



SPAS IN SERBIA



WELLNESS & SPA RESORTS

TRAVEL AGENCY
Magelan
Corporation

Zmaj Jovina Street No.23, 21000 Novi Sad, Serbia,
tel: +381 21 420 680, +381 21 472 40 88
www.magelan.rs E-mail: office@magelan.rs

Koviljacha Spa which is considered for one of the most beautiful spas in Serbia, and also the former Serbian kings resort is located in the western part of Serbia, 142 km southwest of Belgrade, framed on one side of the river Drina, and the mountain Gucevo and is on 128m above sea level. The first written sources of Koviljacha spa dating from the period 1533rd, when it was recorded a mass visit of spas. The spa built hotels and villas and beautiful park that connects the buildings in the first half of the twentieth century.



Water of Koviljacha Spa belongs to the category of sodium and calcium hydrocarbonant and sulphide hypothermal, which is applied in the form of bathing and spraying. Water in the spa is used for the treatment of mud and mineral that belongs to the poor and the reduction of alkaline mud. The rich natural spa and modern medical therapy in the spa are used for treatments of rheumatic diseases, diseases of the spine and joints, osteoporosis, muscle injury, mild nervous disorders, infertility, minor gynecological problems. In the spa there are special programs of diagnosis and treatment of osteoporosis, which include diagnosis: steodenzitometries, pharmacological and physical treatment of the disease and appropriate dietary regime.

Program also includes lymph drainage, manual lymph drainage, lymph drainage using the device, flange and kinesiotherapy. Patients, and all interested person who want to control their own health, there is a modern laboratory which may, for a short time, do a control of blood and urine, as well as hormonal status and tumor markers.



Accommodation in spa: In the Koviljača Spa you can rest in a recently renovated accommodation facilities of the Special Hospital of Koviljacha Spa, in Villa Dalmatia and in newly built hotel Royal Spa.

Special medical centre for rehabilitation - Banja Koviljača is equipped with 416 beds at luxurious apartments, single and double rooms equipped according "B" category hotel standard.

Villa „Dalmatia“ is equipped with comfortable rooms and luxurious apartments with terraces and balconies.



Newly built hotel Royal Spa is modern and luxurious 4 star hotel. Hotel has 80 units (apartments, studios and rooms) with 240 beds. On guest service is also hotel restaurant, cafe pizzeria, wellness and spa complex (pool, jacuzzi, Finnish sauna, steam sauna, massage, solarium, relax zone...), congress halls, casino, shopping area etc.

If you visit the spa for treatment and rest, don't miss to visit some of the sights in its vicinity. Drina river, rich in fish world, the ideal destination for fishing or mountain Gucevo, which is suitable for walking and enjoying the fresh air. In the immediate vicinity is the monastery from the XIII century Tronosha and Trshic that is a birthplace of Vuk Karadzic, the great Serbian literate.

Indication:

- Wellbeing
- Rheumatological
- Locomotive apparatus
- Spine and joints
- Osteoporosis
- Muscle injury
- Infertility, minor gynecological problems

Excursion:

1. **Trsić** is the village only 9 km southeast of Loznica, birthplace of the great Serbian literature Vuk Stefanovic Karadzic. Village is some kind of ethnographic park with a memorial house of Vuk Stefanovic Karadzic and several buildings built in traditional architecture of the part of Serbia.

Price per person: 7 €

This excursion is organized every Tuesday at 15:00

2. **Monastery Tronoša** is medieval monastery located 4 km far away from Trsic. It was built in 1317th as the foundation of Catherine, wife of King Dragutin. The church was rebuilt in the monastery 1599th year, and it was written by a famous monk Joseph Tronoška chronicle whose copy kept in the monastery and the original in Vienna.

