allows travelers to be immersed in authentic cultural tourism too.

SPA & WELLNESS DESTINATION



BALNEO SERVICE

6th & 1st BATHS



Balneo service N6 and N1 baths built over the springs are located in the central park of Tskaltubo resort. Well-equipped buildings with 5 pools of mineral water, 50 individual baths, 16 cabinets for hydro massage and other facilities make bath procedures very comfortable. Constantly flowing water ensures to keep physical and chemical composition as well as curative properties, homogeneity and temperature of the water stable.

Bath N6 also called Stalin's bath was specially built for the leader of the Soviet Union Joseph Stalin. Its construction began in 1950. To accomplish the project 4000 constructors were brought to Tskaltubo. The bath was opened in less than a year after the start of the construction. It is known that Stalin used to take bath procedures here. No one knows if this short course of treatment had any balneological effect on Stalin's health conditions but it is fact that after his visit a lot of Soviet officials with spouses used to spend holidays and take medical procedures in Tskaltubo.

There are following services and procedures available at Bath N6: a mineral water bath, an underwater hydro massage, aqua aerobics, a horizontal underwater spinal traction, a classical curative massage, physiotherapy, gynecological irrigation a Charko douche, a circular shower, peloidotherapy, colon hydrotherapy, etc.



BE HEALTHY

Recently opened “Be Healthy” spa center is located on the territory of the central park. It offers a full package of health restoring services. Here you can relax in one of the oldest spas in Georgia with centuries’ old history and enjoy high-class rehabilitation, medical, esthetic and health procedures. The center is constructed according to contemporary standards equipped with the recent medical technology.

The ground floor of the center is occupied by individual bath cabins and a swimming pool. Radon

baths are prescribed by on-site doctors. All patients visiting the center are subjected to scrupulous medical examination, after which they can be given directions to undergo radon bath treat-



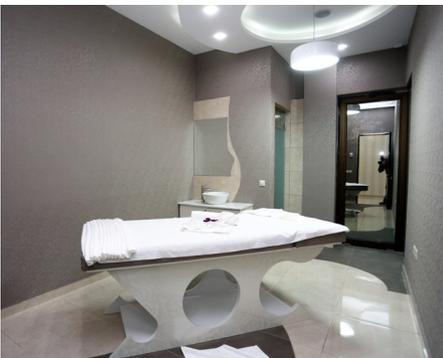


Central Park, Tskaltubo
+995 591 60 25 25
www.behealthy.ge



ment. At the “Be Healthy” center you can choose from different individual treatment and rehabilitation courses which last from 10 to 21 days. Following procedures are administered with mineral water: a bath, an underwater, underwater horizontal spine traction, a gynecological irrigation, a hydro massage, a circular shower, an ascending shower, a Charko douche.

“Be Healthy” also offers various esthetic procedures including a weight loss program led by professional endocrinologists. In addition,



the center’s doctors oversee individual workouts in the gym equipped with newest fitness technology. The process is finalized by hydrocolonotherapy – a deep cleansing of intestines. At the center you can be pampered with various types of massages.

The center is easily accessible for people with disabilities.





TSKALTUBO SPA RESORT

A 4 star health resort and sanatorium “Tskaltubo Spa Resort” is located in the very center of Tskaltubo. Nestled in lush greenery, the resort operates year round and with its 16 ha recreational area and a botanical garden it is a great place to relax and rejuvenate your body and soul. In 2011 the hotel was completely renovated to meet the contemporary standards. It offers 141 rooms of several categories. The hotel restaurant is designed to offer the full board buffet meal plan up to 350 people. From June 2016 Tskaltubo Spa Resort offers “all inclusive” packages with local alcoholic and nonalcoholic beverages as well as entertainment programs. An outdoor swimming pool is at the tourist’s disposal too.

The following diseases are treated at “Tskaltubo Spa Resort”: cardiovascular system diseases, locomotive and nervous system disorders, metabolic disorders, skin diseases, gynecological disorders. Sanatorium also offers “Beauty” and “Slim Detox” programs.

