

**MINISTRY OF HEALTH CARE OF UKRAINE**

**ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine and physical training

**APPROVED**

Vice-rector for scientific and pedagogical work

Eduard BURYACHKIVSKY

September 01, 2024

**WORK PROGRAM OF THE DISCIPLINE  
«HYDROTHERAPY AND SPA TREATMENTS»**

**Level of higher education:** second (master's)

**Field of knowledge:** 22 "Health care"

**Specialty:** 226 «Pharmacy, industrial pharmacy»

**Educational and professional program:** Pharmacy

The work program is based on the educational and professional program "Pharmacy, Industrial Pharmacy" for the training of specialists of the second (master's) level of higher education in the specialty 226 "Pharmacy, Industrial Pharmacy" of the field of knowledge 22 "Health Care", approved by the Academic Council of ONMedU (Minutes No. 10 of June 27, 2024).

DEVELOPERS:

Head of the Department MD, Professor Iushkovska O.G.

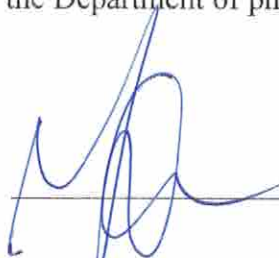
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Protocol № 1 dated 08.26.2024.

Head of the department



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Approved by the guarantor of  
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Approved by the subject cycle methodical commission for therapeutic disciplines of ONMEDU

Protocol № 1 dated 08.30.2024.



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Protocol №. \_\_ dated \_\_\_\_\_ . \_\_\_\_ 20\_\_\_\_

Head of the department

Olga IUSHKOVSKA

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Protocol №. \_\_ dated \_\_\_\_\_ . \_\_\_\_ 20\_\_\_\_

Head of the department

Olga IUSHKOVSKA

## 1. Description of the academic discipline:

Name of the indicators	Field of knowledge, specialty, specialization, level of higher education	Characteristics of the academic discipline
The total number of: Credits - 3 Hours - 90 Contentful modules - 2	Branch of knowledge 22 "Health care"	Full-time education
	Specialty 222 "Medicine"	Elective discipline
	Level of higher education second (master's)	Year of preparation: <b>4</b>
		Semesters: <b>VII - VIII</b>
		Lectures (0 hours)
		Seminars (30 hours)
		Practical (0 hours)
		Laboratory (0 hours)
		Independent work (60 hours)including individual tasks (0 hours)
		The form of the final control: Credit

## 2. The purpose and tasks of the educational discipline, competences, program learning outcomes.

**Purpose:** formation of a system of knowledge among students about the features of hydrotherapy and SPAtherapeutic method and an essential component of medical rehabilitation; mastering theoretical knowledge, skills, and abilities in all hydrotherapy and SPAtherapeutic.

### **Task:**

1. Provide knowledge about the healing properties of natural healing factors, features, and mechanisms of their influence on the human body
2. To state the theoretical foundations and methodological features of the study of socio-physiological mechanisms of adaptation of the human body to recreational and climatic factors;
3. To study the features of climatotherapy, balneotherapy, mud therapy, thalassotherapy, etc.;
4. To consider the basics of recreation and prevention at resorts and health-improving (spa) centers;
5. To familiarize students with the primary natural healing resources and their use in the spa industry;
6. To form students' knowledge, skills, and abilities to use spa and wellness methods and procedures in recreational and health-improving practice.

**The process of studying the discipline is aimed at forming elements of the following competencies:**

### **- General competencies (GC):**

- GC01. Ability to think abstractly, analyze and synthesize, learn and be modernly educated.
- GC02. Knowledge and understanding of the subject area and understanding of professional activity.
- GC03. Ability to communicate in the national language both orally and in writing.
- GC05. The ability to evaluate and ensure the quality of performed works.
- GC06. Ability to work in a team.
- GC08. The ability to preserve and multiply moral, cultural, scientific values and achievements of society based on understanding the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and the development of society, techniques and technologies, to use various types and forms of motor activity for active recreation

and maintaining a healthy way of life

GC09. Ability to use information and communication technologies.

GC10. The ability to act socially responsibly and consciously.

GC11. Ability to apply knowledge in practical situations.

GC12. The desire to preserve the environment.