Price per person: 8 €

This excursion is organized every Wednesday at 15:00

3. **Mountain Gučevo** is forested mountains that is near Banja Koviljaca. It extends northwest-southeast direction in a length of 15 km. The highest peak is called Gucevo Black top and its altitude is 779 m. There was fought the first battle of trench warfare in world history. You can make an excursion to this mountain and enjoy in fresh air and the view on the surroundings.

Price per person: 7 €

This excursion is organized every Thursday at 15:00

4. **Sokograd**, is a town and medieval fortification near Ljubovija town. The fortress is dated to pre-Ottoman medieval Serbia first recorded in 1476, as a fort of Dizdar Sokol Kemal. The town was liberated in 1862, and the Fort was destroyed after the Turks surrendered. The Soko Grad monastery (dedicated to St. Nicholas) was built at the foot of the town.

Price per person: 9 €

This excursion is organized every Sunday at 10:00

Vrnjci Spa is located in central Serbia, near the town of Kraljevo, 200 km from Belgrade. It is at 230 m above sea level. In the hinterland of the Vrnjci Spa is a huge forest-mountain complex Goc, as part of the Kopaonik mountain with a preserved natural environment that will make your stay very pleasant.

Vrnjci Spa is one of the most visited, the largest and most famous spa in Serbia, where the mineral water used foreign and domestic tourists. Supplement of quality medicinal properties are surrounding by mountain resorts, cultural and historical monuments, monasteries and churches.

Spa has four sources of healing mineral waters that belong to the warm mineral waters of alkaline-acidic carbon and cold mineral waters from the group of alkaline carbon-acid. Medicinal properties of the spa is used for diabetes, gynecological problems, urinary and digestive tract, the condition after surgical intervention of organs of the digestive, urinary stones in the road, stomach ulcer and duodenal ulcer. In the Vrnjacka Spa, in the hotel Merkur you can take advantages of programs of faster diagnosis, "living with diabetes", gastro programs, weight loss, osteoporosis, etc.



Accommodation in spa: In Vrnjacka spa in it's center lies hotel Merkur that has comfortable rooms and apartmans. In the hotel you can enjoy in varied types of traditional specialties of serbian food, aperitiv bar, summer garden, swimming pool with mineral water, library, cinema, bike, Aqua Center, and water attractions, fitness center "Mercury-Gym, Sauna, tepidarium. On 7 floors of the Mercury are new comfortable rooms category, luxury apartments and residences, with a total capacity of 368 beds. Each room is equipped with: air conditioning, cable television, telephone, internet access, bathroom.

Lux Apartments include: living room and bedroom, mini-bar, 2 bathrooms, air conditioning, cable television, telephone and internet access.

Another hotel that will suitable to your needs is hotel Šumadija that is located across the hotel Merkur. Hotel is equiped with renovated rooms and apartmans, conference room, parking space. Guest that will settle in hotel Sumadija, can have all service in Hotel Merkur (health and wellness programs). Capacity of this hotel are 70 beds. The rooms are equipped with bathroom, TV, telephone line.



The spa is known for its events during the summer period, the concert and cultural evenings. In addition to cultural events in the city, lots of monasteries and churches are in surrounding of the spa. Most famous monasteries in the surroundings are Monastery Ziča from the XIII century, the center of the Orthodoxy and Monastery Studenica from the XII century. In the whole spa extends to a carefully landscaped park through which flows a river that will make your walk enjoyable, and in the immediate vicinity is mountain Goc that is suitable for short excursion. In Vrnjacka spa great care is taken to the sport and preparing of athletes. In spa for your sport activities are available sport hall which are equipped for basketball, handball, martial arts, and on the aforementioned Goc mountain there are ski trails that are ideal for beginners and experienced skiers during the winter period of the year.

Indication:

- Wellbeing
- Gynecological disease
- Urinary and digestiv tract

Excursions:

1. Monastery Zica is 32 km far away from the Vrnjci Spa. Monastery Žiča is a early 13th century Serb Orthodox monastery, that was built together with Church of the Holy Dormition by the first King of Serbia, Stefan the First-Crowned. Žiča was by tradition royal church of Serbian kings. Žiča was declared Monument of Culture of Exceptional Importance in 1979, and it is protected by Serbia. In 2008, Žiča celebrated 800 years of existence.

