

**BANJA**

**SREBNA**

**SERBIA SPA**

Na prostranom platou, u blizini Gamzigrada, okružena uzbudljivim planinama istočne Srbije, stoji Felix Romuliana, carska palata imperatora Gaja Valerija Galerija Maksimilijana, podignuta u II i IV veku.

Sve do 1984. godine smatralo se da su to bili ostaci vojnog logora, luksuzne banje ili episkopsko sedište. Tada je konačno ustanovljeno da je to palata koju je rimski imperator Galerije, rođen u ovoj oblasti, podigao sebi i svojoj majci Romuli, po kojoj ju je i nazvao.

Na brdu Magura, u blizini palate, rano preminuli Galerije, sa svojom majkom je u religioznom obredu uzdignut među bogove.

Felix Romuliana je najatraktivniji spomenik antičkog doba sačuvan u Srbiji.

On the spacious plateau, in the vicinity of Gamzigrad, surrounded by exciting mountains of eastern Serbia, there is Felix Romuliana, the royal palace of emperor Gai Valerie Galerie Maximilian, built in the 2nd and the 4th century.

Prior to 1984, this place had been thought to be the remnants of the military camp, luxurious bath or the seat of the bishopry. It was finally established in 1984 that that used to be the palace built by Roman emperor Galerie, who was born in this area, for himself and his mother Romula, after whom he named the palace.

On the hill of Magura, in the vicinity of the palace, early deceased Galerie and his mother were placed among the gods in the religious ritual.

Felix Romuliana is the most attractive monument from the Classical Age preserved in Serbia.





FELIX ROMULIANA



**Republika Srbija**  
**MINISTARSTVO TRGOVINE, TURIZMA I USLUGA**  
Beograd

Usvojenom Strategijom razvoja turizma Republike Srbije do 2015. godine banjskom i zdravstvenom turizmu ("SPA & WELLNESS") dat je značajan ponder u smislu da je to jedan od devet turističkih proizvoda sa kojima Republika Srbija treba da računa kao sa svojim šansama ulaska na međunarodno turističko tržište u narednom desetogodišnjem periodu.

Rast banjskog i zdravstvenog turizma u međunarodnim razmerama, zahtevaće značajne promene i prilagođavanje ovog vida turizma u našoj zemlji. Neophodno je uvođenje novih, kvalitetnih proizvoda i usluga kao što su:

"Destination Spa" koji podrazumevaju klasične profesionalne spa usluge i sve fitnes i wellness komponente u okviru cele destinacije.

"Medical Spa" sa najvećim potencijalom, jer podrazumevaju medicinski tretman i terapiju što se upravo i traži na tržištu. Radi se o integraciji zdravstvenih i wellness komponenti.

"Mineral Springs Spa" koji se bazira na ponudi prirodnih mineralnih izvora, termalnih izvora, hidroterapeutskih tretmana i drugo.

"Resort/hotel Spa" kao prilagođavanje hotelskih kapaciteta i tražnje za zdravstvenim uslugama.

Republika Srbija ima šanse posebno u domenu Medical/Spa i Mineral Springs Spa, što su u suštini oni proizvodi koji sa minimalnim ulaganjima mogu brzo da donesu željene rezultate ("quick win" proizvodi) tj. brzo pobeđujući proizvodi.

Ministarstvo trgovine, turizma i usluga Vlade Republike Srbije je u poslednjih par godina, posebnu pažnju poklonilo unapređenju razvoja banjskog i zdravstvenog turizma a preko podsticajnih sredstava za razvoj turizma kao i sredstvima predviđenim Nacionalnim investicionim planom Vlade Republike Srbije kroz nekoliko značajnih projekata. Smatram da bi se takvim tempom moralo nastaviti i u narednom desetogodišnjem periodu.

**MINISTAR**  
Prof. dr Bojan Dimitrijević



**Republic of Serbia**  
**MINISTRY OF TRADE, TOURISM AND SERVICES**  
Belgrade

The adopted Tourism Development Strategy of Republic of Serbia prior to year 2015 gives significant ponder to the "SPA & WELLNESS" tourism in the sense that it is one of nine tourist products on which Republic of Serbia should count as its chance for entrance on the international tourist market in the following ten-year period|.

The growth of the spa & wellness tourism at the international level will demand significant changes and adaptation of this type of tourism in our country. It is necessary that the new, quality products and services be introduced:

"Destination Spa" implies classical professional spa services and all fitness and wellness components on certain destination.

"Medical Spa" has the largest potential, because it includes medical treatment and therapy, which is in great demand on the market. It is, actually, integration of medical and wellness components.

"Mineral Springs Spa", which is based on the offer of natural mineral springs, thermal springs, hydrotherapy treatments, etc.

"Resort/hotel Spa" as an adaptation of hotel capacities to meet the demand for medical services.

Republic of Serbia has great opportunities, especially in the domain of Medical/Spa and Mineral Springs Spa, which are, in essence, the products that can quickly yield the desired results with the minimal investments, that is, the "quick win" products.

The Ministry of Trade, Tourism and Services of the Government of Republic of Serbia has been giving special attention in the past few years to the improvement of development of the spa & wellness tourism with the stimulation means for development of tourism and the funds from the National Investment Plan of the Government of Republic of Serbia through several important projects. My opinion is that such tempo must be maintained in the following ten-year period.

**MINISTER**  
Prof. Bojan Dimitrijević, PhD



Republika Srbija  
MINISTARSTVO ZDRAVLJA  
Beograd

Naša zemlja raspolaže sa preko 300 izvora mineralnih, termalnih, termomineralnih voda, kao i pojava lekovitih gasova, lekovitog blata, ali i vazduh i ostali klimatski i biološki resursi takođe predstavljaju značajan prirodni potencijal za sve vrste banja. U Srbiji postoji preko 100 banjskih i klimatskih lokaliteta dok 39 banjskih i klimatskih mesta imaju razvijene zdravstvene usluge.

Kao jedno od resornih ministarstava za ovu oblast, Ministarstvo zdravlja već godinama podržava svaku inicijativu u smislu poboljšanja opštih uslova i banjskih kapaciteta i na tom planu aktivno sarađuje sa Ministarstvom za turizam i trgovinu.

Međutim, pored turističkih usluga, najznačajniji segment banjskog turizma jesu zdravstvene usluge, koje i pored prirodnih kvaliteta lečilišta, moraju zadovoljiti svetske standarde kvaliteta.

Za dostizanje najvišeg nivoa kvaliteta neophodno je razdvojiti tradicionalni pristup rehabilitaciji od Wellness i drugih savremenih programa i u tom smislu razvijati potencijale, kako bismo ovaj segment zdravstvenog turizma mogli da plasiramo na svetsko tržište ravnopravno sa konkurencijom.

Ministarstvo zdravlja će svakako i dalje aktivno učestvovati u donošenju i sprovođenju strateških rešenja, kao i u stručnoj pomoći i podršci svim ustanovama i pojedincima koji nameravaju ili se već bave ovom delatnošću.

Dr sc. med Nevenka Karanović  
DRŽAVNI SEKRETAR



Republic of Serbia  
MINISTRY OF HEALTH  
Belgrade

Our country has over 300 springs with mineral, thermal and thermo-mineral waters, as well as medicinal gases, medicinal mud, while air and other climatic and biological resources also represent significant natural potential for all kinds of spa resorts. There are more than 100 spa resorts and climatic locations in Serbia, 39 of which already provide medical services.

As one of the authorized ministries in this field, the Ministry of Health supports every initiative for improvement of general conditions and capacities of spa resorts, and it actively collaborates with the Ministry of Tourism and Trade in that field.

However, besides tourist services, the most significant segments of the spa tourism are medical services, which, in addition to the natural qualities of the sanatorium, must satisfy all world quality standards.

In order to achieve the highest level of quality, it is necessary to separate traditional approach to rehabilitation from the Wellness and other modern programs and, in that way, develop potentials, so that that segment of medical tourism could appear on the world market shoulder to shoulder with the competitors.

The Ministry of Health will certainly take active part in the decision making and realization of strategic solutions in the future, as well as in professional help and support to all institutions and individuals who intend to deal or are already dealing with this activity.

Dr. Nevenka Karanović  
SECRETARY OF THE STATE



Mane petas montes,  
medio nemus, vespere fornes.

Ako želiš da budeš zdrav ujutro idi na brda,  
u podne u šumu, a uveče na izvore.

If you want to be healthy, go into the hills in the morning,  
into the forest at noon, and to the springs in the evening.



**DOBRO DOŠLI  
U BUDUĆNOST**



**WELCOME TO  
THE FUTURE**



# Dobro došli u Srbiju

od Svevišnjeg obdarenu nizinama, humovima, proplancima, brdima, planinama, izvorima, potocima, rekama, jezerima, gejzirima, goletima i šumama, pešćarama i prašumom, arheološkim lokalitetima iz vremena i od pre neolita, srednjevekovnim manastirima, crkvama i inim aktivnim sakralnim spomenicima i raznovrsnim darovima prirode prenetim na trpeze, u zemlju najstarijeg pisma.

Dobro došli u zemlju zimskog i letnjeg turizma, u prostor mineralnih izvora lepote i zdravlja; banjskih, ravničarskih i planinskih mesta.

Srbija je raj i za sportiste i lovce, za ljubitelje prirode i zdravog života, za pesnike, književnike, slikare, ljude od filma...

Ljubav na prvi pogled ostavlja dubok trag tako da drugi postaje neizbežan. Ove poglede su kroz vekove ostavljali brojni putopisci, slikari, pesnici i ini pohodeći nas.

“Kad u Srbiji dođete u posetu, odmah se donosi poslužavnik sa jednom ili dvema posudama slatka, jednim sudom za kašičice, iz dva dela - jedan pun a drugi prazan, i izvesnim brojem čaša sa vodom.

Poslužavnik vam obično prinosi jedna ljupka kći iz kuće, ili, što predstavlja naročitu čast, sama domaćica. Od vas se očekuje da uzmete punu kašičicu slatka i da popijete gutljaj vode.

Da bi ublažili dejstvo vode Srbi vas služe šljivovicom. Lepo ponašanje traži od vas da popijete tri čašice, jer postoji jedna srpska poslovice koja kaže: Tri puta pomaže Bog, i uz to, misli se da time ukazujete čast Svetoj Trojici.

“Svako je u Srbiji duša od gostoprimstva, i putnik u nekom kraju unutrašnjosti dočekuje se dobrodošlicom i obilato se ugošćava...” - pisala je engleskinja Vivijan Herbert, u svom delu “Srbija raj siromaha”, davne 1897. godine.





**Welcome to Serbia**, gifted by the Creator with plains, slopes, meadows, hills, mountains, springs, brooks, rivers, lakes, geysers, barren land and forests, sand depots and forests, archeological locations from the pre-neolith period, monasteries from the middle-ages, churches and other active sacral monuments and various gifts from nature, transferred to tables, in the country of the oldest epistle.

Welcome the country of winter and summer tourism, into a space of mineral springs of beauty and health; spa, plain and mountainous places.

Serbia is paradise for athletes and hunters too, for nature and healthy lifestyle lovers, for poets, writers, painters, movie people...

Love at first sight leaves a deep mark so that the second sight becomes unavoidable. These views have been, through the centuries, left by numerous writers, painters, poets and those who foray us.

“When you come to Serbia for a visit, a tray is immediately brought in with one or two jars of homemade marmalade, a dish for spoons, with two parts – one full and the other empty, and a number of glasses with water.

The tray is usually brought to you by a sweet daughter from the house, or, doing a great honor, by the hostess herself. You are expected to take a spoonful of marmalade and take a sip of water.

In order to alleviate the effect of the water, Serbs offer you their, usually homemade, national liquor “šljivovica”. Good manners require you to drink three shots because there is a Serbian saying that goes: God helps three times, which means that you are honoring the Holy Trinity.

Everyone in Serbia is a soul of hospitality, and a traveler in the Province is welcomed and richly entertained...” – written by Vivian Herbert, in her piece “Serbia: The Poor Man’s Paradise”, back in 1897.

Mi, Petar Prvi, po milosti božijoj i volji narodnoj Kralj Srbije, proglašujemo i objavljujemo svima i svakome, da je Narodna Skupština, sazvana u redovan saziv za 1. oktobar 1913. godine, na sastanku 2. juna 1914. godine, rešila i da smo mi potvrdili i potvrđujemo:

## ZAKON O BANJAMA, MINERALNIM I TOPLIM VODAMA

Sve mineralne i tople vode svojina su državna. Njima rukuje i upravlja Ministar Unutrašnjih Dela, preko Sanitetskog Odeljenja. Ako koja mineralna ili topla voda postoji, ili se pronade na privatnom imanju, država ima prava, da dotično imanje i sva okolna, ako potreba zahteva, otkupi, ili slobodnom pogodbom i kupovinom ili putem eksproprijacije na teret sredstava sanitarnog budžeta.

Pravo na eksploataciju mineralnih i toplih voda u vidu banje ili u ma kom drugom vidu ima samo država. Ako država ne bi mogla ili htela eksploatisati neku mineralnu ili toplu vodu, može, zakonodavnim putem, za izvesno ograničeno vreme, ustupiti drugim telima ili licima.

U širem banjskom rejonu mogu se podizati građevine za stanovanje sopstvenika i bez odobrenja Ministra Unutrašnjih Dela.

Za stanovanje banjskih posetilaca mogu se upotrebiti samo građevine sagrađene po planovima, koje je odobrio Ministar Unutrašnjih Dela i Građevina i za koje se u početku banjske sezone sanitetsko-policijskom komisijom utvrdi da su ispravne za stanove.

Ako bi neko u užem ili širem banjskom rejonu izdavao zgrade za stanovanje, za koje je utvrđeno da nisu higijenski ispravne ili koje su namenjene samo za stanovanje sopstvenika, kazniće ga komesar sa 50 do 250 dinara i zgrade zatvoriti.

U užem banjskom rejonu ne sme se gora niti drugo drveće seći, sem kad to odobri banjska uprava, radi ulepšavanja same banje.

U širem banjskom rejonu, i na prostoru od dva kilometara od periferije užeg reiona, sme se gora seći samo po odobrenju Ministra Unutrašnjih Dela, a po saslušanju Ministra Narodne Privrede.

Na celom tom prostoru ne sme se puštati stoka, naročito koze, da brste i kvare goru. Ko postupi protivno, kazniće ga policijska vlast dotičnog sreza u kome se banja nalazi sa 10 do 100 dinara u korist Sanitetskog Fonda.

Svaka je banja u pravnom pogledu sastavni deo dotične opštine, ali pored toga ima naročito i uređenje, po odredbama ovog zakona.

U svakoj banji postoji stalna banjska uprava.

Glavna dužnost banjske uprave je: Staranje da se svi banjski poslovi vrše na vreme; Da predlaže Ministru Unutrašnjih Dela šta je sve potrebno za unapređenje banje; Da se za vreme banjskih sezona stara o redu u banji; i, Da vrši sve poslove po odredbama ovog zakona i pravilnika.

Prihodi banjski su: Prihodi od državnih dobara (kafane, gostionice, zgrade za stanovanje itd.); Prihodi od kur-takse; Prihodi po specijalnim zakonima i odredbama kao: kasapska i dućanska arenda i ostali prihodi po ovome ili drugom kom zakonu; Prihodi od naplate za upotrebu ustanova postrojenja koja pripadaju državi (kupatila, masaža itd.); Prihodi od kazni i drugih nepredviđenih prihoda.



# Exerpts almost a century old



I, Petar The First, by God's mercy and the nation's will, King of Serbia, declare and announce to all that the National Parliament, assembled at a regular summon for Oct. 1, 1913, at the meeting held on June 2, 1914, settled it and that I confirmed and am confirming:

## THE LAW ON SPAS, MINERAL AND HOT WATER SPRINGS

All mineral and hot spring water are public property. They are managed and controlled by the Minister of Internal Affairs, through the Sanitary Department. If any mineral or hot water exists, or is discovered on private property, the Government has the right to, if necessary, purchase the land at hand and that in the vicinity, by free agreement and purchase or by expropriation at the expense of the sanitary budget,

Only the Government has the right to exploit mineral and hot water in the form of a spa or in any other form. If the Government is unable or unwilling to exploit a mineral or hot water spring, it may, by law, for a certain limited time, consign it to other parties or persons.

In the broader spa region, apartment buildings for the proprietor may be built without the approval of the Minister of Internal Affairs.

For the habitation of spa visitors, only buildings built based on plans approved by the Minister of Internal Affairs and Structures may be used, which are inspected at the beginning of the spa season by the sanitary-police commission and established to be in order for apartments.

If someone in a narrower or broader spa region rents out buildings, which have been established as not in hygienic order, or ones that are intended only for proprietors' residence, he will be fined by the Commissary with 50 to 250 din and his buildings will be closed.

In the narrower spa region, forest or other trees may not be cut down, unless approved by the Spa Administration, for the sake of beautifying the Spa itself.

In the broader spa region, and on a territory of two kilometers from the periphery of the narrower region, forest may only be cut down with approval from the Ministry of Internal Affairs, and with an audience of the Minister of National Economy.

Cattle may not use that area, especially not goats, they may not graze and damage the forest. He who violates these regulations will be fined by the Police authority of the Canton in which the spa is located with 10 to 100 dinars for the benefit of the Sanitary Fund.

Every spa is, in the legal sense, an essential part of a respective municipality, but besides that it has also has a special arrangement, based on the regulations of this law.

Every spa has a permanent spa administration.

The spa's administration's main task is: Making sure all spa affairs are done on time; To propose to the Minister of Internal Affairs all that is required for spa advancement; To be responsible for the order in the spa during spa seasons; and, To perform all the work based on the regulations of this law and rulebook.

Spa incomes are: Incomes from public goods (taverns, inns, apartment buildings etc.); Incomes from treatment tolls; Incomes based on special laws and regulations such as: butchery and store tenure and other incomes based on this law or some other law; Incomes from payment for the use of apartments facilities that belong to the Government (bathrooms, massages etc.); Incomes from fines and other unplanned incomes.

*Non est vivere, sed valere vita. - Life is not living, it is being healthy.*

# BANJA SRBIJA

Pažljivim osluškivanjem jezika shvatićete da je u Srbiji odomaćen i izraz : BANJA!

Primenjujemo ga kada poželimo da kažemo koliko nam je lepo, kako nam je dobro, kako je sve u najboljem redu – baš je BANJA!

## Verujte – Srbija je BANJA!

Kult “Svetih lekara” - vračeva i “Svetih veterinara” se u nas razvijao od 13-tog veka.

Vrač i Kuzman i Damjan su bili rimski lekari čiji se kult dugo održao u našim krajevima. Bili su znani kako po lečenju tako i po jednoj transplataciji noge. Pored njih se u nas poštuje i Pantelejmon, lekar iz Nikomedije, tako da su sva trojica proglašeni za svece.

Lekari Kir i Jovan, Samson i Diomed, Zotik i Kozma kao i svete Tekla i Matina su prikazivani u dvoje. Neki kako drže u rukama skalpele, lekarske pincete. Takve freske se nalaze u manastirima: Dečani, Žiča, u Markovom manastiru, u Arilju i Hilandar.

Jedna od najpoznatijih i najbolje očuvanih fresaka na tu temu je freska sa likom Svetog Kuzmana, iz 1314. godine, i nalazi se u kraljevskoj crkvi u Studenici. Ovaj sveti čovek je predstavljen sa lancetom u ruci i sa lekarskim kovčežićem.

U srednjevekovnoj Srbiji, paralelno uz osnivanje manastirskih bolnica, prevođena su dela najpoznatijih antičkih i srednjevekovnih autora iz oblasti dijetetike, praktične terapije, dijagnostike i opšte higijene.

U rukopisnim zbirkama nalaze se, između ostalih : “Jestestvoslovije”, prevod Hipokritovog “De natura homini”; “Beseda od poznatija bolesti po pipanju žili” – prevod Galenovog spisa “De pulsu”; prevod Diskoridovog dela “De material medica”, “Skazanije o poštatih čelovječeskih” vizantinca Simeona Seta i nesumnjivo najznačajniji “Hilendarski medicinski kodeks”. Svi ovi rukopisi su prevođeni na srpsku medicinsku terminologiju.

Kralj Milutin ( 1282 – 1321 ) je podigao u Carigradu bolnicu u kojoj je u XIV i XV veku postojala i Medicinska škola. Pomenuta je i u Studeničkom i Cetinjskom letopisu.

Milutinov savremenik, arhiepiskop Danilo drugi kaže : “ U samom Carigradu, na mestu zvanom Prodom sazda božanstvenu crkvu davanjem bezbrojnog zlata svog i načini i mnoge i divne prekrasne palate i postavi Ksenohodije, to jest bolnice i tu načini mnoštvo odora radi počivanja bolnima.

I mnoge vešte lekare našavši dade im mnogo zlata i šta im je na potrebu, da neprestano nadziravaju bolesnike lečeći ih.”

Autor “Srpske medicine od IX do XIX veka” navodi da je Sultan Muhamed II Osvajač, poklonio manastir s Milutinovom bolnicom i Medicinskom školom jednoj srpskoj vlastelinki.



***Sani divitibus ditiores.***

**Zdravlje je najveće bogatstvo.**





# SERBIA SPA

By carefully listening to the language you will realize that the term “SPA!” is also domesticated in Serbia.

We use it when we want to say how good we feel, how well we are doing, that everything is great – this is a real SPA!

## Believe – Serbia is a SPA!

“Holy Doctors” Cult – medicine men and “Holy Veterinarians” began developing here in the 13th century.

Medicine men Kuzman and Damjan were Roman doctors whose cult lived for a long time on our territories. They were known for healing and leg transplantation. Besides them, we also respect Pantelejmon, a doctor from Niko-medija, so that all three were declared saints.

Doctors Kir and Jovan, Samson and Diomed, Zotik and Kozma as well as Saint Tekla and Saint Matina are presented in pairs. Some holding scalpels and doctor’s forceps. Such frescos are located in monasteries: Dečani, Žiča, in Marko’s Monastery, in Arilje and on Hilandar.

One of the most famous and best preserved frescos on that topic is the fresco with the image of Saint Kuzman, from 1314, and it is located in the Royal Church in Studenica. This holy man is presented with a lancet in his hand and a doctor’s case.

In medieval Serbia, along with the founding of monastery hospitals, the works of the most famous ancient and medieval authors were translated, in the field of dietetics, practical therapy, diagnostics and general hygiene. The collection of writings includes, among others: “Natural Man” - translated from Hypocrises’ “De natura homini”; “Sermon of known illnesses based on the feel of tendons” – translation of Galen’s writing “De pulsu”; translation of Dioscorides’ piece “De material medica”, “The Materials of Medicine” Simeon’s Byzantica and the undoubtedly most important “Hilandar Medical Codex”.

All these writings were translated to Serbian medical terminology.

King Milutin (1282 – 1321) built a hospital in Constantinople which also had a Medical school during the XIV and XV century. It is also mentioned in Studenica’s and Cetinje’s chronicles.

Milutin’s coeval, Archbishop Daniel II says: “In Constantinople itself, in a place called Prodrôme, he built a divine church by giving innumerable amounts of his own gold and he also built many and beautiful palaces and he set up Ksenohodije, that is hospitals, and he did much work for the sake of accommodating the ill.

And having found many skilled doctors he gave them a lot of gold and everything they need, for them to in return, incessantly stay with the patients healing them”.

The author of “Serbian medicine from IX to XIX century” states that Sultan Muhammad II the Conqueror, gave the monastery with Milutin’s hospital and Medical School to a Serbian noblewoman.



***Sani divitibus ditiores.***  
**Health is the biggest fortune.**

Najsigurniji bivate kada su vaš izbor mesta u kojima medicina pored raznih metoda koristi ono što nam je priroda dala, ne samo zarad lečenja već i zbog zaštite i rehabilitacije.

Kada uzmete u obzir i da se medicini pridavala izuzetna pažnja; još od vremena Svetog Save; i da je i danas posebno uvažavamo onda možete da budete sigurni da ste se opredeljujući se za Srbiju opredelili za istinske vrednosti profesije humanih ljudi od izuzetnog znanja.

Prepoznajete nas u ovom iskazu.

Mi smo organizovani u Opšte udruženje specijalizovanih zdravstvenih ustanova za prevenciju invalidnosti i rehabilitaciju.

Drevni Carigradski drum; njegov deo je bio i deo današnjeg Bulevara Kralja Aleksandra u Beogradu; bio je glavni put koji je preko Srbije vodio na Istok. Išao je od Beograda, preko Smedereva, dolinom Morave, preko Jagodine, Čuprije, Aleksinca, Niša i Pirota, pa preko Sofije, Plovdiva i Jedrena u Carigrad.

Kada je Jedrenskim mirom 1829-te Srbiji priznata autonomija drum je na dalje bio neutralnim zemljištem kojim su i dalje putovali Tatari beogradskog vezira i kuriri stranih država.

I danas se putuje ovim drumom!

Stres; moderno oboljenje vremena u kome smo, tempo života kojem smo svakodnevno izloženi ali i svest o preko potrebnoj pripremi sebe samog za godine koje dolaze ne retko nas uvode u razmišljanje – kretati se i putovati kako bi očuvali zdravlje i vitalitet. Putuju i ljudi izloženi akutnim i hroničnim oboljenjima, povredama i slično.

Krozu Srbiju, za razliku od inih prostora zemnog šara ima gde da da se putuje u potrazi za zdravljem, boljom kondicijom i vitalitetom!

Banje su u rimsko vreme bile izvor zdravlja, oaze mira, tišine, čistog vazduha u kojima se čovek oporavljao, odmarao, lečio, snažio, pojačavao otpornost organizma spram raznih bolesti, rekreirao, zabavljao.

Bile su banje to i u vreme kada je Kralj naveo Skupštinu da usvoji Zakon kojim je postavio standarde mesta, rada i obaveza kako bi podstakao sjaj koji nam je priroda podarila, naveo domaćine da urede kur-salone, da dovedu do njih fijakere, tramvaje i prve automobile za prevoz gostiju i da nas podseti na neodoljivu lepotu tihanih ponoći i mekih trava. Banje su tako postale i vaspitna škola za pravilan higijenski život i za negovanje istog u životu.

Brojem više od 140 termo mineralnih izvora i 40 banja, i raznolikošću mineralnih i termalnih izvora, Srbija se ubraja među najbogatije zemlje u Evropi. Njihova lekovitost je korišćena još u vreme Rimljana.





You are safest when your choice of places are those in which medicine, besides various methods, uses what nature has given us, not only for the sake of treatment but for protection and rehabilitation as well.

When you take into consideration that much attention was dedicated to medicine too; even back in the time of Saint Sava; and that we respect it today too, then you may be sure that, by choosing Serbia, you've chosen true values of the profession of compassionate people with great knowledge.

You may recognize us in the following statement.

We are organized in a General Association of specialized health institutions for the disability prevention and rehabilitation.

The ancient Constantinople Road; part of it was also part of present day Kralja Aleksandra Boulevard in Belgrade; was the main road that lead through Serbia toward the East. It stretched from Belgrade, through Smederevo, through Morava's Valley, Jagodina, Čuprija, Aleksinac, Niš and Pirot, then through Sofia, Plovdiv and Jedren into Constantinople.

When Serbia was recognized as autonomous in with the signing of the Peace Treaty of Adrianople in 1829, the continuation of the road became neutral land which was still used for traveling by the Tatars of Belgrade's Viziers and couriers from foreign countries.

That road is still used for traveling!

Stress; a modern illness of the time we live in, the fast pace of life that we are daily exposed to but also the knowledge of the very important preparation of ourselves for years to come often lead us into thinking – moving and traveling in order to preserve our health and vitality. Even people exposed to acute and chronic diseases, injuries and such, travel.

Traveling through Serbia, unlike other territories of the world, there are places to go in search of health, better physical condition and vitality!

In the Roman era, spas were the source of health, oasis, peace, quiet, clean air, where people revived themselves, rested, healed, strengthened, improved their immune system and entertained themselves.

Spas where also there when the King persuaded the Parliament to adopt the Law in which he had set standards for places of work and responsibility in order to stimulate the beauty that nature gave us, induced hosts to open salons, to bring horse-drawn carriages, streetcars and the first automobiles for the transportation of guests and to remind us of the irresistible beauty of midnight and soft grass. That is how spas also became a manner school for a correct hygienic lifestyle and for caring for the same in life.

With over 140 thermal mineral springs and 40 spas, and various kinds of mineral and thermal sources, Serbia is among the richest countries in Europe. Their healing powers were used way back in the Roman times.

Da li je neophodno prodati dušu đavolu, kao što je učinio Geteov Faust, da bi se postigla večna mladost?

U današnjem svetu, a naročito u Srbiji, to je mnogo jednostavnije. Dođeš u Banju da te okrepi, zaceli, podmladi, a sasvim je svedeno gde, da li u Vrnjačkoj Banji, Gamzigradskoj, Bukovičkoj, Soko Banji, Kuršumlijskoj, Banji Koviljači, Mataruškoj, Radaljskoj, Ribarskoj, Sijarinskoj, Vranjskoj, u Seltersu...