GC14. Ability to adapt and act in a new situation.

GC15. Knowledge and understanding of the subject area and understanding of professional activity

GC16. The ability to conduct experimental research at the appropriate level.

GC17. The ability to make decisions and act in accordance with the principle of inadmissibility of corruption and any other manifestations of dishonesty.

**- Special (SC):**

SC02. Ability to collect, interpret and apply data necessary for professional activity, research and implementation of innovative projects in the field of pharmacy.

SC04. The ability to clearly and unambiguously convey one's own knowledge, conclusions and arguments in the field of pharmacy to specialists and non-specialists, in particular to people who are studying.

SC07. The ability to carry out sanitary and educational work among the population for the purpose of prevention of common diseases, prevention of dangerous infectious, viral and parasitic diseases, as well as for the purpose of promoting timely detection and support of adherence to the treatment of these diseases according to their medical and biological characteristics and microbiological features.

SC08. The ability to consult on prescription and non-prescription drugs and other products of the pharmacy assortment; pharmaceutical care during the selection and sale of medicinal products of natural and synthetic origin by assessing the risk/benefit ratio, compatibility, taking into account biopharmaceutical, pharmacokinetic, pharmacy dynamic and physicochemical and chemical features, indications/contraindications for use guided by data on the health status of a specific the patient

SC30. Ability to diagnose emergency conditions.

SC32. Ability to perform medical manipulations.

**Program learning outcomes (PRO):**

PRO12. Provide pre-medical assistance to patients in emergency situations and victims in extreme situations.

PRO27. To perform professional activities using creative methods and approaches.

PRO28. To carry out professional communication in the state language, to use oral communication skills in a foreign language, analyzing specialized texts and translating foreign language information sources.

PRO29. To carry out professional activities using information technologies, "Information databases", navigation systems, Internet resources, software and other information and communication technologies.

PRO37. Contribute to the preservation of health, in particular the prevention of diseases, the rational prescription and use of medicines. To conscientiously fulfill one's professional duties, to comply with the legislation on the promotion and advertising of medicinal products. Possess psychological communication skills to achieve trust and mutual understanding with colleagues, doctors, patients, consumers

**As a result of studying the academic discipline, the applicant for higher education must:**

**Know:**

- The main healing properties of natural healing factors, the mechanisms of their impact on the human body;
- Main characteristics of therapeutic factors and features of their application
- Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.;

- Activity of health-improving and resort infrastructure; innovative methods and technologies;
- Mechanism of action and physiological changes in the body after treatment with physical factors;
- Classification of resorts and the mechanism of action of resort factors on the body;
- Characteristics of physical factors (pf);
- Indications and contraindications for the appointment of physiotherapy methods;
- Mechanisms of action of physical factors (pf);
- Methods of application of physical factors;
- Definition of key concepts and terms;
- Rules for carrying out facial skin care procedures depending on its type and age;
- Complex programs for skin care of hands and feet;
- Indications and contraindications for various types of cosmetic procedures;
- Features of skin care in the salon and at home;
- Classification of cosmetic products depending on their physical and chemical structure;
- Positive and negative aspects of phyto-, aroma-, spa, diet therapy;
- Classifications of masks and the order of their application;
- Methods of non-surgical rejuvenation; types and techniques of modern cosmetic massage, manual therapy, reflexology and acupuncture;
- Methods of figure correction;

**Be able to:**

- Define the basic concepts of the course;
- Identify and evaluate the main groups of resort resources;
- Understand the general patterns of influence of natural factors on the human body;
- Explain the basics of using physical factors in health resort practice;
- Analyze the current state, directions and prospects for the development of sanatorium treatment; prove the need for rational use of natural resort resources
- Determine the appropriate methods of exposure to physical factors in certain diseases;
- Choose the optimal physiotherapy complex for the patient;
- Assess the impact of physical factors on the body of a healthy and sick person;
- Conduct a comprehensive review to address the issue of prescribing physiotherapy methods;
- Substantiate and prescribe a method of physiotherapy

### **3. Content of the academic discipline**

#### **Content module 1.**

#### **General grounds for using hydrotherapy and balneotherapy**

**Topic 1.** Natural healing factors, mechanisms of their influence on the human body. The main characteristics of therapeutic factors and features of their application. Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.

