



EL MOURADI
Hammam Bourguiba



Spa therapy and Wellness

Welcome to El Mouradi Hammam Bourguiba

In the north of Tunisia, surrounded by magnificent mountains covered with pines and cork oaks, in one of the best preserved natural sites in the Mediterranean, are thermal springs known since antiquity for their properties that are unique in North Africa. And it is here that the Hammam Bourguiba spa complex is located.

With its ultra modern spa centre and highly reputable hotel, the complex, unique in Tunisia, invites you to health and well-being, to a stay in the country, to explore and to an active break.

For curists seeking to recover their health and peace of mind in a top-level medical environment, for sports lovers and enthusiasts with an interest in exploring and curiosities, Hammam Bourguiba, its region and spa complex offer an exceptional destination that this brochure invites you to discover.



*recover your health,
peace of mind and
well-being*



*"an ideal environment for
relaxing and exploring"*

A highly reputable hotel in the heart of the forest

The resort of Hammam Bourguiba boasts an exceptional location, in the heart of a forest, in a protected nature spot. Close to the coastal resort of Tabarka with its superb beaches and not far from the archaeological sites of Dougga, Chemtou and Bulla Regia, the hotel is situated in an environment that is ideal for relaxing and exploring.

Accommodation

The hotel has 146 rooms, six junior suites, 23 bungalows and a presidential suite with its own treatment centre. All rooms are air conditioned and have a terrace or balcony plus a full bathroom, direct-dial telephone and satellite TV.

Restaurants and Bars

The hotel has both buffet and A La Carte restaurants and a bar.

Activities and leisure

The hotel has a covered spa pool, a multisport football pitch, tennis courts, table tennis, billiards, a mountain jogging footpath as well as other leisure possibilities and ecological excursions.



The spa centre

Equipment featuring the latest technology

■ A modern resort and equipment

The El Mouradi Hammam Bourguiba spa centre uses equipment that features the latest technology, while its medical and paramedical team is composed of experienced professionals.

Thanks to its high-performance equipment, the centre is able to offer a wide choice of treatments. These range from electrotherapy to Shiatsu, paraffin therapy to reflexology, massages to seaweed and thermal mud wraps, and not forgetting the range of classic curative and preventive spa treatments.

The treatment centre is complemented by a spa water hammam and fitness room plus a variety of ultra modern equipment for sports training and rehabilitation, as well as other equipment, so that your health break may be dedicated fully to getting back into shape and to your well-being.

■ A friendly and attentive atmosphere

Concerned above all for your well-being and satisfaction, the personnel of the hotel and resort offer you their hospitality, efficiency and willingness. From the moment of your arrival, you will be taken care of and advised and monitored as part of your personalised programme.

■ Permanent quality control

Quality and hygiene are priorities in our resort which pays particular attention to ensuring a regular control of the spa water ; to cleanliness, thanks to a system of disinfection installed in every area of the establishment ; and to supervision, through the presence of doctors and kinesiologists who provide a permanent medical assistance and follow-up of medical dossiers.

■ The benefits of a quality spa cure

Originating from deep ground springs, sulphurated spa waters vary greatly in temperature and particularly

in mineral content. In fact, it's the content of a given mineral element that determines the water's curative properties. Sulphurated spa water combines healing properties with an anti-infectious, immunological and mucoregulatory action.

The El Mouradi Hammam Bourguiba spa complex is situated in a natural, mountainous environment, which has healthy, dry air. The effect of the climate is essentially very calming.

The centre offers several cures (ENT and rheumatology, electrotherapy, functional rehabilitation, dermatology, paraffin and cryotherapy) for treating disorders of the respiratory tracts and buccolingual mucosa, rheumatological and dermatological troubles and other conditions such as motor sequelae of vascular hemiplegia, pelvic veins and stress.

■ To each one, their cure

Traditional cures last 21 days, including 18 days of treatments. You can opt for a specific treatment (six-ten days), a weekend discovery break or an A La Carte cure.

It is after the medical check-up marking the start of the cure, that your treatment programme will be established according to the ailment in question.

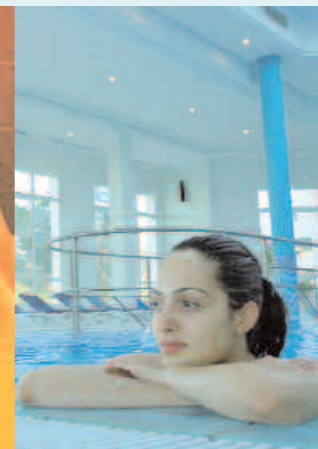
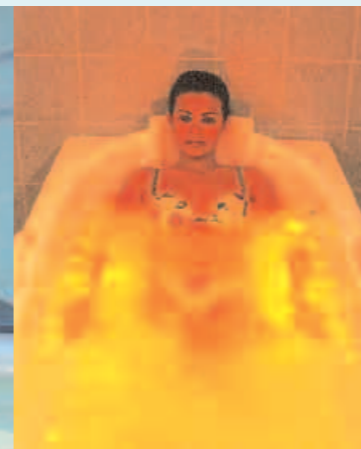


The practicalities of your cure

You can reserve your cure and room at the El Mouradi Hammam Bourguiba spa resort by :

- Post, addressed to the resort
- Telephoning : (+216) 78 65 40 55/
(+216) 78 65 40 56/ (+216) 78 65 40 58
- By fax to + 216 78 65 40 57
- By e-mail to : info.hb@elmouradi.com
- By visiting our web site at www.elmouradi.com

For your cure break, you will need one or two swim suits, a bathing cap and sandals. Bathrobes and towels are provided by the establishment.



