

Climatotherapy, Health & Spa Treatments at the Dead Sea in Israel and Jordan

Fly with us towards better health

As specialists for climatotherapy, as well as leisure and relaxation seekers, we have been offering competent travel services with the necessary expertise and high quality service in organizing travels. Our clients greatly appreciate the friendly and individual care they receive, as well as the accommodation of special requests. This fact has spread across our borders; and, meanwhile, many foreign guests are counted among our clients. Gesundheitsreisen Wessel is contractual partner of most German health insurance companies and is responsible for the booking and handling of clients at the Dead Sea in Israel and Jordan.

Climatotherapy at the Dead Sea

At the lowest point on the surface of Earth on dry land, 422 meters below sea level, a unique natural wonder awaits you – the Dead Sea. The unique combination of four natural resources often offers the ultimate solution for patients suffering skin- and joint ailments: water, air, sun and mud.

Water:

The Dead Sea features an extremely high salt and mineral content. The water's salinity, with a concentration of about 340 grams per liter (10 times that of the Mediterranean), makes floating natural and effortless and instills a sense of peace and tranquility. Life for animals and plants, nevertheless, is not possible here. The strong magnesium content in the water has a hypoallergenic effect on skin and the bronchial tubes, as well as a calming effect on the central nervous system. Black medicinal mud has an anti-inflammatory and keratolytic effect on the skin.



Air:

The Dead Sea features the highest oxygen content in the world. The air is free of allergens and rich in bromine, containing 10 % more oxygen than at sea level. This strengthens the heart and circulation.

Sun:

The Dead Sea presents the healthiest sunshine on the planet. Due to the high atmospheric density, the condensation of minerals and few precipitations provides a natural filter that protects the skin from damaging shortwave UVB rays. UVA-rays prevail and allow for extended sunbathing.

Mud:

The black mud of the Dead Sea is rich in salts and minerals that are absorbed from the water. The mud's temperature stimulates the circulation and at the same time reduces dead skin cells.

Climatotherapy and how it works

Climatotherapy is a natural treatment, primarily relying on the above-mentioned natural resources. This treatment has no side effects and is gentle enough for small children. At the beginning of the therapy, the physician will develop an individual therapy program which is closely monitored during the entire stay. The routine of the patient's day involves mostly sun exposure or relaxing in the shade. The duration and frequency of baths in the Dead Sea depends on the condition of the skin, the skin type and the season. The treatment is supplemented by ointments, oils or different kinds of physiotherapy if necessary. Far from the stress of daily life, the high mineral concentration of the air and water stabilize the psyche. Climatotherapy is finding more and more followers as an inexpensive alternative treatment for many ailments.

The following medical indications can be successfully treated at the Dead Sea

Dermatological Indications

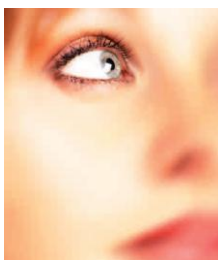
Sodium chloride and potassium in the Dead Sea's water loosen the dead skin cells from the epidermis and disinfect at the same time. The hypoallergenic, oily-acting magnesium and the anti-inflammatory natural tar form a microfilm on the skin that remains intact even after showering and increases the absorption of the healing UVA rays. With vitiligo (loss of pigmentation) the UV rays have a positive effect on the pituitary gland, which in effect releases more melanin (skin pigmentation). With neurodermatitis the UV-rays increase the skin's protection, which is in effect less irritable; and the release of histamine (source of itching) is reduced. Since most diseases have a psychological factor, the nerve soothing bromine content of the Sea contributes to the cure. Treatments consist primarily of sun and sea baths, complemented by the application of ointments and oils.

Rheumatologic Indications

With rheumatologic indications, the Dead Sea's effect is different from common dermatological indications. The high weight density of the water allows the patient to achieve a state of floating effortlessly. The entire musculoskeletal system is relieved. Joint spaces are expanded, the spine extends itself and movement is simpler and pain free. The warmth of the water, the dry, warm, consistent climate and the additional treatments of mudpacks, sulphur baths (not in Jordan) and massages have a supporting and stabilizing effect.

Children with Neurodermatitis

Light and water conditions at the Dead Sea can lead to relief from neurodermatitis or atopic dermatitis. The earlier a climatotherapy under medical supervision is administered to children, the greater the chances of the positive development of the disease pattern. Next to effective climatological factors, the therapy primarily consists of local applications of oils, moisturizers and natural tar preparations. No cortisone is used.