**Topic 2.** Characterization of physical factors. Mechanisms of action of physical factors. Methods of application of physical factors. Mechanism of action and physiological changes in the body after treatment with physical factors.

**Topic 3.** Fundamentals of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. The main methods of hydrotherapy, the effect on the body, and features of the application. Baths, types, application features.

**Topic 4.** The concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties, and medicinal value. External and internal use of mineral waters.

**Topic 5.** The use of mineral waters for drinking healing. Classification of drinking mineral waters. Physiological action of mineral water. The impact of drinking mineral waters on various

organs and systems of the body. Indications and contraindications for the use of drinking mineral waters of different chemical composition.

**Topic 6.** Thalassotherapy. Indications and contraindications for thalassotherapy. Pelaidotherapy. Mud cure. Healing mud. Types of dirt. The effect of the mud of different compositions on the body. Types of mud procedures. Peculiarities of mud treatment procedures, indications, and contraindications.

**Topic 7.** Modern concepts of SPA procedures. The history of the development of SPA and wellness services. SPA classification. The main natural healing resources and their use in the spa.

**Topic 8.** The concept of the SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for conducting SPA procedures. Features of carrying out depending on the age of the patient.

## Content module 2.

### Peculiarities of nutritional support for athletes

**Topic 9.** The main types of SPA procedures. The effect of various types of SPA procedures on the human body.

**Topic 10.** Spa treatments for face and hair. Skin types. Basic methods for determining skin types. Methods for testing age-related changes in the skin. The concept of peeling. Types of peels. Peeling and scrubbing with different materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals, and macronutrients with the help of masks from therapeutic mud, and clay, oils and plant extracts.

**Topic 11.** Spa treatments for arms, legs and feet. Milk, wine, beer, sea baths. Mud, chocolate or seaweed wraps. Hydromassage.

**Topic 12.** Spa treatments for the body. Peeling with salts and algae. Wraps: mineral with mud, algae, and healing silt, as well as pearl and silk. Baths: sea, milk, modeling, relaxing. Jacuzzi with hydromassage effect, phytobarrel, hammam, sauna.

## 4. The structure of the academic discipline.

Names of topics	Number of hours					
	Total	including				
		lectures	seminars	practical	laboratory	SIW
<b>Content module 1.</b>						
<b>General grounds for the use of hydrotherapy and balneotherapy</b>						
<b>Topic 1.</b> Natural healing factors, mechanisms of their influence on the human body. The main characteristics of therapeutic factors and features of their application. Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.	6		2			4
<b>Topic 2.</b> Characterization of physical factors. Mechanisms of action of physical factors. Methods of application of physical factors. Mechanism of action and physiological changes in the body after treatment with physical	6		2			4

factors.						
<b>Topic 3.</b> Fundamentals of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. The main methods of hydrotherapy, the effect on the body, and features of the application. Baths, types, application features.	6		2			4
<b>Topic 4.</b> The concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties, and medicinal value. External and internal use of mineral waters.	6		2			4
<b>Topic 5.</b> The use of mineral waters for drinking healing. Classification of drinking mineral waters. Physiological action of mineral water. The impact of drinking mineral waters on various organs and systems of the body. Indications and contraindications for the use of drinking mineral waters of different chemical composition.	6		2			4
<b>Topic 6.</b> Thalassotherapy. Indications and contraindications for thalassotherapy. Pelaidotherapy. Mud cure. Healing mud. Types of dirt. The effect of the mud of different compositions on the body. Types of mud procedures. Peculiarities of mud treatment procedures, indications, and contraindications.	6		2			4
<i>Total content module 1</i>	36		12			24
<b>Content module 2. Peculiarities of SPA procedures</b>						