Kupatila sa toplom vodom, podjednako su koristili kako bogati tako i siromašni još od 70-te godine pre nove ere. To što su bogati imali privatna nije smetalo običnom svetu, svakodnevno su im na raspolaganju bile stotine javnih kupatila. Kupatila su radila od izlaska do zalaska sunca. Posle Rimljana kupatila sa toplom vodom uveli su i Jevreji, u prvom veku posle Hrista.

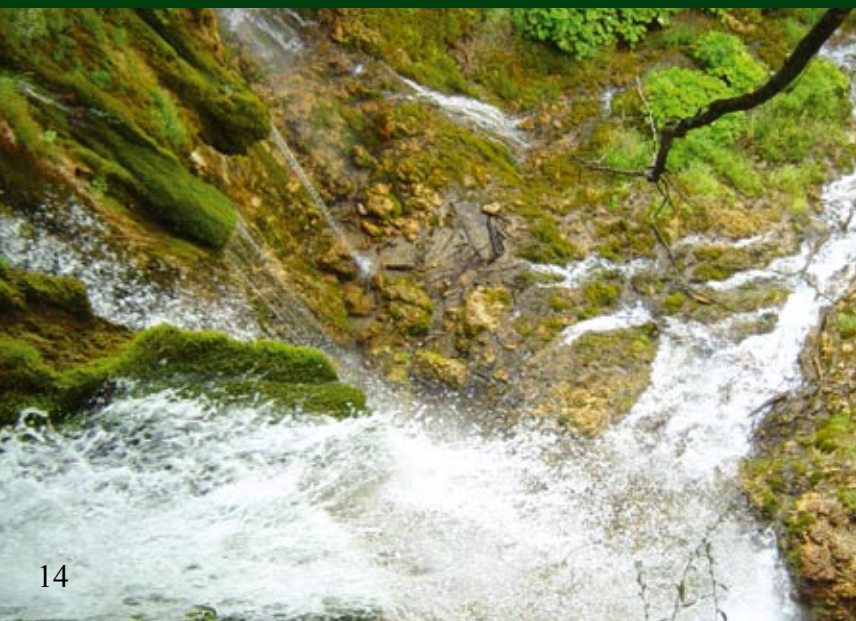
Današnji Niš, drevni Naisus, rodni grad cara Konstantina; po kome će Konstantinopolj, Carigrad, Istanbul poneti ime; ima Nišku Banju u koju su iz Medijane dolazili i Rimljani na kupke, Čele kulu, staru utvrdu i gurmanluke samo takve.

Kako je imperator ovde rođen Niška Banja bi i prestonicom sveta! Grad je dobio ime po reci. Nišava je kroz grad tekla i kada su je Kelti nazvali Navisos. Rimljani su grad nazvali Naissus, vizantinci Nysos, Sloveni Niš, Nemci Nissa.

Kod Niša je Klaudije II pobedio Gote, 269. godine i spasio Rim velike opasnosti.

Konstantin Veliki, Rimski imperator, naslednik Dioklecijana, je Naissus, u kome je rođen 274. godine ukrasio raskošnim građevinama i učinio ga značajnim ekonomskim, vojnim i administrativnim centrom.

U doba Vizantije Naissus je bio veliki trgovački grad sa utvrđenjem, a u njemu je 1189. godine Stevan Nemanja, osnivač dinastije Nemanjića, dočekaao Fridriha Barbarosu i krstaške ratnike i sa njima sklopio vojni savez.





Is it necessary to sell one's soul to the devil, as Goethe's Faust did, in order to gain eternal youth?

In today's world, and especially in Serbia, this task is much simpler. You go to a spa to become refreshed, healed, rejuvenated, and it doesn't matter where, whether the destination is Vrnjačka Banja, Gamzigradska, Bukovička, Soko Banja, Kuršumlijska, Banja Koviljača, Mataruška, Radaljska, Ribarska, Sijarinska, Vranjska, in Selters...

Hot water bath houses were equally used by the poor and the rich back in 70 B.C. The fact that the rich had private bath houses did not bother the commoners; they had hundreds of public bath houses at their daily disposal. Bath houses were open from sunrise to sunset. After the Romans, bath houses with hot water were introduced by the Jews too in the first century after the death of Christ.

Present day Niš, ancient Naisus, home town of Czar Constantine; after whom Constantinople, Istanbul will be named; has Niška Banja Spa which was visited even by Romans from Mediana, for baths, Ćele Tower, old fortress and feasts like no other.

Since the emperor was born here, Niška Banja became the capital of the world!

The city was named after the river. Nišava River flowed through the city even back when the Celts called it Navisos. Romans called the city Naissus, Byzantines called it Nysos, Slovenes Niš, Germans Nissa.

Claudius II defeated the Goths at Niš in year 269 and saved Rome from grave danger.

Constantine the Great, Roman Emperor, heir of Diocletian, decorated Naissus, where he was born in year 274, with luxurious buildings and made it a significant economic, military and administrative center.

During the Byzantine era Naissus was a great trade city with a fortress, and that is where, in year 1189, Stevan Nemanja, founder of the Nemanjić dynasty, met Friedrich Barbarossa and the crusade warriors and formed a military alliance with them.



Ime Zlatibora se različito tumači.

Jedni govore da mu ime potiče otuda što su nekadašnji proizvođači luča i katrana, koji su dobijani od belog bora, govorili: "Zlatan je ovaj bor!".

Od tih borova ostao je samo jedan primerak; u selu Negbini; kome je dato naučno ime PINUS SILVESTRIS VARIEGATA ZLATIBORICA, po inženjeru Omanoviću.

Drugi tvrde da je ime nastalo od zlatno - žute boje kore naročite šišarke belog bora, a treći da je od najvećeg značaja bio zlatno – žuti izgled pašnjaka i livada na ovoj prostranoj visoravni, krajem leta kada trava svene i požuti pod uticajem smanjenih količina padavina i dugotrajnog dejstva sunčevog zračenja.

Danas se ovde; na visini od hiljadu metara na najlepšem šumovitom delu visoravni zvanom Palisad; nalazi jedna od najrespektabilnijih ustanova za prevenciju, lečenje i rehabilitaciju oboljenja tireoidne žlezde Institut za tireoidu i metabolizam "Čigota".

Institut za rehabilitaciju Beograd diči se i svojim Seltersom ali i i Institutom Vrmac, u najlepšem delu Boke Kotorske, za koji je istoričar Porfirogenit rekao da se u ovome kraju leče mnoge bolesti, a da je naročito pogodan za one koji pate od gušenja pluća.

Koliko je mudro sagrađen Institut Vrmac rečito govori i podatak da su u srednjem veku na ovom prostoru bile smeštene pet bolnica. Na imanju Nauma Atanasijevića, trgovca iz Mladenovca dogodilo se čudo!

Bušeći arteški bunar, 1898. godine, bunardžija Mihailo iz Koraćice, na dubini od 273 metra je pronašao izuzetno lekovitu mineralnu vodu koja spada u vode pod imenom SELTERS, svojstava kao ista imena pronađena u XVI veku u Nemačkoj. Naum, mudar trgovac prirodu je spakovao u flaše i od 1900-te je ponudio Evropi. Kako je tri godine kasnije njena lekovitost priznata tako je postala jednom od najtraženijih voda u zemlji i Evropi. U Briselu je 1906. godine pozlaćena medaljom za kvalitet, a godinu kasnije i u Londonu.

Između dva rata Selters voda je bila oficijelna po našoj, francuskoj i nemačkoj farmakopeji i prodavala se u apotekama!

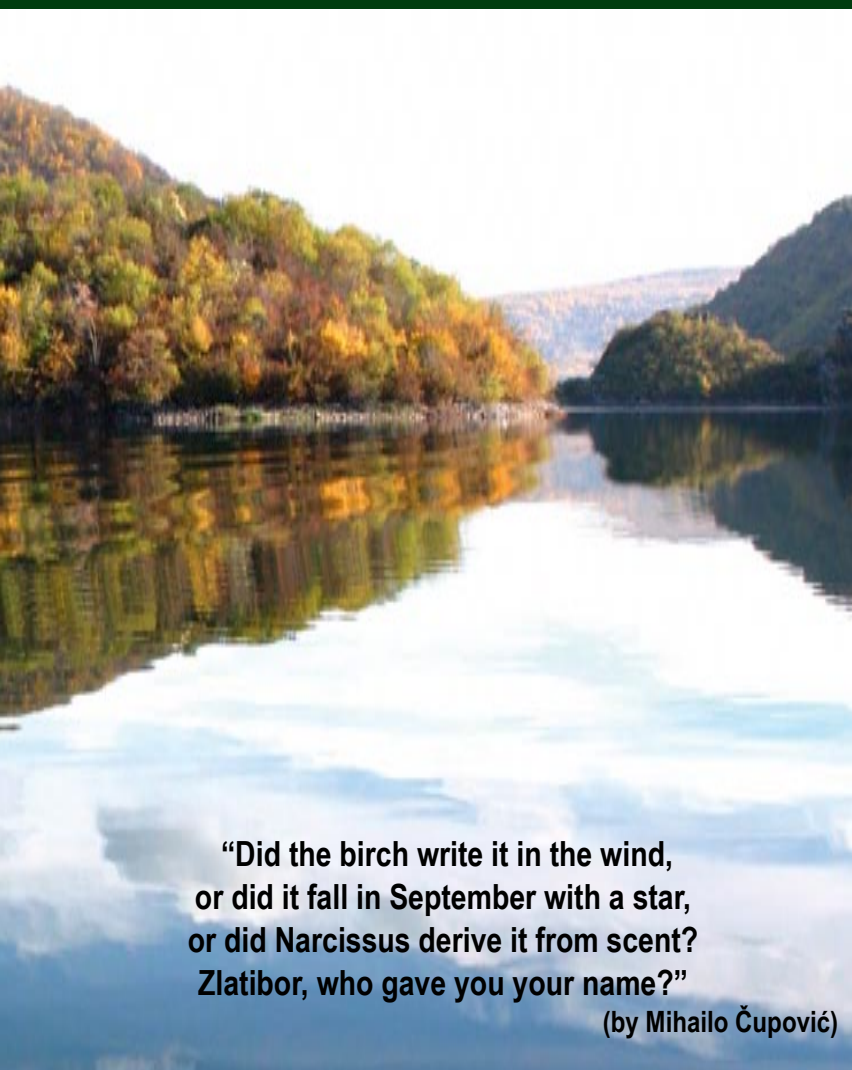
Naumov naum se tu ne završava! On 1907- godine gradi Hotel i kupatilo. Od tada pa i danas se u srpski SELTERS, svrstan među najveće blago Srbije i Mladenovca, dolazi i radi odmora i lečenja. U poverenju vam skrećemo pažnju na detalj o uspostavljanju saradnje između Seltersa i čuvene francuske banje Viši.

Ove dve banje, jedine u svetu, imaju mineralnu vodu u kojoj su – teril, selen i stroncijum.

"Dal' ga breza na vetru ispisa,  
il sa zvezdom u septembru pade,  
il' ga narcis smisli od mirisa?  
Zlatibore, ko ti ime dade?"

(stihovi Mihaila Čupovića)





“Did the birch write it in the wind,  
or did it fall in September with a star,  
or did Narcissus derive it from scent?  
Zlatibor, who gave you your name?”

(by Mihailo Čupović)

Zlatibor's name has different interpretations.

Some say that its name comes from the old producers of silver and tar, made of white pine (bor), who used to say: “This pine (bor) is as good as gold (zlatan)!” Hence Zlatibor.

There is only one sample of those pines left; in the village of Negbini; which was given a scientific name *PINUS SILVESTRIS VARIEGATA ZLATIBORICA*, by the engineer Omanović.

Others claim that the name came from the golden-yellow color of the shell of the singular white pinecone, and others again that the significance is in the golden-yellow look of the pastures and meadows on the great plateau, around the end of the summer when the grass wilts and turns yellow under the influence of the decreasing precipitation and long-term affect of the sun's radiation.

Today, here, at a height of a thousand meters, in the most beautiful forest part of the plateau called Palisad, is the location of one of the most respectable institutes for the prevention, treatment and rehabilitation of the thyroid gland, the Thyroid and Metabolism Institute “Čigota”.

The Rehabilitation Institute Belgrade is also proud of its Selters as well as Institute Vrmac, in the most beautiful part of Kotor Bay, which the historian Porphyrogenitos referred to as a place where many illnesses are treated, and that it is especially suitable for those suffering of lung suffocation.

How wisely Institute Vrmac was built can be seen in the fact that five hospitals were located on this territory, in the medieval ages. A miracle occurred on Naum Atanasijević's estate, a trader from Mladenovac.

Boring an artesian well, in 1898, the well borer Mihailo from Koraćica, at a depth of 273 meters, found an exceptionally medicinal mineral water that falls into the category of SELTERS waters, with the same characteristics as the same named found in the XVI century in Germany. Naum, a wise trader, bottled up nature and offered it to Europe in year 1900. Three years later its medicinal properties were recognized and it became one of the most wanted waters in the country and in Europe. In Brussels, in year 1906, it won a gold medal for quality and a year later in London too.

Between the two wars, Selters water was made official by our, the French and the German pharmacopoeia and was sold in pharmacies!

Naumov intention does not end there! In 1907 he builds a Hotel and bath house. From then on, and even today, Serbian SELTERS, one of Serbia's and Mladenovac's greatest riches, is visited for relaxation and treatment.

Let us point out to you in confidence the detail about the partnership between Selters and the famous French spa Vichy.

These two spas, are the only ones in the world, that have mineral water containing – Terrill, selenium and strontium.

***Ab ore ad aurem. - Mouth to ear.***

U Vrnjačkoj Banji; koja je danas i grad Festivala filmskog scenarija i Karnevala; se zbog "Evrovizijskog" TV – spektakla "Igre bez granica" svojevremeno nastanio vrabac sa opancima.

Davno davno pre njega ovde su stigli ljudi u potrazi za zdravljem. Arheološki nalazi nas uveravaju da su to bili Rimljani, iza kojih je kao trag ostalo 500 rimskih novčića, pronađenih u kupatilima iz vremena pre nove ere, a većina kovanih od drugog do četvrtog veka.

Današnje ime Vrnjačka Banja je ponela po selu Vrnjci u čijem su ataru otkriveni mineralni izvori. I Vizantija je slavila lekovitost vrnjačke vode i vazduha.

Nestašniji smo bili u vreme Turaka - meštani su zatrpavali izvore kako ne bi služili agama, begovima i spahijama tako da za to vreme nema nekih PR-ova sa pričama, a prve storije takve vrste dolaze "na videlo dana" u XIX veku; posle oslobođenja od zuluma; po najviše zarad predanja o jednom bolesnom i isluženom konju, od koga je ruke digao i njegov gazda Jeftimije Hadži-Popović, sveštenik. Pijući toplu vodu konj je ozdravio za tri meseca a njenu lekovitost definitivno potvrdio baron Zigmund Herder, upravnik saksonskih rudnika u Frajburgu, koji je po zahtevu Kneza Miloša Obrenovića ispitivao prirodna bogatstva Srbije. Baron je ustvrdio da se vrnjačke vode mogu ravnopravno uporediti sa vodama u Karlovim Varima.

Komediograf Branislav Nušić skovao je slogan:

" Sokobanja – Sokograd, dođeš mator, odeš mlad! "

Za Sokobanju su znali i stari Rimljani. Iz turskog vremena ostala su nam dva hamama, a iz vremena Kneza Miloša, dokument iz 1837-me godine, kojim se doktoru Đoki Pokrštenjaku upućuje na lečenje jedan zastavnik. Sokobanjci se ponose Leptirijom koja je sa Sokogradom 1969.god. proglašena parkom prirodne lepote. Sokograd, nastao u vreme Justinijana, za odbranu od Avara i Slovena, uživa najveći značaj među kulturno-istorijskim spomenicima. Pominje se i u vreme Stefana Nemanje i u periodu proterivanja bogumila kada je i prvi put razaran. Obnovljen ostaje u sastavu srednjovekovne Srbije do 1413. godine, kada ga konačno razara Bajazitov sin Musa Kesedžija. Ime Sokograda potiče od nekadašnjih «sokolara», koji se pominju u srednjovekovnim izvorima. «Sokolari» su, umesto drugih dažbina davali «sokolarinu» - dresirane sokole, i za srednjovekovne države i pod turskom vlašću.

Sokobanja i danas ima najveći procenat negativnih jona u vazduhu, idealnu nadmorsku visinu i radioaktivnu minealnu vodu. I, naravno, kao i u svim banjama izuzetne lekare.

***Abducet proedam, qui oecurrit prior. (PLAUT)***

18 Ko pre devojci njemu devojka.





In Vrnjačka Banja; which is, in present day, a city of the Film Scenario Festival and Carnival; because of the “Eurovision” TV – spectacle “Games without limits”, at one time a sparrow with peasant shoes.

A long, long time before him, people looking for health came here. Archeological finds prove that they were Romans, leaving a trail of 500 Roman coins, found in bath houses from before the new era, and most of the coins date back to the second, third and fourth century.

Today’s name Vrnjačka Banja, originated from the village of Vrnjci, where mineral springs were discovered. Byzantine also celebrated the healing powers of Vrnjačka’s water and air.

We were naughtier under the Turkish rule – locals used to burry springs so that they wouldn’t serve Turkish agas, begs and spahias, so there aren’t many spokespersons with tales from that time, and the first stories of that type come into view in the XIX century; after freedom from depredation; the most popular is the saga of a sick and over-worked horse, who was even abandoned by his owner, Jeftimije Hadži-Popović, priest.

Drinking the warm water, the horse recovered in three months and the water’s medicinal properties were definitely confirmed by Baron Sigmund Herder, manager of Saxon mines in Freiberg, who had, at the request of Duke Miloš Obrenović, tested the natural wealth of Serbia. The Baron established that Vrnjačka water can equally measure up to the water in Karlovy Vary.

Comedian writer Branislav Nušić contrived the slogan:

“Soko Spa – Soko City, arrive old, leave young!”

Sokobanja Spa was known even to the old Romans. From the time of the Turks we have two hamams left, and from the time of Duke Miloš, a document from year 1837, in which a warrant officer is being referred to Doctor Đoka Pokrštenjak for treatment.

Sokobanja’s citizens are proud of Lepterijski Park which was, together with the city Sokograd, in year 1969, declared a park of natural beauty. Sokograd, which originated during the time of Justinian, for the defense from Avars and Slovenes, has the most significance among cultural-historical monuments. It is even mentioned during the time of Stefan Nemanja and the period of the banishment of bogumils when it was destroyed for the first time. Reconstructed, it remains in the makeup of medieval Serbia until year 1413, when it is finally destroyed by Bajazit’s son Musa Kesedžija. The name Sokograd comes from old “hawkers”, mentioned in medieval sources. “Hawkers” used to, instead of other taxes, pay “hawk tax” – trained hawks, for medieval countries and under Turkish rule.

Even today, Sokobanja has the largest percentage of negative ions in the air, ideal sea level and radioactive mineral water. And, of course, just like in all other spas, great doctors.

***Abducet proedam, qui oecurrit prior. (PLAUT)***

**First come, first serve.**

Takvi su i oni poviše mesta, sa Ozrena iz istoimene Specijalne bolnice za plućne i očne bolesti i tuberkulozu.

Na proplancima Lepterije, izletišta na padinama planine Ozren; kojoj je ime od grčke reči Elefterija – Slobodište; pored samog izvora i toka reke Moravice i danas ima izvora hladne i tople radioaktivne vode. Odatle Ozrenu i Sokobanji epitet poznatog i veoma posećenog klimatskog i turističkog mesta.

U geološkom sastavu Ozrena – Lepterije, se nalaze stene raznovrsnih geoloških formacija. Najviše su zastupljene sedimentne tvorevine, kristalni škriljci i vulkanske stene.

Dva žrtvenika Boga; čiji je kult bio popularan među vojnicima poreklom iz Male Azije; pronađeni u Starom Slankamenu i niz drugih tragova, ukazuju da su stari Rimljani; ovde gde sa Dunava duvaju “panonski maestrali”; imali svoje terme.

Despot Stefan Lazarević Stari Slankamen je dobio 1404-te godine, o čemu svedoči i stara pravoslavna crkva iz tog vremena, koju je podigao despot Vuk Grgurević, u narodu znan kao Zmaj Ognjeni. U zapadnom delu Starog Slankamena i danas iz izvora Slanjača izvire voda, čija toplota od 18 stepeni premašuje srednju godišnju temperaturu ovog kraja.

Najbolje blato Evrope taloži se, stvara i valja u Rusandi!

Znajte i da se u njemu ne razvijaju bakterije!

Slano blato Banje “Rusanda” u Melencima otkrili su vojnici koji su dolazili iz daleka da vidaju rane. I samo ime Melenci, izvedeno iz melem, ukazuje da ima istine u ovom navodu. Prva ispitivanja lekovitosti vode iz termalnih izvora i blata iz jezera Rusanda, su obavljena 1866. godine.

Lekovito blato Rusande i danas usporava i zaustavlja okoštavanje zglobova.

Ovo blato olakšava i bol, a koristi se i u lečenju psorijaze.

Verovali ili ne ali Banja Koviljača je naša najstarija Banja!

Iskorak u prošlost vas dovodi među stare Rimljane. I Turci su znali za njenu lekovitost mada joj ime bi Smrdan Banja. Tako je u “Riječniku”, početkom XIX veka, naziva i Vuk Karadžić, spominjući sumporovite i gvožđevite vode.

Turci su običavali da na Smrdan Baru; kako se Koviljača zvala; izlaze na teferić na jaretinu. Koliko im je prijala jaretina uopšte nisu obraćali pažnju na lekovitu sumporovitu vodu.

***Ab uno disce omnes. (VERGILIJE)***

**Po jednom uči se da upoznaš sve.**





That's how it is in many places, from Ozren from the Special Hospital Ozren for Lung and Ocular Diseases and Tuberculosis.

On the fields of Lepterijska, picnic grounds on the slopes of Ozren Mountain; which was named after the Greek word Eleftheria – Freedom; beside the very spring and flow of Moravica River, even to this day there are cold and hot radioactive water springs. That is where Ozren and Sokobanja get their epithet of a famous and very visited climatic and tourist place.

In the geological constitution of Ozren – Lepterijska, there are rocks of various geological formations. Sediment creations, crystal bits and volcanic rock are most popular.

Two of God's sacrifices; whose legend was popular among soldiers originating from Anatolia; were found in Stari Slankamen (old salty rock) and a series of other clues suggest that ancient Romans had their thermal bathhouses here, where "Pannonia maestro" winds blow from the Danube.

Despot Stefan Lazarević conquered Stari Slankamen in 1404, which was witnessed by the old Orthodox Church from that time, which was built by despot Vuk Grgurević, known among the people as Zmaj Ognjeni (fiery dragon).

In the west part of Stari Slankamen, even in present day, water flows from Slanjača Spring, which is 18 degrees warmer than the average annual temperature in this area.

Europe's best mud is deposited, created and rolled in Rusanda! Be advised also that bacteria do not develop in it!

Salty mud in "Rusanda" Spa in Melenci was discovered by soldiers coming from afar to dress their wounds. The very name of the place Melenci, is derived from the word melem, meaning balm, which suggests that there is truth to this statement. The first tests on the medicinal properties in the water from the thermal springs and mud from Lake Rusanda were conducted in year 1866.

Healing mud from Rusanda, even today, slows down and stops joint ossification.

This mud also eases pain, and it is used to heal psoriasis.

Believe it or not but Banja Koviljača is our oldest Spa!

A step back into the past brings to the time of the Romans. The Turks also new its medicinal characteristics, although it's name became Smrdan Banja spa. That is what Vuk Karadžić called it in the "Dictionary" at the start of the XIX century, mentioning sulfuric and iron-rich water.

Turks used to come out to Lake Smrdan Bara; which is what Koviljača was called; to talk and eat kid meat. They were so busy enjoying the kid meat that they didn't even notice the medicinal sulfuric water.

Pošto je kupalište prvi daskama ogradio sreski starešina Tešman, zasluga za njeno otkrivanje pala je na ljude iz vremena Kneza Miloša.

Jedan šapčanin pre gotovo 150 godina opisao je da je voda mlaka, a blato na dnu crno kao ugalj : „U ustima na barut zanosi, a mirisom udara na smrdljiva jaja.“ Isti čovek otkriva da Banja leči očne i crevne bolesti, paralizu, reumu, naglupost, kraste, šugu... Turci ovde zarad svojih žena podižu hamam od dasaka koji je obnovljen posle Prvog svetskog rata i pretvoren u istorijski spomenik. Banja pod Koviljkinim gradom od 1867. godine više nije Smrdan već Banja Koviljača. Kneževina Srbija je kao prvu Banju stavlja pod državni nadzor i tako ona tih godina biva najposećenijom. Dolazilo se i zbog

Kur-salona, centra mondenskog života Srbije tridesetih godina XX veka; najlepšeg banjškog restorana, sa raskošno uređenim salovima, bogatom kuhinjom, terasama i muzikom.

Na sajtu Turističke organizacije ove Banje je tekst: “Iz iskonskog spoja triju praelemenata vode, zemlje i kamena, u okrilju Bukulje i Venčaca, izrastao je Arandelovac sa Bukovičkom Banjom kao naselje osobeno po belom mermeru, mineralnim vodama i glini, tom neodvojivom fenomenu čovekovog bitisanja od praistorije do danas.

Stoletne bukove šume, pitomi brežuljci i livade, plavi šljivici i vinogradi, okvir su za sliku modernog grada sa svim obeležjima savremenog urbanog življenja. Njegovi ljudi dočekaće vas toplo, otvorenog srca i poželete da mu se iznova vratite. Očaraće vas netaknuta priroda koja ga okružuje i koja mu, sa svakim godišnjim dobom, daruje novo lice i neponovljivu lepotu. “

Dositej Obradović se u Bukovičkoj Banji oporavljao 1811-te, a Vuk Karadžić o njoj pisao 1829-te godine. Analizu doktora Haušera neku godinu kasnije je dopunio dr Lindermajer i te iste 1836-te godine uputio u Banju prve pacijente. Ipak, prvo ispitivanje mineralnog sastava Praviteljstvujušči hemičar gospodin Ilić je obavio 1847-me godine. Njegov nalaz je bio da mineralna voda Bukovičke Banje sadrži: hidrokarbonat, ugljendioksid, natrijum, kalijum, magnezijum, hlor, sulfat, silicijumdioksid, aluminijum oksid, gvožđeoksid i da se kako nema kalorija preporučuje u dijetalnoj ishrani i za nadoknađivanje minerala neophodnih organizmu.

Na jedini centar za lečenje distrofičara i pacijenata sa oboljenjem mišića, naići ćete jedino u Novopazarskoj Banji. Leči se ovde vodom u izvorštu toplom do 52 stepena.

U Novom Pazaru kao kuru u lečenju primenjuju preporuku – upoznajte se sa najvrednijim spomenicima koji su postali deo najužeg izbora svetskih kulturnih dobara, pod zaštitom UNESCO-a: Stari Ras sa Sopoćanima, zadužbina kralja Uroša Petrova crkva, Đurđevi stupovi, Gradina u Rasu.



***Cuslodit vitam, qui cuslodit sanitatem!***

**Čuva život ko čuva zdravlje!**



Since the village elder Tešman was the first one to fence the bathing place with boards, its discovery was attributed to the people from the time of Duke Miloš.

A man from Šabac, almost 150 years ago, described the water as lukewarm, and the mud at the bottom coal-black: "It has the taste of gunpowder, and the smell of rotten eggs." That same man discovered that the Spa heals ocular and intestine diseases, paralyses, rheumatism, poor hearing, scabs, leprosy...

Here, the Turks, for the sake of their women, built a hamam from boards, which was restored after World War I and turned into a historic monument.

The spa beneath Koviljka City was, in year 1867 no longer called Smerdan, but Banja Koviljača. Being the first spa, the Dukedom of Serbia places it under government surveillance and thus it becomes the most popular spa in those days. People came because of the saloon, the center of mundane life in Serbia during the 1930s, the most beautiful spa restaurant, with luxurious salons, rich cuisine, balconies and music.

The website of this Spa's Tourism Organization features the following text: "From the aboriginal fusion of the three ancient elements, water, earth and stone, in the aegis of Bukulja and Venčac Mountains, Arandelovac rose with Bukovička Banja Spa as a settlement attributed to white marble, mineral water and clay, that irresistible phenomenon human existence from ancient history to present day.

Hundred-year-old forests, tame hills and meadows, blue plum orchards and vineyards, are the frame of the picture of the modern city with all the attributions of modern urban life. Its citizens will receive you with a warm welcome, with an open heart and you will wish to return again. The untouched nature surrounding it will charm you, which, with each season, gives the city a new face and unrepeatabe beauty".