After thorough examination doctors prescribe an individual plan of treatment to holidaymakers. Based on this plan, the medical center provides various types of spa procedures: radon baths, an underwater and hydro massage, an underwater spine traction, a hydro colon therapy, an ascending shower, a Charko douche, curative mud applications and the Dead Sea mud applications, therapeutic ultrasound procedures, a magnotherapy, electrophoresis, amplipulse therapy, a laser therapy, inhalation, darsonval, lymphatic drainage procedures, a pressotherapy, a classical manual massage, a massage with chocolate, a partial honey massage, a volcanic stone massage, an aromatherapy, an anti-cellulite massage, a massage with herbal bags, paraffin hand compresses, paraffin compresses to reveal back pain, a face care program, etc.

The sanatorium offers its guests various entertainment programs, day trips to Batumi, “Prometheus cave”, “Okatse” canyon, Sataplia strict nature reserve, etc.



PERIOD
Standard double

PRICE PER NIGHT
Minimum
7 overnights

SERVICES INCLUDED

23 Rustaveli Avenue, 5400, Tskaltubo
+995 599 09 16 10; +995 436 22 14 17
www.sanatoriumi.ge

Low season
*(January, April,
November, December)*

\$76 

Shoulder season
*(May, June,
September, October)*

\$99 

High Season
(July, August)

\$117 

Full board buffet

Medical procedures:

- Consultation with the doctor (twice a week);
- Daily radon rich mineral water bath;
- Daily trigger point massage;
- Daily physiotherapy.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.





HOTEL TSKALTUBO PLAZA

Located in the center of the city, just in front of the central park, where all thermal bathes are located, the 4 Star resort Tskaltubo Plaza welcomes guests with its beautiful terrace and comfortable atmosphere. Guests can enjoy their stay at their choice of 76 rooms of different categories, including the suites. Free WiFi is available in all rooms and at any given point within the building of the hotel. Tskaltubo Plaza's lovely restaurant offers various types of dining (BB, HB, FB) and delicious national and international cuisine. Besides the restaurant the guests can enjoy Terrace bar, Lounge Bar and Patio with entertainment programmes and events.

The modernly equipped gym, sauna and massage room are also available at the hotel. Conference and business meeting rooms make hotel attractive for official meetings as well. Tskaltubo Plaza staff is professionally trained and they meet all the criteria of international standard. At the information desk available at the hotel guests have a possibility to purchase excursions (Prometheus cave, Okatse Canyon, Martvili Canyon, Sataplia strict nature

reserve) and day trips (Kutaisi, Batumi) or to plan individual trips such as visiting Georgian families and participating in wine-making process, etc.

Tskaltubo Plaza Hotel offers various sanitation programs, such as detox weekend, Antistress, Diet and weight loss. The professional thermal bath representative is available on spot and thermal procedures are permitted only after thorough check up with the doctor. Partner medical center, located within only 2 minute walking distance, offers wide choice of radon procedures, physical therapy treatments, point massages, skin-restorative procedures, body fitness, spa and wellness body massage, wellness hydrotherapy procedures, curative mud applications, Dead Sea mud applications, etc. Together with partner medical center Tskaltubo Plaza hotel has formulated special health packages such as Healthy Classic – Relax Package, Healthy Premium AI, Dead Sea Romance and etc. including such unique procedures as bath of sparkling wine, bath of milk and chocolate, etc.



