

Suggestion

for the construction of a Spa Complex in the Village of Marash, Shumen Municipality

The realization of “health potential “of all people and the creation of conditions for developing the public health is a top priority of the Health and Social Policy of Shumen Municipality. That includes:

- Protection of people’s health, reducing the sick rate of the main diseases, traumas and injuries, as well as preventing the unfavourable consequences;
- Active prevention of the socially –conditioned diseases and the factors which define them;
- Prevention and promotion of health and health lifestyle and restriction of the risks to the health from the environment and the working environment.

The above mentioned determines the orientation of the Municipal Management for creating and developing a modern Spa Complex in the region of the village of Marash, together with the interested investors. The large dimensions and the determination of the project realization are prompted by:

- The presence of extremely valuable mineral water, extracted from a terrain, owned by the Municipality;
- Region-wide and nation-wide high sick rate of diseases, showed for treatment with Marash mineral water;
- Constantly increasing global tendency to balneotherapy development.

Physical and Chemical Characteristics

The Marash mineral water belongs to the mineral waters with a higher mineralization (8.78 g/l). It has a highly valuable physical and chemical composition, high temperature (67 C°), alkaline reaction (pH 7,2) and high capacity (20 l/s per drilling). It can be characterized as chloride-sodium (4324-2497 mg/l), sulphate-hydrocarbonate (971-229 mg/l), calcium-magnesium (569-99 mg/l), fluoric (3.9 mg/l), with a content of silicon acid (22 mg/l), hydrogen sulphide (3.2 mg/l) and many trace elements.

Mineral Water Advantages:

- Valuable physical and chemical composition, which differs from the common balneological colour of the country; high temperature and high capacity;
- Wide range of application for balneotherapy, recreation and sports.

Prerequisites for the Spa Complex construction in the village of Marash

1. The Marash mineral water has a rich and varied physical and chemical composition which makes it suitable for application in a wide range of diseases:

- Cardio-vascular diseases;
- Locomotory system diseases;
- Nervous system diseases;
- Skin diseases;
- Female and male sexual system diseases;
- Metabolism diseases;
- Bile and liver canals diseases;
- Gastric and intestinal canals diseases;
- Occupational diseases;

- Prevention of tooth caries and osteoporosis;
 - Chronic pulmonary diseases;
2. Location of the village of Marash: 5 km away from Shumen, near Varna-Shumen highway, about 100 km away from Golden Sands Resort and about 110 km away from Albena Resort.
 3. Transport communications of the village – near Rishki Passage and Varbishki Passage and 2 km away from Han Krum Station.
 4. The village of Marash is provided with all utilities and the roads are asphalt-paved. Cable television and internet are available in the village. There are many preserved historical monuments, as well as custom and folklore of the Marash region which impresses the visitors (600 000 tourists for the year of 2005).
 5. Climate – moderately-continental.
 6. Presence of municipal terrain, about 12 dca, situated in an ecological environment, near venerable oak wood and the Kamchia River.
 7. Possibility of combination with other types of tourism in the region - cultural-historical tourism, cycle tourism, eco tourism, hunting tourism, sports tourism, rural tourism and etc.
 8. Presence of many potential visitors according to the diseases profile which are suitable for balneotherapy.
 9. Want of Spa Complexes in Northern Bulgaria.

Type, structure and capacity of the Balneotherapy Complex

There is a possibility for creating medical-prophylactic, rehabilitation and Spa institutions in the Balneotherapy Complex.

1. SPA Hotel with minimum 150-200 beds, category above 3 or 4 stars. If necessary, the terrain enables increase of the beds number or the hotel units. The main unit is modern balneological block with units with various functions: hydropathic, steam treatment, heat treatment (*different kinds of steam baths, e.g. Russian bath, Turkish bath, Roman bath and different kinds of saunas*), mud-cure sectors and etc. The capacity of the drilling enables the mineral water supply. For the total number of the beds which are planned, about 2 l/sec. will be necessary and that quality is far below the total capacity of the drilling.

2. Pools – close and open. 2 variants are possible: pools construction as separate pools with different purposes or building of the pools in a water park.

3. Sports grounds - a volleyball court, a basketball court, a tennis court and other sports grounds.

4. Multi-functional hall – the hall will be used for different performances, concerts and cultural events and etc.

5. Restaurants – there is need of dietary food offering in the restaurants.

6. Park – park with walkway and different amusements.

7. Parking Lot.

8. Holiday villages, hotels and etc. can be constructed additionally.

Structure of the balneological block of the SPA hotel

The balneological block will consist of a wide range of up-to date physical appliances and equipment in order to answer the needs of the likely visitors for treatment, prophylactic, recovery, entertainment and amusement.

Both units of the balneological block (Unit for treatment and prevention and Unit for recreation and amusement) can be constructed separately or as one balneo-SPA center and joint units, used depending on the hotel visitors' needs can be formed. The greater part of the appliances and the equipment can be used both by healthy people and diseased people.

The size of the units, their equipment and location as well as the interrelation between them have to be conformable mainly to the treatment and recovery profile of the hotel and the physical and chemical characteristics of the mineral water.

During the last years a growing interest in the mineral water deposits can be noticed. Construction of SPA hotels has started and some of them are functioning already. The reason for that is that many people are looking for a way to recover their health or gain in health through the use of natural means for treatment and prevention and first of all through the mineral water use. This type of prevention, through an intensive use of mineral waters (SPA prevention and relax) turns out to be a profitable business all over the world. The statistics shows that worldwide the SPA institutions take fourth place in profitable business in the services sphere. Health and its keeping engages people of all ages, classes and sexes. That determines the wide target range of visitors. After a long day of strenuous professional activities a relaxation for the recovery of body natural strength is needed.

The quality of the Marash mineral water exceeds all other mineral waters in the famous balneological resorts of the country. That makes the village of Marash an attractive place for balneotherapy and balneoprevention and gives an excellent opportunity to the investors.

Shumen Municipality hopes to find reliable partners for the construction of a modern Balneological Complex in the region of the village of Marash!