



SPA Therapy Massage

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UAB LK Holding



We offer Oriental Massage, Spa & Reflexology bring together exotic ambience, a wide range of alternative therapies and natural spa products. A Fine Oriental Spa Treatments and Best Oriental Massage only at Korea Oriental Massage, Spa & Reflexology.

If you are looking for authentic Oriental Massage and Spa Treatment in Korea at best overall value and in pleasant Oriental ambience, Oriental Massage, Spa & Reflexology will be convinced that this decision can definitely be trusted with unique natural setup and its all Korean professional team.

Korea Oriental Massage, Spa & Reflexology designed in natural and elegant Oriental style and developed for you a balanced menu of body treatments, selected massages based on traditional Indonesian techniques using fragrant blossoms and essences.

Korea Oriental Massage, Spa & Reflexology is committed to providing premium service and quality, contributing to the Spa industry and the health consciousness of the national and international communities in Lithuania.

Trains and supervises experienced spa therapists to ensure best quality spa treatments and massages for you and to maintain the leading position in the operation of quality Spas through professionalism, service, and individual spa programs.

Operate conveniently located, well managed, well equipped, full-service spa facilities for the national and international communities in Lithuania.

Experience a warm welcome and a pleasant smile from all the staff at Oriental Massage, Spa & Reflexology. The ultimate feeling of relaxed, pampered and more you leave our premise.



◆ SPA Therapy Massage

- Aromatherapy Stone Massage
- Healing Stone Massage
- Stone Reflexology
- Aroma Reflexology
- Stress Reliever Aromassage
- Meditation Bath
- Hymalaya Detox Bath
- Vinotherapy Milk Bath
- Will Fusion Massage
- Sen Tai
- Back Muscle Relexer
- Sports Balancing Massage



◆ SCIENTIFIC EVIDENCE FOR THE EFFICACY OF SPA THERAPY

Despite the popularity of spa therapy, reported scientific evidence for its efficacy is sparse. A decade ago, Heywood reviewed well documented records on spa treatment for lead poisoning in the 18th and 19th century in Bath.¹⁹ Paralysis occurring as a result of chronic lead intoxication (colica pictonum) was a common problem in those days owing to the widespread use of lead in household ware, cosmetics, food colorants, wine, and salts for medicinal use. Already at the beginning of the 16th century, Bath was famous for curing paralysis, even in those patients who were regarded as incurable. The treatment consisted of bathing, drinking cures, diet, and purges. Patients admitted to the Bath Hospital came from all over England, and often had already been treated for their paralysis elsewhere, without success. However, many of these presumed incurable patients were cured after their (months) stay in Bath.

An example can be found in the comparison of medical records of Bath and Exeter Hospitals between 1762 and 1767.¹⁹ During these five years, 285 patients with colica pictonum were admitted in Exeter and 281 patients in Bath. Seventy three per cent of the patients from Exeter were cured or improved, whereas the figure was 93% from Bath. Moreover, the group in Bath included some 80 patients referred from Exeter who had not been cured by treatment in Exeter.¹⁹ From 1760 to 1879, 3377 patients were admitted in Bath for paralysis due to lead intoxication. Forty five per cent were cured and 93% had at least improved.¹⁹

The high cure rates for paralysis by spa therapy in Bath may be attributed to several factors. Sitting in warm water produces diuresis, with increased excretion of sodium, potassium, calcium, and also lead.^{19,20} Also the good food, exercises, removal from the source of lead, and the large quantities of water rich in calcium and iron contributed to the success of spa therapy in Bath.¹⁹

In the past decade several randomised controlled trials have studied the effects of spa therapy in rheumatoid arthritis^{21–26} and osteoarthritis.^{23,27–30} Patients were randomly allocated to receive spa therapy or sham/no



therapy. The authors of a recent systematic review on the effects of spa therapy in rheumatoid arthritis and osteoarthritis stated that a definite judgment about its efficacy is impossible because of methodological flaws in these studies.³¹ Overall, the results showed positive effects lasting for three to nine months. Recently, a randomised controlled trial has shown that spa therapy is clearly effective in ankylosing spondylitis.³² Two intervention groups followed a three week course of spa therapy at two different spa resorts, and were compared with a control group who stayed at home and continued standard treatment consisting of anti-inflammatory drugs and weekly group physical therapy. Significant improvements in function, pain, global wellbeing, and morning stiffness were found for both intervention groups until nine months after spa therapy.³²

CONCLUSION

Throughout the ages the interest in the use of water in medicine has fluctuated from century to century and from nation to nation. The (medical) world has viewed it with different opinions, from very enthusiastic to extremely critical, and from beneficial to harmful. Today, spa therapy is receiving renewed attention from many medical specialties and health tourists, and having a revival. However, the exact therapeutic potential of spa therapy still remains largely unknown. Better and more profound scientific evidence for its efficacy is therefore warranted, in particular for its effects on the musculoskeletal system.



SPA Development and Management Services

◆ **Market Analysis**

- Business Definition
- Environmental Analysis
- Site Analysis
- Target Market
- Competition Analysis

◆ **Concept Development**

- Philosophy and Identity
- Spa Dimensions
- Spa Offering & Potential Programs
- Positioning
- Strategic Objectives

◆ **Facility Development**

- The Spa Environment
- Green Systems
- Facility Programming
- Design Components
- Space Requirements
- Space Requirements

◆ **Financial Management**

- Key Components of Financial Management
- Pre-Opening Costs
- Operating Proforma
- Financial Analysis
- Spa Strategies & Forecasts



- ◆ **Program Development**
 - Operating Criteria
 - Organizational Structure
 - Operations Manual
 - Marketing Communications
 - Collateral Material Strategy
 - Private Label Products
 - Custom Spa Treatments

- ◆ **Equipment & Training**
 - Staffing Resources
 - Equipment Specifications
 - Vendor Negotiations
 - Technical Training Materials
 - Departmental Training
 - Policies and Procedures
 - Sustainable Practices

- ◆ **Systems Management**
 - Human Resources
 - Operations Management
 - Reporting Systems
 - Retail Sales Strategies
 - Purchasing & Inventory Systems

- ◆ **Operations Audit**
 - On-going Operations
 - Staffing & Payroll
 - Retail Sales
 - Profit & Loss
 - Infrastructure