ROOM TYPE (FB)

PRICE PER NIGHT

SERVICES INCLUDED

15A Rustaveli Street, Tskaltubo
+995 436 222 393; +995 436 220 808
www.tskaletuboplaza.ge

Standart double

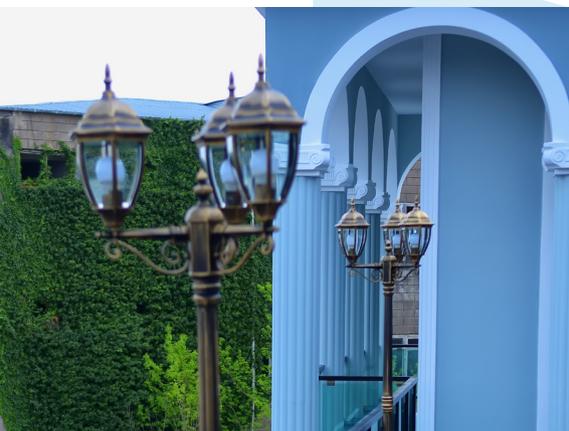
\$122



Doctor services; Daily bath procedure;
Daily massage; Daily physical-therapy.

During the low session and on specific dates discounts starting from 10% to 40% are offered by the hotel.





HOTEL PROMETHEUS

Hotel Prometheus is located in the center of Tskaltubo, just within 5 minute walk from the central park and the balneological springs.

There are 50 comfortable rooms at the hotel equipped with air conditioning, a flat satellite and a refrigerator. The private bathrooms offer a shower, a hairdryer and free toiletries. Free WI-FI is available at the property. Children under the age of 3 may stay here free of charge when using an existing bed. Hotel also offers a free parking to its guests.

There is a conference room equipped with modern technologies at the hotel offering a possibility to

arrange various business or leisure events.

A variety of medical and health restoring procedures is available on site. Guests staying at the hotel get free consultation from the doctor and several kinds of procedures.

The restaurant of the hotel offers a wide range of Georgian dishes. Guests can take a rest and relax at the bar or on the terrace of the hotel. Visiting Prometheus cave located just within 3 km from the resort will make your vacation more enjoyable and memorable.





ROOM TYPE (FB)

PRICE PER NIGHT

SERVICES INCLUDED

11 Rustaveli Avenue, Tskaltubo
+995 436 22 00 51; +995 790 42 82 82
www.stskaltubo-hotel-prometheus.ge

Standard single

\$50



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath.

Standard double/twin Suite

**\$80
\$110**



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath (offer is valid for both guests).

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.





SANATORIUM TSKALTUBO

Sanatorium Tskaltubo is located in the central part of the resort, just about 80 meters from the balneological spring N3.

There are 25 rooms (standard, semi suite and suite) at the hotel with the capacity to accommodate up to 50 guests. Each room is equipped with a flat-screen satellite TV, WI-FI, central heating, air conditioning and a refrigerator. Every room has a private bathroom.

The medical center of the sanatorium, open for 24 hours, is located on the 1st floor and offers services of professional and qualified doctors and nurses.

Here one can find a doctor's office, a cabinet for massage, a cabinet for physiotherapy, a gym with training equipment and a laboratory.

Prices of the rooms (FB) vary from \$65 to \$90 per night depending on a room type and the occupancy rate. Children under the age of 8 get 50% of discount. Prices usually include a free consultation with the doctor and several types of procedures. Additional services such as a gynecological irrigation, a horizontal underwater spinal traction, a classical massage, etc. can be arranged for an extra charge upon request.





ROOM TYPE (FB)

PRICE PER NIGHT

SERVICES INCLUDED

1 Paliashvili street, 5400, Tskaltubo
+995 436 22 23 50; +995 599 15 54 59
www.sanatoriumtskaltubo.ge

**Standard double
Semi suite**

**\$65
\$80** 

Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath.

Suite

\$90 

Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath (offer is valid for both guests).

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.





SANATORIUM ORIONI

Sanatorium Orion is located in the central part of the town, at 9 Rustaveli Street, within only 150 meters from the thermal baths.

18 rooms of different categories can accommodate up to 40 guests. The rooms are equipped with a satellite TV, air conditioning, a refrigerator and bathroom facilities. Restaurant of the sanatorium offers wide range of Georgian dishes. There is a free parking space at the sanatorium.