2. Monastery Studenica - Studenica Monastery is located 80 km from the Vrnjci Spa. It is one of the largest and richest Serb Orthodox monasteries. Stefan Nemanja, the founder of the medieval Serb state, founded the monastery in 1190. The monastery's fortified walls encompass two churches: the Church of the Virgin, and the Church of the King, both of which were built using white marble. The monastery is best known for its collection of 13th- and 14th century Byzantine-style fresco paintings. Studenica was declared Monument of Culture of Exceptional Importance in 1979, and it is protected by Republic of Serbia, and in 1986 UNESCO included Studenica monastery on the list of World Heritage Sites.

3. Monastery Ljubostinja - Ljubostinja Monastery is located 16 km from the Vrnjci Spa. Monastery is dedicated to the Holy Virgin. The monastery was built from the 1388 to 1405. Today Ljubostinja is female monastery which preserves and maintains about fifty nuns. During the rebellion of Kočine, the people were invited on rebellion from the Ljubostinje monastery. After the collapse of rebellion Turks burned the monastery to revenge the Serbs, and most of the frescoes were destroyed. Among the stolen treasure was located Crown of Prince Lazar, which is now located in Istanbul.



Ribarska Spa is located on the slopes of Mountain Jastrebac in central Serbia, 220 km from Belgrade. It is known as an oasis of health food, Jastrebac's air and thermal springs. Ribarska Spa is one of the oldest Serbian spas. Spa was great significance in history whose healing properties of water using a former Serbian kings. Ribarska Spa was visited by Serbian kings and her other name is Royal Spa. This spa could be compered with the mineral springs in French Pyrenees.

In Ribarska spa, there are six sources of mineral waters, temperature of 380C to 420C, which is primarily sulfur, and due to dense forests and clean air spa has the characteristics of climate place. Ribarska spa in their treatments, in addition to water treatment, use thermal and electrical therapy, ultrasound, kinesis therapy, occupational therapy, which are intended to sick and healthy people. To relax your body, you can take a number of massage, wellness program, hiking trails, and fortify your health body and mind.



Accommodation in spa: The Ribarska Spa has 510 beds at it's disposal and of that number 230 is in the health care facilities. For the most demanding guest we have standard and luxurious suites. Rooms and suites are placed in villas, and there are nine of them: Serbia, Bosnia, Herzegovina, Vojvodina, Dalmatia, Slavonia, Croatia, Montenegro and the View. All of them have been renovated. Each room has a bathroom, kitchen and TV set with cable television network. In the hotel restaurant you can taste different types of serbian specialties, as well as meatless /vegetarian and diat food. On guests disposal are restaurants, open air pools, library and art gallery.



In addition to spa resorts, you can enjoy in the cultural content, such as the cultural evenings in the summer, which brings together a number of theaters, dance ensembles, visiting the monastery of the Holy Roman from the IX century or test yourself in football on one of the courts located in the spa or in basketball, volleyball, tennis, ride a bike on the trails or the health or engage in gymnastics.



Indication:

- Wellbeing
- Reumatological
- Locomotive apparatus
- Degenerative diseases

Excursions:

1. Rafting on Juzna Morava River, is one of unforgettable events and memories for the each visitors of the Ribarska spa. Its allure is in the fact that it represent a union between adrenaline rapids, pleasant meandres, good food and interesting stories and legends about more that seventy sacral buildings in the mountain Mojsije...

Price per person: 20 €

Price include transfer, rafting and lunch during the day

This excursion is organized every Saturdays and Sundays, at 08:00

2. Religious tourism, in the surrounding of the spa there are many significant churches and monasteries which together with their historical and architectural significant play a graet role in a religious life today.