Dositej Obradović recuperated in Bukovička Banja year 1811, and Vuk Karadžić wrote about it in 1829. Doctor Hauscher's analyses was supplemented a couple of years later by Dr Lindermeier and that very year of 1836, sent his first patients to the Spa. Still, the first testing of the mineral constitution was performed by Praviteljstvujušči (a central government agent) chemist Ilić in 1847. His findings were that the mineral water in Bukovička Banja contains: hydro-carbonate, carbon-dioxide, sodium, potassium, magnesium, chlorine, sulfate, silicon oxide, aluminum oxide, iron oxide and that, since it doesn't have calories, it is prescribed for diets and for replenishing the body with the minerals it requires.

You will find the only center for treating dystrophic patients and those with muscle diseases only in Novopazarska Banja Spa. Treatments here are in hot spring water of up to 52 degrees Celsius.

In Novi Pazar, the following recommendation is used as payment for treatment – meet the most valuable monuments that have become a part of the narrowed down selection of world cultural property, under the protection of UNESCO: Stari Ras with Sopoćani Monastery, foundation of King Uroš Petrova Church, Đurđevi stupovi, Gradina in Ras.

***Cuslodit vitam, qui cuslodit sanitatem!***

**He who keeps his health, keeps his life!**

Gotovo pod vrhom Jastrebcu, okružena bogatom listopadnom šumom i četinarskim drvećem, nalazi se jedna od najstarijih banja u Srbiji.

Vode njenih toplih mineralnih izvora korišćene su u antičko vreme. U Banji je bilo naselje rimskih kolonista zaštićeno vojnim utvrđenjem.

U istorijskim zapisima se kaže da su dvorske dame kneginje Milice Hrebeljanović bile česte gošće toplih izvora ove banje, kako bi što duže sačuvale svežinu i lepotu tela. Pripoveda se i da je sama kneginja izlagala svoje telo blagotvornom dejstvu vode Ribarske Banje, koja je pre više vekova bila poznata kao najbolja banja za lečenje neplodnosti u žena.

Pričalo se kako je jednom u banju došla i izuzetno lepa žena iz harema nekog turskog paše, s kojom je ovaj žarko želeo da ima decu. Haremska lepotica je posle dva ipo meseca boravka u Ribarskoj banji, na veliko zadovoljstvo pašino zatrudnela.

Pošto je rodila lepo dete neko je iz zajedljivosti rekao : „Vala paša, tvoj sin mnogo liči na opštinskog pandura.“ To izazva bes u paše i ovaj spalio banju do temelja. Ostalo je samo staro kupatilo.

U Ribarskoj banji je podignut i konak Aleksandra Obrenovića i njegove žene Drage, a u starom kupatilu je ugrađena Dragina kada!

Nabujali Ibar, davnih 1890-tih godina, mada plativši imanja seljana u Mataruškom polju, prvi put ne bi od štete – okrio im je lekovitu vodu!

Bio je to izvor vruće vode koja je mirisala na pokvarena jaja! ...Sumpor!..

A ko bi u Kraljevu prvi dojavio vest do sreski poreznik !

Dalje se o ovome starao kraljevački prota i tako je uskoro iz Beograda stigao nalaz profesora Univerziteta dr Marka Leka: “Voda je bogata sumporvodonikom, magnezijumom, kalijumom, nitratom srebra i drugim sastojcima. Takva može da leči reumu, išijas, lumbago, kožne i ženske bolesti i rane.“

I, tako, na nekoliko kilometara od manastira Žiče, na pedesetak od manastira Studenice i dvadesetak od srednjevekovnog grada Maglića nastade najmlađa Banja u Srbiji – Mataruška Banja.

Šetajući kroz 15 hektara banjskog parka naićićete na jedno čudo - drvo Ginko biloba iz Japana i Kine, a sretale su se tu i žene koje su od Uprave bile darivane zlatnicima za svako dete začeto posle boravka u Mataruškoj Banji.

Zlatar je fabrika crvenih krvnih zrnaca !

Među stoletnim četinarima Zlatara ozdravljali su svojevremeno srčani bolesnici koji su iz Švajcarske vraćeni kao beznadežni slučajevi.

Pronosi se da ovde srce spokojno kuca, da je vazduh prepun ozona i terpentina, što je najbolji melem za srce i krvne sudove.





Practically beneath the very peak of Jastrebac, surrounded by a rich deciduous forest and evergreen trees, lies the oldest spa in Serbia.

Water from its hot mineral springs were used in the ancient times. The Spa was the location of a community of Roman colonists, protected by a military fortress.

Historical inscriptions say that Princess Milica Hrebeljanović's court ladies were frequent guests of the hot springs in this spa, in order to preserve the freshness and beauty of their bodies. It is also told that the Princess herself also bathed her body in the water of Ribarska Banja, which was several centuries ago known as the best spa for treating women's infertility.

The story goes that a very beautiful woman once came to the spa from the Harem of a Turkish Pasha, whom he desperately wanted to bear his children. The Harem beauty, after a two and a half month stay in Ribarska banja, became pregnant to the immense pleasure of the Pasha.

Since she gave birth to a beautiful child, someone said with sarcasm: "Well there Pasha, your son looks a lot like the Municipal cop". That enraged the Pasha and he burned the spa down to the ground. All that was left was the old bath house.

An inn was also built in Ribarska banja, for Aleksandar Obrenović and his wife Draga, and Draga's bathtub was installed into the old bath house!

High-tide Ibar, in the late 1890s, although it would flood the estates of villagers in Mataruško Polje, wasn't damaging – it discovered healing water!

It was the spring of hot water that smelled of rotten eggs! ...Sulfur!..

And who could have been the first to broadcast the news in Kraljevo but the village assessor!

This was undertaken by Kraljevo's priest and so, findings soon arrived from Belgrade from the University Professor Dr. Marko Lek: "The water is rich in sulfuric hydrogen, magnesium, potassium, silver nitrate and other contents. As such it can cure rheumatism, sciatica, lumbago, skin and women's diseases and wounds".

And, so, a few kilometers from Monastery Žiće, about fifty meters from Monastery Studenica and 20 meters from the medieval city of Maglić, the youngest Spa in Serbia was founded – Mataruška Banja.

Walking through 15 hectares of spa park you will come across a miracle – a Ginkgo biloba tree from Japan and China, and women were also seen there that were paid by the Management with gold coins for each child born after staying in Mataruška Banja Spa.

Zlatar is a factory of red blood cells!

Among the hundred-year-old evergreens of Zlatar, heart disease patients were at one time cured, having returned from Switzerland as hopeless cases.

It is said that the heart beats peacefully here, that the air is full of ozone and turpentine, which is the best balm for the heart and blood vessels.

U imenu ove planine sažeta su sva njena svojstva: mirisne livade i bistra jezera okružena omorikama i brezama, spoj mediteranske i planinske klime, maksimalan broj sunčanih dana (951 čas), blagotvorni vazduh obogaćen terpentinom i ozonom, beskrajni vidici...

Ivanjici određujete mesto tako što je smestite gde joj je i mesto – na obronke Golije i Javora i “docrtate” brzake i živopisne vodopade Moravice.

Ivanjicu je po nalogu kneza Miloša osnovao kapetan Sima Jaković, 1834. godine, na mestu na kojem su pronađeni tragovi boravka čoveka na ovim prostorima još u kameno doba; o čemu svedoče predmeti nađeni u ovom kraju koji se čuvaju u Muzejima u Beogradu, Užicu i Čačku.

U prilog burnoj prošlosti Ivanjice i verovanje koje nije istorijski dokazano! Priča se kako je na domak grada sahranjen kosovski junak Boško Jugović.

Ipak, Ivanjica se najvećma pamti po Javorskom ratu za oslobodjenje od Turskog ropstva, kada je Srbija izborila nezavisnost i prestala da bude vazalna država.

U novije vreme se pamti po sportistima koji posle priprema u Ivanjici potiču posebne rezultate, a naročito naši odbojkaši koji su odatle odlazili na osvajanje trofeja širom sveta.

Sa koliko žara je rimski car Galerije Valerije Maksimilijan; otkrivši izvore termalne vode; gradio u III veku nove ere Romulianu mnogi bi pomislili da je to uradio zarad majke ali činjenice nagoveštavaju da je to učinio najverovatnije zbog bolova u zglobovima.

Zato ne čudi što se u Gamzigradskoj banji pozivaju na sentencu : “ Od prirode dar koristimo mi, koristio je i car !”.

Čudotvorna voda Gamzigradske banje, vrhunski lekari, najsavremenija, oprema i velike terapijske mogućnosti doneli su mnogima izlečenje i radost.

Zađete li u kopno, iznad Bora i Majdanpeka, na svega četiri kilometra od Gamzigradske banje videćete jedan od rimskih carskih gradova u Srbiji - Felix Romuliana, a na zlatonosnoj reci Pek moći ćete da učestvujete u ispiranju zlata.

Posebne vrednosti ovog prostora su Đerdapska klisura, Rajkova pećina, nedaleki Negotin i Rajačke pivnice. Ovde se ribolove osam vrsta riba i love divokoze, jeleni, divlje svinje, zečevi i divlje plovke.



***Dei facienti adjuvant.***

**Bogovi pomažu one koji rade.**





This mountain's name contains all its properties: scented meadows and clear lakes surrounded by spruce and birch trees, a mixture of Mediterranean and mountain climate, with a maximum number of sunny days (951 hours), beneficial air enriched with turpentine and ozone, endless horizons...

Ivanjica is located where it belongs: on the side of Golija and Javor, and just "add" rapids and picturesque Moravica waterfalls.

Ivanjica was, by the order of Duke Miloš, founded by Captain Sima Jaković, in 1834, at the place where the traces of human tribes from the stone age were found; which is proven by objects found in this region, kept in Museums in Belgrade, Užice and Čačak.

An accessory to Ivanjica's turbulent past is a belief that hasn't been historically proven! It is said that Kosovo's hero Boško Jugović was buried near the city.

After all, Ivanjica is mainly remembered by the War of Adrianople for the release from Turkish slavery, when Serbia won its independence and ceased to be an allegiant country.

In present day, it is known for the athletes that achieve exceptional results after preparations in Ivanjica, especially our volleyball players who left Ivanjica to go conquer trophies throughout the world.

The Roman Emperor Galerije Valerije Maksimilijan; having discovered thermal water springs; built Romiliana with such fervor in the third century of the new era, one would think that he did it for the sake of his mother, but the facts suggest that he probably did it because of joint pain.

That is why it isn't a surprise that the following sentence is often recalled in Gamzigradska banja spa:

"We use nature's gift, as did the emperor!"

The miraculous water in Gamzigradska banja spa, the best doctors, the most modern equipment and great therapeutic powers cured and delighted many.

If you were to go into the mainland, above Bor and Majdanpek, only four kilometers from Gamzigradska banja spa you will see one of the Roman royal cities in Serbia - Felix Romuliana, and on the auriferous Pek River you will be able to participate in the cleaning of gold.

Of special value in these territories are: Đerdapska Ravine, Rajkova Cave, nearby Negotin and Rajačke Pivnice breweries. Eight kinds of fish are fished here, and chamois, deer, wild boars, rabbits and wind ducks are hunted here.



***Dei facienti adiuvant.***  
**Gods help those who work.**

Pošto je posle proboja Solunskog fronta, 1918. godine oslobođeno Vranje u gradu su se našli srpski i saveznički vojnici. Među njima je bilo i Francuza.

Uobičajeno uljudni francuski vojnici su vranjance pozdravljali sa BON ŽUR. Kako su vranjanci često prečuli ono "N" iz reči BON smatrali su da ih francuzi nazivaju imenom cveća BO(N)ŽUR.

Kako je te godine u vranjanskim baštama bilo više žutog od ostalog cveća vranjanci su francuzima odgovarali: "Mi nismo božur, mi smo žuto cveće."

Do tada Vranje je bilo poznato kao grad pod Pržarom i kao zavičajno mesto Bore Stankovića.

Vranjsku Banju su Turci zvali Ilidža. U prvoj polovini devetnaestog veka, kako beleži i etnolog Tatomir Vukanović, bila je spahijski posed Husein-paše, koji je ovde 1842. godine sagradio veliki bazen sa sumpornom vodom.

Dolazilo se u Banju ne samo zbog lečenja, nego i radi odmora i zabave, na dnevni teferič. Na obema obalama banjske reke živeli su Cigani, u okolnim selima su bili Srbi koji su radili kod turskih gospodara. Turske žene, pune života i željne provoda, koje su Cigani zabavljali i uveseljavali, stizale su ovde kolima sa bivoljom zapregom. Kad su Turci oterani iz ovog

kraja, 1878. godine u Huseinovom kupatilu okupao se srpski đeneral Belimarković i otada se ono zove Belimarkovićevo.

Iz Gornje čaršije u takvu Vranjsku Banju je na granici dva veka došla Malika Eminović Koštana - udala se za bogatog Ciganina Maksuta Rašitovića, fijakerdžiju, koji je imao četiri para konja. Sa njim je rodila dva sina, Čerima i Isu.

U Vranjskoj Banji, u orkestru Ekrema Sajdića, dragačevskog pobednika i danas najpoznatijeg trubača iz ovog kraja, treću trubu svira Džafer Kurtić, Koštanin praunuk, sin Malikin, koja je dobila ime po babi.

U Banji Kanjiža bolesnici se oduvek tretiraju kao gosti! Vodu iz "Čudotvornog bunara" prvi je analizirao dr Bela Lendel, još 1910-te godine. Potom je osnovano akcionarsko društvo "Kanjiški čudotvorni bunar" i voda dovedena do u gradski park gde je izgrađeno kupatilo. Ovde se i danas leči vodom i u vodi, a prvi su u zemlji uveli ekstenziju kičmenog stuba, vratnog i leđnog dela.

U Banju Kanjiža pođite ne samo u potrazi za zdravljem i novom snagom već i zarad JAZZ-festivala i događaja nad događajima - CVETANJA REKE TISE.

Tiski cvet, *Palingenia longicauda*, je prastara vrsta insekta.

Pripada grupi jednodnevnic, što upućuje na kratak životni vek odraslih jedinki.

Danas je reka Tisa kod Kanjiže gotovo jedino utočište ove vrste na svetu i tu se tiski cvet masovno roji svake godine; sredinom juna; i traje 10-15 dana i dešava se uvek u predvečernjim satima.





Since Vranje was liberated after the penetration of Thessalonica's front in 1918, Serbian and allied soldiers found themselves there. There were French among them also.

The usually respectful French soldiers saluted Vranje's citizens with BON JOUR. Since Vranje's citizens often didn't hear the "N" in the word BON, they thought the French were calling them "božur" (peony).

That year, Vranje's gardens had more yellow flowers than usual, Vranje's citizens would reply to the French: "We are peonies, we are yellow flowers."

Until then, Vranje was known as a city under Pržar and as the official place of Bora Stanković.

The Turks called Vranjska Banja Spa Ildža. In the first half of the twentieth century, according to the ethnologist Tatomir Vukanović, it was the spahia estate of Hussein-pasha, who built a big sulfuric water pool here in 1842.

This spa wasn't visited just for treatments but for vacation and fun too, for a daily chat. Both shores of the spa's river were occupied by Gypsies, and Serbs lived in nearby villages and worked for Turkish masters. Turkish women, full of life and in the mood for fun, who were entertained by the Gypsies, arrived here by buffalo-drawn wagons. When the Turks were banished from this region in 1878, the Serbian General Belimarković bathed in Hussein's bath, and since then it called Belimarkovićevo.

Vranjska Banja was visited by Malika Eminović Koštana from Gornja čaršija – she married a rich Gypsy named Maksut Rašitović, horse-drawn carriage owner, who had four pairs of horses. She bore him two sons, Čerima and Isa.

In Vranjska Banja, in Ekrem Sajdić's orchestra, Dragačevo's winner, and the most popular trumpet player from this region today, the third trumpet is played by Džafer Kurtić, Koštana's great-grandson, son of Malika, who was named after her grandmother.

Patients have always been treated as guests in Banja Kanjiža! Water from the famous "Miracle Well" was first analyzed by Dr Bela Lendel, back in 1910. After that, a stock company "Kanjiža's Miracle Well" was established and the water was brought to the city park, where a bath house was built. Even to this day that water heals, and they were the first to introduce spine, neck and back extension in this country.

Come to Banja Kanjiža not only for the sake of health and a new power but also for the JAZZ-Festival and the event of all events – THE PARTING OF TISA RIVER.

Tisza's mayfly, *Palingenia longicauda*, is an ancient type of insect. It belongs to the group of short-lived insects, which suggests a short lifetime of adult units.

Today, Tisza River by Kanjiža is almost the only retreat of this kind in the world and Tisza's mayfly swarms here massively each year; around the middle of June; and it lasts 10 to 15 days and happens during afternoon hours.

Tada se na deonicama reke sa glinovitim koritom pojavljuju larve na površini vode iz kojih se za par sekundi izvale nežni, lepršavi, šareni, krilati insekti, koji nakon kratkog sušenja izleću na priobalne biljke (sleću i na čamce, pa čak i na ljude) i otpočinju mukotrpno presvlačenje. To su nedozreli mužjaci koji tek nakon svlačenja kože postaju sposobni za parenje i oplodnju ženki.

Nešto kasnije se pojavljuju larve ženki, iz kojih se izvaljuju polno zrele krilate jedinke, a potom masovni “svadbeni let” uz parenje insekata, posle kojeg mužjaci brzo umiru. Ženke još lete izvesno vreme uzvodno, a zatim se spuštaju na površinu vode i odlaze 6000-7000 sitnih jajašca i umiru.

Na mestu današnje Kuršumlije u doba Rimljana nalazila se Ad Fines - krajnja stanica; jedna od vojnih stanica, a ovde doseljeni Sloveni dadoše joj ime Toplica. Stefan Nemanja je ovde podigao dva manastira, kao svoju i zadužbinu žene Ane. Okrećeni belom bojom, prekriveni olovom, iz daljine su bili vidljivi pa je grad kraj njih nazvan Bele Crkve.

Turci su, po osvajanju Toplice, 1454. godine, skinuli krov sa crkava i pretopili ga u tanad – kuršume i tako je Kuršumlija dobila današnje ime.

Kako kraj obiluje brojnim termalnim izvorima ne čudi što se upravo tu, ispod Kopaonika, ušuškala Kuršumlijska Banja. U ovom prostoru postoje i niz drugih izvora i izvorišta koje narod smatra lekovitim.

Takav je i onaj na nadaleko znanom saborištu u Gužveniku, gde se 1925-te godine javila Ognjena Marija!

Njenoj pojavi prethodile su velike kiše, a u stihiji su potom zauvek nestali ljudi, njihova imanja i stoka. Od tada narod dolazi na Blagu Maru, umiva se lekovitom vodom i pali sveće.

Neki to rade, e da bi prošli “čitavi” kroz Đavolju Varoš ! Đavolja varoš je čudesno, kao iz bajke, geografsko područje na planini Radan, na domak Kuršumlije.

Ovde je delovanjem erozije stvorena skupina visokih oštih stena neobičnih oblika. Izdaleka liče na bezbroj visokih crkvenih tornjeva sa čudnim kupolama. Ovu svojevrsnu geografsku pojavu svojevremeno je proučavao Jovan Cvijić i uporedio je sa najfantastičnijim oblicima gudura reke Kolorado.

Region Prohorovo obuhvata dolinu Pčinje, leve pritoke Vardara, planine Kozjak i Rujen i šumovite kose na krajnjem jugoistoku Srbije. U centru, tik uz Pčinju se smestio manastir Sveti Prohor Pčinjski, od Bujanovca i Bujanovačke Banje udaljen 28 kilometara. Prohorovo je najmanje zagađen region.

***Mane petas montes, medio nemus, vespere fornes.***  
**Ako želiš da budeš zdrav ujutro idi na brda, u podne u šumu, a uveče na izvore.**





Then, on parts of the clay-bottom river, larvae appear on the surface of the water, from which gentle, fluttering, colorful, winged insects are born in a few seconds, which, after a short drying period, fly onto the plants by the shore (they also land on boats and even on people) and begin their forcible shedding. They are the immature males which, only after shedding their skin, become able to mate and fertilize females.

The female larvae appear a little later, out of which sex-mature, winged units are born, and then comes the massive “bridal flight” along with the mating of the insects, after which the males quickly die. The females still fly upriver for sometime, and then they land down onto the surface of the water and lay 6000-7000 miniscule eggs and die.

Present day Kuršumlija used to be, during the time of the Romans, Ad Fines – the final station; a military station, and the Slovenes that migrated here named it Toplica. Stefan Nemanja built two monasteries here, as well as his wife Ana’s foundation. Painted in white, covered in lead, they were noticeable from afar, so the city was called Bele Crkve because of them.

After conquering Toplica in 1454, the Turks took down the churches’ roofs and melted them into tanad - kuršume which is how Kuršumlija got it’s present-day name.

Since the region is abundant in numerous thermal springs, it isn’t a wonder that Kuršumlijska Banja Spa happened to nestle in right there, beneath Kopaonik. This region also has many other springs that the people believe to be medicinal.

Just like it is the one at the gathering place in Gužvenik, known far and wide, where Fiery Maria appeared in 1925!

Her appearance was preceded by abundant rains, and people, their estates and animals disappeared forever in the stihia. Since then, the people come to Blaga Mara, they wash their faces with healing water and light candles.

Some do it just to pass through Đavolja Varoš (Devil Town) “alive”! Devil Town is a magical, like from a fable, geographic territory on Radan Mountain, near Kuršumlija.

Erosion created a collection of high and sharp rocks of odd shapes here. From afar they look like countless church towers with strange domes. Jovan Cvijić had, at one time, observed this unique geographical phenomenon and he compared it to the most fantastical shapes of the Canyons of Colorado River.

Region Prohorovo includes the Valley of Pčinje, the left confluent of Vardar River, Kozjak and Rujen Mountains and the forest scythes in the most Southeastern part of Serbia. In the center, right along Pčinje, is the Monastery Sveti Prohor Pčinjski, 28 km from Bujanovac and Bujanovačka Banja.

Prohorovo is the region with the least amount of pollution.

***Mane petas montes, medio nemus, vespere fornes.***  
If you want to be healthy, go into the hills in the morning, into the forest at noon, and to the springs in the evening.

Profesor dr Toma Jovanović je imao običaj da kaže : “Ovakvog prirodnog fenomena Evropa nema!”

Prohorovo je po svojim karakteristikama jedinstven lokalitet na starom kontinentu. Samo na ovom mestu su srećno spojena tri faktora – termomineralna voda, lekovito blato i prirodni gas – ugljendioksid.”

Jedinstven osnov za kvalitet meda je medljika, koju ovde pčele sakupljaju sa lista na list, a ne iz cveta ! Takav medljikav med upravo podseća na te svoje pčele.

Iz Prohorova su med i medni preparati, mleko i mlečni proizvodi, alkoholna i bezalkoholna pića, manastirsko vino i rakija u neobično lepo oblikovanim flašama, meso i mesne prerađevine, pečurke, hleb, lekovito bilje, lekoviti peloid “Parafango” i mineralne vode sa prirodnim gasom iz Bujanovačke Banje odlazili na razne strane zemnog šara.

Srbiju odlikuje i sklad prirodnih faktora za banjsko lečenje nekih bolesti koji ni Češka nema kao mi na jednom mestu - u Bujanovačkoj Banji (!): termomineralna voda, lekovito blato – peloid koji su upravo Česi proglasili među najboljim na svetu i gas u kojem se pacijenti kupaju ili im se zarad poboljšanja periferne cirkulacije ubrizgava pod kožu!

Po broju lekovitih izvora i mineralnih voda Sijarinska Banja; koja je ime dobila po gospodarici Sija Irini, sestri žene cara Justinijana; je rekorder u Evropi. U Banji znanoj još u antičko vreme; kada je pronađeno 316 vrela; postoje osamnaest izvora mineralne vode, za stotinu muka, različitih po fizičkim i hemijski karakteristikama.

Posebna atrakcija Sijarinske Banje su gejziri ! Jedan od njih je visok 10 metara, sa temperaturom vode do 71 stepen.

Ovako nešto videćete jedino još na Islandu, a ostatke nedalekog Caričinog grada, Justinijana Prvog jedino ovde.

Jedan veliki korak je učinjen svojevremeno u Banji Junaković. Tu su, na domak Apatina, nekada dolazili paori iz okoline da posle žetve i inih

radova vidaju rane i leče reumatizam. Ljudi su, u potrazi za naftom ovde

našli još veće blago – termalnu vodu lekovitiju od one u Karlovim Varima ili Harkanju !

I, tako je na prostoru kojem su ljudi nadenuli ime Žikino brdo nastala moderna Banja! U Junakoviću je izgrađen prvi Olimpijski bazen u Vojvodini, a danas ova Banja uspeva da ugosti u jednom danu hiljade ljudi koji su u potrebi za očuvanjem zdravlja, odmorom i opuštanjem stigli u Junaković; prošaran brezama i bagremom; kojem ni danas nije odgonetnut nastanak imena.

***Medicus curat, natura sanat.***

**Lekar leči, priroda izleči.**





Professor Dr. Toma Jovanović used to say: “Europe does not have such a natural phenomenon!

Based on its characteristics, Prohorovo is a unique location on the old continent. Only here are the three factors prosperously joined – thermo-mineral water, medicinal mud and natural gas– carbon dioxide.”

A unique basis for quality honey is blight, which bees here collect from leaf to leaf, and not from flowers! Such blight honey is a reminder of its bees.

From Prohorovo come honey and honey treatments, milk and dairy products, alcoholic and non-alcoholic beverages, monastery wine and rakija in unusually beautifully shaped bottles, meat and meat products, mushrooms, bread, medicinal herbs, medicinal peloid “Parafango” and mineral waters with natural gas from Bujanovačka Banja Spa flows to different sides of the land’s pattern.

Serbia is known for its unison of natural factors for spa treatment of some illnesses that not even Czech has like we do all in one place – in Bujanovačka Banja Spa (!): thermal mineral water, healing mud – peloid which was declared by the Czech to be among the best in the world and gas patients bathe in or it is injected beneath their skin for the sake of improving peripheral circulation!

Based on the number of mineral springs and mineral water, Sijarinska Banja Spa; which was named after mistress Sija Irini, the sister of the wife of Emperor Justinian; holds a record in Europe. In this spa known even back in the ancient time; when 316 sources were discovered; there are 18 mineral water springs, for a hundred aches, different based on physical and chemical characteristics.

A special attraction in Sijarinska Banja are geysers! One of them shoots 10 meters high, with a water temperature of 71 degrees Celsius.

The only other place in the world where you can see something like this is Iceland, and the remains of the nearby Caričin Grad, Justinian The First only here.

A big step was made at one time in Banja Junaković. There, near Apatin, villagers used to come from the vicinity in order to, after harvest and other work, dress their wounds and treat rheumatism. In search of oil, people found even greater treasure there – thermal water, even more medicinal than the one in Karlovi Vari or Harkanj!

And thus, in a place that people named Žikino Brdo, a modern Spa appeared! The first Olympic swimming pool in Vojvodina was built in Junaković, and today this Spa manages to accommodate thousands of people in one day, in need of health protection, rest and relaxation, who come to Junaković; covered in birch and acacia; and the origin of its name is unknown to this day.

***Medicus curat, natura sanat.***

**Doctors treat, nature cures.**

Kada pomislite i na to da se boravak u Banji Junaković mnogima posrećio detetom biće vam jasno da se ovde dolazi i zbog more -steriliteta, koja se ovde suzbija iskustvima tradicionalne medicine, lekovitom banjskom vodom i primenom najsavremenijih metoda u lečenju neplodnosti.

Priča se da su zbog plišanih medvedića; koje je Banja Junaković poklanjala kumićima, deci čije su majke zatrudnele posle tretmana u Junakoviću; značajno profitirali njihovi proizvođači – pa izračunajte koliko je to novorođenih beba.

Srem... Srem... Srem... Divan je kićeni Srem!

Vrdnik, njegov ekološki biser nije bez razloga nazvan oazom mira, tišine i čistog vazduha! Okružen manastirima srpske Svete Gore, koji prostoru donose dodatni mir, zaseo je na južne obronke Nacionalnog parka Fruška Gora i mami sa svoja dva zatvorena i otvorenim Olimpijskim bazenom!

Termalna voda bila je ovde u senci rudnika uglja poviše naselja, koji je donosio život i napredak i doveo železnicu. Rudnik je zatvoren. Pruga je obrasla u travu, a kiše sprale prašinu.

Vrdnik je okružen lipovim mirisnim šumama i sa više od 700 vrsta biljaka. Tako ne čudi što je po otkrivanju snažnog izvora termalne vode istu dr Ščerbanov daleke 1831-ve godine, analizirao u Beču i doneo potvrdu da je lekovita.

Vrdnička priča ipak je počela davnih 300-tih godina u vreme Rimskog cara Proba, čiju su kulu kasnije rušili Huni, Avari i Turci.