<b>Topic 7.</b> Modern concepts of SPA procedures. The history of the development of SPA and wellness services. SPA classification. The main natural healing resources and their use in the spa.	6		2			4
<b>Topic 8.</b> The concept of the SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for conducting SPA procedures. Features of carrying out depending on the age of the patient.	6		2			4
<b>Topic 9.</b> The main types of SPA procedures. The effect of various types of SPA procedures on the human body.	6		2			4
<b>Topic 10.</b> Spa treatments for face and hair. Skin types. Basic methods for determining skin types. Methods for testing age-related changes in the skin. The concept of peeling. Types of peels. Peeling and scrubbing with different materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals, and macronutrients with the help of masks from therapeutic mud, and clay, oils and plant extracts.	12		4			<b>8</b>
<b>Topic 11.</b> Spa treatments for arms, legs and feet. Milk, wine, beer, sea baths. Mud, chocolate or seaweed wraps. Hydromassage.	12		4			<b>8</b>
<b>Topic 12.</b> Spa treatments for the body. Peeling with salts and algae. Wraps: mineral with mud, algae and healing silt, as well as pearl and silk. Baths: sea, milk, modeling, relaxing. Jacuzzi with hydromassage effect, phytobarrel, hammam, sauna.	12		4			<b>8</b>
<i>Total content module 2</i>	<b>54</b>		<b>18</b>			<b>36</b>
<b>Total hours:</b>	<b>90</b>		<b>30</b>			<b>60</b>



## 5. Topics of lectures / seminars / practical / laboratory classes

### 5.1. Topics of lectures

Lectures are not included in the program.

### 5.2. Topics of seminar classes

No	Topic name	Number hours
<b>Sports nutrition</b>		
1.	<b>Topic 1. Seminar class 1.</b> Natural healing factors, mechanisms of their influence on the human body. The main characteristics of therapeutic factors and features of their application. Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.	2
2.	<b>Topic 2. Seminar class 2.</b> Characterization of physical factors. Mechanisms of action of physical factors. Methods of application of physical factors. Mechanism of action and physiological changes in the body after treatment with physical factors.	2
3.	<b>Topic 3. Seminar class 3.</b> Fundamentals of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. The main methods of hydrotherapy, the effect on the body, and features of the application. Baths, types, application features.	2
4.	<b>Topic 4. Seminar class 4.</b> The concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties, and medicinal value. External and internal use of mineral waters.	2
5.	<b>Topic 5. Seminar class 5.</b> The use of mineral waters for drinking healing. Classification of drinking mineral waters. Physiological action of mineral water. The impact of drinking mineral waters on various organs and systems of the body. Indications and contraindications for the use of drinking mineral waters of different chemical composition.	2
6.	<b>Topic 6. Seminar class 6.</b> Thalassotherapy. Indications and contraindications for thalassotherapy. Pelaidotherapy. Mud cure. Healing mud. Types of dirt. The effect of the mud of different compositions on the body. Types of mud procedures. Peculiarities of mud treatment procedures, indications, and contraindications.	2
7.	<b>Topic 7. Seminar class 7.</b> Modern concepts of SPA procedures. The history of the development of SPA and wellness services. SPA classification. The main natural healing resources and their use in the spa.	2
8.	<b>Topic 8. Seminar class 8.</b> The concept of the SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for conducting SPA procedures. Features of carrying out depending on the age of the patient.	2
9.	<b>Topic 9. Seminar class 9.</b> The main types of SPA procedures. The effect of various types of SPA procedures on the human body.	2
10.	<b>Topic 10. Seminar class 10.</b> Spa treatments for face and hair. Skin types. Basic methods for determining skin types. Methods for testing age-related changes in the skin.	2
11.	<b>Topic 10. Seminar class 11.</b> The concept of peeling. Types of peels. Peeling and scrubbing with different materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals, and macronutrients with the help of masks from therapeutic mud, and clay, oils and plant extracts.	2
12.	<b>Topic 11. Seminar class 12.</b> Spa treatments for arms, legs and feet. Milk, wine, beer, sea baths.	2
13.	<b>Topic 11. Seminar class 13.</b> Mud, chocolate or seaweed wraps. Hydromassage.	2

14.	<b>Topic 12.Seminar class14.</b> Spa treatments for the body. Peeling with salts and algae. Wraps: mineral with mud, algae and healing silt, as well as pearl and silk.	2
15.	<b>Topic 12. Seminar class15.</b> Baths: sea, milk, modeling, relaxing. Jacuzzi with hydromassage effect, phytobarrel, hammam, sauna.	2
	<b>Total:</b>	<b>30</b>

### 5.3.Topics of practical classes

Practical classes are not included in the program.