Price per person: 5 €

Price include transfer and visit of monasteries

This excursion is organized every Saturdays and Sundays

3. Traditional day at Ethno restaurant Vodenica, 2 km far away from the Ribarska spa. You can enjoy in the beautiful nature of Ribarska spa surroundings and in the traditional lunch in this ethno restaurant.

Price per person: 10 €

Price include transfer and lunch in the restaurant

This excursion is organized every day in the weak except Monday

Atomic Spa is located in Gornja Trepca in the southwestern part of Sumadija, the central part of Serbia, on the slopes of the mountains Vujan and Bukovik, near the cities of Cacak, Gornji Milanovac and Kraljevo. Atomic Spa is the first private spa, recently renovated.

Mineral water of Atomic spa is poorly alkaline, hydrocarbonant, oligo mineral. Because of their specific physical and chemical characteristics of mineral water, which were tested in the territory of Gornja Trepca, water can be used for medical rehabilitation of patients with neurological and rheumatic diseases. Water of mineral resources of Gornja Trepca is slightly radio-active, because in addition to the usual minerals potassium, calcium, sodium, chlorine, iron, silver and other includes a very rare, almost unknown elements such as cesium, rubidium, strontium, lithium, cobalt, vanadium and others. Therapies in the spa is used in hydrotherapy block with hot tubs for massage, kinezi hall, rooms for electrotherapy.



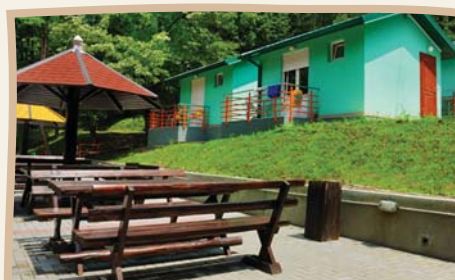
Accommodation in spa: The natural sanatorium, beside top health services, offers to its visitors high quality accommodation in 104 beds in the dispensary station and 45 beds in bungalows. Kind personnel will serve you tasteful home made specialties from the traditional kitchen of the restaurant that also includes a hall with 160 seats and a terrace with 60 seats. The natural sanatorium also mediates in accommodation of guests in the private accommodation sector. With extraordinary kindness, hospitality and the quality of services and in the close surrounding of springs there are: Hotel Selenium, Boarding house Atom flower, Boarding house Springs, Boarding house Raspberry, RTE Morava, Boarding house Vitko, Boarding house Sumadion.



Spa has modern equipment and quality personnel to provide guests balneo-physical treatment. Balneo physical treatment includes: balneotherapy (swimming pools, bath, massage...), physiotherapy (manual, kinesis therapy and electrotherapy), therapy for people with multiple sclerosis, therapy for patients with paresis and plegia, therapy for people with degenerative diseases of the bone joint devices.



The environment of the spa is rich in natural attractions of the spa (Mountain Rudnik, the highest mountain of Sumadije), cultural and historical monuments and rich ethnological heritage. In the immediate vicinity of the spa are located a stable Preljina where you can learn to ride a horse and a beautiful Ovcarsko-kablarska gorge, rich with monasteries and sources of drinking water.



Indication:

- Wellbeing
- Multiple Sclerosis
- Reumatic diseases
- Paresis and plegia
- Diseases of bone joint device

Excursion:

1. **Monastery Vujan**, was dedicated to St. Archangel Michael, and as an extremely valuable cultural and historical monument under the protection of the state. Assumed to be made in the fourteenth century. It is surrounded by dense forest. In the monastery's courtyard is a large mansion built during the reign of 1853.godine Serbian Prince Alexander Karadjordjevic. The residence was recently renovated and enlarged, and some are new buildings.

Price per person: 5 €

This excursion is organized every Wendsdays and Saturdays between 12 and 15:00

2. **Monasteries in the Ovčar-Kablar Gorge**, isiting the 10 monasteries in Ovčar-Kablar gorge, a real pleasure for all people who appreciate the history and spirituality.