Vrdnik su čuvali Dositej koji bi u Hopovu, mošti cara Lazara u manastiru Ravanici više od 200 godina, kralja Milutina i cara Uroša u Vrdniku. Ovo je i kraj prve srpske pesnikinje Milice Stojadinović Srпкиnje ali i prvog srpskog čitališta u Irigu.

Za Novim Sadom i Petrovaradinom su Sremski Karlovci, duhovni centar Srba i direktni naslednik Pečke patrijaršije, grad u kome zvu-  
na bruje kao u Firenci, gde se još uvek uči latinski jezik, gde ima još uvek neke gospodstvene društvene uglađenosti, gde se ljudi još uvek odmaraju pred kućama, gde vlada srdačnost i gostoprимstvo, grad Feniks kroz istoriju, kulturno sedište svih Srba u Ugarskoj, Sion misli i prvi most između srpskog pravoslavlja i zapadne latinske prosvete, u istoriju ulazi ne samo kao predvorje gotovo dvadesetak Fruškogorskih manastira i crkava i središte Mitropolije, već i kao grad evropske istorije u kojem je nastalo određenje za termin "Okruglog stola", pošto je u Karlovcima 26. januara 1699. godine između Svete Alijanse ( Austrija, Poljska i Venecija ) i Turske potpisan mir, kojim je okončan veliki rat.



***Quod natura dat nemo tollere potest.***

34 **Ono što priroda da niko ne može da ukrade.**



When you take into consideration that for many, a stay in Banja Junaković, meant the birth of a child, it will be clear to you that people also come here to treat sterility, which is cured here with water and the application of the most modern infertility treatment methods.

It is said that, because of the stuffed teddies that Banja Junaković gives to godsons; children whose mothers had become pregnant after treatments in Junaković; their producers have profited – so you figure out how many newborns that makes.

Srem... Srem... Srem... How marvelous decked Srem is!

Vrdnik, his ecological pearl, isn't called the oasis of peace, quiet and clean are for nothing! Surrounded by monasteries of Sveta Gora (Holy Forest), which bring additional peace to these territories, it is situated on the south side of the National Park Fruška Gora and it lures with its two indoor and outdoor Olympic sized pools!

Thermal water was in the shadow of the coalmine of several communities, which brought life and advancement and the railroad. the mine is closed. The railroad has disappeared beneath the grass, and the rains have washed away the dirt.

Vrdnik is surrounded by linden forest scents and has over 700 types of plants. Thus it doesn't come as a surprise that, upon the discovery of a powerful thermal water source, Dr. Ščerbanov analyzed back in 1831, in Vienna, and confirmed it to be medicinal. Vrdnik's story began in year 300, at the time of the Roman Emperor Prob, whose tower was later destroyed by Huns, Avars and Turks.

Vrdnik was defended by Dositej, who was in Hopovo, the remains of Czar Lazar in Monastery Ravanica for over 200 years, King Milutin and Czar Uroš in Vrdnik. This is also the end of the first Serbian poet Milica Stojadinović, and the first Serbian library in Irig. After Novi Sad and Petrovaradin follow Sremski Karlovci, the spiritual center of Serbia and the direct successor of Pečka patriarch, a city in which bells sound just like in Florence, where the latin language is still taught, where there is still some kind of lordship-like social refinement, where people still relax in front of their houses, where there is sincerity and hospitality, Phoenix city throughout history, cultural headquarters of all Serbs in Hungary, Sion thoughts and the first bridge between Serbian orthodox and Western Latin enlightenment, enters history not only as the lobby of about twenty Fruška Gora Monasteries and churches and the center of Mitropolije, but also as a city with European history where the term "Round Table" originated from, since the peace treaty that ended the great war was signed in Karlovci, on Jan. 26, 1699 between the Holy Alliance ( Austria, Poland and Venice) and Turkey.

***Quod natura dat nemo tollere potest.***

**What nature gives no one can take away.**

U Sremskim Karlovcima se igra i prva pozorišna predstava u Srba, otvaraju se prva srpska gimnazija i Bogoslovija, najstarija pravoslavna posle Kijevske, i školuju najsajjniji pesnici ovih prostora.

Kako su vetrovi orkanske snage ovde retko ali strašno kosili kraju dadoše ime Polom. Kako ni to nije bilo dovoljno da se opiše snaga nevremena narod kraj nazva Prolom, a tako je ime ponela i Prolom Banja.

Kako god silovita priroda je Prolom; na padini Radan planine; koji je na domak Kuršumlije i Đavolje Varoši, nagradila vodom za dugovečnost, čudesne moći - pomaže bubrežnim bolesnicima ali i obolelim od psorijaze!

Prolom voda teče i kroz hotelske slavine tako da može da se pije i u hotelskoj sobi, a da se potom odšeta do tri kilometra udaljene crkve brvnare Lazarice stare 600 godina, kod koje se pričestio deo srpske vojske pred boj na Kosovu.

Lukovska Banja, ušuškana na 681 metar nadmorske visine, ispod Nenadovog kamena uz Lukovsku reku, na 40-tak kilometara od Kuršumlije je najviša banja u Srbiji!

Kao Banja Lukovo je počelo da se koristi 1900-te kada su podignuti prvo daskama ograđeno kupatilo i prva zgrada za stanovanje.

Dakle, pažljivim čitanjem shvatili ste za šta u Srbiji kažemo : BANJA!

Primenjujemo izraz kada poželimo da kažemo koliko nam je lepo, kako nam je dobro, kako je sve u najboljem redu – baš je BANJA!

Vi sada verujete – Srbija je BANJA!

Opšte udruženje  
specijalizovanih zdravstvenih ustanova  
za prevenciju invalidnosti i rehabilitaciju



***Rara iuvant.* - Što je retko to je prijatno.**

***Valetudo bonum optimum. (CICERON)***  
**Zdravlje je najveće blago ovog sveta.**

***Mens sana in corpore sano! (JUVENAL)***  
**Zdrav duh u zdravom telu!**





Sremski Karlovci was also the site of the first theater play in Serbia, the first high school and Seminary, the oldest orthodox after Kiev's, and the place where the greatest poets of these territories studied.

Since hurricane winds rarely but powerfully blew here, this region was named Polom. Since even that wasn't enough to describe the power of the storm, the people call this region Prolom (rupture), and Prolom Banja Spa.

However powerful nature is, it gave Prolom on the slope of Radan Mountain; which is close to Kuršumlije and Đavolja Varoš, water for eternity, magical powers – it helps kidney patients and psoriasis patients!

Prolom water flows through hotel taps so it can be taken in the hotel room, and then one can walk three kilometers to a log-house church Lazarica, which is 600 years old, where most of the Serbian army took communion before going into battle on Kosovo.

Lukovska Banja Spa, cradled at 681 meters above sea level, below Nenadov Kamen Rock along Lukovska River, 40 km from Kuršumlija is the highest spa in Serbia!

Lukovo began to be used as a spa in year 1900 when the first bath house and the first apartment building was built with wooden boards.

Therefore, by carefully reading you've realized why we, in Serbia, use the term: SPA (BANJA)!

We use this term when we want to express how good we feel, how well-off we are, how everything is going great – it's really a SPA!

Now you believe – Serbia is a SPA!

General Association of  
specialized health institutes  
for disability prevention and rehabilitation



***Rara iuvant.* - That which is rare is pleasant.**

***Valetudo bonum optimum. (CICERON)***  
**Health is the greatest treasure of this world.**

***Mens sana in corpore sano! (JUVENAL)***  
**Health in spirit, health in body!**

**DOBRO DOŠLI  
U BUDUĆNOST**

**WELCOME TO  
THE FUTURE**

## Beli anđeo

“Jedini simbol koji se nekako spontano uvek iznova pojavljivao, bez ičije pomoći ili odluke, bio je upravo naš – BELI ANĐEO. Njega je sam narod, jednoglasno, prepoznao i izabrao. Jednostavno, on je postao ono najlepše i najuzvišenije lice savremene Srbije.

Podjednako naš, koliko i univerzalno – kako po onom tradicionalnom, isto tako i po onom najsavremenijem modelu (“national branding”, “State promoting”, “emotional marketing” ...). BELI ANĐEO je postao najprecizniji i najautentičniji izraz svega onoga što nam je svima potrebno. Sada, kao i uvek! On je simbol onoga što nam najviše nedostaje. Onoga čemu svi, podjednako, težimo. Zato će Velika nagrada turizma Srbije od sada nositi ime i lik ovog mileševskog, srpskog i svetskog “BELOG ANĐELA”.

Nadamo se da će bar nešto od njegovih vrлина preći i na nas, sada i ovde, u očekivanju temeljne duhovne obnove srpske države i društva. U nultoj godini samostalne Srbije. Pred njen uzbudljivi i toliko dugo čekan NOVI POČETAK.



## White Angel

“The only symbol to spontaneously, constantly reappear, without anyone’s help or decision, was our – WHITE ANGEL.

He was unanimously recognized and chosen by the people.

Quite simply, he became the symbol of beauty and the most divine face of modern Serbia.

Just as much ours, as universal – by tradition, and by the most modern model (“national branding”, “State promoting”, “emotional marketing” ...).

THE WHITE ANGEL has become the most precise and most authentic expression of everything we all need. Now, as always!

He is a symbol of what we miss most. That which we all, equally, gravitate toward.

That is why the Great tourism Award of Serbia will, from now on, bear the name and the image of this Milešev’s, Serbian and World “WHITE ANGEL”.

We hope that at least at least some of his qualities will be transferred onto us, now and here, in the awaiting of the thorough spiritual revival of the Serbian Republic and society. In the zero year of independent Serbia.

Before her exciting and so long awaited NEW BEGINNING.





# SPECIJALNA BOLNICA ZA ORTOPEDSKA, KOŠTANO-ZGLOBNA I DEGENERATIVNA OBOLJENJA “RIBARSKA BANJA”

## Živeti uspravno bez bola!

*Dobro došli u Ribarsku Banju sa čijom lekovitom vodom mogu da se mere jedino čuveni izvori u francuskim Pirinejima!*

Ribarska Banja se nalazi u području veoma bujne vegetacije i čistog vazduha, na 540 metara nadmorske visine, na padinama Velikog Jastrepca.

**BAVIMO SE:** oboljenjima lokomotornog aparata; reumatskim i neurološkim oboljenjima; stanjem posle koštanih preloma, posle operacije na kostima; pri kontrakturama zglobova, deformacijama kičmenog stuba, posttraumatskim i postoperativnim parezama, parezama nerava, hemiplegijama, hemiparezama; artritisom, dečijom cerebralnom paralizom; akutnim oboljenjima, malignim bolestima, krvarećim ulkusima, tuberkulozom, dekompenzovanim srčanim stanjima; malignim hipertenzijama.

**Prirodni lekoviti faktori:** U Ribarskoj Banji postoje 6 izvora mineralne vode, temperature od 38 do 42°C, a zbog gustih šuma i čistog vazduha ima karakteristike klimatskog mesta.

**TERAPIJE:** hidro, foto, laser, magnetna, kinezi, termo, sono i radna.

**NAČIN LEČENJA:** Lečenje se obavlja u Specijalnoj bolnici “Ribarska Banja” sumporovitim vodama sa izvesnim procentom gvožđa.

**WELLNESS:** Kako “Wellness” označava jedinstven način celokupnog života: zdrava hrana, definisana fizička aktivnost, relaksacioni tretmani i mentalno zdravlje, namerni da učestvujemo u poboljšavanju Vašeg psiho-fizičkog zdravlja i pružanju potpunog užitka mi, Ribarska banja, smo postali jedinstven Wellness centar sa tradicionalno zdravom hranom, otvorenim i zatvorenim bazenima sa lekovitom mineralnom vodom temperature 38°C, hidromasažerima, bisernim i džakuzi kadama, sa više od 20 oblika masaža, aqua-bic i fitness aktivnostima, sa saunom i šetnjama po čistom planinskom vazduhu...



37205 RIBARSKA BANJA, TEL: +381 37 865 271; 865 261; TEL/FAX: +381 37 865 129

WWW.RIBARSKABANJA.CO.YU E-MAIL: RIBARSKABANJA@YAHOO.COM

# SPECIAL HOSPITAL FOR ORTHOPEDIC, BONE-JOINT AND DEGENERATIVE DISEASES “RIBARSKA BANJA”

## Live straight up, pain free!

*Welcome to Ribarska Banja Spa whose healing water can only be compared to the famous springs in the French Pyrenees!*



Ribarska Banja is located at the bottom of a very abundant vegetation and clean air, at 540 meters above sea level, on the slopes of Jastrebac (Hawk) Mountain.

**WE DEAL WITH:** diseases of the locomotory system; rheumatic and neurological diseases; rehabilitation after bone fractures, after bone operations; joint contractions, spine deformations, post-traumatic and post-operative conditions, neurological diseases, hemiplegia, hemiparesis; arthritis, children's cerebral paralysis; acute diseases, malignant diseases, bleeding ulcers, tuberculosis, decompensated heart conditions; malignant hypertension.

**Natural healing factors:** In Ribarska Banja there are 6 sources of mineral water, temperature 38 to 42 degrees Celsius, and because of thick forests and clean air it has the characteristics of a climatic place.

**THERAPIES:** hydro, photo, laser, magnetic, kinetic, thermal, sonic and work.

**TREATMENT METHODS:** Treatments are conducted in the Special Hospital “Ribarska Banja” with sulfuric water with a certain percentage of iron.

**WELLNESS:** Since “Wellness” represents a unique lifestyle: health food, defined physical activity, relaxing treatments and mental health, with the intention of participating in the improvement of your psycho-physical health and in offering complete pleasure, we at Ribarska banja spa, have become a unique Wellness Center with traditionally healthy food, outdoor and indoor swimming pools with healing mineral water at a temperature of 38°C, hydro massagers, pearl and jacuzzi bathtubs, with over 20 forms of massages, aqua-bic and fitness activities, with a sauna and walks in clean, mountain air...



**NAŠE SE VODE PIJU! U NAŠIM SE VODAMA KUPA! NAŠIM SE VODAMA ISPIRA!**  
**OUR WATERS ARE FOR DRINKING! OUR WATERS ARE FOR BATHING! OUR WATERS ARE FOR CLEANING!**



# INSTITUT ZA PREVENCIJU, LEČENJE I REHABILITACIJU REUMATIČNIH I KARDIOVASKULARNIH BOLESTI “NIŠKA BANJA”

## Priroda kao lek!

*Prirodni faktor - termomineralna voda, peloid i klima*

Niška Banja se kao prirodno lečilište spominje još 448. godine, a trago-  
vi joj sežu od II veka.

Niška Banja, odlikovana umereno kontinentalnom klimom; u medicin-  
skom smislu kategorisanom umirujućom sedativnom, pogodnom za le-  
čenje, odmor i rekreaciju; nalazi se na nadmorskoj visini od 250 m, na 10  
km od Niša i 250 km od Beograda, na međunarodnom putu za Sofiju.

**PRIRODA KAO LEK:** Lekovitost i specifičnost Banji daju radonske  
termomineralne vode sa izvorišta “Glavno vrelo”, “Suva Banja”, “Škol-  
ska česma”, “Banjica” i “Pasjača” i prirodan mineralni peloid - radioak-  
tivni bigar. Radioaktivni gas Radon koji se oslobađa iz bigra, cevima se  
odvodi do inhalatorijuma gde se koristi za lečenje.

**VODA:** slabo mineralizovana, zemnoalkalna, temperature od 36 do  
38°C.

**NAČINI LEČENJA:** kupanje u radioaktivnoj vodi, peloidoterapija,  
inhaliranje, elektroterapija, kineziterapija, medikamentna terapija, eduka-  
cija bolesnika, psihoterapija.

Institut za prevenciju, lečenje i rehabilitaciju reumatičkih i kardiova-  
skularnih bolesti “Niška Banja” je savremena zdravstvena naučno-istra-  
živačka ustanovu iz oblasti reumatologije i kardiologije, specijalizovane  
rehabilitacije, fizikalne medicine, ortopedije.

Nastavna je baza Medicinskog fakulteta u Nišu. Institut poseduje savre-  
menu opremu za neinvazivnu dijagnostiku, lečenje i rehabilitaciju reuma-  
tičkih i kardiovaskularnih bolesti, kao i savremenu opremu za operativno  
lečenje u domenu ortopedske hirurgije; magnetno-rezonantni skener,  
ultrazvučne i dopler aparate.

Prirodni faktor (termomineralna voda, peloid i klima), visoko  
obrazovni, stručni kadar i savremena medicinska oprema  
čine Institut “Niška Banja” jedinstvenom ustanovom za pre-  
venciju, lečenje i rehabilitaciju reumatičkih i kardiovaskular-  
nih bolesti.



# INSTITUTE FOR PREVENTION, TREATMENT AND REHABILITATION OF RHEUMATIC AND CARDIO-VASCULAR DISEASES “NIŠKA BANJA SPA”

## Nature as remedy!

*Natural factor - thermo-mineral water, peloid and climate*

Niška Banja Spa is mentioned as a natural healing place back in year 448, and its trail leads back to the II century.

Niška Banja Spa, distinguished by a moderate continental climate; in the medicinal sense categorized as calming and sedative, suitable for treatments, rest and relaxation; is located at 250 m above sea level, at 10 km from Niš and 250 km from Belgrade, on the international road for Sofia.

**NATURE AS REMEDY:** The medicinal properties and specifics of this Spa are the radon thermal mineral water from the springs “Glavno vrelo” (main source), “Suva Banja” (dry spa), “Školska česma” (school tap), “Banjica” (little spa) and “Pasjača” and the natural mineral peloid – radioactive bigar. The radioactive gas Radon, which is emitted from the bigar, flows through pipes to the inhalator hall where it is used in treatments.

**WATER:** slightly mineralized, earth alkaline, temperature from 36-38°C.

**TREATMENT METHODS:** bathing in radioactive water, peloido-therapy, inhalation, electro-therapy, kinesthetic therapy, medicament therapy, patient education, psychotherapy.

The Institute for prevention, treatment and rehabilitation of rheumatic and cardiovascular diseases “Niška Banja” is a modern health science-research institute in the field of rheumatology and cardiology, specialized rehabilitation, physical medicine, orthopedics.

It is the faculty base of the Medicinal Faculty in Niš. This Institute possesses modern equipment for non-invasive diagnostics, treatment and rehabilitation of rheumatic and cardiovascular diseases, as well as modern equipment for operative treatment in the domain of orthopedic surgery, magnetic-resonance scanner, ultrasound and Doppler devices.

Natural factor (thermo-mineral water, peloid and climate), highly educated, expert staff and modern medical equipment make Institute “Niška Banja” a unique institution for prevention, treatment and rehabilitation of rheumatic and cardiovascular diseases.





# SPECIJALNA BOLNICA ZA REHABILITACIJU "GAMZIGRAD"

## Evropski kriterijumi pružanja zdravstvenih usluga pacijentu!

**OD PRIRODE DAR KORISTIMO MI:** Gamzigradskoj Banji, ležećoj na 160 metara nadmorske visine, u meandarskoj dolini donjeg toka Crnog Timoka, priroda je podarila više izvora dubokih i 303 metra sa termomineralnim vodama - zemnoalkalne hiper i akroterme. Okružena šumovitim brežuljcima Gamzigradska Banja je tih kutak za lečenje, odmor, rekreaciju, sport i ribolov.

**LEČENJE:** "Zavod za specijalizovanu Rehabilitaciju "Gamzigrad" u Gamzigradskoj Banji počeo je da radi 4. decembra 1978. godine prijemom prvih pacijenata. Lečenje u Zavodu se sprovodi korišćenjem termomineralne vode temperature 42°C, najsavremenijim aparatima iz oblasti fizikalne medicine i visoko edukativnom medicinskom merom."

**ZNA SE, PA SE PREPORUČUJE U SLUČAJEVIMA:** oboljenja perifernih krvnih sudova - organski poremećaji arterijskih krvnih sudova, funkcionalni poremećaji arterijskih krvnih sudova, oboljenja perifernih venskih krvnih sudova, oboljenja limfnog sistema, vibraciona bolest, ginekološka oboljenja, sterilitet kod žena, zglobovi i vanzglobni reumatizam, ortopedske bolesti i posttraumatska stanja, neurološka oboljenja, bolesti vezivnog tkiva, anomalije dečijeg uzrasta.

**SPORTSKO-REKREATIVNO:** Dva zatvorena bazena sa toplom vodom, sala za vežbe sa teretanom, sala za stoni tenis, novi tereni za fudbal i mali fudbal, rukomet, košarku i odbojku, teniski teren od tenisita, stoni tenis, bilijar, sportski ribolov, šah sala, TV salon.

**KURIOZITETI:** Na prostranom platou, u blizini Gamzigrada, okružena uzbudljivim planinama istočne Srbije, stoji Felix Romuliana, carska palata imperatora Gaja Valerija Galerija Maksimilijana, podignuta u II i IV veku. Arheološke iskopine carske palate Felix Romuliana nalaze se na 4 kilometra od Gamzigradske banje.

Posebno su zanimljive Rajačke pivnice, jedinstveni kulturno-istorijski spomenik vina i vinove loze, gde se više od dva veka 280 kamenih podruma koriste za proizvodnju i čuvanje čuvenih rajačkih vina.

U Gamzigradskoj banji i danas proizvodi struju električna centrala podignuta 1908. godine.

**OBAVEZNO U ZAJEČARU:** Narodni muzej, Radul Begov konak, Turska vodenica – restoran sa etno-ambijentom, Park šuma Kraljevica – sa sportskim sadržajima i olimpijskim bazenom, Konjički klub.

**"OD PRIRODE DAR KORISTIMO MI, KORISTIO JE I CAR"**



# SPECIAL HOSPITAL FOR REHABILITATION “GAMZIGRAD”

## Provision of medical services by European standards!



**NATURE GAVE US TO USE:** Nature endowed the Gamzigrad Spa, which lies at the height of 160 meters above the sea level, in the meandar valley of the lower course of the Crni Timok river, with several springs, some of them on the depth of even 303 meters, with thermomineral water. Surrounded by wooded hills, the Gamzigrad Spa is a quiet place for treatment, holiday, recreation, sport and fishing.

**TREATMENT:** Institute for Specialized Rehabilitation “Gamzigrad” in the Gamzigrad Spa started to work on December 4, 1978, with the reception of the first patients. The treatment in the Institute is carried out by means of use of the thermomineral water whose temperature is 42° C, the up-to-date devices used in the physical medicine and with the highly educational medical measure.

**SPA IS WELL-KNOWN FOR AND, THEREFORE, RECOMMENDED IN THE CASES OF:** Diseases of peripheral blood vessels – organic disorders of the arteries, functional disorder of the arteries, diseases of peripheral veins, lymphatic system diseases, vibrational illness, gynecological illnesses, sterility in women, articular and extra-articular forms of rheumatism, orthopedic illnesses and post-traumatic conditions, neurological illnesses, connective tissue diseases, anomalies in young age.

**SPORTS AND RECREATION:** Two indoor swimming pools with warm water, gym, table tennis room, new football and mini football pitches, handball, basketball and volleyball courts, tennis courts, billiards, sports fishing, chess room, TV room.

**CURIOSITIES:** On the spacious plateau, in the vicinity of Gamzigrad, surrounded by exciting mountains of eastern Serbia, there is Felix Romuliana, the royal palace of emperor Gai Valerie Galerie Maximilian, built in the 2nd and the 4th century. Archeological excavations of imperial palace Felix Romuliana are located 4 kilometers away from the Gamzigrad Spa.

Especially interesting are the Rajac beer houses, the unique cultural-historical monument to wine and vine, where 280 stone cellars have been used for more than two centuries for production and keeping of famous Rajac’s wines.

The electricity in the Gamzigrad Spa is still produced by the power plant built in 1908.

**MUST-SEE IN ZAJEČAR:** National Museum, Radul Bey’s house, Turkish Water Mill – an ethno-restaurant, Forest Park Kraljevica – with sports contents and Olympic swimming pool, Riding club.

**“WE USE WHAT NATURE GAVE US, JUST LIKE EMPEROR USED IT BEFORE US”**



# SPECIJALNA BOLNICA ZA PREVENCIJU, LEČENJE I REHABILITACIJU NESPECIFIČNIH PLUĆNIH BOLESTI “SOKOBANJA”

## Rehabilitacija! Relaksacija! Revitalizacija!

*Prva ekološka opština Srbije - Sokobanja*

Jedan od najznačajnijih turističko - zdravstvenih centara i prva ekološka opština Srbije - Sokobanja, nalazi se na 234km jugoistočno od Beograda i 60km severoistočno od Niša na oko 400 metara nadmorske visine.

**MIRIŠITE OZON:** Čist i i svež vazduh; kod je nas umereno vlažan, kao i padavine. Kod nas nema velikih magli ni jakih vetrova ali znajte da nam iz obližnjih šuma stiže prijatan miris ozona. Banja je okružena planinama skoro sa svih strana, pa one čine prirodnu zaštitu od vetrova.

**PREPORUČUJEMO SE U SLUČAJEVIMA:** bronhijalne astme, hroničnog hepatitisa, psihoneuroza, neurastenije, lakših oblika povišenog krvnog pritiska, hroničnog reumatizam, hroničnih reumatskih i degenerativnih oboljenja, išijasa, stanja posle povreda.

**PRIRODNI LEKOVITI FAKTORI:** termomineralni izvori temperatura od 28°C (Banjica) do 45,5°C (Park), gas radon uz povoljnu jonizaciju, čist planinski vazduh bez prisustva aerozagađenja i izuzetno blagotvorna umereno-kontinentalna klima.

**NAČINI LEČENJA:** Mi, primenjujući prirodne lekovite faktore, u Specijalnoj bolnici “Sokobanja” lečimo koristeći i najsavremeniju opremu za dijagnostiku, lečenje i rehabilitaciju.

“U CELOM SVETU VANREDNO STANJE,  
SVET SE PONOVO MERI I KROJI,  
SVI BI DA ZIDAJU SOKOBANJE,  
AL’ BOG IME REČE: “NE MOŽE,  
TO NEGDE VEĆ POSTOJI.”

(MOŠO ODALOVIĆ)



# SPECIAL HOSPITAL FOR PREVENTION, TREATMENT AND REHABILITATION OF ACUTE LUNG DISEASES “SOKOBANJA”

## Rehabilitation! Relaxation! Revitalization!

*The first ecologic municipality of Serbia - Sokobanja*



One of the most important tourism-health centers and the first ecologic municipality of Serbia - Sokobanja, is located 234km Southeast from Belgrade and 60 km Northeast of Niš, at about 400 meters above sea level.

**SMELL THE OZONE:** Clean and fresh air here is moderately humid, as is the precipitation. We don't have abundant fog nor strong winds, but be sure that we have a pleasant scent of the ozone coming from nearby forests. The spa is surrounded by mountains from almost every side and they provide a natural windshield.

**RECOMMENDED FOR:** bronchial asthma, chronic hepatitis, psychoneurosis, neurasthenia, mild forms of high blood pressure, chronic rheumatism, chronic rheumatic and degenerative diseases, sciatica, post injury conditions.

**NATURAL MEDICINAL FACTORS:** thermo-mineral springs at temperatures ranging from 28°C (Banjica) to 45.5°C (Park), gas radon along with favorable ionization, clean mountain air without the presence of air pollution and exceptionally beneficial moderate-continental climate.

**TREATMENT METHODS:** We at the Special Hospital “Sokobanja”, by applying natural medicinal factors, treat patients also using the most modern equipment for diagnostics, treatment and rehabilitation.

“THE WHOLE WORLD IS QUAIN,  
BEING MEASURED AND SEWN ALL OVER AGAIN,  
EVERYONE WANTS TO BUILD SOKOBANJA,  
BUT GOD SAYS: “YOU CANNOT,  
IT ALREADY EXISTS.”

(MOŠO ODALOVIĆ)



# SPECIJALNA BOLNICA ZA PLUĆNE I OČNE BOLESTI I TUBERKULOZU “OZREN” Sokobanja

## Mirišite ozon!

Poznavaoci prirode i klime kažu da se retko gde kao na Ozrenu udiše vazduh koji u nozdrvama i plućima ostavlja utisak miomirisa. Kiseonik i ozon na Ozrenu se dohranjuju mirisima zemlje, trava, bilja iz kojih će nastajati čajevi, drveća i cveća i tako Vam sa svakim čarlijanjem povetarca unose novo zdravlje i snagu da istrajete. Kažu ljudi: “Valjalo bi vazduh sa Ozrena pakovati na poklon, a ljubaznost i znanje ljudi iz Specijalne bolnice za plućne i očne bolesti i tuberkulozu nositi u srcu.”