Uveitis

Sun exposure is the primary treatment for Uveitis. The UVA-rays alleviate the inflammatory process, the patient gains visual acuity and acute relapses are reduced. Further positive effects are the reduction of required medication, as well as an increase of the subjective well-being due to the unique climate. After the initial exam the physician and patient discuss the exact dose of daily sun exposure. Exams by the ophthalmologist are ambulatory.

Asthma (Respiratory Disease) – Treatment only in Israel

The air rich in oxygen and minerals and free of pollen has an exceptionally positive effect on asthma patients. The aggressive house dust mite also cannot survive in the specific climate of the area. Ideal conditions are present, especially for patients suffering from allergic asthma. Breathing the mineral air loosens mucus and clears the respiratory system. In addition to the exams by medical specialists and the individual care spirometry, peakflow monitoring, breathing therapy/training, autogenic training and, if needed, gymnastics are part of the treatment. Asthma patients need to be aware of the fact that the local clinic is not specialized in asthma treatment and, therefore, is not open 24 hours. For emergencies outside business hours, emergency physicians and ambulance services are on call.

Indication

Treatment/Duration

Psoriasis vulgaris (Plaque psoriasis)	March until November	4 weeks
Psoriasis pustulosa (Pustular psoriasis)	March until November	4 weeks
Psoriasis erythrodermie (Erythrodermic psoriasis)	March until November	4 - 6 weeks
Parapsoriasis (small-plaque parapsoriasis)	March until November	4 - 6 weeks
Neurodermatitis (itching lichen)	March-May and Sept.-Nov.	5 - 6 weeks
Vitiligo (piebald skin)	May until October	4 - 6 weeks
Acne vulgaris (acne)	April until October	4 - 6 weeks
Scleroderma (skin thickening)	April until November	4 - 6 weeks
Psoriasis arthritis (inflammatory joint disease)	April until November	4 - 6 weeks
Rheumatism (chronic joint inflammation)	April until November	4 - 6 weeks
Asthma (chronic disorder of the airways)	February until November	4 weeks

Recommended Period for

Preparation for Climatotherapy

In order to start therapy immediately, we recommend psoriasis patients to arrive deflaked. A short haircut is recommended for patients suffering from psoriasis capitalis (scalp psoriasis). After consultation with your physician, cortisone treatment should be stopped 3-4 weeks before arrival. It is advisable to bring your doctor's reports to your initial exam.

Contraindications for Climatotherapy at the Dead Sea:

Contraindications include: acute inflammatory processes, liver and /or kidney hypo functions, heart disease, advanced arteriosclerosis, hypertension, blood diseases, lung and respiratory diseases. Please consult your physician regarding additional individual contraindications.



The Dead Sea in Jordan

Hotel Mövenpick *****

Set on the northern shores of the Dead Sea, about 45 minutes from Amman's airport, lays the village of Sweimeh. Here, on an area of more than 70.000 square meters, the Mövenpick Hotel extends with its extraordinary architecture in traditional village style. This hotel belongs to an exclusive group of hotels. The main building (ZARA) and the many two-story bungalows named after archaeological sites form a village by themselves. Several babbling brooks and waterfalls run through the resort, offering guests unparalleled flair and an exceptional accommodation combined with the comfort and ambience of an international 5-star hotel.



The hotel has a total of 358 rooms in 10 different categories. All rooms feature: A/C, color TV (SAT), radio, telephone, mini bar, safe, coffee/tea maker, bath/shower/toilet/bidet, hair dryer, as well as a balcony or terrace with views of the ocean or the beautiful gardens. Non-smoking rooms and handicapped rooms are available by request. WLAN is available at the entire resort (for a fee). Dry cleaning, 24 hour room service, and currency exchange are additional amenities of the hotel.



Several specialty restaurants, bars, swimming pools, tennis courts, a gym, playground, library, bridge-room, souvenir shop, amphitheatre and entertainment program offer great variety and cater to every request.

The unique wellness and beauty-center (ZARA Spa) with its unlimited possibilities is regarded as one of the largest and most attractive of the Middle East. The facilities include: whirlpools, individually-furnished massage rooms, a salt water pool, several pools and saunas, rooms for mud packs, an aerobic studio, a juice bar and its own lobby with comfortable seating area. In order to expand their amenities, the hotel constructed 22 new beach rooms, an additional swimming pool, changing rooms and an elevator making the Dead Sea more easily accessible. An area of 400 square meters with a lounge/bar, a large terrace with pool and a restaurant offer a fantastic view of the ocean.