Belnaological center is located within 5 minute walk from the sanatorium. It is possible to take a wide variety of medical procedures there, though the sanatorium offers some health restoring

procedures that are performed on site. At the sanatorium you can find a doctor's office, cabinets for massage and physiotherapy procedures.

Prices of the rooms (FB) vary from \$30 to \$105 per night depending on the room type and occupancy. Children under the age of 10 get 50% discount. The sanatorium also offers additional services such as different types of massage, physiotherapy procedures, laboratory research, bath procedures, etc. for an extra charge. It is possible to arrange transfers and tours to various attractions upon request.





ROOM TYPE (FB)

PRICE PER NIGHT

SERVICES INCLUDED

9 Rustaveli Street, Tskaltubo
+995 436 220505; +995 599 24 70 47
sanatoriumorioni@rambler.ru

Standard single

\$30



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath

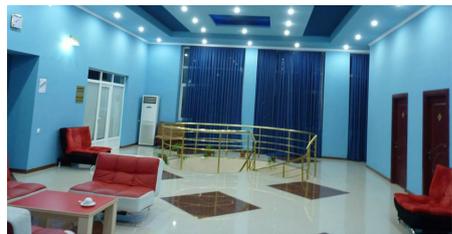
**Standard double
Suite**

**\$55
\$105**



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath (offer is valid for both guests).

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.





SANATORIUM IMERETI

Located in the central part of the resort, sanatorium "Imereti" with its 13 rooms designed to accommodate up to 26 guests is a nice place to have a rest and restore your health at the same time. The rooms are equipped with a satellite TV, air conditioning, WI-FI, a refrigerator and bathroom facilities. Extra bed can be arranged upon request. The hotel offers a free parking. Guests can relax at the bar located on the ground floor or enjoy a wide variety of Georgian dishes at the restaurant.

Balneological center is located within 10-minute walk from the hotel. It is possible to undergo different medical treatment there, though the hotel itself offers health restoring procedures.

You can find doctor's office, cabinets for massage and physiotherapy and laboratory at the medical center of the sanatorium located on the ground floor.

Prices of the rooms (FB) vary from \$40 to \$70 per night depending on the room type and occupancy. Children under the age of 8 get 50% discount. It is also possible to arrange a stay at the hotel without taking medical procedures; in this case prices offered are relatively low. The sanatorium also offers additional services such as different types of massage, physiotherapy procedures, laboratory research, bath procedures, etc. for an extra charge.





ROOM TYPE (FB)

PRICE PER NIGHT

SERVICES INCLUDED

8 Tsereteli street, Tskaltubo
+995 436 22 11 22; +995 555 14 53 75
www.hotelimereti.ge

Standard single

\$40



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath.

**Standard double
Semi suite**

**\$60
\$70**



Consultation with the doctor; 1 procedure of classical massage (1 point); 1 procedure of physiotherapy; 1 procedure of mineral water bath (offer is valid for both guests).

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



SAIRME

Resort Sairme is located in western Georgia, South Western part of Imereti region, at an elevation of 950 meters. It is situated in the mountainous area of subtropical zone, in the valley of the Tsablaristskali River. The resort is surrounded with deciduous and coniferous forests; Because of golden colors of nature its environs turn into fairy tale setting in autumn.

Medicinal properties of the resort's mineral and thermal springs were already well known in the 19th century. The springs flow at several locations and they differ from one another by their chemical composition and medicinal treatment qualities. It is scientifically studied that Sairme mineral waters are characterized by the high therapeutic efficiency for treatment of the urological and gastroenterological diseases. Contemporary buvette built over the springs gives possibility to distribute right dosage; this makes the process of drinking water out of the medical springs more comfortable. The springs cure different diseases. Frequency of drinking mineral water and its dosage is prescribed by the doctor. Spring N1 is used for curing chronic kidney diseases. Spring N2 is used for urinary system and gallbladder diseases. It can help dissolve gallstones and bile-duct stones. It also excretes salt that forms stones. Spring N3 is used for treating metabolic disorders. Spring N4 is used for curing gastrointestinal diseases. It is highly recommended that everyone visiting the resort follows doctor's prescription when drinking mineral waters.