### NAŠIH VIŠE OD 70 GODINA!

Mi, Specijalna bolnica za plućne i očne bolesti i tuberkulozu “Ozren” radimo od 1935. godine ali su izuzetni prirodno-klimatski uslovi kakvi postoje malo gde u svetu, bili glavni razlog da se 1956. godine otvori i očno odeljenje za lečenje tuberkuloze očiju i drugih hroničnih oboljenja vida. Formirali smo i pneumoftiziološku, internističku, oftalmološku, neuropsihijatrijsku, fizijatrijsku i stomatološku službu, a tokom sedamdesetih i osamdesetih godina se opremili i drugim savremenim aparatima kako bi upotpunili dijagnostikovanje i lečenje kako tuberkuloze tako i ostalih plućnih bolesti.

**NA OVOM DELU OZRENA SE NALAZE NEKOLIKO GEOGRAFSKIH FENOMENA:** najveći vodopad u Srbiji - Ripaljka, pećina sa prirodnim ukrasima, a na proplancima Lepterije sreću se izvori radioaktivne vode koji se slivaju u Moravicu.

Šumskim i asfaltnim stazama se može doći do Oštre Čuke, najvišeg vrha Ozrena (1.117 m), do Ozrenske pećine, duge 580 metara, do izvora Đerdelez poznatog još u tursko doba.

**DODATNI RAZLOZI ZA POVERENJE U NAS:** Obodne planske delove našeg prostora odlikuje visinska klima sa sniženim parcijalnim vazдушnim pritiskom, niskom aerozagađenošću, smanjenim sadržajem vodene pare, čistom atmosferom, intenzivnim infracrvenim i ultraljubičastim zračenjem i šta ćete više kada su u pitanju bolesti disajnih organa kod dece i odraslih: bronhijalna astma, akutni hronični bronhitis, bronhiektazije, emfizem, akutna i hronična respiratorna insuficijencija, sinusit, druge česte respiratorne infekcije i alergijske manifestacije - naročito kod dece.

**DOBRO DOŠLI!**



18230 SOKOBANJA; NASELJE OZREN BB; TEL: +381 18 830 422, 830 522; 830 402; TEL/FAX: +381 18 830 927

WWW.OZREN.ORG.YU E-MAIL: SBOZREN@BEOTEL.YU

# SPECIAL HOSPITAL FOR LUNG AND EYE DISEASES AND TUBERCULOSIS “OZREN” Sokobanja

## Smell the ozone!



Nature and climate experts say that the air like the one on Ozren can hardly be found anywhere else. Once breathed in, that air leaves the traces of aroma in the nostrils and in the lungs. Oxygen and ozone on Ozren are fed with the fragrances of soil, grass, herbs that will become teas, trees and flowers and, thus, every breeze that gently blows carries health and strength for you to live on. People say: “The air from Ozren should be given as a present, and sincerety and knowledge of the people from the Special Hospital for Lung and Eye Diseases and Tuberculosis should be carried in the heart.”

### TRADITION OVER 70 YEARS LONG !

Special Hospital for Lung and Eye Diseases and Tuberculosis “Ozren” exists since 1935, but the exceptional natural-climatic conditions, which are, most probably, unique in the world, were the main reasons why the eye department for treatment of eye tuberculosis and other chronic eye diseases was opened in 1956. Also, the departments of pneumophysiology, internal medicine, ophthalmology, neuropsychiatry, psychiatry and stomatology were formed, whereas, in the 1970's and 1980's, the hospital acquired other modern machines in order to complete the equipment required for diagnostics and treatment of tuberculosis and other lung diseases.

**THERE ARE SEVERAL GEOGRAPHIC PHENOMENA ON THIS PART OF OZREN:** the largest waterfall in Serbia - Ripaljka, the cave with the natural decorations and, in the clearings of Lepterijska, the springs with radioactive water that flows into the Moravica. The forest and paved paths lead to Oštra Čuka, the highest peak of Ozren (1,117m), as well as to the Ozren cave, 580m long, and to the Đerdelez spring, which was also famous in the Turkish age.

### ADDITIONAL REASONS FOR YOU TO TRUST US:

Mountain edges in this area are featured by the alpine climate with lowered partial air pressure, low air pollution, reduced percentage of steam, clean atmosphere, intensive infrared and ultraviolet radiation and what do you need more when we are talking about diseases of respiratory organs in children and adults: bronchial asthma, acute chronic bronchitis, bronchiectasis, emphysema, acute and chronic respiratory insufficiency, sinusitis, other frequent respiratory infections and allergic manifestations – especially in children.

**WELCOME !**

## KUR SALON

Kura (franc.) = lečenje!

Pod svodovima banjske dvorane «Kur-salon»; podignute 1932. godine; boravile su krunisane glave i najviđeniji ljudi - jedni zarad lečenja, drugi zarad provoda, treći zbog jedne od prvih kockarnica na Balkanu, četvrti dolazeći na balove.

## VERSAJ USRED MAČVE!

Do Drugog svetskog rata «Kur-salon» je bi omiljeno mesto boravka porodice Karađorđević, pa odatle Banja Koviljača i dobi epitet «kraljevska»! Doduše, kralj nije ovde samo dolazio već je i državnim novcem finansirao izgradnju.

Arhitekta Dragoslav Đorđević i ruski bračni par Nikola i Olga Krasnov i arhitekta i slikar enterijera Milan Minić, Salon su stvorili po uzoru na jedan versajski dvorac.



## KUR SALON

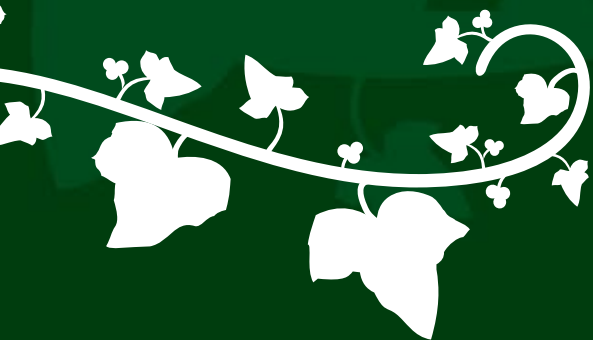
Kura (French) = treatment!

Under the roof of spa hall «Kur-salon»; built in 1932; the crowned and the most prominent people were spending their time – some of them for treatment, some for fun, some for one of the first casinos in the Balkans, some for the balls.

## VERSAILLES IN THE MIDDLE OF MAČVA!

Prior to the World War II, «Kur-salon» was the favourite place of the Karađorđević dynasty. That is why Koviljača spa got epithet «royal»! What is interesting is that the king not only preferred to spend his time here, but he was also financing construction of the spa with the state money.

In the creation of «Kur-salon», architects Dragoslav Đorđević and Nikola and Olga Krasnov, married couple from Russia, and an architect and interior painter Milan Minić took a part of the Palace of Versailles as a model.







# SPECIJALNA BOLNICA ZA REHABILITACIJU "BANJA KOVILJAČA"

## Kraljevska banja sa naj parkom!

**THE HISTORY:** Arheolozi tvrde da smo naseljeni još u rimsko doba. U srednjem veku, pod zidinama Koviljkinog grada narod traži leka i lada, a bogati Turci iz Mačve i Podrinja 1720. godine ovde podižu prvi ženski hamam.

**OD SMRDAN BANJE DO...** Neprijatna isparenja iz bare sa blatom, nastale od izvora sumporovite vode, dala su narodu za pravo da nas nazove Smrdan banjom. Problem smo rešili modernim konceptom banjskog mesta i 1907-me izgradili sumporno kupatilo!

**PREPORUČUJEMO SE ZA:** sve oblike reumatizma, bolesti lokomotornog aparata, stanja posle operacije kičme i ugrađivanja endoproteze kuka i kolena, posttraumatska stanja, ginekološka oboljenja, hematologija, neurološka oboljenja, sva stanja slabosti organizma ili pad imuniteta.

**PRIRODNO LEKOVITO:** u Podrinju smo i Jaderskom kraju, na 128 metara nadmorske visine, bez magle i aero-zagađenja!

**BOGATI SMO:** sumporovitom mineralnom vodom toplom od 15 do 28°C i lekovitim blatom. Naše gvoždenvite vode su radioaktivne.

### MEDI INDI! PAMTI!

Bolesti lokomotornog aparata, posttraumatska stanja - prelomi kostiju, ginekološka i neurološka oboljenja, degenerativni reumatizam.

**KONTRAINDI:** Reumatska groznica u evolutivnoj fazi. Hronična reumatska oboljenja za vreme jačeg pogoršanja. Defektivne ankiloze. Sve psihoze. Epilepsija.

**DOĐITE NA:** kupanje i pijenje vode i tretmane oblogama blata uz primenu svih drugih fizikalnih procedura: elektro, mehano, magneto, kinezi, laser...

### MI!

Mi Vas lečimo kod nas u Specijalnoj bolnici za rehabilitaciju "BANJA KOVILJAČA", kupanjem u sumporovitoj i gvoždenvitoj vodi i blatnim oblogama. Mi vas dopunski lečimo: irigacijom, inhaliranjem i masažama.

Mi primenjujemo: balneoterapiju, hidro, kinezi, foto, elektro, fango, magnetnu terapiju, hidromasažu...

Mi smo najmodernije opremljeni!

Mi, Specijalna bolnica, imamo i posebno odeljenje za dečiju rehabilitaciju.



15316 BANJA KOVILJAČA; TEL: +381 15 818 006; 818 270; 818 387

WWW.BANJAKOVILJACA.CO.YU E-MAIL: BANJAKOV@EUNET.YU

# SPECIAL HOSPITAL FOR REHABILITATION “BANJA KOVILJAČA”

## Royal spa with the best park!



**THE HISTORY:** The archeologists claim that this spa was settled in the Roman Age. In the Middle Ages, beneath the ramparts of the Koviljka's town, the people were looking for the medicine and the shade, while the rich Turks from Mačva and Podrinje had the first steam bath for women built here in 1720.

**FROM SMRDAN (SMELLY) SPA TO...** Unpleasant vapors from a mud pool, originating from a sulphurous spring, inspired the people to name this spa "Smrdan Spa", that is, smelly spa. The problem is solved with the modern concept of the spa resort and the construction of a sulphurous bath in 1907!

**SPA IS RECOMMENDED FOR:** all forms of rheumatism, the locomotor system illnesses, conditions following spine surgeries and hip and knee endoprostheses implantation, post-traumatic conditions, gynecological diseases, hematology, neurological illnesses, all conditions of the body weakness or immunity deficiency.

**NATURALLY CURATIVE:** the spa is situated in Podrinje, in the Jadar region, at the height of 128 meters above the sea level, without fog and air pollution !

**SPA IS RICH WITH:** sulphurous mineral waters at the temperature of 15-28°C and medicinal mud. The ferriferous waters in the spa are radioactive.

### **MEDICAL INDICATIONS! REMEMBER!**

The locomotor system illnesses, post-traumatic conditions – bone fractures, gynecological and neurological illnesses, degenerative rheumatism.

**CONTRAINDICATIONS:** Rheumatic fever in the evolutionary phase.

Chronic rheumatic diseases during serious aggravations. Defective ankylosis. All kinds of psychoses. Epilepsy.

**TREATMENT:** bathing, drinking water and applying mud compresses, with the use of all other physical therapy procedures: electro-, mechano-, magneto-, kinesi-, laser-...

### **WE !**

WE treat you in the Special Hospital for Rehabilitation "BANJA KOVILJAČA" – bathing in sulphurous and ferriferous waters and applying mud compresses.

We additionally treat you by using: irrigation, inhalation and massages.

We apply: balneotherapy, hydro-, kinesi-, photo-, electro-, fango, magnetic therapy, hydromassage ...

We have the up-to-date equipment!

We, Special Hospital, have a special ward for the rehabilitation of children.



# INSTITUT ZA REHABILITACIJU BEOGRAD BEOGRAD, SELTERS, PRČANJ

## Mi smo jedan Institut, a tri institucije.

Mi smo najveća rehabilitaciona ustanova Srbije. Mi smo jedan Institut, a tri institucije - u Beogradu, na Kosmaju i u Vrmcu, u Boki Kotorskoj.

### **"SOKOBANJSKA"**

U ovom delu Instituta obavlja se ambulantno poliklinička rehabilitacija bolesti i povreda koštano- zglobnog sistema, neuroloških, kardiovaskularnih i plućnih oboljenja, kao i stacionarna rehabilitacija bolesnika sa kardiološkim i plućnim oboljenjima.

**IMAMO:** dijagnostičke kabinete za elektrofiziologiju, kardiologiju, pulmologiju, laboratorijsku i rentgen dijagnostiku i službe za nastavu i balneoklimatologiju.

### **"BANJA SELTERS"**

Do nas se, na nadmorsku visinu od 136 metara, dolazi iz sveta i avionom, pa putem dugim 55 kilometara kroz Beograd do na Kosmaj, u zonu šumovitih proplanaka, zelenila i čistog vazduha, zarad vetrova i sa Bukulje i Venčaca.

U našem se stacionaru tokom godine rehabilituju više od 6000 pacijenata, a prepoznaju nas i po savremenom hotelu sa jednokrevetnim, dvokrevetnim i trokrevetnim sobama, restoranom za ručavanje za 250 osoba, ekskluzivnom banket salom i bazenom sa toplom vodom.

**PRIRODNA LEKOVITOST:** mineralna voda je hipoterma, alkalnomurijske kisele vode bogate natrijumhidrokarbonatom i hlorom, temperature od 31 do 34 stepena. Mi imamo i alkalnomurijsku ugljenokiselu hipertermu toplu do 50 stepeni.

**INDIKACIJE:** oboljenja i oštećenja lokomotornog sistema reumatska degenerativna i zapaljenska oboljenja kičmenog stuba i zglobova posttraumatska stanja oboljenja izazvana vibracijama hronična oboljenja respiratornog sistema.

Hotel "Selters" se koristi i kao objekat zdravstvenog turizma. Gostima su na raspolaganju bazen, sauna, kade za tople kupke i podvodnu masažu kao i svi ostali terapijski kapaciteti.

### **INSTITUT ZA REHABILITACIJU "VRMAC" PRČANJ**

Staro naselje pomorskih kapetana Prčanj, proglašeno je za prirodno klimatsko lečilište još 1920. godine, odlukom Kraljevske vlade.

Objekat Vrmac u Prčnju, Instituta za rehabilitaciju Beograd, se nalazi u najlepšem delu Bokokotorskog zaliva, svega 7 kilometara od drevnog Kotora i 10 od međunarodnog aerodroma Tivat.

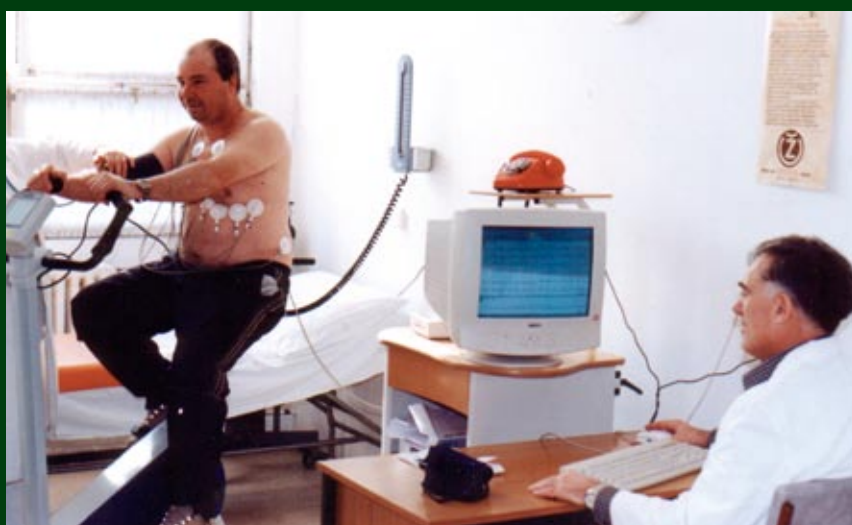
Hotel ima sopstvenu šljunkovitu plažu dužine oko 1000 metara, zatvoreni bazen sa toplom morskom vodom, sportske terene, sale za rekreaciju i dva klimatizovana restorana sa 460 mesta.

Klima ovog područja posebno pogoduje pacijentima sa oboljenjima gornjih disajnih puteva, astmom i drugim alergijskim oboljenjima. Naučno je ustanovljeno da su najpogodniji meseci za lečenje ovih oboljenja mart i april, septembar i oktobar.



# REHABILITATION INSTITUTE BELGRADE BEOGRAD, SELTERS, PRČANJ

## We are one Institute, but with three institutions



We are the largest rehabilitation institution in Serbia. We are one Institute, but with three institutions - in Belgrade, on Kosmaj and in Vrmac, in Bay of Kotor.

### **"SOKOBANJSKA"**

This part of the Institute performs the ambulance-polyclinic rehabilitation of diseases and bone-joint system injuries, neurological, cardiovascular and lung diseases, as well as stationary rehabilitation of patients with cardiology and lung diseases.

**WE HAVE:** diagnostics offices for electrophysiology, cardiology, pulmonology, laboratory and x-ray diagnostics and services for training and balneoclimatology.

### **"SELTERS SPA"**

Our guests visit us, at a sea level of 136 meters, from the world and they come by airplane, then by a 55 km long road through Belgrade to Kosmaj, in an area of forest meadows, greenery and clean air, for the sake of the winds from Bukulja and Venčac.

Our resort rehabilitates over 6000 patients a year, and we are recognized by our modern hotel with single, double and triple bed rooms, a restaurant for 250 persons, and exclusive banquet salon and a swimming pool with warm water.

**NATURAL HEALING POWERS:** the mineral water is hypothermic, with alkaline muriatic acid water, rich in sodium hydro carbonate and chlorine, at a temperature of 31 to 34 degrees Celsius. We also have alkaline muriatic carbonic acidic hypothermic hot water of up to 50 degrees Celsius.

**INDICATIONS:** locomotory system diseases and disorders, rheumatic degenerative and inflammatory diseases of the spine and joints post traumatic conditions illnesses caused by vibrations chronic diseases of the respiratory system.

Hotel "Selters" is also used as a health tourism object. Guests have at their disposal a pool, a sauna, hot tubs and underwater massage and all other therapeutic contents.

### **REHABILITATION INSTITUTE "VRMAC" PRČANJ**

The old community of marine captains of Prčanj was declared a natural climatic healing place back in 1920, by the decision of the King's Government. Vrmac building in Prčanj, of the Rehabilitation Institute Belgrade, is located in the most beautiful part of Bay of Kotor, just 7 km from ancient Kotor and 10 km from the international airport Tivat. The Hotel has its own gravel beach, a length of 1000 meters, an indoor swimming pool with hot sea water, sports courts, recreation halls and two air conditioned restaurants with 460 seats. The climate in this region is especially good for patients with upper breathing passage diseases, asthma and other allergies. It is scientifically proven that the most favorable months for the treating of these diseases are March and April and September and October.



# SPECIJALNA BOLNICA ZA SPECIJALIZOVANU I OPŠTU REHABILITACIJU “BUKOVIČKA BANJA”

## Mermerno zdravlje u srcu Srbije!

“...Knjaz naredi da se podigne crkva po kojoj će Arandelovac dobiti ime!”

U našem prvom kupatilu pod vedrim nebom voda je zagrevana usijanim đuladima, a izvor dobi ime Đulara. Drugome dadasmo ime Talpara – grejao se drvenim talpama od kojih sagradismo kupatilo.

Kažu za nas da smo jedno od najvažnijih i najkompletnijih balneo-klimatsko-turističkih naselja Srbije.

Voda nam je među najpoznatijim evropskim i svetskim alkalno-ugljeno kiselim, a u našem “Knjaz Milošu” se nalazi optimalna količina selena.

**NAŠIM IZAZOVOM U VAŠEM INTERESU SU:** periferne vaskulopatije, bolesti metabolizma, hronične profesionalne bolesti i trovanja teškim metalima, hronične neuralgije, polineuropatije, distrofičke promene, gastrointestinalni trakt, oboljenja hepatobilijarnog trakta, respiratorni sistem, povreda i oboljenja lokomotornog sistema.

**OD PRIRODE NAM DATI:** nadmorska visina od 256 metara, lekovita mineralna voda; više mineralnih izvora temperature od 12 do 28°C; glina i klima. Više mineralnih izvora temperature od 12 do 28°C. Hladni izvori spadaju u grupu alkalnih ugljeno-kiselih hipotermi. Lekovita glina se koristi hladna

**NAČINI LEČENJA:** Kupanjem u mineralnoj vodi, pijenjem mineralnih voda i hladne obloge od gline. U rekreacionom bloku, pored standardnih hidroterapijskih procedura, postoje bazen sa đakuzijem i podvodnom masažom, solarijum, sauna, hidrokinetički tuševi, tuš-masaže sa promenljivim pritiskom i temperaturom, blatne kupke i fitness kabinet.

**JEDINO KOD NAS!** U našoj Specijalnoj bolnici radi jedino odeljenje u našoj zemlji za produženo lečenje, edukaciju i rehabilitaciju dece obolele od insulinozavisnog oblika šećerne bolesti.

**PRIRODNE VREDNOSTI:** Banja ima lepo uređen park na preko 20 hektara, sa cvetnim alejama i retkim rastinjem u delu francuskog parka, zatim trim stazu u delu parka šume.

Staro zdanje nam je najstariji objekat i simbol je Arandelovca. Počeo je da ga gradi knez Mihajlo Obrenović još 1865. godine, kao letnju rezidenciju i skupštinski dom.

**ISTINA! VENČAČKI MERMER nije poznat samo u Srbiji.**

Ovakav kakvim ga priroda stvara vekovima ugrađen je i u jedno krilo Bele kuće u Vašingtonu i u postament čuvene Statue slobode u Njujorškoj luci.



34300 ARANĐELOVAC; MIŠARSKA BB; TEL: +381 34 711 325, 725 250, 724 186; TEL/FAX: + 381 34 724 186

WWW.BUKOVICKABANJA.CO.YU E-MAIL: SBBA@EUNET.YU

# SPECIAL HOSPITAL FOR SPECIALIZED AND GENERAL REHABILITATION “BUKOVIČKA BANJA”

## Marble health in heart of Serbia!



“...Duke issued an order that the church be built after which Arandelovac would get its name !”

The water in our first bath in the open was heated by means of red-hot cannonballs (đulad). That is how the spring got name Đulara. The second one was named Talpara – because it was heated by means of wooden slabs (talpe), which were used for construction of the bath.

People say that we are one of the of the most important and the most complete balneo-climatic-tourist settlements in Serbia.

Our water is among the most famous European and world alkaline-carbonic mineral waters, while our “Knjaz Miloš” contains optimal quantity of selenium.

**MEDICAL INDICATIONS:** peripheral vasculopathies, metabolism diseases, chronic professional diseases and heavy metal poisoning, chronic neuralgia, polyneuropathy, dystrophic changes, diseases of gastrointestinal tract, respiratory system, injuries and diseases of locomotor system, diseases of hepatobiliary tract.

**NATURE GAVE US:** the height of 256 meters above the sea level, medicinal mineral water; several mineral water springs with the water temperature between 12 and 28°C; clay and climate.

There are several mineral water springs with the temperatures ranging between 12 and 28°C. Cold springs belong to the group of alkaline carbonic-mineral hypotherms. Medicinal clay is used cold.

**TREATMENT METHODS:** Bathing in mineral water, drinking mineral waters and applying cold clay compresses. In the recreation ward, in addition to standard hydrotherapy procedures, there are also: swimming pool with jacuzzi and underwater massage, solarium, sauna, hydrokinetic showers, shower-massages with changeable pressure and temperature, mud baths and fitness cabinet.

**ONLY HERE!** Our Special Hospital is the only institution in the country with the ward for extended treatment, education and rehabilitation of children suffering from insulin-addicted diabetes.

**NATURAL VALUES:** The spa has nicely decorated park spreading over 20 ha, with flower beds and rare plants in the French park section and a fitness track in the woody part of the park.

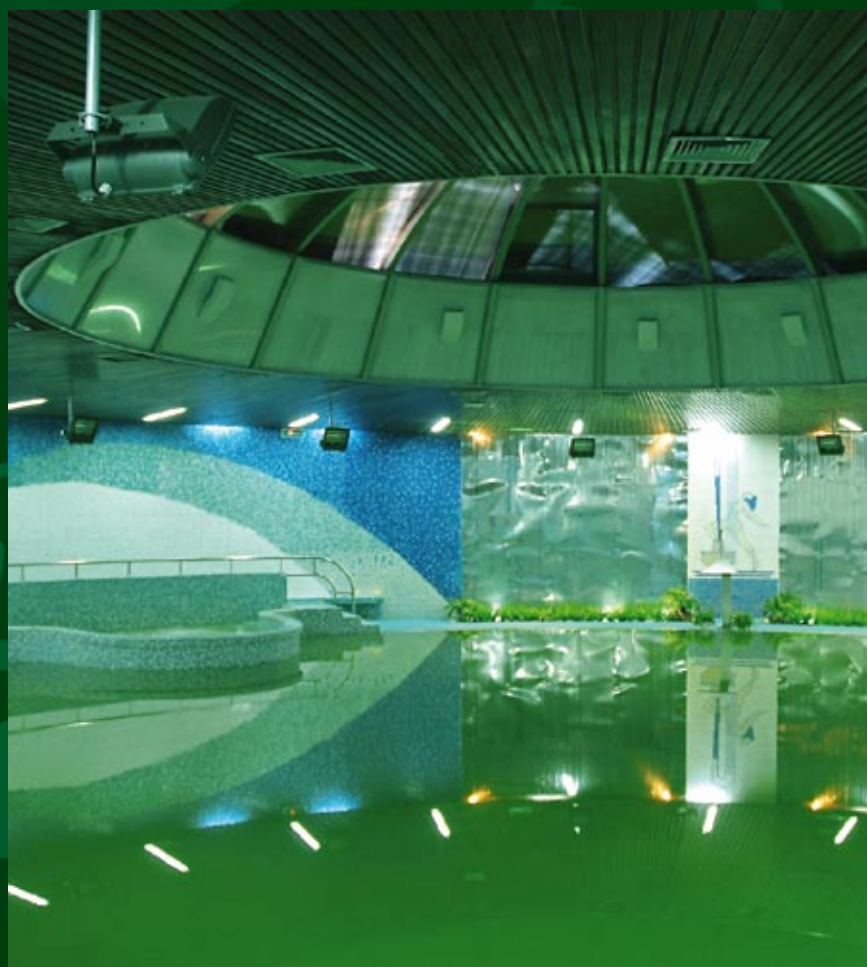
Old Building is the oldest facility in the park and the symbol of Arandelovac. Its construction was commenced by Duke Mihajlo Obrenović in 1865, who planned it to be his summer residence and the parliament building.

**TRUTH! VENČAC MARBLE is famous all around the world,** not only in Serbia. Just the way the nature makes it for centuries, it is built in one of the wings of the White House in Washington and in the base of famous Statue of Liberty in the Port of New York.

**FONS ROMANUS**  
**PRVI WELLNESS CENTAR**  
**U BANJAMA SRBIJE**



**FONS ROMANUS**  
**THE FIRST WELLNESS**  
**CENTER AMONG SERBIAN SPAS**





## Oaza zdravlja, topline, zadovoljstva i opuštanja

**DA SE ZNA:** prekretnicu u banjskom turizmu, nazdravljajući približavanju naših banja evropskim standardima, učinili smo upravo MI iz “Merkura”, svečano otvorivši **“FONS ROMANUS”**,

**PRVI WELLNESS CENTAR U BANJAMA SRBIJE!**

Visoko stručnom medicinskom uslugom, “Merkur” je izveo integraciju zdravstvenih, rehabilitacionih i rekreativnih programa.

“Merkur” je u 2006. godini svojim gostima pružio novu priliku za opuštanje i dobar osećaj, izgradnjom **AKVA-CENTRA “Water FALL”** u hotelu “Merkur”.

Na površini od 1000 metara kvadratnih, ovaj centar ima najveći zatvoreni bazen u banjama Srbije, površine 230 kvadrata, dubine 1,8 metara. U njemu je voda sa izvora “Topla voda” temperature 27 stepeni, čiji su mineraloški sastav i PH vrednost takvi da je čine terapijskim sredstvom.

Ponudjen je **“VIP”** program namenjen gostu visokih prohteva i platežne moći. Luksuzno je opremljeno 7 apartmana, obezbeđena je medicinska usluga u VIP ambulanti i ishrana “A la card” u restoranu.

**PRIRODNI LEKOVITI FAKTORI:** Mineralne vode Vrnjačke Banje spadaju u dve kategorije: topla mineralna voda (36,5°C) je u redu alkalnih ugljeno-kiselih homeoterma; hladne mineralne vode (14°C, 17°C, 25°C) pripadaju grupi alkalnih zemno-alkalnih akrotopega.

Mi Specijalna bolnica za lečenje i rehabilitaciju bolesti organa za varenje i šećerne bolesti “Merkur” Vrnjačka Banja, koja predstavlja najsavremeniji centar za dijagnostiku, prevenciju i lečenje, u “Merkuru” imamo: termomineralno kupatilo sa mineralnim izvorima, ambulantno polikliničko odeljenje sa specijalističkim službama (rendgenološko odeljenje, kliničko biohemijska laboratorija sa RIA laboratorijom, odeljenja za dijabetes i lečenje gojaznosti, odeljenje gastroenterologije i fizikalne terapije, ginekološko terapeutsko odeljenje), kabineti za ultrazvučnu dijagnostiku, endoskopiju, kardio-vaskularna ispitivanja, očne bolesti i laser terapiju, medicine sporta, neuropsihijatrijski, refleksoterapije-akupunkture itd.



