



TREATMENT AND REHABILITATION OF TOURISM AND RECREATION

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ANNOTATION

This article provides information on the treatment and rehabilitation of tourism and recreation, and develops directions for the rapid development of the industry based on the experience of European countries.

Keywords: *tourism, recreation, specialization, integration, recreational tourism, SPA, wellness, fitness, check-up*

INTRODUCTION

Tourism and recreation today are developing in terms of quality and quantity. The most developed countries in tourism and recreation are Austria, Canada, France, Spain, Sweden, Great Britain and the United States. "The tourism economy has become an active stage of development over the past 50 years. Research on tourism is growing." [1] "Tourism has played an important role in the country's economy. Cities and regions have a place in the world economy. They are undergoing a long process of international specialization and integration." [2].

The essence of tourist and recreational services should be clarified at the international level. In tourism, the term "recreation" was first used in the English literature in the fourteenth century, meaning "refreshment or curing of a sick person" or "healing". Tourist and recreational services have been interpreted differently by scholars at different times. According to S. Williams, a Western scholar, recreation is an integral part of tourism, and the connection between them is inseparable. In his research, he introduced the concept of "recreation tourism" as a separate type of tourism in tourism typology. Other western scholars include Charles R. Goeldener and J.R. According to Brent Richielar, depending on the type of tourist, recreation during the visit can be either a primary or a secondary need [5]. Russian scientists VI Grigorev and VS Simonov studied recreation from the point of view of the theory of social benefits as a type of activity aimed at the acquisition of relevant knowledge and skills through the targeted organization of recreation [6].

MAIN PART

Therapeutic recreation is one of the main types of recreational activities. Underlying this activity lies human health, the process of restoring the ability of people to work as a result of their work. This is one of the most pressing tasks of today. Therapeutic recreation has a very ancient history. In the twentieth century, the entire resort industry was formed. Within this industry, new forms of wellness have been formed on the basis of traditional climatic, balneological and healing mud spas - SPA, wellness, fitness. Modern sanatorium-resort organizations provide services in the check-up program.

The development of therapeutic-sanatorium direction of recreation is a comprehensively effective way. Healing - is the treatment of mental, physical, mental stress through the natural environment during human labor. In the natural environment, the central nervous system of humans rests. The time, place, duration of rest

have a positive effect on the recovery process of the human body. It consists in organizing a meaningful rest in a person's free time. During this period, they will have to continue interventions to eliminate interruptions, completely forgetting their performance.

This type of recreation includes sanatoriums, sanatoriums, health resorts, rest homes, boarding houses, recreation centers. There are sanatoriums, sanatoriums, health resorts, as well as spa clinics in the health-improving types of recreation. The spa clinics provide water, mud treatments and excellent medical care. "There is a sign of seasonality in the activities of other areas of recreation, when there is a high level of pressure on the activities of sanatoriums in the sanatorium-resorts of certain periods in these regions" [7].

RESULTS AND DISCUSSION

European health centers are well-known in this field. The Czech Republic is a leader among European countries. During the year, more than 50,000 people from more than 70 countries visited the resorts of this country. One of the largest Czech resorts, Karlovy Vary, is located in the western part of the country. There are 12 springs in this resort. The most famous is Vřidlo. Karlovy Vary is mainly treated for gastrointestinal diseases, diseases of the metabolic system. Frantiskov Lazne Resort is located in the western part of the Czech Republic and is one of the oldest, largest, internationally important resorts in the country. It treats heartburn, diseases of the musculoskeletal system, diseases of the circulatory system. 20 km north of Karlova Vary is the resort of Yahim, located 650 meters above sea level. It is one of the largest health resorts in the world, with treatment based on thermal and radioactive sources. The temperature of mineral water is 28 ° C. Nice radio-sanatorium, where diseases of the nervous system are treated.

There are more than 300 sanatoriums in Germany, where more than 1 million people are treated, mainly from Europe, the United States and Canada. The most famous is the resort of Baden Baden. Blood diseases, respiratory, nervous system, body cleansing, disease prevention are the main directions of this sanatorium. The mountain and balneological resorts of Austria and Switzerland form the basis of European medical tourism. Thalassotherapy centers at popular resorts are located in France. Adjacent to them are the unique balneological resorts of Italy. At the same time, in Poland, Hungary, Slovakia, Bulgaria, Romania, Croatia, medical tourism is developing rapidly, and programs for the development of coastal and balneological resorts have been adopted. Balneotherapy resort Naftalan is located 30 km south of Zagreb. It gained worldwide recognition in the twentieth century, and when naphthalene began to come out of oil wells, it began to be used for medical purposes.

The popularity of naphthalene in medicine has been known to mankind for 600 years. It was first used in the treatment of skin diseases. Slovakia is world famous for its resorts. Pieshtian resort is one of the most popular places in South-West Slovakia as a balneological resort. It treats rheumatism, neurological diseases on the basis of many therapeutic thermal sources, and there are balneotherapy centers for children at the resort. Many vacationers from Spain, Portugal and Greece visit the seaside resorts. Residents of the CIS countries go to the main traditional places of Israel (Dead Sea resorts) for health and recreational recreation, the coastal climatic resort of Egypt and Turkey. In the system of spas today it is necessary to establish a wide range of treatment and rehabilitation. The location and location of the resorts directly play a big role in the specialization of the resorts. Many spas are located close to mineral water sources. In each country, medical recreation is developing on the basis of natural resources and socio-economic relations.

CONCLUSIONS

Scientific research shows that the treatment and rehabilitation of tourism and recreation is one of the most developed and ancient, young areas today. Thus, it has a high potential for the development of the industry in a number of regions of the world. In the future, it is advisable to conduct a number of scientific studies to further develop such areas.

First, an analysis of specific areas of specialization and cooperation in world tourism and recreational activities;

Second, to increase the importance of the therapeutic direction of recreation in the world, to constantly feel the need for recreation throughout human life and to develop ways to meet the need;

Third, the widespread dissemination of the experience of European countries, the effective and comprehensive use of their recreational potential.

In conclusion, it can be said that the rapid development of tourist and reactionary activities, including a serious focus on the treatment and rehabilitation of recreation, is to increase the flow of visitors.

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