The cures

O. R. L.

Spa therapy or crenotherapy refers to the use of mineral water (exactly as it flows from its spring) for therapeutic purposes, the water being classified by therapeutic use according to its physicochemical properties. For chronic and recurrent complaints, this complementary therapy has the advantage of being void of any harmful side effects and is one of the principal treatments for chronic ENT, respiratory tract and rheumatological illnesses.

The ENT cure

The cure consists of the following treatments:

- Gargling
- Nasal irrigation
- Humidification
- Inhalation
- Pharyngeal irrigation
- Thermal aerosol

The length of each treatment is approximately 10 minutes



Indications

- Allergic rhinitis
- Sinusitis
- Rhinopharyngitis
- Recurrent angina
- Pharyngitis
- Serous otitis media
- Infant, adult and elderly asthma
- Chronic bronchitis
- Dilation of the bronchia

Rheumatology

Hammam Bourguiba is a privileged place for the treatment of rheumatoid illnesses thanks to the combination of several natural factors: not only the sulphurated spa waters and thermal mud but also the climate, the sun, the purity of the air and the low level of humidity.

The cure is particularly suitable for chronic pathologies. The object of the cure is to achieve over a period of several months a lasting improvement of pain, functional capacity and quality of life as well as a reduction in the consumption of analgesics and anti-inflammatories.

5 treatments/day cure

Spa therapy treatments:

- Fine mist shower (20 minutes)
- Jet shower (15 minutes)
- Circulatory shower (15 minutes)
- Partial bath (15 minutes)

Electrotherapy treatments (15 to 30 mn)

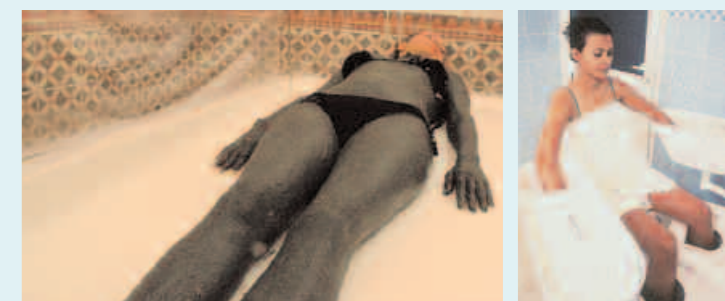
Massage :

- 15- minute massage

Spa mud wrap (20 minutes)

Indications

Arthrosis, chronic lumbago, stable inflammatory rheumatism (rheumatoid polyarthritis, ankylosing spondylarthritis), psoriatic rheumatism, post-operative and post-traumatic sequelae, chronic articular pathologies, painful sequelae of fracture osteoporosis, fibromyalgia.



Glossary of treatments, see page 14



The cures

Wellbeing cure



Promotes relaxation thanks to a programme of gentle treatments aimed at providing the sulphur, iodine and minerals that are needed.

1-day cure

- Thermal aerosol and inhalation
- Overall seaweed wrap
- Hydromassage bath
- Massage (30 minutes)
- Spa water trail

Back special



This cures relieves cervical and dorso-lumbar pains at the same time as preventing their aggravation through appropriate treatments and a specific reeducation linked to awareness of postures to avoid. The dynamic association of treatments and specific exercises has the effect of liberating tension in the back and correcting the static of rachis.

4-day cure

- First day
 - Spa water hammam (30 minutes)
 - Spa mud wrap (15 minutes)
 - Massage (30 minutes)
- Second day
 - Thalapack (20 minutes)
 - Simple fine mist shower (20 minutes)
 - Back massage (30 minutes)
- Third day
 - Caracala (15 minutes)
 - Aquagym (30 minutes)
 - Electrotherapy : TENS (18 minutes)
- Fourth day
 - Aquagym (30 minutes)
 - TENS (18 minutes)
 - Reeducation in gym room (30 minutes)

The cures

Anti-stress



The anti-stress cure meets the needs of urban dwellers, ever more stressed and exhausted by the pace of modern life. It combines classic spa therapy treatments with sessions of specific relaxation such as Shiatsu, relaxing on a water pillow, Cavitosonic, spa water trails and jogging trails.

The cure is suitable for stress, nervous problems and anxiety, bulimia, anorexia and even alcoholism.

Get back into shape

Thanks to this cure, you will be able to overcome the fatigue and stress brought on by the pace of modern life. You will regain and improve your physical potential and recover your well-being.

