Health Resort / Sanatorium `Tepliza'

Western Ukraine (Transcarpathian Region, Vinogradovsky region, Vinogradov)

Sanatorium Tepliza in Mukachevo is a modern wellness and SPA complex offering simultaneous accommodation for 196 guests. Main treatment factors are thermal and mineral waters, natural and climatic resources of this area. Located in the warmest region of Mukachevo in the suburbs of the town of Vinogradov, Sanatorium Tepliza is set at the foot of Chernaya Mountain overlooking its picturesque grape-covered slopes.

The sanatorium Tepliza occupies more than 7 hectares of park woodlands, next to the sanatorium there is a scenic mountain river Salva. Distance from Tepliza to the town of Mukachevo is 60 km.

Accommodation
Sanatorium Tepliza has 2 three-storey buildings with single or double/twin rooms and 15 cottages with standard rooms.

- Single or Twin Standard Room (1-roomed, rooms square is 12 sq.m, there are 34 rooms of this type in the sanatorium)
  Room amenities: one or two beds, TV set, refrigerator, a bathroom unit (shower, toilet, wash basin). Room capacity: 2 main beds.
- Single or Twin Comfortable Room (1-roomed, rooms square is 17 sq.m, there are 34 rooms of this type in the sanatorium)
  Room amenities: one or two beds, TV set, air-conditioner, electric kettle refrigerator, a bathroom unit (shower, toilet, washbasin), a balcony. Room capacity: 2 main beds + 1 extra bed.
- Single or Double comfortable room of 1st category (1-roomed, rooms square is 17 sq.m, there are 8 rooms of this type in the sanatorium)
  Room amenities: a double bed, TV set (satellite TV), refrigerator, air-conditioner, electric kettle, hair-dryer, a bathroom unit (shower, toilet, washbasin), a balcony. Room capacity: 2 main beds.
- Single or Double Junior Suite (1 or 2-roomed, rooms square is 12-17 sq.m, there are 2 rooms of this type in the sanatorium)
  Room amenities: a double bed, TV set (satellite TV), refrigerator, air-conditioner, electric kettle, hair-dryer, a bathroom unit (shower, toilet, washbasin), a balcony. Room capacity: 2 main beds + 1 extra bed.
- Single or Twin Block Room (rooms are located in the cottage)
  Room amenities: one or two beds, TV set; a bathroom unit is shared between 2 rooms (shower, toilet, washbasin).

Catering
4 dietary meals are served in the banquet hall of the sanatorium according to the doctor’s recommendation
Sanatorium offers tasty nutritious meals, special diets for treatment of: liver and gastrointestinal diseases, kidney diseases, diabetes mellitus, cardiovascular diseases.

On your wish you can order meals in the restaurant or café within territory of the sanatorium.

Water supply
Cold and hot water is available 24-hour.

Treatment
- Locomotor diseases
- peripheral nervous system diseases
- peripheral vascular diseases
- upper respiratory tract infections
- gastro-intestinal diseases
- Cardiovascular diseases
Sanatorium offers treatment of

Locomotor diseases:
arthritis, polyarthritis (except tuberculosis), ankylosing spondylitis; spondylo-arthritis; spondylitis; artrogenne contracture, osteogenic, scar tissue, neurogenic, which do not affect the independent movement of patients; state after arthroplasty of the large joints, rheumatoid arthritis of I activity stage, osteochondrosis with radicular syndrome and without it, fractures of the joints and bones post-effects, myositis, periarthritis; Dyupuitrena contracture.

Peripheral nervous system diseases:
Remission stage: radiculitis; plexitis; neuritis, polynieruritis, trauma-induced destruction of nerve endings and peripheral nerves.

Peripheral vascular diseases:
obliterating endarteritis of I-II stages; obliterating atherosclerosis without ulceration and gangrene, Raynaud's disease, varicose veins and thrombophlebitis without trophic disorders.

Cardiovascular diseases:
hypertension of I-II stages without crisis; hypotonic disease; neural circulatory dystonia, coronary heart disease; stenocardia; kardiosklerosis, atherosclerotic and post-myocardial infarction.

Upper respiratory tract diseases:
chronic tracheitis, bronchitis, sinusitis, pharyngitis, laryngitis.

Endocrine and metabolism disorders:
diabetes mellitus, mild, mild hyperthyroidism, alimentary obesity, gout; urine acid diathesis.

Gastro-intestinal diseases:
Stomach and intestine functional disorders, chronic gastritis with preserved and raised secretion, gastric ulcer and duodenal ulcer in remission, acalculous cholecystitis in remission, dyskinesia of the gallbladder, postcholecystectomy syndrome, non-active chronic hepatitis in stage of compensation.