Zara Medical Center

The Zara Medical Center is the hotel's clinic and can be found below the bungalows close to the beach. A dermatologist, a specialist for physical therapy, as well as a nurse and physiotherapist attend to the patients during their entire stay. Before beginning climatotherapy, the physicians prepare an individual treatment plan. Climatotherapy is supported by accompanying treatments like massages, gymnastics, mud packs, reflex therapy, hydro therapy and others. Sulphur baths for patients with joint ailments are not available.



Dr. Salhab (left) and Dr. Kana'an (right)

The Zara Medical Center features its own pharmacy and only lotions and oils produced here (not containing cortisone) are administered. Next to the Zara Medical Center lies a natural solarium with separate facilities for men and women. This forms an important part of climatotherapy as it allows sun exposure without clothes. A water cooler, deck chairs, sun umbrellas and sanitary facilities are part of the layout. The Dead Sea can easily be accessed in between sun baths. A tub with natural mud is available for skin application. Uveitis patients are taken to Amman for check-ups with the ophthalmologist.

Included in your reservation:

- return flight with e.g. Royal Jordanian Airlines to Amman
- free luggage allowance of 30 kg with Royal Jordanian Airlines
- visa application
- immediate transfer from airport to hotel and back
- accommodation at Mövenpick Hotel incl. half-board respective of your booked room category
- medical treatment in Zara Medical Center by request
- diverse insurance in cooperation with European travel insurance



The Dead Sea in Israel

The Health Resort Ein Bokek

The health resort Ein Bokek with its modern 3 to 5 star hotels and the internationally acclaimed German Medical Center (Deutsches Medizinische Zentrum - DMZ) lies on the southern end of the Dead Sea. The Israeli airport is Tel Aviv. The flight time from Germany is about 4 hours. We offer flights with renowned airlines such as Lufthansa or EL AL Israel Airline several times a week. For more flight information, please see our pricelist. Apart from the public beach, Ein Bokek has two small shopping-centers with cafés, restaurants and a variety of stores. Most hotels present their guests with a large selection of sport and entertainment possibilities. Enjoy the wide selection of treatments in the beautiful facilities of the hotel or visit the bowling alley of the Hotel Daniel Dead Sea in your leisure time.



The Clinic

The Dead Sea Medical Center at Ein Bokek provides medical care. The clinic is approved by most German health insurance companies and is located in the LOT hotel facilities. This integrated rehabilitation facility's staff comprises of rheumatologists, dermatologists and internists, as well as specially trained nurses and a well functioning administration.

Natural Solarium

An important part of a skin patient's therapy is nude sun exposure. Ein Bokek at the Dead Sea offers a public natural solarium. The solarium provides separate facilities for men and women and allows for nude sun bathing with direct ocean access. Sun loungers, sun shades, fans and sanitary facilities are part of the setting. In order to insure the guest's hydration, a water cooler is supplied and a small shop offers refreshments. The solarium is open daily. Admission can be booked on request. Almost all hotels offer their own sunroofs, which may be used free of charge.



Transfer

Upon arrival in Tel Aviv you are greeted by our transfer company „Dead Sea Tours“. Exclusive to Wessel guests, you are immediately taken to your hotel in Ein Bokek in air-conditioned limousines or minivans. You will accordingly be picked up about 5 hours before your departing flight.

Excursions

Excursions to Massada, Jerusalem, Bethlehem, Eilat etc. can be arranged through our local representative. However, these are third-party services and not included in the original booking.



Our Local Representation

Our representative, Mr. Amit Batzri (multilingual), is located on the 3rd floor of the HOD hotel. On the day of your arrival, he will greet you with a welcome gift and offer information and advice regarding your stay at the Dead Sea. His friendly, helpful manner, his knowledge and years of experience make him the ideal guide. Should you have questions, requests or suggestions he is also at your disposal outside office hours by telephone. Only when you are all around happy are we satisfied.

The Hotels

Hotel HOD****

The Hotel HOD is situated directly on a private beach at the Dead Sea. A small shopping center can be found across from the hotel. The hotel was completely renovated during the past few years, and has kept its individual charm.

The ambience and the exceptional guest services are excellent and provide a 5-star-standard. The very popular hotel with many regulars offers ideal accommodations for a long-term stay at the Dead Sea. These amenities await you: lobby, reception area, juice bar, elevators, salon, spa, disco, laundry service and souvenir shop. The hotel provides several water cooler stations.