### 5.4. Topics of laboratory classes

Laboratory classes are not included in the program.

## 6. Independent work of a student of higher education

№	Title of the topic / types of tasks	Number of hours
1.	Topic 1. Preparation for a seminar class1	4
2.	Topic 2. Preparation for a seminar class2	4
3.	Topic 3. Preparation for a seminar class3	4
4.	Topic 4. Preparation for a seminar class 4	4
5.	Topic 5. Preparation for a seminar class 5	4
6.	Topic 6. Preparation for a seminar class6	4
7.	Topic 7. Preparation for a seminar class 7	4
8.	Topic 9. Preparation for a seminar class 8	4
9.	Topic 10. Preparation for a seminar class 9	4
10.	Topic 11. Preparation for a seminar class10-11	8
11.	Topic 11. Preparation for a seminar class12-13	8
12.	Topic 12. Preparation for a seminar class14-15	8
	<b>Total</b>	<b>60</b>

## 7. Teaching methods

**Seminar classes:** conversation, story, explanation, demonstration, briefing.

**Independent work:** independent work with recommended basic and additional literature, with electronic information resources, independent work with a bank of test tasks, partially searching, research, presentation of the results of own research, performance of individual tasks.

## 8. Forms of control and assessment methods (Including criteria for evaluating learning outcomes)

**Current control:** oral survey, testing, assessment of performance of practical skills, assessment of communication skills, assessment of class activity.

**Final control:** balance

**Evaluation of the current educational activity at the seminar session:**

- Evaluation of theoretical knowledge on the subject of the lesson:
  - methods: survey.
  - the maximum score is 5, the minimum score is 3, the unsatisfactory score is 2.
- Evaluation of practical skills and manipulations on the subject of the lesson:
  - methods: assessment of the correctness of the performance of practical skills
  - the maximum score is 5, the minimum score is 3, the unsatisfactory score is 2.

The grade for one practical session is the arithmetic average of all components and can only have a whole value (5, 4, 3, 2), which is rounded using the statistical method.

### Current assessment criteria at the seminar session

Rating	Evaluation criteria
"5"	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully perform the tasks provided for by the program, mastered the content of the main and additional literature, realized the interrelationship of individual sections of the discipline, their importance for the future profession, showed creative abilities in understanding and using educational program material, showed the ability to independently update and replenish knowledge.
"4"	The applicant has demonstrated complete knowledge of the educational program material, successfully performs the tasks prescribed by the program, has mastered the basic literature recommended by the program, has shown a sufficient level of knowledge in the discipline and is capable of their independent updating and renewal in the course of further training and professional activity.
"3"	The applicant has demonstrated knowledge of the basic curriculum material in the amount necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in answers and during the performance of test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance scientific and pedagogical worker.
"2"	The applicant did not demonstrate sufficient knowledge of the main educational program material, made fundamental mistakes in the performance of tasks provided for by the program, cannot use the knowledge in further studies without the help of a teacher, did not manage to master the skills of independent work.

#### **Evaluation of independent work of applicants:**

The independent work of the students is evaluated during the current control of the topic in the corresponding lesson. Mastery of topics that are presented only for independent work is checked during classroom classes.

Credit is given to the applicant who completed all tasks of the work program of the academic discipline, took an active part in seminar classes, completed and defended an individual assignment and has an average current grade of at least 3.0 and has no academic debt.

Assessment is carried out: at the last lesson before the beginning of the examination session - with the tape system of learning, at the last lesson - with the cycle system of learning. The credit score is the arithmetic average of all components on a traditional four-point scale and has a value that is rounded using the statistics method with two decimal places after the decimal point.

### **9. Distribution of points received by students of higher education**

The obtained average score for the academic discipline for applicants who have successfully mastered the work program of the academic discipline is converted from a traditional four-point scale to points on a 200-point scale, as shown in the table:

#### **Conversion table of a traditional assessment into a multi-point scale**

Traditional four-point scale	Multipoint 200-point scale
Excellent ("5")	185 - 200
Good ("4")	151 - 184
Satisfactory ("3")	120-150
Unsatisfactory ("2")	Below 120

A multi-point scale (200-point scale) characterizes the actual success of each applicant in learning the educational component. The conversion of the traditional grade (average score for the academic discipline) into a 200-point grade is performed by the information and technical department of the University.

