

Clermont Health Center

1. Covasna – the resort of the 1000 health springs®

Covasna is situated at an altitude of 564 m, at the connection point of the Vrancea Mountains' Western versant with the Bârsa Depression, 31 km from Sfântu Gheorghe and 60 km from Brasov.

The carbo-gaseous, bicarbonated, chlorurated, sodice, feruginous mineral waters and the therapeutic mofette gas are the results of post-volcanic manifestations and through their therapeutic features they make Covasna a resort of European value, focused mainly on the treatment of cardiovascular damages throughout the year. The high CO₂ concentrations (up to 98%) places mofettes in Covasna first in Europe, exceeding by 24 % - 34 % the CO₂ concentration of gases in Grotta di Cani – Italy, one of the most renowned Europe-wide. The characteristics of gas emanations, the high number of sources, the overall flowrate, their association with mineral waters and the position in a natural and climate environment with important therapeutic effects, create an outstanding balneal potential, not used to the fullest.

2. CLERMONT Health Center

An integrated part of CLERMONT**** Hotel, inaugurated in November 2007, the Health Center represents the main element of this hotel complex due to the state-of-the-art facilities, the quality of the services provided as well as the qualified personnel. The Wellness & Spa offer addresses both the domestic and foreign markets.

3. Facilities and services

Clermont Health Center offers the following facilities and services:

- State-of-the-art, computerized **electrotherapy** equipment which produces low, medium and high frequency currents as well as low frequency electromagnetic fields. In electrotherapy the electric power in physiological doses is used and it has a positive action on the human body without endangering the body's bio-umoral balance state;
- **Medical manual massage** room;
- **Medical gym** where the following can be done: kynetotherapy with devices, kynetotherapy on small groups of injuries or individual, recovery kynetotherapy to recover the diminished or lost functions after certain diseases;
- The **hydrotherapy** section equipped with
 - **Tubs for carbogaseous water baths** with a high content of carbonic gas, dissolved carbonic acid and CO₂ bubbles which form a delicate thermo-isolating film on the tegument placed in the tub when it comes into contact with the water. Through microtactile stimuli they increase blood circulation, lead to active vasodilatation which improves peripheral circulation – it has a 'digitalic' effect on the heart through the economic involvement of the heart without any energetic burdens. It is done at a temperature of 31 – 35 degrees for 15 – 20 minutes, body fully or partially submerged;
 - **Multifunctional tubs** with the possibility of having a Jacuzzi bath, aroma hydrotherapy with an addition of different plant substances for relaxing purposes or underwater shower with general relaxing effects, through the deeply muscular massage of the water jet at a pressure of 1 – 1.5 atmospheres;
- **The natural mofette.**

4. What it treats (indications, contra-indications)

In the Clermont Hotel Health Center one can undergo relaxation and rest treatments as well as preventive, curative or functional recovery treatments after certain injuries.

The Health Center focuses on two types of services:

- **replenishing the body** (wellness) through procedures aimed at the body's general relaxation, improving the general state of health, fighting sedentarism, re-balancing the general muscular tonus, encouraging practicing a sport, balancing the nervous system, eliminating the physical and mental discomfort generated by daily stress factors, restoring the awake-asleep and rest-effort biorhythms, training adjustment functions for fighting stress, inducing the

state of wellness.

It addresses people of different ages, with physical or mental discomfort symptoms, fatigue sensation, irascibility, and reduced professional efficiency, with jobs that are demanding for the neuro-psychic system, with perturbations of the awake-asleep and rest-effort biorhythms.

Besides the undergone procedures, the following are also taken into account: the education regarding the harmful effect of smoking and alcohol use, rational alimentation, exercise in open-air.