Price per person: 10 €

This excursion is organized every Wendesdays and Saturdays between 12 and 15:00

Niš Spa is located at 10 km southeast of Niš, near the mouth of the Nišava River at South Morava River. In the immediate vicinity of the spa is located Koritnjak (808 m above sea level), the ultimate western branch of Suva Mountain.

The warm water of Niska Spa in the early 4th century also enjoyed the famous Emperor Constantine the Great, one of the most prominent rulers of the ancient world. Hot thermal water of Niska Spa, with average temperature of 37 OC enriched gas radon and in combination with other therapies, helps in the treatment of: cardiovascular diseases, all kinds of high blood pressure, rheumatic diseases (metabolic arthritis, rheumatism...). Also, this water is very effective in condition after rehabilitation: fracture and dislocation of joints, paralysis and surgeries of central spine, damage to blood vessels and others.



In the thirties of last century, Niska Spa was rapidly evolving in the spa resort like as European spas at that time that was a prestigious place and meeting place of morden world.

Accommodation in spa: The total storage capacity of the Institute has 560 beds, arranged in three-patient: "Radon", "Zelengora" and "Terme". Each stationary makes for itself and has, apart the accommodation part and complete therapy block (hydro, kinesio, electrical and mud therapy) and a variety of rooms for an organized group and individual recreation and entertainment.



Stationary Radon is located on 100 m of the center of Niska Spa. Capacity is 300 beds in the comfortable single and double rooms and apartments. Stationary Zelengora is located on 50 m from the center of Niš Spa. Stationary Terme is located on 150 m from the center of Niš Spa. Stationary have three villas that are connected with warm halls and it's capacity is 100 beds in single and double rooms.



Niš Spa is suitable for the preparation and competition of sports teams, since it has fields for football, handball and tennis, racetrack and shooting. Also, in Niska Spa is an attractive place for paragliding. Niska Spa has a library, art gallery and the Summer Stage, which in summer becomes a place for number of events integrated into the event "Cultural Summer" in Niska Spa.



Guests of Niska Spa can visit nearby cultural and historical monuments: Mediana, Skull-tower, Nis fortress from the 18th century, Chegar, Memorial Museum-camp "Red Cross".

Indication:

- Wellbeing
- Rheumatic diseases
- Cardiovascular system
- All kind diseases of high blood pressure

Excursions:

1. **Jelasnica Gorge** is a natural rarity located 15km from the city and 3km from Niska Banja. Although small in size, 2km long, it has been proclaimed special nature reserve due to its peculiar flora and natural beauty. Here you may see creations in stone, such as dolomite columns, resembling teeth, kneeling figures and windows. Moreover, the gorge hosts over 65 endemic and subendemic plants, some of which are very rare - such as Ramonda Serbica and Ramonda Nathaliae. In addition to the beautiful rocks and rich flora, there is also a waterfall Ripaljka here, along with the remains of a Roman fortification.

Price: 10 € per person

2. **Sicevo Gorge** represents a fascinating part of the canyon of the Nisava river, located on the road to Sofia, at the end of the final slopes of Mt. Svrlijske Planine and Mt. Suva Planina. Situated 14km away from Nis, it is 17km long and divided into two parts: the higher and lower gorge. The gorge also boasts two hydroelectric plants constructed in the early 20th century. If you visit the village of Sicevo, you may enjoy the breathtaking view of the gorge below. This village is also famous for good wines, and every summer the oldest art colony in the Balkans is organized here. It was first established by the painter Nadezda Petrovic. Having in mind numerous natural beauties and rare flora available only here, in 2000 the authorities proclaimed Sicevo Gorge a special nature reserve.