It provides ironing boards on request. The facility features a very clean fresh water swimming pool. Sun lounge chairs, sun shades and towels are provided at the pool and at the beach free of charge. A natural solarium can be found on the roof. The tastefully-furnished, completely renovated 203 rooms are equipped with: en suite bath, hair dryer, A/C and heating, coffee/tea making facility, safe, satellite-TV, telephone, mini fridge and some units are mostly carpeted. Most rooms have a view of the Dead Sea.



In the SPA-Center the following amenities can be found: tempered saltwater indoor pool, sauna, Jacuzzi, gym (no charge). For a fee, massages, mudpacks, sulphur baths and hydrotherapy are available. A beauty salon is also part of the complex. At times, activities with sports, shows and live Music will be offered. Dancing occurs on the weekends. A children's pool awaits young guests. Babysitting is available on request and for a fee. Meals: Half board (choice of lunch or dinner) from exceptional, elaborate buffet. The hotel is kosher. All major credit cards are accepted.



Hotel LOT****

This hotel with its friendly, family-run atmosphere is known for its popularity among European guests, and many of them have been regulars for years.

The complex features: a lobby with a reception area and a bar, main restaurant, ironing room with washer and dryer (fee), elevator, souvenir shop, laundry service and the famous Dead Sea Medical Center.

Architected gardens provide shaded areas for lounging, a full size freshwater swimming pool (heated during winter), and a shaded and fully-equipped play area with a children's pool. The Desperado Bar (WiFi with charge) offers a lunch menu and turns into a pub at night. The long private beach supplies chaise lounges and sunshades.



Towels for pool and beach are available without charge.

The pleasantly furnished 199 rooms feature a balcony, en suite bathroom, hair dryer (on request), A/C, carpet, telephone, safe, radio, satellite-TV, mini fridge and coffee/tea making facilities. Bathrobes are available on request. The Hotel LOT is renowned for its exceptional kitchen. The meals are buffet style. The main meal can be had at lunch or for dinner. The hotel is kosher. All major credit cards are accepted.

Sports, fitness & wellness (no charge): table tennis, beach volleyball, aerobic, fitness room, indoor pool with water from the Dead Sea, sauna, Jacuzzi, sun therapy terraces. For a fee: massages, mudpacks, sulphur pools, beauty treatments, billiards and mountain bike rental.



Hotel Crowne Plaza*****

The hotel built in 1997 lies directly on the shores of the Dead Sea and features a spacious private beach. The amenities include a boutique, jeweler, souvenir shop, salon, beauty salon, pool snack bar, lobby cafe and an entertainment area. Additionally, guests will find a roof solarium, fresh water pool, as well as a health facility with salt water indoor pool, sauna and steam room, whirlpool, sulphur pool, fitness room and 19 private treatment rooms. Enjoy a spa treatment or energy therapy from the Far East. Chose between stimulating, relaxing or pampering treatments from a range of 54 possibilities. The hotel offers its

guests all kinds of amenities to calm the body and mind. Freckles Club for kids (3+) invites children to play. Table tennis and billiard are available. The Asian fusion restaurant Sato offers a culinary sensation of tempting dishes and amazing flavors. The 300 rooms feature en suite bathrooms, either balcony or extra large panorama-sliding doors with view of the Dead Sea, A/C, satellite-TV, telephone, radio, safe, mini bar and hairdryer. Non-smoking rooms available on request.

Hotel Le Meridien*****

This 5-star hotel offers a variety of amenities like restaurants, lobby-lounge, bar, children's club, swimming pool with terrace, children's pool, pool snack bar, tennis court, roof solarium and private beach. The 600 generously and comfortably furnished deluxe rooms provide en suite bathrooms, balconies with ocean view, A/C, satellite-TV, telephone, radio, safe, mini bar and hairdryer. In health center: fitness center, salt water pool (indoor & outdoor), whirlpool, steam rooms, sauna, beauty treatments, hair salon, massages, mud packs, acupuncture and Yoga. Let yourself be pampered by the best specialists and enjoy treatments with mud, salt, oils and regional medicinal herbs.





Hotel Daniel Dead Sea (former Golden Tulip)*****

The Daniel Dead Sea was taken over at the beginning of 2007 by the Tamares Group and completely renovated. Only one street separates it from the Dead Sea. Its amenities include: a lobby lounge, a Scottish pub, a specialty restaurant, a coffee shop, a gift shop, a roof solarium, a children's club, a discotheque and a bowling alley, with eight lanes, one of the absolute attractions at the Dead Sea. In addition to a fresh water pool and children's pool, the complex also features a salt water pool. The 302 luxurious rooms are equipped with: en suite bathroom, partly balcony, A/C, satellite-TV, telephone, safe, mini bar and hairdryer. Non-smoking rooms available on request.