Thermal bath procedures that are also available at the resort are used to cure the following diseases: locomotive and nervous system disorders, dermatologic diseases, gastro-intestinal illnesses, chronic urological diseases.

Resort Sairme with its stunning nature is the best place to forget daily routine, ease mind and body. With its spacious playground, the resort is an attractive place for children as well.



The resort has the unique location, healing springs, ecologically clean environment and beautiful nature

Sairme, literally meaning a place of deer, was named due to the high quantity of deer inhabiting the area





HOTEL SAIRME

A 3 star hotel “Sairme” offers 150 well-equipped rooms, ranging in size and type, that can accommodate up to 390 guests. Cozy and bright rooms with beautiful views are designed for individuals, families and groups. Hotel can also offer facilities for organizing different events.

Playgrounds for kids and sport facilities make stay at the resort even more attractive. Prices of the rooms (FB) vary from \$44 to \$ 169 (excluding 18% VAT)per night depending on room type and season.

There is a polidinic located in the vicinity of the hotel. Professional doctors are ready to assist hotel guests

for 24 hours. The polidinic is equipped with modern laboratory and ultrasonographic cabinet. It offers therapeutic, cardiologic and urological services. Dentist’s cabinet is also available at the hotel.

Rehabilitation center of the hotel equipped with modern technologies offers opportunity to undergo various medical procedures – thermal baths and different types of massages. Prices for medical procedures vary from \$3 to \$25.

Besides the newly refurbished hotel “Sairme” there are two hotels at the resort – “Imereti” and “Udabno”. They have 181 rooms of different types and offer stay at reasonable prices.





DURATION

PRICE

SERVICES INCLUDED

Resort Sairme
+995 32 240 45 45/46
www.sairme.com.ge

10 DAYS
Osteochondrosis

\$220 

Consultation with therapist, consultation with cardiologist, general blood analysis, determining prothrombin index, mineral water prescribed by the physician, 10 procedures of hydro massage, 10 procedures of back massage, 10 procedures of electrotherapy.



10 DAYS
Urinary stone disease

\$220 

Consultation with the urologist, consultation with dietitian-nutritionist, urogenital system ultrasound examination, general blood analysis, general urine analysis, creatinine, general albumen, determining prothrombin index and glucose, mineral water prescribed by the physician, 4 procedures of hydro massage, 4 procedures of circular shower, 9 procedures of general massage.



10 DAYS
Obesity

\$330 

Consultation with therapist, consultation with dietitian-nutritionist, cardiogram and consultation with cardiologist, general blood analysis, general urine analysis, creatinine, determining glucose, general albumen, determining cholesterol level, mineral water prescribed by the physician, 10 procedures of Charko douche, 10 procedures of hydro massage, 5 procedures of massage with anti-celulite cream, 5 procedures of honey massage.

Please note that prices are given only for medical treatment and do not include accommodation and meal plan expenses. After consultation with a doctor, the medical treatment plans may be changed by a physician.

The clinic also offers a treatment for diabetes mellitus, chronic hepatitis, chronic pancreatitis, myalgia, neuralgia, neurosis, etc.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



According to folk story people started to use Nunisi water for curative purposes in the first half of IX century

The area of the resort is extremely picturesque with surrounding mountains covered in coniferous and deciduous forests





NUNISI

Health resort Nunisi is located in the central part of the country, on the territory of Borjomi-Kharagauli National Park, at an elevation of 920 meters. It is hidden in the deep green forests. The area of the resort is extremely picturesque with surrounding mountains covered in coniferous and deciduous forests.

Curative effects of the resorts are said to be known for Georgian people since 9th century. The major natural curative factors of the resort are its mineral waters, though mixed and coniferous forests surrounding the resort create microclimate beneficial for curing respiratory system diseases.