# SPECIAL HOSPITAL FOR TREATMENT AND REHABILITATION OF DIGESTION ORGANS AND DIABETES “MERKUR” Vrnjačka banja

## Oasis of health, warmth, pleasure and relaxation

**NOTICE:** The turning point in spa tourism, boasting to bringing our spas closer to European standards, was realized by us, from “Merkur”, having officially opened **“FONS ROMANUS”**,  
**THE FIRST WELLNESS CENTER AMONG SERBIAN SPAS!**

With highly professional medical services, “Merkur” has performed the integration of health care, rehabilitation and recreative programs.

In 2006, “Merkur” offered its guests a new opportunity to relax and feel good, with the construction of an **AQUA CENTER “Water FALL”** in hotel “Merkur”.

On a surface area of 1000m<sup>2</sup>, this center has the largest indoor swimming pool of all of Serbia’s spas, with a surface area of 230 m<sup>2</sup> and a depth of 1.8 meters.

It is filled with water from “Topla voda” (warm water) at a temperature of 27 degrees Celsius, whose mineral contents and PH values make it a therapeutic medium.

A **“VIP”** program is offered, intended for high-maintenance guests with deep pockets. Seven suites are luxuriously outfitted, medical services are offered in the VIP emergency clinic and food “A la card” in the restaurant.

**NATURAL HEALING FACTORS:** The mineral water in Vrnjačka Banja Spa fall into two categories: warm mineral water (36.5°C) is in the alkaline carbon-oxygen chemo thermal category; cold mineral water (14°C, 17°C, 25°C) belong in the group of alkaline earth alkaline water.

The Special Hospital for treatment and rehabilitation of digestive organ diseases and diabetes, “Merkur” Vrnjačka Banja Spa, which is the most modern center for diagnostics, prevention and treatment provides: thermo-mineral bath with mineral springs, emergency polyclinic ward with specialized services (x-ray department, clinic bio-chemical laboratory with RIA laboratory, department for diabetes and obesity, department for gastroenterology and physical therapy, gynecological therapeutic department), offices for ultrasound diagnostics, endoscopy, cardio-vascular research, ocular diseases and laser therapy, medicine of sports, neuropsychiatry, reflex-therapy-acupuncture etc.





# SPECIJALNA BOLNICA ZA REHABILITACIJU "AGENS" MATARUŠKA BANJA

## Priroda nam je dala!

Južno smo od Beograda, na 180-tom kilometru.

Nas planine Stolovi, Čemerno i Troglav, drže u svom okrilju na svega 8 kilometara od Kraljeva, na nadmorskoj visini od 205 metara.

Vazduh nam je veoma čist i bogat ozonom, a koliko nam je voda čista rečito govori to što ćete u lbru; u kojem se kupava i peka, vesla, splavari u "Veselom spustu", spušta se niz njega kajakom; naići na rakove!

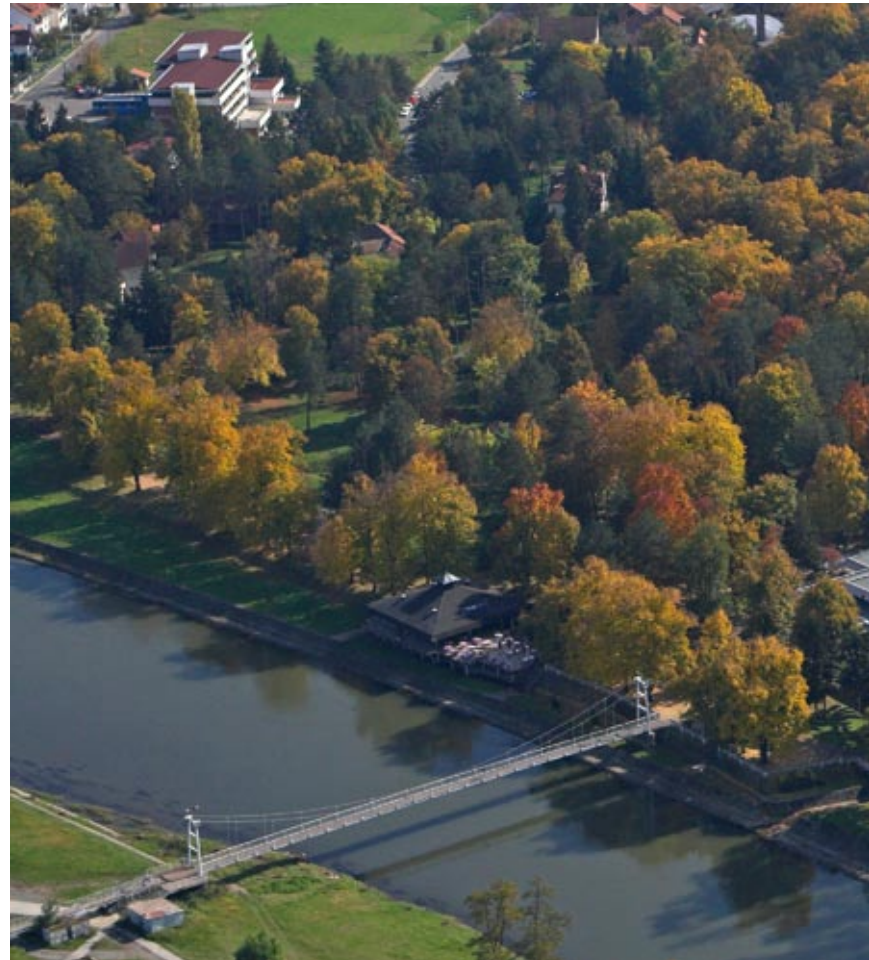
Mnogi sportski klubovi svoje titule osvajali su posle priprema u našoj Banji ali na žalost nije sačuvan podatak koliko je brakova sačuvano zahvaljujući blagotvornom dejstvu najsumporovitije tople mineralne vode u Srbiji, ako ne i dalje. Govori se da imamo jedan od najlepših parkova.

**PREPORUČUJU NAS ZA:** degenerativna reumatska oboljenja, zapaljenjska reumatska oboljenja u smirenoj kliničkoj i laboratorijskoj fazi, stanja posle korektivnih operativnih zahvata na lokomotornom aparatu, hronična ginekološka oboljenja i posledični sterilitet, primarna i sekundarna oboljenja perifernih arterija, pareze i paralize perifernog motornog neurona, kožna oboljenja.

**PRIRODA NAM JE DALA:** izvore mineralne vode temperature od 42 do 51°C sa koncentracijom sumporovodonika od 25 miligrama po litru vode.

**LEČIMO ZNANJEM ALI I:** kupanjem, pijenjem vode, ispiranjem, blatnim oblogama; fizioterapijom, elektro, kinezi i radnom terapijom; masažama, ali i organizovanjem planinarenja, ribolova i lova.

**NE PROPUSTITE:** u proleće Dane jorgovana, koji se organizuju u čast dolaska i udaje francuske princeze Jelene Anžuske, kada bašta jorgovana; osim u prirodi u dolini vekova, kako mnogi nazivaju Ibarsku dolinu; oživi i na kraljevačkim ulicama i "Veseli spust" Kajak kluba "Ibar", splavarenje na najmaštovitijim plovilima ručne izrade od srednjevekovnog grada Magliča do Kraljeva, jedinstvenu atrakciju u ovom delu Srbije koja poprima i međunarodni karakter.



36201 MATARUŠKA BANJA; SPECIJALNA BOLNICA ZA REHABILITACIJU "AGENS"

TEL: +381 36 811 022; 811 002; 811 012; TEL/FAX: +381 36 811 010 E-MAIL: [AGENS@TRON-INTER.NET](mailto:AGENS@TRON-INTER.NET)

# SPECIAL HOSPITAL FOR REHABILITATION “AGENS” MATARUŠKA BANJA

## Nature gave us!



We are located 180 km south from Belgrade.

Stolovi, Čemerno and Troglav mountains give us a shelter, some 8 kilometers away from Kraljevo, at the height of 205 meters above the sea level.

The air here is very clean and rich with ozone. Also, the water here is so clean that one can easily find crabs in the Ibar river, in which people swim and fish, row, take part in “Veseli Spust” rafting event, float downstream by kayak...!

Numerous sports clubs won their titles after they had had preparations in our Spa, but, unfortunately, there is no information on how many marriages were saved thanks to the beneficial effect of the most sulfuric warm mineral waters in Serbia and outside the borders of Serbia.

People say that we have one of the most beautiful parks in the country.

**WE ARE RECOMMENDED FOR:** Degenerative rheumatic illnesses, inflammatory rheumatic illnesses in their calm clinical and laboratory phases, post-operative conditions after corrective surgery on the locomotor system, chronic gynecological illnesses and consequential sterility, primary and secondary diseases of peripheral arteries, pareses and paralyses of peripheral motor neuron, skin diseases.

**NATURE GAVE US:** the springs of mineral water whose temperature range between 42 and 51°C and has 25mg of sulphur-hydrogen per liter.

**TREATMENT BY KNOWLEDGE, BUT ALSO BY:** bathing, water drinking, rinsing, applying mud compresses; physio-, electro-, kinesio- and work therapy; massages, as well as organization of mountain climbing, fishing and hunting.

**DO NOT MISS:** “Lilac Days” in spring, which are organized in the honor of the arrival and marriage of French princess Jelena Anžujaska. During that festival, the lilac garden; except in the nature and in the valley of centuries, which is how people call the Ibar valley; comes to life in the streets of Kraljev. There is also “Veseli spust” rafting event organized by the Kayak Club “Ibar”. This event involves rafting on the most imaginative hand-made vessels from the medieval town of Magliča to Kraljevo. This is a unique attraction in this part of Serbia and it is becoming international event.





## Kako se zdravo živi!

**UNESCO je Goliju, planinski biser Srbije, na čijem se obronku nalazimo i mi - Banja Ivanjica, proglasio za ekološku zonu, prvi rezervat biosfere u našoj zemlji.**

Organizovano se bavimo turizmom od 1938. godine, a mi smo; mada zahvaljujući inicijativi Instituta za hematologiju i Hematološke sekcije Srpskog lekarskog društva postojimo gotovo 30 godina; zahvaljujući Uredbi Vlade Srbije tek 2000-te proglašeni za **prvu vazдушnu banju u našoj zemlji.**

Ivanjica se rasprostire na 468 metara nadmorske visine, što je osnov za zdrave ali i za obolele, a posebno za sportiste.

**ZNAJTE DA U NAS IMAMO:** oko 40 crkvišta i da smo posebno radi da Vam pokažemo: Kamen i Rimski most, manastir Kovilje, crkvu sv. Arhangela u Prilikama, crkvu sv. Kozme i Damnjana u Ostatici iz 17-tog veka ili sv. Preobraženja u Pridvorici iz 12-tog veka.

**PREPORUČUJU NAS U SLUČAJEVIMA:** anemija razne etiologije, malignih hemopatija u potpunoj i nepotpunoj remisiji, trombocitopenije, leukopenije razne etiologije, posle autogene i alogene transplantacije i oštećenja koštane srži, hroničnih respiratornih oboljenja - bronhitis, astma, emfizem.

**TERAPIJE KOJE PRIMENJUJEMO:** elektro, foto, ultrazvučna, kinezi, termo, hidro, radna, magneto i laserom.

**PRIRODA I MI:** čist vazduh, umereno topla leta i umereno hladne zime, zdravo mesto, obilje šuma i zelenila, odsustvo magle, senovite šetne staze, određuju nam kvalitet oaze mira..

### POĐITE SA NAMA NA CEO DAN:

Manastir Studenica!

Arhitektura, skulptura i živopis studeničkog katolikona ispoljavaju se kao promišljeno ustrojeni znaci kojima se beleži misterija spasenja po Novom Zavetu.

Golija – Daičko ili Tičar jezero!

Sa svoja 1833 metra nadmorske visine Golija je najviša planina jugozapadne Srbije. Visoka a pitoma, bogata šumom, livadama i pašnjacima, lepotom je zadivila svet i tako postala - svetskom prirodnom baštinom.

**DA ZDRAV ČOVEK NE POSTANE MIT!**



# SPECIAL HOSPITAL FOR REHABILITATION “IVANJICA”

## How to live healthy!



**UNESCO has declared Golija, the mountain pearl of Serbia, on a slope of which we are situated – Ivanjica Spa, an ecological zone, the first biosphere preserve in our country.**

We are in tourism business since 1938. The Spa; although we exist for almost 30 years thanks to the initiative of the Institute for Hematology and the Hematology Section of the Serbian Medical Society; was declared the **first air bath in our country** thanks to the Decree of the Government of Serbia in 2000.

Ivanjica is situated on the height of 468 meters above the sea level, which is the base for both healthy and ill, especially for sportsmen.

**YOU SHOULD KNOW:** that there are about 40 churches in this area and that we are especially eager to show you: the Stone bridge and the Roman bridge, Kovilje Monastery, Church of St. Archangel Michael in Pri-like, Church of St. Kozma and Damijan in Ostatiya, dating from the 17th century, or the Holy Ascension Church in Pridvorica, dating from the 12th century.

**WE ARE RECOMMENDED IN THE CASES OF:** Anemias of various etiologies, malignant hemopathy in total or partial remission, thrombocytopenia, leucopenias of various etiologies, convalescents after autogenic and allogenic transplants and with bone marrow deficiencies, chronic respiratory illnesses (bronchitis, asthma, emphysema).

**THE TREATMENTS WE APPLY:** Electro, photo, ultrasound, kinesi, thermo, hydro, work, magneto and laser.

**NATURE AND US:** clean air, moderate warm summers and moderate cold winters, healthy place, abundance of forests and greenery, absence of fog, shady walking paths – all these create the quality of the tranquillity oasis...

### **COME WITH US AND SPEND A DAY:**

Studenica Monastery!

Architecture, sculpture and art of Studenica's katholikon appear as cleverly made symbols that depict the mystery of salvation from the New Testament.

Golija – the Daičko or the Tičar lake!

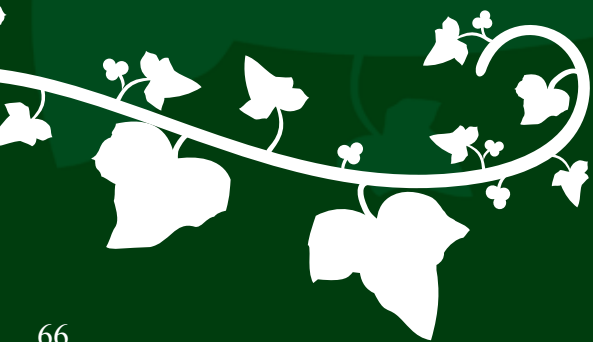
With the height of 1833 m above the sea level, Golija is the highest mountain of southwest Serbia. High and pleasant, rich with forests, meadows and pastures, it amazed the world with its beauty and, thus, became – the world natural heritage.

**HEALTHY MAN MUST NOT BECOME A MYTH!**

**POGLEDAJ VISOKO!..  
UDAHNI DUBOKO!..  
OVO JE ZLATIBOR!**



**LOOK UP HIGH!..  
BREATHE IN DEEPLY!..  
THIS IS ZLATIBOR!**







# SPECIJALNA BONICA ZA ŠTITASTU ŽLEZDU I METABOLIZAM "ČIGOTA"

## Čigota - da naučite da živite drukčije, aktivno i zdravo.

Klima Zlatibora ima odlike umereno-kontinentalne i subplaninske. Leta su umereno topla, a zime umereno hladne. Jesen je toplija od proleća, oblačnost umerena. Ima prosečno 95 snežnih dana u godini. Snežni pokrivač dostiže debljinu od 60cm, pa su pogodni uslovi za zimske sportove.

Zbog umerene klime Zlatibor je od davnina poznat kao planina pogodna za odmor, oporavak i lečenje.

**OD PRIRODE:** čist i suv vazduh, nizak vazdušni pritisak i bogato ultravioletno zračenje – tokom više od 2.000 sunčanih sati godišnje.

**PREPORUKE ZBOG:** oboljenja tiroidne žlezde kardiovaskularnih, metaboličkih i poremećaja digestivnog trakta pri iscrpljenosti i nervnoj prenapregnutosti zbog malokrvnosti i astme zarad pseudoneurastičnih sindroma priprema vrhunskih sportista.

**LEČENJE:** što dužim boravkom u specifičnim klimatskim uslovima Zlatibora pod kontrolom stručnjaka, uz najsavremeniju opremu za dijagnostiku, lečenje i rehabilitaciju, u Institutu za metabolizam i štitastu žlezdu – Čigota.

**POGLEDAJTE I PROBAJTE:** bazen, sauna, sunčalište, finska sauna sa užarenim ugljevljem, jakuzzi, teretana, košarkaški tereni, bilijar, stoni tenis, pikado, barovi i restorani, bilijar, stoni tenis, pikado, tretman za revitalizaciju – Oxygen, ultrazvučna dijagnostika, Gama kamera, antitelulit program, ultrazvučna osteodenzimetrija, RIA laboratorija – u sklopu službe nuklearne medicine.

**ČIGOTA** - popularni dijetetsko rekreativni program koji će Vam pomoći da se tokom boravka na Zlatiboru oslobodite viška kilograma, da se odmorite, osvežite, obnovite kondiciju i što je najvažnije - da naučite da živite drukčije - aktivno i zdravo.

Sa svojim livadama nepreglednim pašnjacima, četinarskim šumama, sa svojim Vodama, Ribnicom, Vodicama, Palisadom, Čigotom i Tornikom, sa crkvama, brvnarama iz prošlog veka, etno selom Sirogojno i čuvenim džemperima koji odavde lete na sve strane sveta Zlatibor je prava lepota među planinama Srbije.



# SPECIAL HOSPITAL FOR THYROID GLAND AND METABOLISM "ČIGOTA"

Čigota - learn to live differently, actively and healthily.



Zlatibor's climate is moderately-continental and sub-mountainous. Summer is moderately warm, winter is moderately cold. Fall is warmer than spring with moderate cloudiness. It has an average of 95 snow days in the year. The snow cover reaches a thickness of 60cm, thus conditions for winter sports are favorable.

Because of its moderate climate, Zlatibor is, since long ago, famous as a suitable mountain for rest, rehabilitation and treatment.

**FROM NATURE:** clean and dry air, low air pressure and rich ultra-violet radiation – during over 2000 sunny hours a year.

**RECOMMENDED FOR:** thyroid gland diseases, cardiovascular diseases, metabolic digestive tract diseases, over exhaustion and neurological overload, exhaustion and anemia, pseudoneurasthenic syndrome, top athletes training.

**TREATMENT:** spending as much time as possible in Zlatibor's specific climatic conditions, under the control of experts, with the most modern equipment for diagnostics, treatment and rehabilitation, in the Institute for Metabolism and Thyroid Gland - Čigota.

**SEE AND TRY:** swimming pool, sauna, sunbathing spot, Finnish sauna with red-hot coal, Jacuzzi, gym, basketball courts, billiard, table tennis, darts, bars and restaurants, revitalization treatment – Oxygen, ultrasound diagnostics, Gamma camera, anti-cellulite program, ultrasound osteo-densitometry, RIA laboratory – in the outline of the nuclear medicine service.

**ČIGOTA** a popular dietetic recreational program that will help you loose the extra weight during your stay on Zlatibor, to rest, freshen up, restore your fitness and most importantly – learn to live differently – actively and healthily.

With its meadows, endless pastures, evergreen forests, with its Vode, Ribnica, Vodice, Palisad, Čigot and Tornik, with churches, log cabins from the previous century, ethno village Sirogojno and famous sweaters that originate from Zlatibor and fly all over the world, Zlatibor is a real beauty among mountains in Serbia.





# SPECIJALNA BOLNICA ZA PREVENCIJU, LEČENJE I REHABILITACIJU KARDIOVASKULARNIH OBOLJENJA “ZLATAR”

## Priroda je prava stvar!

“Ko se jednom peo na Zlatar taj će se celog života sećati neke gotovo vanzemaljske, nestvarne lepote koju je pronašao tu ili sagledao sa njegovih visova.”

(“Srbija - boje i oblici”)

**PRIRODA NAM JE PODARILA LEKOVITOST:** Najviši vrh Zlatara, Golo Brdo, propeo se na 1627 metara, a planinu krasi guste četinarske i brezove šume, bukve i ostali lišćari i zeleni pašnjaci i livade. Zato se Zavod nalazi na 1230 metara nad morem. Leta su nam sveža, a zime blage. Jeseni su nam toplije od proleća. Kupamo se u razređenom vazduhu, niskog vazdušnog pritiska. Mešaju nam se uticaji mediteranske i planinske klime. Pod snežnim pokrivačem smo od 80 do 120 dana godišnje ali je zato malo onih koji kao Zlatar mogu da se pohvale i najvećim brojem sunčanih sati u godini - 2134.

**NATURALIA NON TURPIA EST(lat.) – PRIRODA JE PRAVA STVAR:** Mediteranska nam se klima meša sa subplaninskom što blagotvorno deluje na ljudski organizam. Četinari nam obogaćuju vazduh terpentinom i ozonom što u čoveka izaziva osećaj svežine koja krepi dušu. Vazduh nam je vlažan između 70 i 85 odsto.

**DAKLE, PREPORUČUJEMO SE ZA:** kardiovaskularne bolesti, poremećen arterijski pritisak, poremećaje u funkciji perifernog arterijskog pritiska, psihosomatska stanja kod kardiovaskularnih oboljenja, povišene masti i šećer u krvi, slabo opšte stanje i malokrvnost.

**LEČENJA:** raspoložemo savremenom opremom za dijagnostiku, lečenje i rehabilitaciju, kao i timom lekara specijalista, terapeutima i drugim stručnim osobljem.

**UGOĐAJ LEPOTE ZLATARA UPOTPUNITE:** odlaskom do Zlatarskog, Radoinjskog, Potpečkog ili Sjeničkog jezera. Ukoliko skijate znajte da imamo i ski-stazu i ski-lift. Ribolovci uživaju na Uvcu i u pecanju na Limu, a ukoliko ste lovac zamislite samo – divlje svinje, jeleni, srne, divokoze, lisice, zečevi, jarebice, tetrebi! **Hrabriji mogu da se raduju susretu sa medvedom!**

Kanjon reke Uvac naseljen je reliktnom ptičijom vrstom na Balkanu - Beloglavim supom. U selu Jasenovcu očuvana je crkva brvnara, podignuta za jednu noć, a onu u Radijevićima krasi vredne ikone. U Bistrici je crkva kralja Dragutina. Lepota su i manastiri Mileševa i Banja.



# SPECIAL HOSPITAL FOR PREVENTION, TREATMENT AND REHABILITATION OF CARDIOVASCULAR DISEASES “ZLATAR”

Nature is the real thing!



**“He who once climbed to Zlatar will remember all his life some almost extraterrestrial, unreal beauty found there or seen from its peaks.”**

**(“Serbia – colors and shapes”)**

**NATURE GAVE US SALUTARINESS:** The highest peak of Zlatar mountain, Naked Hill (Golo Brdo), is on the height of 1627 m. The mountain is decorated by thick coniferous and birch forests, beeches and other deciduous trees and green pastures and meadows. Therefore, the Institute is situated on the height of 1230 meters above the sea level. The summers here are fresh, while the winters are mild. The autumns are warmer than the springs. We bathe in the rarefied air of low pressure. The influences of Mediterranean and Alpine climate mix here. This area is covered by snow 80 – 120 days a year, but there are only few mountains that have as many sunny hours per year as Zlatar – 2,134.

**NATURALIA NON TURPIA EST (lat.) – NATURE IS THE REAL THING:** The Mediterranean climate mixes with the Subalpine climate, which has salutary effect on human organism. The conifers enrich the air with turpentine and ozone, which causes the feeling of freshness that strengthens the soul. Air moisture ranges between 70 and 85%.

**THEREFORE, WE ARE RECOMMENDED FOR:** cardiovascular diseases, disordered blood pressure, disorders in the function of peripheral blood pressure, psychosomatic conditions in cardiovascular diseases, increased values of fat and sugar in blood, general weakness and anemia.

**TREATMENT:** We possess modern equipment for diagnostics, treatment and rehabilitation, as well as the team of specialists, therapists and other expert personnel.

**COMPLETE THE IMPRESSION OF BEAUTY OF ZLATAR WITH:** the visit to the Zlatarsko, Radoinjsko, Potpečko or Sjeničko lakes. If you are a skier, you should know that we have a ski track and a ski lift. The fishermen enjoy themselves fishing in the rivers Uvac and Lim. If you are a hunter, just imagine – wild boars, deer, roe deer, chamoix, foxes, rabbits, partridges, grouses! **Those braver can look forward to meeting a bear!**

The canyon or the Uvac river is inhabited by the endangered bird species in the Balkans – Griffon Vulture. In the village of Jasenovac, there is a log cabin church built in one night, while the one in Radijevići is decorated by the valuable icons. The church of King Dragutin is in Bistrica. Another beauty is Mileševa Monastery.



# SPECIJALNA BOLNICA ZA LEČENJE PROGRESIVNIH MIŠIĆNIH I NEUROMIŠIĆNIH BOLESTI NOVI PAZAR

Vode naše Banje poznate su još iz vremena Rimljana i Turaka.

**“Oni koji su prokrstarili istok i zapad, kopno i more, rekli su: “Mi na svetu nismo videli ovakve termalne banje između njih i jedan videći, izreče joj zbirni kao kronogram: Ova banja postade raj za zaljubljene.”**

**PRIRODA I MI:** okruženi smo planinama Golija i Rogozna pogodnim za izlete i rekreaciju. Našem gradu na ušću Jošanice i Raške; kroz koji su prolazili važni putevi koji su povezivali Dubrovnik, Bosnu i južno primorje sa Solunom i Carigradom; Turci su dali ime Yeni Bazar - Novi Pazar. Zbog svoje veličine i značaja nazvan je i Šeherom, što je bio epitet koji je nosilo malo gradova na Balkanu.

**PRIRODNO BOGATSTVO:** vode naše Banje poznate su još iz vremena Rimljana i Turaka. Po svom hemijskom sastavu spadaju u kategoriju sumporovitih kiselih hipotermi.

Na izvoru temperatura naši termomineralnih voda; koje se piju i služe za kupanje; kreće se od 12 do 52°C.

**BAVIMO SE:** neuromišićnim bolestima, reumatskim oboljenjima, išijasom, sportskim i drugim povredama, stanjima posle moždanog udara, kožnim i ginekološkim bolestima.

**NOVI PAZAR SE PREPOZNAJE I PO:** Gradskoj tvrđavi sa Kulom motriljom iz XV veka, izgrađenoj po nalogu osnivača grada Isa-bega Isakovića kao i po njegovom poklonu - Hamamu (kupati). Tu su i Altun-alem džamija iz XVI veka, delo čuvenog neimara Muslihudina Abdulgani-ja; a Amir-agin han (konak) potiče iz XVII veka.

## **OBAVEZNO NAĐITE VREMENA DA VIDITE:**

- Petrova crkva je najstariji sakralni spomenik Slovena na Balkanu.
- Đurđevi stupovi, zadužbina Stefana Nemanje, iz XII veka
- Manastir Sopoćani, zadužbina kralja Uroša I, iz XIII veka

**Zajedno sa Đurđevim stupovima, Petrovom crkvom i Rasom, kao celinom, UNESCO je 1979. godine manastir Sopoćane uvrstio u Listu svetske kulturne baštine.**



36300 Novi PAZAR; BANJSKI PUT BB; TEL: +381 20 371 598; 371 288; TEL/FAX: +381 20 371 598

WWW.NPBAJJA.COM E-MAIL: NPBAJJA@PTT.YU

# SPECIAL HOSPITAL FOR TREATMENT OF PROGRESSIVE MUSCLE AND NEUROMUSCULAR DISEASES NOVI PAZAR

The waters from our Spa are known from the times of the Romans and the Turks.



**“Those who travelled to the east and west, who passed land and the sea, said: ‘We have never seen anywhere in the world such thermal spa.’ One of them even made a chronogram: ‘This spa became paradise for those in love.’”**

**NATURE AND US:** We are surrounded by the mountains of Golija and Rogozna, which are suitable for picnics and recreation.

Our town, situated at the junction of the rivers Jošanica and Raška; through which the important roads that connected Dubrovnik, Bosnia and south coast with Salonika and Constantinople used to pass; was named Yeni Bazar - Novi Pazar by the Turks. Because of its size and significance, it was also called Šeher, which was the epithet given to few towns in the Balkans.

**NATURAL RESOURCES:** the waters from our Spa are known from the times of the Romans and the Turks. Their chemical contents place them into the category of sulfuric mineral hypotherms.