Contraindications:
Any kind of acute disease, chronic diseases in the acute stage, cancer, hematological diseases, tuberculosis (all forms); decompensated conditions of all organs and systems, infectious diseases, post-traumatic stress syndrome (3 months after the injury), varicose veins up to 1 year after acute thrombophlebitis; Rheumatoid Arthritis II-III stage, strong pain syndrome, hypertension II-III stages; nonstatic stenocardia, stenocardia III-IV FK, hepatocirrhosis; genitourinary benign neoplasm (polyps, fibroids, cysts, endometriosis, hydrosalpinx); mastopathy, mammary tumors, cholecystitis, urolithiasis, fever, bleeding, mental illness, convulsive disorder, disable patients of 1-2 groups who need constant monitoring.

Services
Cafe-bar, banquet hall, library, a conference hall for 70 seats, car park, sightseeing guided tours.

Sport and Entertainment
Gymnasium, therapeutic pool with thermal and mineral water, sauna, table tennis, billiards, children's playground, hiking and sightseeing tours.

List of Medical services available at extra cost:
Drug / medical treatment (except for first-aid help)
Cosmetic massage (honey massage etc.)
Cosmetic baths (wine, milk baths etc.)
Underwater shower-massage
Swimming pool
Aqua gymnastic (spinal cord tractions)
Aqua fitness
Healing walks
Computer diagnosis

Medical services
SPA therapy: drinking of mineral water "Borzhavsky", "Kushnitsky", "Olegovsky", pump rooms, thermal swimming pool, general and local thermal baths, general and local mineral baths, whirlpool baths, cosmetic baths (wine, milk, etc.)
intestinal lavage, microlystera with a medicinal herbal decoctions; circular and ascending shower, Charkot shower, underwater shower massage, swimming pool, aqua-gymnastics (underwater spinal traction), aquafitness.
Electrotherapy: galvanization, electrophoresis with medicine, phonophoresis with medicine, medicinal amplipulsphoresis ultrasound therapy, UHF-therapy, laser therapy, magnetic therapy, magnetic-laser therapy, darsonvalization, local ultraviolet irradiation.
Thermotherapy: paraffin-ozocerite applications.
Massage: classic, feet vibratory-massage, cosmetic (honey massage etc.), reflex-segmental massage.
Singlet oxygen therapy: oxygen cocktails, aerosol therapy: (inhalations with medicine, herbal decoctions, mineral water).
Aromatherapy
Herbal medicine: herbal medicinal tea.
**Exercise therapy:** physiotherapy (group and individual exercises), exercises in gymnasium, spinal cord correction with use of training device “Evminov profilactor”, remedial walking.

**Computer diagnostics centre.** Diagnosis: ECG, ultrasonic tests, laboratory diagnostics: blood and urine tests.

**Mineral water “Tepliza”** is optimal combination of thermal mineral water and brackish water.

Thermal mineral water is produced in the deep well of 961 meters depth; on the surface it has the temperature of 39 °C. According to the Ukrainian medical scientific centre, thermal mineral water of this well is unique in Transcarpathia region.

Mineral water from another natural spring a hydrocarbonate soda-calcium brackish water.

Optimal components ratio of thermal mineral water and brackish water is 1:1. This new water was called Tepliza.

Bitter-salty thermal mineral water has analgesic, vasodilating properties, rises immunity and resistibility; produce anti-allergic, soothing effect; anti-trophopathy effect, renew organ functions.

External use of thermal mineral water in swimming pools and baths has analgesic and anti-inflammatory effect in treating of joint diseases, it affects soothingly on the central nervous functions, harmonize immune system, improves metabolic processes in the body, normalizes functional conditions of the cardiovascular system in patients with neurocirculatory dystonia of hypotonic type, hypertension, rheumatic heart disease, improves veins elasticity, improve blood flow in limbs with venous haemostasia.

**Mineral water Olegovsky:** silicon calcium hydro-sodium brackish water, stimulates secretory activity of glands and digestive system, increases peristalsis, stimulates choleresis, bile secretion, promotes diuresis, improves repairing in cartilage and connective tissues, it has astringent, antiseptic and analgesic effects.

**Mineral water Kushnitsky:** Low-mineralized hydro sodium boric medical water, improves carbohydrate and protein metabolism, produces anti-inflammatory effect, normalizes motor and secretory function of gastrointestinal tract, reduces the level of acid in the stomach, produces positive effect on liver and gastroduodenal pathologies.

**Mineral water Borzhavsky:** Boric hydro-carbonate calcium-sodium brackish mineral water is used with treatment of chronic colitis and irritable bowel syndrome, chronic cholecystitis and gallbladder dyskinesia, as well as in chronic pyelonephritis.