Nunisi attracts healthy visitors as well as patients suffering from mainly skin problems such as psoriasis, eczema, neurodermatitis, seborrhea, etc. Resort's sulfur waters are characterized with low salinity and high content of silicic acid. Besides the dermatologic diseases Nunisi waters are also effective for curing nervous system disorders.

Due to resort's proximity to Borjom-Kharagauli National Park it is an attractive nature-based destination. Various historical monuments and sights give the holiday-makers the opportunity for an active cultural holiday as well.



NUNISI SAMTA PARK HOTEL

“Nunisi Samta Park Hotel” is located in a beautiful setting. Surrounding deep forest creates a pleasant atmosphere to take a walk, relax and enjoy fresh air. Moliti train station is 6 km away from the resort and transfer service from there can be arranged. If you wish to travel by car the hotel offers a secure car park.

There are 7 comfortable rooms each equipped with a separate bathroom at the hotel. Besides the main hotel building complex also offers 5 two-storey wooden cottages with 16 rooms.

Hotel's restaurant offers a wide variety of Georgian dishes which mainly contain local, organic ingredients.



The hotel also offers various activities such as day trips to historical sites. Billiards, table tennis and other board games available at the hotel make the





Village Nunisi
+995 599 22 55 80; +995 599 04 48 44
www.nunisi.ge



stay there more enjoyable and fun.

Accommodation prices vary from \$100 to \$240 per night depending on a type of room and occupancy. As for cottage prices they vary from \$40 to \$350 per night depending on the occupancy.

Patients suffering from different skin diseases can undergo medical treatment with naturally warm bath procedures under the supervision of professional doctors.

Balneal-treatment is individually selected for each patient and its duration is determined by a doctor-dermatologist. An average treatment course lasts for average 10-15 days and includes about 15-20 procedures. The frequency of mineral bath procedures is determined by the physician as well. One procedure usually costs around \$5 and is not included in the room price.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



UREKI & GRIGOLETI

Ureki and Grigoleti resorts located at the Black Sea coast, in Guria region, are popular summer vacation destinations especially for families with children. The climate of the resorts is subtropical with mild snowless winter and hot summer.

Outstanding curative feature of the resorts together with its climate is magnetic sands that can be found on the entire shore stretching between the resorts on about 11 km though higher concentration of magnetic irons are observed on one particular section of the coastline in the vicinity of Supsa River mouth. Length of this seashore totals 1.5 km and its width equals to 50 meters. Water in Ureki is quite shallow, thus it is suitable for kids to swim. Sun rays easily penetrate the shallow water and heat the sand. After midday swimming in the sea is especially pleasant as warm sand keeps the water warm.

Magnetic sand of the resort which is fine-grained containing 2-7% of iron magnetic ore is good for curing various diseases. Cardiovascular system diseases, locomotive and nervous systems disorder - these are just few to name that can be treated here. The healing properties have especially positive results in treating children diseases. It is worth to mention that these positive impacts are caused not only by the magnetic sand but also other factors including thalassotherapy – medical use of seawater.



The resorts are the best places for those who are in search of stillness and unity with nature

Magic features of the resorts are curative climate and magnetic sands





SANATORIUM KOLKHIDA

Sanatorium Kolkhida is located at the unique Black Sea coast rich in pine trees. It is surrounded by 3 ha yard and offers its guest a 250 meter long private beach. Subtropical climate, warm sea, the sun and unique magnetic sand – all these create perfect combination to have a rest and recover health at the same time.

There are 91 rooms at the hotel designed to accommodate up to 200 guests. Each room is equipped with air conditioning, satellite TVs, telephones, safes and minibars. Here you have a chance to choose between the rooms offering the Black Sea view or the view with the park. Room prices vary from \$90 to \$450 depending room occupancy and season. Restaurant with the live music, the bar, the terrace with the sea view and the bungalow is the best option to spend pleasant time and try different Georgian as well as international dishes. Those interested in learning to cook various Georgian dishes can take master classes at the ethnographic corner found at the hotel. Active holiday makers can find an artificial

rock wall for climbing, a football pitch, a volley ball and tennis courts here. Kids are entertained with various games and programs. The hotel has well-equipped conference facilities for organizing different events.