According to the obtained points on a 200-point scale, the achievements of the applicants are evaluated according to the ECTS rating scale. Further ranking according to the ECTS rating scale allows you to evaluate the achievements of students from the educational component who are studying in the same course of the same specialty, according to the points they received.

The ECTS scale is a relative-comparative rating, which establishes the applicant's belonging to the group of better or worse among the reference group of fellow students (faculty, specialty). An "A" grade on the ECTS scale cannot be equal to an "excellent" grade, a "B" grade to a "good" grade, etc. When converting from a multi-point scale, the limits of grades "A", "B", "C", "D", "E" according to the ECTS scale do not coincide with the limits of grades "5", "4", "3" according to the traditional scale. Acquirers who have received grades of "FX" and "F" ("2") are not included in the list of ranked acquirers. The grade "FX" is awarded to students who have obtained the minimum number of points for the current learning activity, but who have not passed the final examination. A grade of "F" is assigned to students who have attended all classes in the discipline, but have not achieved a grade point average (3.00) for the current academic activity and are not admitted to the final examination.

Applicants who study in one course (one specialty), based on the number of points scored in the discipline, are ranked on the ECTS scale as follows:

### **Conversion of the traditional grade from the discipline and the sum of points on the ECTS scale**

<b>Evaluation on the ECTS scale</b>	<b>Statistical indicator</b>
AND	Top 10% achievers
IN	The next 25% of earners
WITH	The next 30% of earners
D	The next 25% of earners
THERE ARE	The next 10% of earners

### **10. Methodical support**

- Working program of the academic discipline
- Syllabus
- Methodical developments for practical classes
- Methodical recommendations for independent work of higher education applicants
- Tests for theoretical and thematic assessment of passed topics by applicants.
- Educational and methodical literature

### **11. Questions to prepare for the final control**

#### **Content module 1. General grounds for the use of hydrotherapy and balneotherapy**

1. Basic healing properties of natural healing factors.
2. Mechanisms of the impact of natural healing factors on the human body.
3. Main characteristics of therapeutic factors
4. Features of medical and health-improving techniques.
5. Indications and contraindications for the appointment of physiotherapy methods.
6. Methods of application of physical factors.
7. Indications and contraindications for various types of cosmetic procedures.
8. Fundamentals of hydrotherapy.
9. Types of hydrotherapy.
10. General indications and contraindications for the use of hydrotherapy.
11. Baths, their types, application features.
12. The concept of balneotherapy.

13. Classification of mineral waters by chemical composition, physical properties and medicinal value. External and internal use of mineral waters.

### **Content module 2. Features of SPA procedures**

1. Modern concepts of SPA procedures.
2. Spa classification.
3. The main natural healing resources used in the spa.
4. The concept of the SPA procedure.
5. The main tasks of SPA procedures.
6. General indications and contraindications for various types of SPA procedures.
7. Features of carrying out depending on the age of the patient.
8. main types of SPA procedures.
9. The impact of various types of SPA procedures on the human body.
10. Spa treatments for face and hair.
11. The main ways to determine skin types.
12. Types of peels.
13. Peeling and scrub with different materials of mineral or vegetable origin.
14. Spa treatments for the body.

## **12. Recommended Books**

### **Main**

1. Marybetts Sinclair. Hydrotherapy for Bodyworkers: Improving Outcomes With Water Therapies. Handspring Publishing; 2nd edition, 2020. 391 p.
2. R. J. Nikola. Creatures of Water: Hydro and Spa Therapy Textbook. Europa Publishing; 5th Edition, 2019. 238p.

### **Additional**

1. Jane Crebbin-Bailey. The Spa Book: The Official Guide to Spa Therapy: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority). Cengage Learning; 1st edition, 2004.
2. Hannelore R. Leavy, Reinhard R. Bergel. The Spa Encyclopedia: A Guide to Treatments & Their Benefits for Health & Healing. Milady, 1st Edition, 2002. 192 p.

## **13. Information resources**

1. <http://www.mckinseyquarterly.com> («The McKinsey Quarterly»)