



'Balneology Project'

Introduction

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Over the past two decades, we have witnessed a steady increase in the prevalence of chronic diseases globally, and this trend is expected to continue, placing a significant economic burden on healthcare systems. Optimal management of chronic diseases requires a combination of non-pharmacological and pharmacological interventions. In this context, balneotherapy emerges as one of the most widespread complementary therapies in numerous countries, used for the treatment of various pathologies and chronic conditions. It includes a wide range of interventions, such as baths in mineral water, mud or peloid applications, hydropinotherapy, inhalations and irrigations, used for prevention, treatment and rehabilitation. The effective use of these practices requires in-depth knowledge of the various types of intervention, the methods of application and the related indications and contraindications of the possible side effects. The balneology project aims to respond to this growing demand for training. Furthermore, it is important to underline that it can constitute a valid driving force for higher education structures and centres. The objectives of this project include aligning communication on the topic, raising awareness of the operators involved and creating the basis for a common language in the sector.



Courses 2025

May 05, 12, 19:

'History and Terrain'

June 16, 23, 30:

'The Mechanisms of action of Balneotherapy'

September 15, 23, 29:

'Balneology: Clinical Application Review of Findings Pt 1'

Webinar from 04:40 PM to 07:45 PM Rome time

Teaching methodology

The project involves the development of a detailed scientific in-depth program whose courses will be made available on our interactive platform <https://lms.balneologylearn.com>

Types of courses

- **live interactive courses** 6-hour course divided into 3 sessions over 3 days
- **interactive asynchronous courses** 6 hours for course lasting 3 months



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