There is a health center at the sanatorium offering various medical services and procedures. Each guest undergoing treatment is examined by professional and experienced doctors. After conducting laboratory researches, treatment course is assigned. Here main curative feature is magnetic sand. Patients take daily sand bath heated by the sun. On a rainy day sand is taken from the shore and preheated indoor. Sand bath usually lasts from 10 to 40 minutes for adults and from 5 to 15 minutes for children. Other procedures and services offered by the health center of the sanatorium are physiotherapy, different types of massage, aerobics, ultrasonography, CBC Blood test, blood sugar test, urine test, etc.



PERIOD

PRICE PER NIGHT

SERVICES INCLUDED

117 Takaishvili street, Ureki
+995 599 20 54 45; +995 790 30 22 03
www.kolkhida.ge

Double standard room

	Sea View		Park View	
	Ground floor	Other floors	Ground floor	Other floors
HIGH SEASON August	\$ 130	\$ 150	\$ 120	\$ 130
SHOULDER SEASON July	\$ 120	\$ 130	\$ 100	\$ 120
LOW SEASON other months	\$ 100	\$ 120	\$ 90	\$ 100

- Consultation with the doctor;
- Training devices for children with CP;
- Equine-assisted therapy (EAT);
- Medical massage;
- Laboratory analysis;
- Procedures with magnetic sand;
- Ultrasonography prescribed by the doctor;
- Physiotherapy;





HOTEL & SPA VILLA RETA

One of the first specialized spa hotels in Georgia - "Villa Reta" built in 2010, is located in Grigoleti, by the Black Sea coast, surrounded by pine trees, which creates a healing microclimate and gives coolness even in the summer heat. The hotel is a great place for the sun, sea and sand holidays. Its well-kept park, a playground for children, a bar, a swimming pool, a free secure parking and a spa offer relaxation in a cozy atmosphere. Indulge yourself and enjoy it all.

There are 17 rooms at the hotel designed to accommodate up to 50 guests. The rooms are equipped with air conditioning, LCD TVs, telephones, safes, hair dryers and minibars. Each room has a balcony overlooking the Black Sea. The hotel has the well-equipped conference facility. A restaurant offers a wide variety of Georgian and vegetarian dishes. The modern bar and disco club is the best way to relax and unwind yourself.

The hotel "Villa Reta" offers you a wide choice of highly specialized programs that will help you to cope with problems such as stress, weight

gain, muscle aches etc. Medical consultation, therapies and targeted treatments as well as healthy nutritional plans are also available to all visitors. There are also many short programs designed for guests that have little time but would like to experience a "taste" of Villa Reta and to be pampered in an exclusive and charming atmosphere.

For those wishing to take a leisure holiday combined with spa and wellness treatments, there are 11 different programs developed for them with a hotel stay from 2 to 10-14 days. Medical and diagnostic services include: initial inspection and consultation performed by a physician, assessment of body mass index (adipose tissue, muscle tissue, percentage of water content), daily consultation to identify health status and progress healthy nutritional plans and body activities (swimming, diving, aqua aerobics, walking). At the end of your stay you will be presented diagnostic results, instructions for follow-up, individualized dietary recommendations and advices to keep achieved results of the treatment course.



TYPE OF TREATMENT

SERVICES INCLUDED

Grigoleti, Georgia
+995 571 25 05 55
www.villareta.com

Balneo hydro therapy

Hydro therapy treatments: hydro massage, Scottish shower, Sharko shower, circular, fan-shaped, ascending therapeutic showers. They are beneficial to treat the cardiovascular, nervous and musculoskeletal systems. Various therapeutic baths, with minerals and extracts of medicinal plants as well as the wrapping with seaweed, antioxidants (honey, chocolate, etc.), mud are used for your comfort and relaxation.