In the generously designed SPA on two stories the following awaits you: salt water indoor pool, whirlpools, mineral- and sulphur baths, mudpacks, Turkish bath, Finnish sauna, steam room, aromatherapy, gymnastic- and fitness room, beauty salon, hair salon etc. (bath towels without charge). A shuttle takes you to the hotel's beach with chaise lounges and sunshades.

Hotel Isrotel Dead Sea (former Caesar)*****

This hotel is situated directly across from the public natural solarium. Its amenities include: boutique, jeweler, souvenir shop, hair salon, beauty salon, restaurant, fresh water pool with separate children's pool, pool-snack-bar, piano bar, night club, roof terrace and a children's club. A shuttle takes guests across to the hotel's beach with chaise lounges and sunshades.



In the health center, the following is available free of charge: salt water pool, sauna, and whirlpool and fitness room. Massages, mud packs and sulphur baths, as well as other treatments are provided with extra charge. The 298 brightly furnished rooms are equipped with en suite bathroom, balcony with ocean view, A/C, satellite-TV, telephone, radio, safe, coffee and tea making facility and hairdryer. Non-smoking rooms available on request. Renovated in 2007.

Hotel Dead Sea Gardens****



This hotel was built in 1999 and renovated in 2006. The beach is just across the street. The friendly and comfortably-furnished lobby is a popular meeting place among many Dead Sea visitors. The 196 very spacious rooms are bright and contain modern furnishings.

Amenities include: en suite bathroom, ocean view. Air conditioning, TV, telephone, radio and refrigerator are also provided. The hotel has a large fresh water pool with terrace, a health club with two salt water indoor pools, two whirlpools, a sauna and beauty treatment area, a fitness room and discotheque. A solarium is located on the roof.

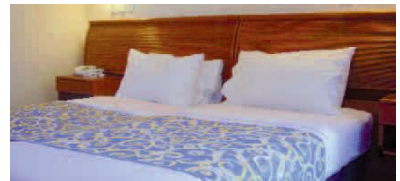
Hotel Spa Club (former Carlton new building) / Hotel Oasis (former Carlton old building)



This hotel consists of two buildings: The hotel Spa Club and the hotel Oasis. Both are connected through the reception building and are just across the street from the public natural solarium. The shared amenities include a restaurant and coffee shop, the new roof solarium, the outdoor pool with children's pool, the snack bar, as well as the hotel's own beach with chaise lounges. The beautifully designed new Spa features a heated salt water pool, a sauna, whirlpools and a fitness room. A wide selection of spa treatments is available.

Hotel Spa Club****

The hotel Spa Club was completely renovated in 2006 and reopened with an emphasis on leisure and wellness. Its 98 rooms and public areas feature modern furnishings. The tastefully furnished rooms include A/C, en suite bathrooms, hair dryers, satellite TV, radio, mini bar and telephone. The hotel has non-smoking areas and rooms. Cell phones and children are not welcome in the hotel.



Hotel Oasis****

The 142 completely renovated and newly decorated rooms feature ocean views, A/C, en suite bathrooms, hair dryers, satellite TV, radio, mini bar and telephone. For Oasis guests, the new Spa of the hotel Spa Club is available for a fee. The hotel offers its guests an extensive entertainment program and a variety of other activities.



The content of the hotel descriptions are the sole responsibility of the hotels.

Our service for you:

- return flight with e.g. El Al Israeli airline to Tel Aviv
- immediate transfer from airport to hotel and back
- accommodation incl. half-board respective of your booked room category
- medical treatment in Dead Sea Medical Center by request
- diverse insurance policies in cooperation with European travel insurance companies



View of Ein Bokek

Wellness & Beauty

Combine your stay at the Dead Sea with wellness and beauty and let yourself be pampered by nature's remedies. All hotels offer their own Spa areas in stylish ambience, as well as additional feel-good programs to combat stress and to improve health and beauty. Let yourself be pampered and enjoy: whirlpool, heated salt water pool, sulphur baths, mud packs, wet and dry saunas, shiatsu, reflexology, aroma oil baths, acupuncture, deep tissue massages, Swedish and Indian thermal massages, under water massages, hot stone massages, feet reflexology massage and much more. The qualified therapists are constantly aiming to provide the best treatment and gladly develop individual programs. The oasis of the spas offers all kinds of beauty treatments for face and body. We invite you to enjoy a very special health and beauty program at the lowest point on earth.



**Join our satisfied customers and experience our individual service
and attractive prices.**

**We look forward to hearing from you!
Your Wessel Travel Experts**



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