The temperature of our thermomineral waters; which are used for drinking and bathing; ranges between 12 and 52°C.

**WE TREAT:** neuromuscular diseases, rheumatic illnesses, sciatica, sports and other injuries, post-stroke conditions, skin and gynecological diseases.

**NOVI PAZAR IS ALSO RECOGNIZED BY:** the Town Fortress with the Watch Tower from the 15th century, built by the order of the founder of the town, Isa-Bey Isaković, as well as by his gift - Hammam (Turkish bath). There are also Altun-alem Mosque from the 16th century, the work of famous architect Muslihudin Abdulganije, and Amir-aga's Inn (tavern) from the 17th century.

## **YOU MUST FIND TIME TO VISIT:**

St. Peter's Church (Petrova Crkva) is the oldest Slav sacral monument in the Balkans.

Đurđevi stupovi, an endowment by Stefan Nemanja, from the 12th century  
Sopoćani Monastery, an endowment of King Uroš I, from the 13th century

**Along with Đurđevi Stupovi, St. Peter's Church and Ras, as a whole, UNESCO placed Sopoćani Monastery on the World Cultural Heritage List in 1979.**



# **BANJA VOJVODINA**



# **VOJVODINA SPA**







# SPECIJALNA BOLNICA ZA REHABILITACIJU "BANJA KANJIŽA"

## Wellness - prijatelj vašeg zdravlja!

Banja Kanjiža Vam nudi relaksaciju pomoću svojih prirodnih resursa - voda i peloid, koji objedinjuju regeneraciju, osveženje, rekreaciju, prevenciju i negu lepote: termo-aroma terapije, anticelulit, Jakuzzi, masaže, bazen, saune, trim-kabinet, solarijum, aerobik!

**Na nultom smo metru nekadašnjeg Panonskog,  
a na 87-mom metru visine nad morem!**

**PREPORUČUJEMO SE U SLUČAJU:** zapaljenskog i degenerativnog reumatizma – zglobove i vanzglobne forme, stanja posle povrede lokomotornog aparata, pri oboljenjima centralnog i perifernog nervnog sistema, za stanja postoperativne ortopedije i posle operacije kičmenog stuba, pri rehabilitacija dece i u stanju oštećenja nervnog sistema.

**LEKOVITOST:** naša termo-mineralna voda spada u natrijum-hidro-karbonatne sulfidne hiperterme, čija je temperatura na izvorima 51°C, 64°C i 72°C. Znaite da i mineralno blato, peloid specifičnog sastava, primenjujemo u terapijama.

**DA BI VI BILI ZDRAVI PRIMENJUJEMO:** hidro, peloido, kinezi, elektro, termo i mehanoterapije, akupunkтуру i pružamo ostale medicinske usluge. Naši timovi lekara specijalista i terapeuta leče uz primenu savremene opreme i metode lečenja.

**VAMA NA BLAGODET:** hidroterapije; hidrogalvanska i četvorocelijska, Hauffe, galvanska, mineralne i biserne kupke; terapijski bazen, podvodna ekstenzija kičmenog stuba, inhalacije; Galvanske, eksponencijalne i dijadinamičke struje; kratkotalasna dijametrija, ultrazvučna elektroterapija, elektroforeza, interferentne struje sa ili bez vakum elektroda, magnetoterapija, blatne kupke, pakovanje blatom, pakovanje parafinom, ručna i aparaturna masaža, krioterapija; Kineziterapije – aktivne, aktivno potpomognute i pasivne vežbe; akupunktura, skrining pregledi u cilju ranog otkrivanja raka dojke i male karlice, rano otkrivanje oboljenja digestivnog i urogenog trakta i pregled kardiovaskularnog sistema, neurohirurški i ortopedski pregledi dece i odraslih, internistički i neuropsihijatrijski pregledi, ultrazvučna dijagnostika, preventivna rehabilitacija i oporavak radnika i penzionera

**MI IMAMO I:** dva zatvorena bazena, saunu, sportsku dvoranu sa tribinama, terene za fudbal, košarku, rukomet i tenis i na obali Tise potpuno opremljen Kamp.



# SPECIAL HOSPITAL FOR REHABILITATION “BANJA KANJIŽA”

## Wellness – the friend of our health!

Kanjiža Spa offers you to relax with the help of its natural resources – water and peloid, which unite regeneration, refreshment, recreation, prophylaxis and the care of beauty: thermo-aroma therapies, anti cellulite, Jacuzzi, massages, swimming pool, saunas, fitness center, solarium, aerobic!

**We are at the same height as the Pannonian Sea used to be, and at the height of 87 meters above the sea level!**

**WE ARE RECOMMENDED IN THE CASES OF:** Inflammatory and degenerative rheumatism – articular and extra-articular forms, conditions after the injuries of the locomotor system, diseases of central and peripheral nervous system, conditions after orthopedic and spinal surgeries, rehabilitation of children and injuries of the central nervous system.

**SALUTARINESS:** our thermo-mineral water falls into the category of sodium-hydrocarbonate sulphurous hyperthermal waters, of which temperature on the springs equals 51°C, 64°C and 72°C. You should know that we also use a mineral mud, a peloid of specific content, in the therapies.

**IN ORDER FOR YOU TO BE HEALTHY, WE APPLY:** hydro, peloido, kinesi, electro, thermo and mechanotherapies, acupuncture and we also provide other medical services. Our teams of specialist doctors and therapists treat the patients with the application of up-to-date equipment and by the state-of-the-arts treatment methods.

**ESPECIALLY FOR YOU:** Hydrotherapies; hydrogalvanic and four-cell galvanic bath, Hauffe bath, galvanic, mineral and sparkling baths; pool for therapies, underwater extension of the backbone, inhalation; Electrotherapies; Galvanic currents, exponential and diadynamic currents; shortwave currents, ultrasound electrotherapies, electrophoreses, interferential currents with or without vacuum electrodes, magnetic therapy; Thermo-therapies; mud baths, mud packing, packing with paraffin; Mechanotherapies; hand massage, massage with helping devices, cryotherapy; Kinesitherapies; active exercises, active exercises with helping devices, passive exercises; Acupuncture; Screening examinations for early discovery of breast and small pelvic cancer, early discovery of the diseases of the digestive and urogenital tracts and checkup of the cardiovascular system, neurosurgical and orthopedic examinations of children and adults, internist and neuropsychiatric examinations, ultrasound diagnostics, prophylactic rehabilitation and recovery of workers and pensioners

**WE ALSO HAVE:** two indoor pools, sauna, sports hall with stands, football pitch, basketball, handball and tennis courts and a fully equipped Camp on a bank of the Tisa river.





# DOM ZDRAVLJA APATIN RRC BANJA "JUNAKOVIĆ"

## Prava prirodna riznica.

Nalazimo se na 4 kilometra od Apatina!

Naši prvi termalni izvori otvoreni su na ovom prostoru 1913-te ali je tek 1927. godine utvrđeno da naše termalne vode banje spadaju u isti red kao i vode u Karlovim Varima, Harkanju i Lipiku.

**VODA JE:** kategorija sulfidnih, alkalnih, murijatičnih i jodnih hipertermi. Temperatura vode 50,8 stepeni Celzijusa.

**BOGATI SMO:** gostima i pacijentima za rekreaciju na raspolaganju stoje kompleks spoljnih bazena : Olimpijski, terapijski, tri dečija, bazen sa skakaonicom i više međusobno spojenih bazena sa različitim nivoima dubine, zatvoreni terapijski bazen, .

**IMAMO I:** dve saune, bilijar, teren za mali fudbal i rukomet, četiri teniska terena, atletsku i stazu za šetnju kroz šumu, sportsku halu u Apatinu

**LEČIMO:** uz primenu savremenih medicinskih metoda; pod nadzorom lekara specijalista i terapeuta; sve vrste reumatizma, degenerativni i zapaljivi reumatizam; ORTOPEDSKA OBOLJENJA: deformacije kičmenog stuba i ekstremiteta, oboljenja kostiju i zglobova, stanja posle povreda kostiju i zglobova, postoperativna stanja kostiju i zglobova, lečenje sportskih povreda operisanih i neoperisanih; NEUROLOŠKA OBOLJENJA - oboljenja perifernog i centralnog motornog neurona, kao i anomalija nervnog sistema; GINEKOLOŠKA OBOLJENJA - postoperativna stanja, stanja posle upala, klimaks tegobe, sterilitet; OBOLJENJA DISAJNIH PUTEVA - astmatične bolesti, bronhitis

**KONTRAINDIKACIJE:** Teška oboljenja srca, izrazito povišen krvni pritisak, maligna oboljenja sa metastazama, akutna infektivna oboljenja, RCC Junaković nudi korisnicima sledeće usluge :

**BAVIMO SE:** Rehabilitacionim zdravstvenim uslugama ambulantnog i stacionarnog tipa; organizovanjem seminara i simpozijuma; oporavkom radnika i penzionera, smeštajem lovaca

**DUNAV:** njime plove lađe i čamci sa pecarošima i ribarima, a na suvom u lovištima lovci love razne vrste divljači i ptica. Od Apatina, ušuškanog na svega 86 metara nadmorske visine, koji se diči Banjom Junaković, sa brojnim otvorenim bazenima; gradića sa tradicijom zanatstva, brodogradnje, trgovine i pivarstva; do Bogojeva brodeći, prolazićete kroz pravu prirodnu riznicu retkih životinja i ptica, a u plavetnilu reke kriće se od vas bogat riblji svet.



25260 APATIN, NUŠIĆEVA BB; TEL: +381 25 772 228, 772 477, 773 311; TEL/FAX: +381 25 772 043

WWW.BANJA-JUNAKOVIC.CO.YU E-MAIL: B.JUNAKOVIC@SEZAMPRO.YU

# HEALTH CENTER APATIN RRC SPA "JUNAKOVIĆ"

## Genuine natural treasury.



We are situated 4 kilometers away from Apatin!

Our first thermal springs were opened on this location in 1913, but it was not before 1927 that it was discovered that our thermal waters belong to the same category as the waters in Karlovy Vary, Harkany and Lipik.

**WATER IS:** in the category of sulfide, alkaline, muriatic and iodine hyperthermic waters. The temperature of the water is 50.8°C.

**WE ARE RICH WITH:** For recreation, the guests and patients have at their disposal the complex of outdoor swimming pools : Olympic swimming pool, the therapy swimming pool, three swimming pools for children, a swimming pool with a diving board and several mutually connected swimming pools with different depths. There is also an indoor therapy swimming pool.

**WE ALSO HAVE:** two saunas, billiards, mini football and handball courts, four tennis courts, an athletic track and a path for forest walk, sports hall in Apatin

**WE TREAT:** with the application of modern medical methods; under the supervision of specialist doctors and therapists; all kinds of rheumatism, degenerative and inflammatory rheumatism; ORTHOPEDIC DISEASES: deformities of spinal column and extremities, diseases of bones and joints, conditions after injuries of bones and joints, conditions after surgeries on bones and joints, treatment of sports injuries; NEUROLOGICAL DISEASES – diseases of peripheral and central motor neuron, as well as nervous system anomalies; GYNECOLOGICAL ILLNESSES – post-surgery conditions, conditions after inflammations, sterility; DISEASES OF BRONCHIAL TUBES – asthmatic illnesses, bronchitis;

**CONTRAINDICATIONS:** Serious heart diseases, extremely high blood pressure, malignant diseases with metastases, acute infectious diseases,

RCC Junaković provides following services to the users:

**WE DEAL WITH:** rehabilitative medical services of clinical and dispensary type; organization of seminars and symposiums; rehabilitation of workers and pensioners; accommodation of hunters.

**THE DANUBE:** The boats with fishermen are sailing on the Danube, while the hunters hunt various species of game and birds in the hunting areas. Sailing from Apatin, parked at the height of only 86 meters above the sea level, proud of Junaković Spa, with numerous outdoor swimming pools; the small town with the tradition of handicrafts, shipbuilding, trade and brewing; to Bogojevo, you will pass through the genuine natural treasury of rare animals and birds, while the rich fish world will be hiding from you in the river blue.

## Dodoh, videh, ozdravih!

**JEZERO K'O MORE:** Ušuškani smo u ravnici, uz naše jezero površine od 4 kilometra kvadratna, slanosti gotovo kao more. Okruženi smo zelenim pojasom parka i šume i nepreglednim vinogradima.

**PRIRODA I MI:** Više od 130 godina blato iz jezera Rusanda, naš mineralni peloid; koji se ubraja u najlekovitije blato u zemlji; ozdravljuje ljude. Pomažemo Vam termomineralnom vodom temperature 32°C.

**REPUTACIJU SMO STEKLI BAVLJENJEM:** oboljenjima i povredama centralnog nervnog sistema, zapaljenskim reumatizmom u mirnoj fazi, degenerativnim reumatizmom (artroze i spondiloze), vanzglobnim i metaboličkim reumatizmom, diskopatijama i lumbišijalgijama, posledicama trauma i stanja posle preloma kostiju i hirurških intervencija na koštano-zglobnom sistemu, kožnim bolestima ( psorijaza, hronični ekcem, akne itd.), ginekološim oboljenjima ( hronična nespecifična gineološka oboljenja i sterilitet ).

**TERAPIJE:** kinezi, hidrokinеzi, elektro ( galvanizacija, EF lekova, dijadinamične i interferentne struje, elektrostimulacija KTD ), foto ( IR, ultraviolet ), ultrazvučnu terapiju, parafinoterapiju, pelidoterapiju.

**PRIMENJUJEMO I:** terapiju radom koja je kod nas zabavna i finkcionalna, podvodne masaže, galvanske kade, lokalne i naizmenične kupke, logopedске tretmane...

**LEPOTA SLOBODNOG VREMENA:** “Fantast” (grč. phantasia - sanjalica, koji svoje maštarije smatra stvarnim). Upravo takav je najverovatnije bio Bogdan Dunderski, veleposednik starobegejski i senttomaški, kada je u vojvođanskoj ravnici podigao salaš koji ljudi nazvaše dvorcem. Nije to bajka. To je danas Hotel istog imena, koje dobi po jednom, al' kvom konju - Fantastu.

Ribarsko gazdinstvo Ečka, jedno od većih u Evropi, u svom posedu ima i Carsku baru.

Ranije je pripadala grofu Lazaru Lukaču, u čiji je danas hotel “Kaštel Ečka”, a nekada njegov dvorac, zarad lova dolazio i nadvojvoda Franc Ferdinand.

Ova i Obedska bara, Ludaško jezero u Bačkoj i Skadarsko u Crnoj Gori su proglašeni za staništa potpisana Ramsarskom konvencijom.



# SPECIAL HOSPITAL FOR PHYSICAL MEDICINE AND REHABILITATION “BANJA RUSANDA” Melenci

I came, I saw, I got well!



**LAKE LIKE A SEA:** The spa is cosily situated in the plain, along the lake 4 square kilometers large, nearly as salty as a sea.

The spa is surrounded by a green belt of park and forest and immense vineyards.

**NATURE AND US:** For more than 130 years the mud from Rusanda lake, our mineral peloid; which is considered the most medicinal mud in the country; cures people. Additional curative effect lies in thermo-mineral water whose temperature is 32°C.

**WE GOT OUR REPUTATION BY TREATING:** Diseases and injuries of the central and peripheral nervous systems, inflammatory rheumatism in early stages, degenerative rheumatism (arthrosis and spondylitis), extra-articular and metabolic rheumatism, discopathy and lumbal sciatica, consequences of traumas and bone breaks as well as surgical interventions on the bone and articular systems, skin diseases (psoriasis, chronic eczema, acne, etc.), gynecological illnesses (chronic non-specific gynecological illnesses and sterility).

**THERAPIES:** kinesi, hydro-kinesi, electro (galvanization, EF drugs, diadynamic and interferential electric currents, short-wave diometry electro-stimulation), photo (IR, ultraviolet), ultrasound therapy, paraffin therapy, peloid therapy.

**WE ALSO USE:** work therapy that is, in our case, entertaining and functional, underwater massages, galvanic tubs, local and segmental baths, logopedic treatments...

**BEAUTY OF LEISURE TIME:** “Fantast” (Greek phantasia – a dreamer who considers his dreams real). Exactly that kind of person was Bogdan Dunderski, a landowner from Old Begej and Szenttamás (Hungarian expression for town of Srbobran), when he built a farm in Vojvodina’s plain. The people called that farm a castle. This is not a fairy tale. Today, it is a hotel with the same name, which it got after one hell of a horse - Fantast.

Fishing cooperative Ečka, one of larger in Europe, possesses Carska Bara pound.

It used to belong to Count Lazar Lukač whose, once castle, now hotel, “Kaštel Ečka” was visited by Archduke Franc Ferdinard for hunting.

The aforementioned pound and Obedska Bara pound, Ludaš lake in Bačka and Skadar lake in Montenegro are included in the list of the wetlands protected by the Ramsar Convention.



# SPECIJALNA BOLNICA "DR BORIVOJE GNJATIĆ" STARI SLANKAMEN

## Stari Slankamen je najstarija banja u Vojvodini!

I Vuk Stefanović-Karadžić je u svojim zapisima spominjao Slankamen: "Prošetala Margita devojka po Slanom kamenu..."

Stari Slankamen se nalazi u jugoistočnom Sremu, na desnoj obali Dunava, na istočnim padinama Fruške Gore, na nadmorskoj visini od 80 metara.

Arheolozi su poznati po preistorijskom lokalitetu Gradina, a u keltsko i rimsko doba postojalo je naselje koje se zvalo Acumincium.

Stari Slankamen lečilište je još od turskog doba. Odlaskom Turaka zamire i Stari Slankamen. Na značaju dobija ponovo 1906. godine, a savremenim razvojem banje počinje 1964. godine izgradnjom nove banjske zgrade i stacionara.

**BAVIMO SE:** oboljenjima centralnog i perifernog nervnog sistema, lokomotornog sistema posle povreda ili operacija, reumatskim i gineološkim bolestima.

**NAČINI LEČENJA:** Lečimo Vas kod nas, u Specijalnoj bolnici za neurološka oboljenja i postreumatska stanja "Dr Borivoje Gnjatić", specijalizovanoj i za lečenje hemiplegija mineralnom vodom, temperature 18,4°C, slano-jodnom natrijumskog tipa koja nije za oralnu upotrebu!

**LEKOVITO U NAŠOJ VODI:** natrijum-hlorid, jod, magnezijum, kalcijum, stroncijum i barijum.

**TERAPIJE:** hidro, kinezi, elektro i radne.

Sremski Karlovci, duhovni centar Srba i direktni naslednik Pečke patrijaršije, grad u kome zvona bruje kao u Firenci, gde se još uvek uči latinski jezik, gde ima još uvek neke gospodstvene društvene uglađenosti, gde se ljudi još uvek odmaraju pred kućama, gde vlada srdačnost i gostoprimstvo, grad Feniks kroz istoriju, kulturno sedište svih Srba u Ugarskoj u istoriju ulazi u ne samo kao predvorje gotovo dvadesetak Frušogorskih manastira i crkava i središte Mitropolije, već i kao grad evropske istorije u kojem je nastalo određenje za termin «Okruglog stola», nastao u vreme potpisivanja «Karlovačkog mira».



22329 STARI SLANKAMEN; DR BORIVOJA GNJATIĆA 52; TEL: +381 22 591 626; 591 426; 591 398; TEL/FAX: +381 22 591 287

E-MAIL: BOLNICASLANKAMEN@NEOBEE.NET

## Stari Slankamen is the oldest Spa in Vojvodina!

Vuk Stefanović-Karadžić mentioned Slankamen (salt stone) in his writings: “Maiden Margita took a walk on the Salty Stone...”

Stari Slankamen is located in Southeast Srem, on the right shore of the Danube, on the east slopes of Fruška Gora, at 80 meters above sea level.

Archeologists were familiar with it from the prehistoric location Gradina, and in the time of the Celts and Romans, there existed a community called Acumincium.

Stari Slankamen spa is from the Turkish era. When the Turks left, Stari Slankamen faded. It becomes significant again in the year 1906, and the modern development of the spa begins in 1964 with the construction of a new spa building and station.

**WE TREAT:** central and peripheral nervous system diseases, locomotor system diseases after injuries or surgeries, rheumatic and gynecological illnesses.

**TREATMENT:** The treatment is provided in the Special hospital for neurological diseases and post-rheumatic conditions “Dr. Borivoje Gnjatić”, specialized for treatment of hemiplegia with mineral water, at the temperature of 18.4°C, of salt-iodine sodium type that is not for oral use!

**WHAT IS MEDICINAL IN OUR WATER:** sodium-chloride, iodine, magnesium, calcium, strontium and barium.

**THERAPIES:** hydro, kinesi, electro and working.

Sremski Karlovci, Serbia's spiritual center and direct successor of the Peć Patriarchate, the city in which the bells toll like in Florence, where Latin language is still taught, where some dignified social politeness still exists, where people rest in front of their houses, where sincerity and hospitality reign, the city-Phoenix through history, the seat of culture of all Serbs in Hungary, the city that entered history not only as an antechamber to nearly twenty monasteries and churches on Fruška Gora and the center of Metropolitan's residence, but also as a city of European history in which term “Round table” got its meaning in the time when “The Karlovci Peace Treaty” was signed.



## Voda vazduh voda!

Skromnost meštana i ljubav prema Vrdniku donela nam je epitet - najlepša Banja na svetu!

**NALAZIMO SE:** na 80 km od Beograda, na 24 od Novog Sada i na 20 km od Rume, u dnu južnih padina Fruške gore, delimično u sastavu Nacionalnog parka u izvanrednom prirodnom amfiteatru, okruženi blagim potočnim dolinama, obraslim bujnom i raznolikom vegetacijom.

**KLIMA:** umereno-kontinentalna sa najvećim brojem sunčanih dana u Vojvodini!

**VODA VAZDUH VODA:** hipotermalna sa širokim spektrom dejstva na ljudski organizam konstantne temperature od 32,5°C. Čist vazduh bez ikakvih zagađenja sa velikom koncentracijom ozona, svrstava nas u grupu vazdušnih banja.

**OD BOGA DAR:** U Vrdniku se ponosimo i raskošnom prirodom od boga datom. Ljudska ruka ovde podiže i čuveni manastir Ravanicu. Tu su i Vrdnička kula - lokalitet iz Rimskog doba, a u okruženju Banje na Fruškoj gori još 15 fruškogorskih manastira.

**MEDICINSKE INDIKACIJE:** svi oblici reumatskih oboljenja - hronični degenerativni reumatizam koštano zglobnog aparata i kičmenog stuba; vanzglobni reumatizam; postoperativna stanja lokomotornog aparata i kičmenog stuba; oboljenja perifernog centralnog motornog nerva - neuritisi, neuropatije, pareze, paralize i dr.; bolni sindromi različitog porekla; rekoalescentna stanja; respiratorna i ginekološka oboljenja, migrenozna stanja; deformiteti zglobova i kičmenog stuba.

**NAČIN LEČENJA:** Zavod poseduje savremenu opremu za pružanje svih metoda fizikalne medicine i rehabilitacije koju obavlja stručni tim lekara specijalista i akupunkturologa, koji su drevnu veštinu učili od kineskih stručnjaka, jer je naš Zavod u periodu od 1981-1990. godine u više navrata bio centar za edukaciju i primenu akupunkture.

**TERAPIJE:** hidro, parafino, foto, elektro, sono, kinezi, sauna...

**MI IMAMO:** pored otvorenog olimpijskog bazena sa termalnom vodom toplom 32,8 stepeni Celzijusa i dva zatvorena bazena, finsku saunu, sportske terene i velelepnu Kongresnu dvoranu, 254 ležaja u jednokrevetnim, dvokrevetnim, trokrevetnim sobama i apartmanima sa nivoom B kategorije; 2 restorana, aperitiv bar; fitness klub.

**KOJE KUDE:** kroz Nacionalni park Fruška Gora do u manastire, pa u vinogorje, pa iz Sremskih Karlovaca dole do Dunava, ka Petrovaradinu i Novom Sadu ili put Čortanovaca.



# SPECIAL HOSPITAL FOR REHABILITATION “TERMAL” Vrdnik

## Water air water!

The modesty of local residents and the love towards Vrdnik gave us the epithet – the most beautiful Spa in the world!

**WE ARE LOCATED:** 80 km away from Belgrade, 24 km away from Novi Sad and 20 km away from Ruma, at the foot of the southern slopes of Fruška Gora Mountain, partially in the National park, in an exceptional natural amphitheater, surrounded by mild brook valleys overgrown with thick and diverse vegetation.

**CLIMATE:** moderate-continental with the largest number of sunny days in Vojvodina!

**WATER AIR WATER:** Hypothermal water with constant temperature of 32.5°C has wide spectrum of effects on human organism. Clean air, without any pollution, with large concentration of ozone, puts us in the group of air baths.

**GIFTED BY GOD:** The people from Vrdnik are also proud of the beautiful nature gifted by God. Here the human hand built the famous Ravanica monastery. There are also the Vrdnik Tower – the site from the Roman Age, and 15 more monasteries on Fruška Gora.

**MEDICAL INDICATIONS:** All forms of rheumatic illnesses – chronic degenerative rheumatism of skeletal-articular system and spinal column; extra-articular rheumatism; post-operative and post-rheumatic conditions of the locomotor system and the spine; diseases of the peripheral central motor neuron – neuritis, neuropathies, pareses, paralyses, etc.; various painful syndromes, convalescence states, respiratory and gynecological illnesses, migrainous states, deformities of the spine and joints.

**TREATMENT METHODS:** The Institute has modern equipment for practising all sorts of physical therapy and rehabilitation, under the supervision of an expert team of specialist doctors and acupuncturalists, who learned the ancient technique from the Chinese experts, because the Institute was the center for education and application of acupuncture several times, in the period from 1981 to 1990.

**THERAPIES:** hydro, paraffino, photo, electro, sono, kinesi, sauna...

**WE HAVE:** an outdoor Olympic swimming pool with thermal water (32°C) and two indoor swimming pools, the Finnish sauna, sports courts and magnificent Congress Hall, 254 beds in one-bed, two-bed, three-bed rooms and suites of B category; 2 restaurants, aperitif bar; fitness club.

**HERE AND THERE:** through National Park Fruška Gora to the monasteries, then to the area full of vineyards, then from Sremski Karlovci down to the Danube, Petrovaradin and Novi Sad or toward Čortanovci.



## PROVERITE GDE ĐAVO SPAVA

**POĐITE U ĐAVOLJU VAROŠ** koja je jedinstvenom prirodnom retkošću erozivnog porekla. Čine je 202 zemljane piramide visine od dva do 15m, sa andezitnim kapama na vrhu. Figure su smeštene u dve jaruge, u Đavoljoj i Paklenoj! Atraktivnost Đavolje varoši leži u pojavi bizarnih oblika reljefa, koji svojim izgledom, veličinom, brojnošću i položajem predstavljaju prirodnu retkost evropskog i svetskog značaja i privlače pažnju turista, naučnih i obrazovnih radnika i umetnika. Mnogi Đavolju varoš porede sa Baštom bogova u SAD !

**RETKOST:** u Đavoljoj varoši postoji i veoma retka hidrološka pojava - dva jako mineralizovana i kisela izvora. Jedan se nalazi visoko u brdu Đavolje jaruge i njega meštani zovu Đavolja voda, a drugi sa desne strane Žutog potoka.

**LEGENDA:** figure u Đavoljoj varoši su okamenjeni sva-tovi!

**ŠTA KAŽE NAUKA?** Stubovi se odista pomeraju, menjaju mesta, smanjuju se, nestaju. Ta pojava je retkost u svetu. Ima se utisak da se kule postepeno pomeraju, zato što se jedne vremenom ruše, a druge se, usled spiranja tla, tek stvaraju. Taj proces se odvija vekovima i star je koliko i Đavolja varoš.

## CHECK WHERE THE DEVIL SLEEPS

**VISIT DEVIL'S TOWN** that is the unique natural rarity of erosive origin. It consists of 202 earth pyramids, of which heights range between 2 and 15 meters, with andesite hats on their tops. The figures are settled in two ravines - Đavolja (Devil's) and Paklena (Infernal)! The attractivity of Devil's Town lies in the appearance of bizarre relief shapes, which, by their looks, size, number and position, represent a natural rarity of European and world's significance and attract the attention of tourists, scientific and educational workers and artists. There are many who compare Devil's Town with the Garden of Gods in U.S.A.!

**RARITY:** here is also a very rare hydrologic phenomenon in Devil's Town – two extremely mineralized mineral springs. One is located high on the hill of Devil's Ravines and local inhabitants call it Devil's water. The other spring is on the right bank of the Žuti (Yellow) brook.

**LEGEND:** figures in Devil's Town are petrified wedding guests!

**WHAT DOES SCIENCE SAY?** The columns are really moving, changing their places, shrinking, disappearing. That phenomenon is a genuine rarity in the world. One gets impression that the formations gradually move, because some of them are falling to pieces in time, whereas the others, due to erosions, are created. That process lasts for centuries and it is as old as Devil's Town is.