3-day cure

- First day
 - Overall seaweed wrap (20 minutes)
 - Fine mist shower (20 minutes)
 - Relaxing massage (30 minutes)
 - Fitness (45 minutes)
- Second day
 - Thalapack (20 minutes)
 - Caracala (15 minutes)
 - Relaxing massage (30 minutes)
 - Fitness (45 minutes)

3-day cure

- First day
 - Spa water hammam (30 minutes)
 - Soft pack (15 minutes)
 - Starlight (15 minutes)
 - Relaxing massage (30 minutes)
- Second day
 - Caracala (15 minutes)
 - Cavitosonic (45 minutes)
 - Spa mud wrap (20 minutes)
 - Shiatsu (45 minutes)
- Third day
 - Overall seaweed wrap (20 minutes)
 - Aquagym (30 minutes)
 - Starlight (15 minutes)
 - Relaxing massage (30 minutes)

- Third day
 - Overall seaweed wrap (20 minutes)
 - Jet shower (15 minutes)
 - Fitness (45 minutes)
 - Relaxing massage (30 minutes)



The cures

Heavy legs



The stimulation of venous and lymphatic circulation is aimed at improving the sensation of heaviness and reducing leg swelling.

4-day cure

First day

- Cryotherapy with cold seaweed (20 minutes)
- Manual lymphatic drainage (30 minutes)
- Electrotherapy: Diadynamic (17 minutes)
- Foot bath (15 minutes)

Second day

- Frigitherapy (15 minutes)
- Leg massage (30 minutes)
- Electrotherapy: Diadynamic (17 minutes)
- Spa water trail (30 minutes)

Third day

- Caracala (15 minutes)
- Manual lymphatic drainage (30 minutes)
- Electrotherapy: Diadynamic (17 minutes)
- Aquagym (30 minutes)

Fourth day

- Starlight (15 minutes)
- Frigitherapy (15 minutes)
- Leg massage (30 minutes)
- Foot bath (15 minutes)

Post natal



Two to three months after childbirth, this cure is ideal for new mothers who want to get their figure back. It consists of kinestherapy, hydrotherapy and relaxation combined with slimming and toning treatments.

The benefits of spa water, the professionalism of the medical team and the latest innovations in electrotherapy combine to enable new mothers to regain their figure and avoid post-partal depression. To encourage a full recovery, the curists are taken full care of during treatments while baby is looked after in the nursery.

4-day cure

First day

- Thalapack (15 minutes)
- Electrotherapy: Vacotron 560 (20 minutes)
- Toning massage (30 minutes)
- CO2 bath (20 minutes)

Second day

- Softpack (15 minutes)
- Bath-4 cells (15 minutes)
- Vacotron 560 (20 minutes)
- Reeducation of the abdominal zone (30 minutes)

Third day

- Caracala (15 minutes)
- Aquagym (30 minutes)
- CO2 bath (20 minutes)
- Toning massage (30 minutes)

Fourth day

- Fine mist shower (20 minutes)
- Starlight (15 minutes)
- Vacotron 560 (20 minutes)
- Reeducation of the abdominal zone (30 minutes)

Paraffin therapy

Paraffin therapy is a therapy using heat and physical agents (paraffin).

Hot wraps are used for analgesic purposes. The therapy is complemented by sessions of massage, aquagym and finally electrotherapy.



Paraffin therapy cure

- Application of paraffin (15minutes)
- Aquagym (45 minutes)
- Relaxing massage (30 minutes)
- Electrotherapy: TENS (18 minutes)



Anti smoking cure

In seven days, this cure will bring immediate results: an improvement in your sense of taste and smell, easier breathing and less coughing and fatigue. Why not? This could be the beginning of your new tobacco-free life.

The cure is based on:

- the effects of spa water: sulphurated water, whose benefits for the respiratory system are well known, acts to prevent chronic infection of the mucuses;

- breaking with daily routine: forgetting about bad daily habits, taking advantage of the natural setting to discover a healthy lifestyle, enabling you to overcome the impulse that leads to smoking;

- group support: specialist monitoring in small groups of six to 16 people, enabling smoking-related problems to be controlled.



Quit smoking!

Rediscover the real life!

Daily programme :

- Hiking (1/2 hour)
- Gargling
- Pharyngeal douche
- Nasal douche
- Humidification
- Inhalation (2 times)
- Thermal aerosol (2 times)
- Medical aerosol with eucalyptus (the first 5 days)
- Fitness (1/2 hour)
- Thermal pool



Special cures for sportsmen

The Hammam Bourguiba resort has its own sports complex which includes three football pitches (international standard), an annexed football pitch for training, a multi sports field, a basketball court, two tennis courts, a fitness room and bodybuilding room. It's only natural then that the resort dedicates two special cures to sportsmen: Get fit and AquaRelax.



Get fit cure

- 1 gym session (1 hour)
- Full body algae wrap (20 minutes)
- Toning massage by a kinesiotherapist (30 minutes)
- Jet shower (15 minutes)
- Spa water trail with jacuzzi and water jet directed at the back of the neck and back

AquaRelax cure

- Full body algae wrap (20 minutes)
- Hydromassage bath
- Relaxing massage with a kinesiotherapist (30 minutes)
- Fine mist shower (15 minutes)

