

Health tourism in Jordan

Spas with amazing healing properties

Amman-Islamic Tourism

Jordan is prominent among countries known for their highly developed therapeutic tourism sector. The kingdom enjoys a mild climate, breath-taking scenery and has numerous hot springs as well as healing salts and volcanic mud. Therapeutic resorts and natural clinics are found throughout the country. The medical and therapeutic services in Jordanian hospitals and clinics have a good reputation regionally and internationally due to the experience and expertise Jordanian doctors have acquired in different specialities. Their professionalism is augmented by the most sophisticated medical equipment. Natural and clinical treatments, coupled with the exemplary achievements of Jordanian doctors and physiotherapist have turned the Hashimate Kingdom into a Mecca for those who seeking to heal their bodies and comfort their souls; the cost of sophisticated and complex treatments is extremely competitive when compared with the high prices charged in other countries and Jordan is becoming an increasingly popular destination for health tourists ➤

شلال ينفع ماؤه للعلاج.
Therapeutic Waterfall.



Natural healing areas

Healing treatments in spas, hot waterfalls and through the use of volcanic mud are the focal points of Jordan's natural healing attractions, centred around the Dead Sea, Ma'een and Afra Baths. Visitors will find many treatment sites in different tourist resorts, which are well known for providing excellent health and hotel facilities.

The Dead Sea

The Dead Sea, (so called because no living creatures can survive in its waters) is located 55 miles to the west of the Jordanian capital Amman. It has been a healing region for thousands of years, famous for its black mud, rich in salt and minerals.

At one of the lowest points below sea level, about 400 m, the air is pure, dry and saturated with oxygen.

The water of the Dead Sea has high levels of natural minerals, especially calcium, magnesium and bromine. The high concentration of oxygen in the air helps patients with high blood pressure, and the blend of salts and minerals in the water is considered one of the best sources of treatment provided by experts in natural healing centres specialising in skin disorder - especially vitiligo, psoriasis, fungi, scales, acne, nervous disorders and blood circulation problems.

Sun throughout the year ensures a high rate of evaporation of Dead Sea water. The vapour forms a moist layer, rich in minerals and salt which acts as a filter for the short rays of the sun but lets the long ones through. They are used in various treatments. Exposure to the sun is useful, for both sick and healthy people seeking physical and mental relaxation. The relative density of the Dead Sea is high enabling bathers to float without effort and making the sea useful in treatment of joint ailments and rheumatism.

Increasing numbers of Arabs and Europeans visit the internationally renowned Dead Sea Healing Centre to recover from various ailments. Its success has been phenomenal and its clientele continues to grow.

In addition to large, modern hotels, there are many healing centres extending along the Dead Sea coast which employ the best specialists. Among the well-known are The Dead Sea Treatment Hotel, the Marriott Hotel

Opinion

Tourism Investment in the Dead Sea Region

The Dead Sea region is considered as an important factor contributing to the Jordanian economy. It has special characteristics, being the lowest point on earth (400 meters below sea level), and having the saltiest waters with 30% concentration of vital minerals, as well as highest oxygen, which proved beneficial in curing several diseases. There are at the moment three hotel investments in the area. There is a hotel at Suweimeh, as well as Marriott Dead Sea Resort, with a total of 800 rooms, and Kempenski hotel which is under construction at the present time. The Kempenski will add a further 400 rooms. However, opportunities still exist for adding several thousand hotel rooms, bearing in mind that neighbouring Israel has more than 5000 hotel rooms, and it is making full use of the Dead Sea medical benefits.

The authorities have implemented an almost complete infrastructure utilities (water, electricity, and telecommunications) except for the sewage system which still awaits its construction.

The concept of Wellness Tourism emerged worldwide, with high profile clients willing to enjoy its luxuries and the Dead Sea region fits perfectly their demands of rejuvenation and tranquillity. Providing the necessary facilities also encourages Jordanians to visit the area and to seek comfort, tranquillity and treatment.

Therefore, more integrated investments should be encouraged in areas such as shopping malls, guest houses, aqua parks, telephone line linking main spa with the Dead Sea. The Ministry of Public Works should also complete the roads linking the Dead Sea to other areas. In Conclusion, I believe the Dead Sea should come alive again.

Awni kawar

and Zera Medical Centre in the Mervan resort, which provides programs of treatment, immunisation and rehabilitation. The resort has physiotherapy facilities, such as electric and optical treatment, heat treatment, manipulations (halls for physical training, massage), relaxation and reflexes.

The resorts of the Dead Sea are popular with international health insurance companies that regularly send their patients to this unique area.

The Dead Sea Healing Centre

The Dead Sea Healing Centre is located directly on the north basin - the Red Sea's largest and deepest basin. It is about an hour's drive from Amman and the international airport. Natural resources are used in the treatment of skin disorders and various joint ailments.

The internationally-renowned centre, which was built in 1989, includes healing pools, medical massages, and treatment with Dead Sea ➤

mud. It also has special places for water massages and physiotherapy. There is a section for skin treatment and a sports centre with the latest equipment. The centre, together with the Dead Sea Treatment Hotel and the solarium, forms an integrated resort for the treatment of common psoriasis, psoriasis, psoriasis, neurotic eczema, acanthosis, rheumatic arthritis and vitiligo.

The Ma'een Baths

The baths of Ma'een, on the Dead Sea some 58km south of Amman, are another tourist therapeutic attraction. Ma'een is famous for its resorts and clinics that provide treatment in hot spas for people with skin diseases, blood circulatory problems and joint and muscular pains. Physiotherapists work in private clinics, specialized in treatment by spa waters and their vapour. The spas also provide physical training and relaxation.

The area is distinguished by its pure air that helps chest diseases and respiratory problems. The Romans discovered its therapeutic properties and favoured the area as a treatment

centre. Today the resort of Ma'een includes tourist facilities, such as the Mercury Hotel with swimming pools, a play ground for children, as well as conference halls.

The Jordanian Hummah is a very important therapeutic and tourist location in the north of the country about 34 km north of Arbid which is considered one of the most important resorts in the Middle East. Its facilities include an important therapeutic centre for chest diseases and respiratory problems, ailments affecting the nervous systems, skin problems, joints and muscle stiffness. The centre also deals with blood circulation problems.

The treatment in this resort comes mainly from the hot spas on both sides of the Yarmuk River. The visitor Hummah can relax and enjoy the marvellous views that make this area a suitable venue for combating nervous tension and cultivating inner peace.

Afra Baths

These baths, located between Al-Karak and al-Tufailah in a scenic region are distinguished by their curing properties. They include 15 spas along the valley where the springs pour an

average of 500 litres a second. The tourist centre has eight small pools, bricked courts, metal barriers and stone steps leading to the running water and swimming lakes. Camping facilities with electricity and clean drinking water are also provided.

The baths are unique because of their high temperatures, which can reach 51 degrees Celsius. The mineral rich waters are always warm. Their properties read like a checklist of beneficial elements: calcium, magnesium and bromine, bicarbonate, sulphur chloride, oxides of carbon in a concentration of 100 milligrams per a litre, and a lesser concentration of hydro-sulphite, in addition to radon gas. These minerals and chemicals ensure that Afra is one of the best spas for the treatment of many illnesses, especially rheumatism, joint stiffness and inflammations, athero sclerosis and anaemia as well as the activation of blood circulation. Experts say that it also has a speciality in treating certain types of infertility.

Afra's tourist centre includes several swimming pools, a restaurant and a clinic and has helped put Jordan on the map as a leading destination for health tourism. ■