Detoxification

Cleansing body by the medical technology called "SPA - Eferens". As a result of the intestine washing, various toxins and allergens are removed from the body. Colon cleansing is most effective for diarrhea, constipation, biliary dyskinesia, enterocolitis, intestinal dysbiosis, alcohol hangover, as well as allergies, acne, abrasions, eczema, psoriasis, atopic dermatitis.

Massages and Saunas

Different types of medical and relaxing massages are offered at the hotel health center. It is also possible to soak up in the phyto and infrared saunas that have unique therapeutic effects.

Prices are calculated and payments are done in the national currency GEL according to the national bank's official exchange rate. Prices may slightly vary due to an exchange rate fluctuations.



TRAVEL INFORMATION MANUAL

VISA REQUIREMENTS

Georgia upholds a visa-free regime with 95 nations and Resident Permit Holders of 50 states, including GCC and European nations. An e-visa option is also available (evisa.gov.ge), and valid visa holders for United States, EU member states, Japan, Korea and UAE, may enter the country without a visa.

CHOOSE THE MOST SUITABLE WAY TO REACH GEORGIA:

TBILISI INTERNATIONAL AIRPORT

Direct flights are available from many European and Asian cities. Non-stop flights can be taken from Almaty, Aktau, Moscow, Saint Petersburg, Yekaterinburg, Tel-Aviv, Vienna, Amsterdam, Munich, Warsaw, Riga, Doha, Baku, Athens, Thessaloniki, Sharm el-Sheikh, Istanbul, Kiev, Minsk, Urumqi, Dubai, Sharjah.

BATUMI INTERNATIONAL AIRPORT

Direct flights to Batumi are available from Tbilisi, Moscow, Samara, Saint Petersburg, Istanbul, Kiev, Minsk.

KUTAISI INTERNATIONAL AIRPORT

Direct flights to Kutaisi are available from Kiev, Donetsk, Kharkov, Warsaw, Katowice, Moscow.

BY LAND

Daily buses mainly to Tbilisi depart from Baku, Istanbul, Ankara, Trabzon, Yerevan and Athens.

BY TRAIN

Georgia is connected to Armenia and Azerbaijan. Trains from Baku are available every day and for more information and timetables, please visit: www.railway.ge

BY SEA

Georgia can be accessed by weekly ferries from Ukrainian ports of Ilychevsk and Odessa.



CLIMATE

Average temperatures in summer range from 19 °C to 30 °C, and in winter from 1.5 °C to 3 °C.

CURRENCY

The official currency in Georgia is the Georgian Lari usually indicated as GEL. the Lari is subdivided into 100 Tetri. One GEL equals 0.40 Euros or 0.43 U.S. Dollars (as of March, 2017).

COMMUNICATIONS

The country code is +995 and the area code for Tbilisi is 322. Georgian mobile operators (Geocell, MagtiCom and Beeline) cover almost all of the country's territory and there are many WI-FI zones that enable visitors to use the internet for free.

TOLL-FREE HOTLINE FOR TOURISTS

The hotline operated by Georgian National Tourism Administration can be reached toll-free at ☎ 0 800 800 909

TRAVELER'S HEALTH

For the emergency services please call 112 - the Emergency Management Department.



Georgia

GEORGIAN NATIONAL TOURISM ADMINISTRATION

4 Sanapiro str, 0105, Tbilisi, Georgia

Tel: +995 32 2 43 69 99

Fax: +995 32 2 43 60 85

E-mail: info@gnta.ge

www.georgia.travel

www.gnta.ge

2017



MINISTRY OF ECONOMY AND
SUSTAINABLE DEVELOPMENT
OF GEORGIA



GEORGIAN NATIONAL
TOURISM ADMINISTRATION