Price: 10 € per person

Medical Center Čigota is located in the center of Zlatibor Mountain in West part of Serbia. It is surrounded by pine trees on 1000 m above sea level and have ideal conditions for air spa. The main activity is the provision of medical services in endocrinology, nuclear medicine and physics, and is known for its well-known and recognized program for the regulation of body weight, Čigota Program. Čigota, health resort can also offer other wellness programs: manager, anti-cellulite program for thyroid gland.

The idea for the construction of healing in Zlatibor emerged in the late 19th century and realized in the second half of the twentieth century. Treatment results were much better than the previous exclusive drug treatment, so that this institution has become a unique center for the treatment of diseases of the thyroid gland in the Balkans. Since the foundation was a commitment to scientific and professional rise, what's great contribution was the cooperation with the Institute of Endocrinology, Diabetes and Metabolism, University Clinical Center in Belgrade, which has allowed our institution to become the base of the Medical Faculty within which to develop scientific, educational and specialized activity.



Accommodation facilities has 360 beds in 30 apartments, 67 single rooms, 79 double rooms, 9 triplerooms, 2 four-bed rooms and an adequate restaurant space, which includes: the main restaurant with 370 seats, an exclusive restaurant ZLATIBOR SKY 150 seats and bar with 90 seats. Hotel has ideal conditions for rich recreational holiday (indoor swimming pool 25m x 12.5m, fitness room, gym and outdoor sports facilities for sports). Substantial room for there are also libraries, galleries, beauty and hair salon, relax center (2 Finnish saunas, steam bath with aroma therapy, two hydro baths and solarium). Library Čigota is a real, small cultural center of Zlatibor, a place of many fine developments in the field of culture and art. Organizing literary evenings, exhibitions, talks and lectures.

With art exhibitions, which are also part of cultural life in Čigota and art evenings, which are occasionally organized, our house always makes an effort to prove that a healthy body and the need - a healthy mind!



During the tourist season, special attention is devoted to organizing cultural events (literature evenings, theatrical performances, concerts, exhibitions ...). While you are here feel your time and go to Sirogojno, ethno village with traditional wooden houses, Mokra Gora, Uzice.



Indication:

- Thyroid gland
- Cardiovascular diseases
- Osteoporosis
- Children and teens obesity

Excursions:

Sargan Eight - the most attractive highlight of Western part of Serbia. You will enjoy in beautiful landscape while you have a ride in steam power train.

Price: 18 eur per person

Price include: transfer, entrance ticket for Mecavnik and train ticket for Sargan Eight.

Tara National Park - one of the most beautiful National parks in Europe

Price: 13 eur per person

Price include: transfer, entrance ticket for National Park Tara

Ethnic village Sirogojno - open-air museum

Price: 12 eur per person

Price include: transfer and entrance ticket for Sirogojno

Zlakusa village - famous for its International Colony Art Pottery "Zlakusa"

Price: 12 eur per person

Price include: transfer and entrance ticket to Zlakusa.

Uzice - Zlatibor District Cultural Centre

Price: 10 eur per person

Price include: transfer

Indication	Koviljača Spa	Vrnjci Spa	Ribarska Spa	Atomic Spa	Niš Spa	Čigota, Zlatibor
Diseases of the digestive system and diabetes		X				
Orthopedic joint damage			X			
Rheumatism	X			X	X	
Central paralysis and spinal surgery					X	
Diseases of the spinal column and joints	X	X			X	
Diseases of the urinary tract and digestive tract		X				
Degenerative Diseases			X			
Rehabilitation after bone fractures and dislocations					X	
Osteoporosis	X					X
Muscle injury	X					
Chronic bronchitis and bronchial asthma						
Gastric ulcers and duodenal ulcers		X				
Neurasthenia						
Neurological diseases				X		
Minor nerve disease	X					
Sterility	X					
Condition after surgery for digestive organs		X				
Easily gynecological problems	X	X				
Anemia						
Damage to blood vessels					X	
Cardiovascular disease					X	X