- **Prevention and treatment of cardiovascular damages, rheumatic damages, but other damages as well.**

Therapeutic indications of the natural factors in Covasna area:

Cardiovascular damages:

- **Arthropathies:**
 - a) arthropathy obliterans of the inferior limbs in stages I and II. Those with clear surgical indication are excluded
 - b) Bürger thromboangiitis
- **Chronic ischemic cardiopathy**
 - a) sequels within minimum 6 months after the myocardial infarction after the acute episode, without rhythm affection, without unstable angor, balanced from a hemodynamic point of view
 - b) stable pectoral angina, angina of effort (under medicated treatment)
- **Arterial hypertension** stages I and II - under medical surveillance without associated diseases that would contra-indicate the treatment with natural factors
- **Venous affections:** sequels after superficial or profound thrombophlebite
- **Valvulopathies**
 - a) rheumatismal valvulopathies without hemodynamic clinical affections
 - b) operated valvulopathies without clinic and hemodynamic trepidations 3 months after the operation, endorsed by the cardiologist
- **Sequels after cerebral vascular accidents** at the patients balanced from a cardiovascular point of view, endorsed by the neurologist

Rheumatic affections:

- **Diseases of the locomotive system**
 - a) articular and abarticular affections of degenerative type and arthrosis type
 - b) degenerative affections of the spinal vertebra – spondylosis
 - c) chronic inflammatory articular or spinal vertebra diseases – only in the summer season and with normal biological samples
 - d) rheumatism outbreaks (after calming the outbreak)
 - e) osteoporosis

Other affections:

- **Endocrine diseases**, generally hypofunctional
- **Nutrition diseases:** diabetes, obesity, gout
- **Diseases of the peripheral nervous system:** radiculopathies, polyneuritis, post trauma sequels of peripheral nerves

Contra-indications of the balneal-physical treatment:

a) general contra-indications: febrile acute damages, infectious diseases, venereal diseases in contagious stage, pathogen germ bearers, malign or benign tumors with a known potential of malignization, any type of hemorrhage, normal pregnancy over 3 months, epilepsy, system diseases, manifested chronic psychopathy, dermatological diseases with a potential to become contagious or with big unaesthetic lesions, manifested cardiac renal or hepatic insufficiency, patients who are incapable of self-service.

b) specific contra-indications: myocardial infarction with severe evolution in acute phase, ischemic cardiopathies with frequent seizures, unpainful cardiopathies with major rhythm or conducting affections, insufficiency, valvulopathies with cardiac insufficiency signs or recent thrombotic accidents, arterial hypertension in stage III or HTA

with complications, cerebral atherosclerosis with psychic and behavior affections, cerebral thrombotic accidents with important neurological sequels.

5. Mofette and mineral water baths

Mofettes are gas resulting from post-volcanic emanations in the Carpathian curved area, of which 95 – 98 % of carbon dioxide is used as a therapeutic factor. The mofettes in this area are unique Europe and worldwide. Alongside carbon dioxide, mofette gas also includes other gases of volcanic emanation: ammonia, sulphur etc, as well as helium and radon in small quantities leading to the pulverization of CO₂ molecules increasing its penetration power. Carbon dioxide alone is not appropriate for life, but used for therapy purposes, its absorption at tegument level brings about great benefits to blood circulation through peripheral and systemic vasodilatation.

The natural mofette rings about an increase in blood flow through the penetration of CO₂ through the skin both through the tegument and muscles. Its action is direct onto the smooth muscle mass of blood vessels, especially onto very small vessels (arterioles), an action considered superior to peripheral vasodilatation medicines. The procedure is done standing, for the lower part of the body for 5-20 minutes progressively.

As it is heavier, carbon dioxide forms a blanket in the lower part of the mofette – an area where the lower half of the torso is, and it has a benefic action. The much lower concentration of CO₂ in the upper layers of mofette gases stimulate breath, therefore the transport of oxygen to the tissues, including the brain, increasing intellectual performance.

Clermont Health Center also uses another natural factor in the area – **carbogaseous mineral water** or carbon dioxide bath – the mineral water has a high content of dissolved carbonic gas.

The mineral water bath combines the effect of the thermal factor with that of the chemical one and the water hydrostatic pressure. The CO₂ slowly descends onto the tegument forming a CO₂ bubble film causing active vasodilatation through the microtactile stimulation of the submerged tegument.

Combining the same CO₂ therapy factor as mofette and bath leads to an accumulated effect of vasodilatation. This means better feeding of the tissue and cells, faster processing of normal or pathological metabolic waste and its transport to the specialized organs to be processed and eliminated, thus reducing the inflammatory process and making metabolic processes normal at the level of organs, tissues and cells.

Should the CO₂ bath or mofette have contra indications, they may be replaced by other electrical procedures with a similar effect, explaining the patient the reasons why the said treatments cannot be prescribed.