# SPECIJALNA BOLNICA ZA PREVENCIJU INVALIDNOSTI I REHABILITACIJU “ŽUBOR” KURŠUMLIJSKA BANJA

Banja koja je bila poznata jos u rimsko doba.

Zaseli smo na 442 metra nadmorske visine, u kotlinskom proširenju doline reke Banjske, 11km jugozapadno od Kuršumlije.

U vreme Rimljana smo bili Aquae Bas - Aquarum Bassuanae. U srednjem veku smo oformili naselje i prostore za kupanje. Dr Edvard Braun je 1669. godine ovde video toplo kupatilo u “jednoj svedenoj, dobro ozidanoj sobi” koja je “vrlo dobro za oporavljanje putnika”.

Obnavljali smo se od 1883. do 1930. godine, a od te do 1941-ve godine novcem Koncesionarno-akcionarskog društva “Kuršumlijska Banja”. Moderna banja postajemo tek od 1982. godine sa izgradnjom rehabilitacionog centra “Žubor”.

**PREPORUČLJIVI SMO ZA:** povrede i oboljenja lokomotornog sistema, reumatske bolesti, bolesti respiratornih organa, dijabetes; ginekološke, neurološke i bolesti metabolizma, malokrvnost kod dece i starih.

**LEKOVITO BLATO:** Kuršumlijska Banja je raspolagala jedinstvenim mineralnim blatom i u bivšoj Jugoslaviji

**TERMALNE VODE:** imamo pet grupa voda toplih od 25-68°C i mineralnih voda, koje nas po balneološkim osobinama svrstavaju među nekoliko najcenjenijih u Evropi.

**MEDICINSKI DEO** Zavoda “Žubor” čine: dijagnostika, hidroterapija - dva bazena, individualne kade, lokalne kupke, kade za podvodnu masažu i habardove kade, hidro-kinezi terapija; kabinet za orošavanje, inhalator, sauna, blatna terapija, elektro terapija - dijadinamske i interferentne struje, elektro-stimulatori, galvanizacija, elektroforeza; ultrazvuk, fototerapija - infracrveno i ultraljubičasto zračenje, terapija polarizovanom svetlošću; magnetno impulsno polje, ručna masaža, kinezi terapija, celulit eliminator i sl.

#### **OBAVEZNO VIDETI:**

- ĐAVOLJA VAROŠ. Po jednoj legendi prirodni fenomen su okamenjeni svatovi koji su po nagovoru đavola hteli da venčaju brata i sestru.
- IVAN KULA. Sagrađena je na vrhu vulkanske kupe.
- PRAVEDNI GROB. Po jednoj legendi Miloš Obilić je pogubio vojvodu Vula zato što nije hteo da obmane kneza Lazara da je slaba vojska u Turaka. Po drugoj, Milutin, sluga Ivana Kosačića, uhodio je tursku vojsku i vrativši se u Trpeze preneo vest o njenoj ogromnoj sili. Da bi izbegao paniku Milan Toplica je Milutinu odrubio glavu.
- TRPEZE. Naselje od značaja u srednjovekovnoj Srbiji - ostaci tri manastira.



18430 KURŠUMLIJSKA BANJA; TEL/FAX: +381 27 381 117, 381 420

E-MAIL: ZUBOR@PTT.YU

# SPECIAL HOSPITAL FOR PREVENTION OF DISABILITIES AND REHABILITATION “ŽUBOR” KURŠUMLIJA SPA

The Spa that was known as early as a Roman times.



We are parked at the height of 442 meters above the sea level, in the valley of the Banjska river, 11 km southwest from Kuršumlija.

In the time of the Romans, we were called Aquae Bas - Aquarum Bas-suanae. In the Middle ages, we founded the settlement and built bath-houses. In 1669, Dr. Edvard Brown here saw a steam bath in “one small, well-built room” that was “very good for recovery of passengers”.

We were renovated in the period between 1883 and 1930. Since 1930 until 1941 godine, the renovation was financed by the money of the Con-cession-Stock company “Kuršumlijska Banja”. We became a modern spa in 1982, with the construction of rehabilitation center “Žubor”.

**WE ARE RECOMMENDED FOR:** Injuries and diseases of the locomotor system, rheumatic illnesses, diseases of the respiratory organs, diabetes; gynecological illnesses and neurological and metabolic diseases, anemia in children and adults.

**MEDICINAL MUD:** Kuršumlija Spa was known in former Yugoslavia for its unique mineral mud.

**THERMAL WATERS:** There are five groups of warm waters (25-68°C) and mineral waters, which, thanks to their balneological characteristics, place us among the most valuable spas in Europe.

**MEDICAL PART** of “Žubor” Institute: diagnostics, hydrotherapy – two swimming pools, individual bathtubs, local baths, underwater mas-sage baths and the Hubbard baths, hydro-kinesitherapy; inhalator, sau-na, mud therapy, electrotherapy – diadynamic and interferential currents, electro-stimulators, galvanization, electrophoreses; ultrasound, photo-therapy – infrared and ultraviolet radiation, therapy with polarized light; magnetic impulse field, hand massage, kinesitherapy, cellulite eliminator, etc

## WHAT YOU MUST VISIT:

- Đavolja Varoš (Devil's Town). A legend say that this natural phenom-enon represents petrified wedding guests who were induced by the Devil to marry a brother and a sister.
- IVAN TOWER. Built on the top of the volcano cone.
- JUST GRAVE. A legend says that Miloš Obilić executed duke Vule because he did not want to deceive duke Lazar by saying that Turkish Army was weak. Some other legend says that Milutin, a servant of Ivan Kosačić, spied on Turkish Army and, having returned to Trpeze, he spread the news about its huge power. In order to avoid panic among the people, Milan Toplica decapitated Milutin. Just Grave is the mark where servant Milutin was buried. It bears such name because Milutin died “to the justice of God”.
- TRPEZE. The settlement of great importance in medieval Serbia – the remnants of three monasteries.

## Prolama se na daleko glas o "Prolom vodi" i "Prolom pivu"!

**ZVUČAĆE KAO JERES, I NEKA:** na osnovu arheoloških istraživanja se pretpostavlja da su lekovite vode Prolom Banje korišćene neprekidno od praistorije do mlađeg turskog doba! Logika stvari je da je ovim izrekom Prolom Banja najstarija u Srbal!

### KO SMO? GDE SMO? ŠTA SMO?

Mi smo Prolom Banja s' juga Srbije. Mi smo i klimatsko lečilište! Nad morem smo, kako gde visoko, od 550 do 668 metara! Kuršumlja nam je na 23, Beograd na 290, a Niš na 82 kilometra.

**TERMALNE VODE:** Prolom Banja ima dva izvorišta tople vode, međusobno udaljena oko 950 metara. Istočno ili glavno u centru banjskog naselja i čine ga šest bušotina. Temperatura vode je od 30 do 33,8°C. Zapadno izvorište ili "Pupovac" je u dolini Dubokog potoka. Temperatura vode 30,5°C.

Naše **LEKOVITO BLATO** se dobija mešanjem termalne vode i zemlje iz okoline izvora "Pupovci". Koristimo ga u blatnim kadama ili kao obloge, kada lečimo od kožnih bolesti ili kod bolesti perifernih krvnih sudova - proširenih vena, reumatskih oboljenja ili nekih oboljenja prostate.

**NE DAJ BOŽE ALI MOŽEMO DA VAM ZATREBAMO:** zarad bolesti bubrega i mokraćnih puteva, bolesti organa za varenje, bolesti kože, bolesti krvnih sudova i vanzglobnog reumatizma.

**MI IMAMO ODELJENJA:** dijagnostičko-terapijsko, za hidroterapiju: rekreaciono-rehabilitacioni bazen, individualne kade, Habardove kade; odeljenja za blatnu i elektro-terapiju, odeljenje za ručnu masažu, salu za kineziterapiju i teretanu.

**LEČIMO:** u savremenom terapijskom bloku, kroz koji svakog dana mogu da prođu 1500 pacijenata. Naša izuzetno organizovana medicinska služba ima dijagnostičko-terapijsko odeljenje, odeljenje za hidroterapiju, odeljenje za pelidoterapiju, terapijsko-rekreativni bazen.

**TERAPIJE:** pijenje lekovite vode, ručna masaža, terapija blatom, hidro, elektro i kineziterapija, kupanje u kadi, kupanje u kadi sa podvodnom masažom, lokalne kupke, kupanje u bazenu, soluks lampa, DD i KTD struje, galvanizacija i  
Primenjujemo i ultrazvuk i laseroterapije.



TEL/FAX: + 381 27 381 344, 381 512

HOTEL RADAN (\*\*) +381 27 88 111; PROLOM BANJA +381 27 88 092

90 WWW.PLANINKA.CO.YU E-MAIL: BANJA@PLANINKA.CO.YU

# PROLOM SPA STOCK COMPANY "PLANINKA" KURŠUMLIJA

The story about "Prolom water" and "Prolom beer" is widely spread!

**IT WILL SOUND LIKE A HERECY, BUT:** on the basis of archeological researches, it is assumed that the medicinal waters of Prolom Spa had been used constantly from pre-history until early Turkish Age! Judging by that, it is logical to say that Prolom Spa is the oldest spa in Serbia!

## **WHO ARE WE? WHERE ARE WE? WHAT ARE WE?**

We are Prolom Spa from the south of Serbia. We are also a climatic sanatorium! We are situated at the height of 550-668 meters above the sea level! Kuršumlija is 23km, Belgrade is 290km and Niš is 82km away from us.

**THERMAL WATERS:** Prolom Spa has two hot water springs, some 950 meters away from each other. Eastern or main spring is in the center of Spa and it consists of six holes. The water temperature ranges between 30 and 33.8°C. Western spring or "Pupovci" is in the valley of the Duboka brook. The water temperature is 30.5°C.

Our **MEDICINAL MUD** is created by mixing thermal water and the earth from the vicinity of spring "Pupovci". We use it in the mud baths or as compresses when treating skin diseases or peripheral blood vessels diseases – enlarged veins, rheumatic diseases or some prostate diseases.

**GOD FORBID, BUT YOU MAY NEED US:** for the kidney and urinary tract diseases, diseases of digestive organs, skin diseases, diseases of blood vessels and extra-articular rheumatism.

**WE HAVE THE FOLLOWING WARDS:** diagnostics-therapy ward; hydrotherapy ward: recreation-rehabilitation swimming pool, individual bathtubs, the Hubbard baths; mud and electro-therapy ward; hand massage ward; hall for kinesi-therapy and gym.

**WE TREAT:** in a modern therapy ward, which can serve 1,500 patients a day. Our exceptionally organized medical corps has the diagnostics-therapy ward, the hydrotherapy ward, the pelidotherapy ward and the therapy-recreation swimming pool.

**THERAPIES:** drinking curative water, hand massage, mud therapy, hydro-, electro- and kinesi therapy, bathing, bathing in the underwater massage tub, local baths, swimming in the pool, solux lamp, diadynamic and short-wave diametry currents, galvanization, ultrasound and lasero-therapies.



## Lekovite vode Lukovske

Nalazi se na jugu Srbije, 36km zapadno od Kuršumlije, na istočnim padinama Kopaonika. Udaljena je od Niša 101km, od Kruševca 107km, i Beograda 297km.

Lukovska Banja je, u odnosu na Prolom Banju, od Beograda udaljenija za 42 kilometra.

Najviša je banja u Srbiji! Nad morem je 681 metar visoko.

Smeštena na istočnoj padini šumovitog Kopaonika, u dolini Lukovske reke, jedne od pritoka Toplice, po broju izvora terminalne vode temperature 38–68°C, ova banja, u kojoj su uživali i stari Rimljani, spada i u red najbogatijih u Srbiji! Poznata je po najvećem broju izvora termomineralnih voda (37) i njihovoj ogromnoj izdašnosti od preko 100l/s. Vode Lukovske Banje su prema makrosastavu hidrokarbonatne natrijumsko-magnezijumskog-kalcijumskog tipa.

Prirodni faktori koji se koriste u lečenju su: lekovita voda, lekovito blato, klima i okolni prirodni ambijent.

Lukovska banja je banjisko i klimatsko lečilište koje posluje u sastavu A.D. "Planinka" iz Kuršumlije.



18473 LUKOVSKA BANJA, HOTEL KOPAONIK; TEL/FAX: +381 27 380 008, 50 475

WWW.LUKOVSKABANJA.COM E-MAIL: INFO@LUKOVSKABANJA.COM

## Curative waters of Lukovska Spa



Lukovska Spa lies in the south of Serbia, 36km west of Kuršumlija, on the eastern slopes of Mt. Kopaonik, 99km away from Niš, 107km from Kruševac and 297km from Belgrade.

Lukovska Spa is 42 kilometers more distant from Belgrade than Prolom Spa is.

It is the highest spa in Serbia – at the height of 681 meters above the sea level!

It is parked on the eastern slop of the woody Kopaonik mountain, in the valley of the Lukovska river, one of the tributaries of the Toplica river, and, by the number of springs with thermomineral water whose temperature ranges between 38–68°C, this spa, in which even ancient Romans enjoyed themselves, belongs to the order of the richest spas in Serbia!

The Spa is known for its many wells (37) and the enormous quantity of their output of over 100lit/s. Spa waters are: carbon-acidic, sulphide, fluoride, silicone and lithium contents: according to their macro contents, they are of carbo-hydrate, natrium-magnesium-calcium types.

Among the natural resources used in the spa treatments, there are: curative waters, mud, climate and the surrounding ambiance.

Lukovska Spa is a Spa and Climate Resort operating within A.D. “Platinika” from Kuršumlije.









# SPECIJALNA BOLNICA ZA REHABILITACIJU "GEJZER" SIJARINSKA BANJA

## Jedinstveno u evropi - Gejzir tople vode

Naši lekari specijalisti leče znanjem primenjujući savremenu medicinsku opremu. Naš Zavod je kao što mu i ime kaže – specijalizovan za: prevenciju, lečenje i rehabilitaciju bolesti i stanja lokomotornog aparata, gastrointestinalnog i hepatobilijarnog trakta. Reprezentativni smeštajni i zdravstveni kapaciteti Sijarinske banje u potpunosti odgovaraju savremenim zahtevima turističke i zdravstvene potražnje.

**JEDINSTVENO U EVROPI:** Gejzir tople vode čiji vodeni stub dostiže visinu do 8 m i povremeni gejzir koji eruptira na svakih 10 minuta!

**BAVIMO SE:** oboljenjima koštano-mišićnog sistema, išijasom, lumbagom; stomaknim oboljenjima i bolestima creva, bubrega i mokraćnih puteva, peskom u mokraćnim kanalima, stanjem posle razbijanja ili hirurškog odstranjenja kamena, upalama mokraćnih puteva i bolestima jetre, žučnih puteva i pankreasa, ginekološkim oboljenjima, zapaljivim procesima i izvesnim oblicima steriliteta, plućnim bolestima, neurozama, blažim i srednjim oblicima šećerne bolesti, konjuktivitisom, neuralgijama i polineuritima, psorijazom i hroničnim ekcemom, raznim oblicima neuroza i lakšim psihičkim i fizičkim iscrpljenostima.

**PRIRODNO I LEKOVITO:** Ušuškani smo na 530 metara nadmorske visine. Mineralne vode su nam tople od 32°C do 76°C! Od 26 registrovanih izvora 18 njih, smešteni na prostoru od 800 metara, imaju terapijsku vrednost. Voda je shodno hemijskom sastavu različita: alkalna, kisela, gvoždevita. Imamo i radioaktivno-sumporovito blato!

**LEČIMO:** na najsavremeniji način primenjujući hidro, elektro i kinezi terapije, terapije blatom, inhalaciju i tople kure lekovitom vodom

**DAROVALA NAS PRIRODA:** zaštićeni smo od jačih vetrova, a za maglu gotovo i da ne znamo! Reka nam je Jablanica! Okruženi smo gustom hrastovom i bukovom šumom!

### Dobro ste nam došli u SIJARINSKU BANJU!

Da se oporavite, odmorite, i uz to dobro zabavite. Treća komponenta svakog lečenja, radost, odmor i zabava, u svetu to zovu Wellness, ovde je odavno obavezna. I to od trenutka kada u Banju uđete, pa dok nam ponovo ne dođete. U međuvremenu sećaćete se nas sa osmehom.

A ono što pomaže kao i čudesne banjske vode, zove se stručnost kadrova i opremljenost banjskog lečilišta...

Gosti banjski mogu da se kupaju pod brdom od poludragog kamena, oniksa, od kog se ovde i kuće zidaju, pod pljuskom dva gejzira lekovitih voda. Leti, zimi... birate bazene u kojima ćete se brčkati. Na vama je izbor.

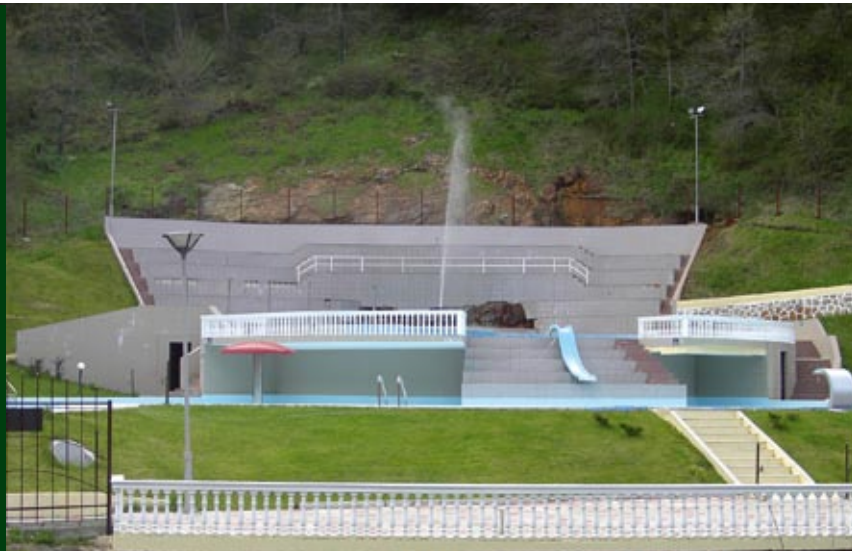


16246 SIJARINSKA BANJA; KRALJA MILANA 16; TEL/FAX: +381 16 895 153, 895 316, 895 126, 895 128;

TEL/FAX: +381 16 895 153; WWW.GEJZERSB.CO.YU E-MAIL: ZSRGEJZER@PTT.YU E-MAIL: ZSRGEJZER@YAHOO.COM

# SPECIAL HOSPITAL FOR REHABILITATION “GEJZER” SIJARINSKA SPA

## Unique in europe - Hot water geyser



In the treatment of patients, our doctors - specialists use their knowledge and the up-to-date medical equipment. Our Institute, just like its name says – is specialized for: prevention, treatment and rehabilitation of diseases and conditions of the locomotor system, gastrointestinal and hepatobiliary tracts. The representative accommodation and medical capacities of Sijarinska Spa completely meet the modern requirements of the tourist and medical demand.

**UNIQUE IN EUROPE:** The geyser whose hot water pole reaches the height of up to 8 meters and periodical geyser that erupts every 10 minutes!

**WE DEAL WITH:** Diseases of the skeletal and muscular systems, sciatica, lumbago; stomach and intestinal diseases, kidney and urinary tract diseases, sand in urinary canals, conditions after surgically removing or destroying kidney stones, inflammation of the urinary tract, liver, biliary and pancreatic diseases, gynecological illnesses, inflammatory processes and certain forms of sterility, lung diseases, neuroses, mild and medium forms of diabetes, conjunctivitis, neuralgia and polyneuritis, psoriasis and chronic eczema, various forms of neuroses and light psychic and physical exhaustions.

**NATURAL AND MEDICINAL:** We are parked at the height of 530 meters above the sea level. The temperatures of the mineral waters here range between 32°C and 76°C! Of 26 registered springs, 18 have therapy value and they are spersed along the length of an area 800 meters long. According to the chemical content, the water is alkaline, mineral and fer-riferous.

We also have a radioactive-sulphurous mud !

**WE TREAT:** in an up-to-date way, by applying hydro-, electro- and kinesi therapies, mud therapies, inhalation and hot cures with medicinal water.

**GIFTED BY NATURE:** we are protected from the strong winds and we barely know how the fog looks like! Our river is the Jablanica! We are surrounded by thick oak and beech woods!

### You are most welcome to SIJARINSKA SPA!

To rehabilitate, rest and have a good time. The third component of every treatment, joy, rest and fun, the world calls it Wellness, is mandatory here from a long time ago. From the moment you enter the Spa to the moment you return here. In the meantime, you will remember us with the smile.

What helps, other than the spa waters, is called personnel's knowledge and the equipment of the spa sanatorium...

The guests of the Spa are free to bathe under the shower of two medicinal geysers and under the hill of semi-precious stones, onyx, which are here used even as a building material for the houses.

In the summers, in the winters... you choose the swimming pools in which you want to splash around. The choice is all yours.



# SPECIJALNA BOLNICA ZA DEGENERATIVNI REUMATIZAM I POSTTRAUMATSKA STANJA “VRANJSKA BANJA”

## Banja - najtoplija u Evropi!

### GDE?

Na samo 6 kilometara od auto-puta prema Makedoniji i Grčkoj, na desetak od Vranja – BANJA! Iznad nje se propela Besna Kobilica! Besna Kobilica - Planina! Besna Kobilica, ubava planina, je na 1922-gom metru svoje visine nad morem razastrla pitome padine za skijanje i sankanje. Nešto dalje je Vlasinsko jezero, bistre vode, nedirnut raj – fabrika crvenih krvnih zrnaca!

Na desetak od Vranja – Banja (!), najtoplija u Evropi, sa više izvora mineralne vode, temperature od 96 do 110 stepeni Celzijusa!

**LEČIMO:** reumatizam, posttraumatska stanja; neurološka i hronična ginekološka oboljenja.

Bavimo se: bolestima lokomotornog aparata, degenerativnim i ekstra-artikularnim reumatizmom.

**NAŠE VODE SU:** slabo sumporne, alkalne, salinične gvoždenvite hiperterme!

Dilema da li je Vranje nastalo u vreme Trakoilira (Rimljana), Vizantije (Grka) ili Slovena koji su se ovde naseljavali u VI i VII veku biva u senci spoznaje da je pre devet vekova, 1093. godine, u delu “Aleksijada” posvećeneom ocu Alekseju, Vranje spomenula Grkinja carskog porekla Ana Komnina.

Ćemane, kako ovde nazivamo violinu i goč vraćaju uspomene na Mitketa i Košanu, na književnika Boru Stankovića, na amam iz XVII veka ili na Turkinju Ajšu koja je između zabranjene ljubavi sa Srbinom Stojanom i smrti od očeve ruke izabrala – smrt!

Danas, zarad nezaborava na njih – Beli most, koji premošćujući Vranjsku reku ljudima služi na dobro.

### SPOMENAR VRANJA I VRANJSKE BANJE!

Plač grada trube; Bakija Bakić i Milan Mladenović sa svojim orkestrima pobednici na Saboru trubača u Guči; merak; karasevdah; Haremluk; vranjska pesma natopljena “žalom za mladost”; miris lipa, književne večeri, pozorišne predstave, izložbe cveća, Karanfil devojčice, mirisi vranjske kuhinje koji se zalivaju Pinotom iz ovdašnjeg vinogorja, Borina nedelja, ŠAF – škola animiranog filma za decu, nedaleka srpska svetinja manastir Sveti Prohor Pčinjski u podnožju planine Kozjak, Markovo kale – najstariji spomenik civilizacije zvane Vranje, pašin konak, česma Đerenka – koju Turci podigoše u spomen na svog Đerzeleza koji se zaljubio u crnokosu Srpkiju, crkva Svetog Nikole zadužbina braće Balšića - stara devet vekova; saborna crkva Svete Trojice čiju je izgradnju pomogao Husein Paša; spomen na Justina Popovića!

**Moglo bi se još ali : “U Vranje nema laganje!”**



# SPECIAL HOSPITAL FOR DEGENERATIVE RHEUMATISM AND POSTTRAUMATIC CONDITIONS

## “VRANJSKA BANJA”

### Spa - the warmest in Europe!



#### WHERE?

Only 6 kilometers away from the highway to Macedonia and Greece, some 10 kilometers away from Vranje – a SPA! Besna Kobilica (Furious Mare) reared above it! Besna Kobilica - Mountain! Besna Kobilica, the beautiful mountain, spreads mild slopes for skiing and sleighing at the height of 1922 meters above the sea level. Somewhat further is the Vlasina lake with clear water, the untouched paradise – the factory of red blood cells!

Ten kilometers away from Vranje – a spa (!), the warmest in Europe, with several mineral water springs, water temperature ranging between 96 and 110 degrees centigrade!

**WE TREAT:** rheumatism, posttraumatic conditions; neurological illnesses and chronic gynecological diseases.

We deal with: diseases of the locomotor system, degenerative and extra-articular rheumatism.

**OUR WATERS ARE:** sulphurous, alkaline, saline, feriferrous, hyperthermal waters!

The trilemma whether Vranje was established in the age of Thracians and Illyrians (Romans), Byzantium (Greeks) or Slavs, who used to inhabit this area in the 6th and 7th century, is in the shade of the comprehension that, nine centuries ago, in 1093, in work “Aleksijada”, which is dedicated to her father Aleksej, a Greek of imperial origin, Ana Komnina, mentioned Vranje.

Čemane, as we call the violin here, and Goč (the type of big drum) remind us of Mitke and Koštana, writer Bora Stanković, the hammam from the 17th century, Turkish girl Aisha who - choosing between the forbidden love with a Serbian guy, Stojan, and the death by her father's hand – chose death!

Today, in memory of them, the White Bridge bridges the Vranjska river and serves the people.

#### THE ALBUM OF VRANJE AND VRANJSKA SPA!

The tears of the town of trumpet; Bakija Bakić and Milan Mladenović with their orchestras – winners of the Trumpet Fair in Guča; wishing; yearning for love; Haremluk; Vranje's song soaked by “longing for youth”; the scent of linden, literary evenings; theater plays; flower exhibits; Carnation girl; aroma of Vranje's cuisine specialties washed down with Pinot made of grapes from the local vineyard; Bora's week; ŠAF – the school of animated film for children; Serbian sanctity – St. Prohor Pčinjski monastery in the foothill of Kozjak mountain; Markovo Kale – the oldest monument of the civilization called Vranje; Pasha's house, Đerenka fountain – built by the Turks in memory of their Đerzelez who fell in love with a black-haired Serbian girl; St. Nikola Church, an endowment of the Balšić brothers – nine centuries old; the Holy Trinity Cathedral whose construction was supported by Husein Pasha; commemoration of Justin Popović!

**We could go on, but : “ No lies in Vranje! “**



# DRUŠTVENO PREDUZEĆE ZA OBAVLJANJE ZDRAVSTVENE DELATNOSTI, PROIZVODNJE, PROMETA I UGOSTITELJSTVA “VRELO” BUJANOVAČKA BANJA

## Najjača u Evropi!

“Kada čovek ima zdravlje, on ima nadu, a kada ima nadu, on ima sve!”

Izvor tople vode i lekovito blato i u Bujanovačkoj Banji su postojali u rimsko vreme. Neposredno uz izvor je selo Kraljeva kuća, zarad kuće za odmor kralja Milutina koji je koristio blagodeti ovog izvora.

U novije vreme, naročito leti, ljudi iz svih krajeva su dolazili da traže leka za kostobolju i kožna oboljenja.

Baruština koja je mirisala na sumpor i mulj u isto vreme je bila i neugledna i čudesna. I deca i stari, i bolesni i zdravi, pa i stoka sa ostacima sasušenog blata na telu uživali su u blagodatima tople mineralne vode. Šesdesetih godina vlast je uz pomoć policije rasterivala ljude koji su lek za svoje boljke tražili u vodi i blatu. Postavljena je bodljikava žica i posuto slomljeno staklo oko izvorišta. Uporniji, uvereni u isceliteljsku moć vode i blata, kupali su se noću.

**IPAK, PRIRODA JE POBEDILA VLAST!** Počeli smo sa istraživanjima, oformili pri Domu zdravlja u Bujanovcu ambulantu. Dva zatvorena bazena izgradili smo 1975-te, a 1984. godine, na Rakovačkoj ledini podigli savremeni Zavod za prevenciju, lečenje i rehabilitaciju invalidnosti “Vrelo”.

Referentne analize obavili smo u eminentnom Institutu u Karlovim Varima, u Institutu “Slovakoterme”, Bratislava; pri Banji Pještani i u Francuskoj Banji Viši. Kraljevsko lekarsko društvo Velike Britanije svrstalo je Bujanovačku Banju među tri najznačajnije u Evropi, a da je reč o prirodnom lečilištu bez premca govori sertifikat medicinskih centara u Londonu i Frankfurtu. Danas ispravnost bujanovačke vode prati institut “BATUT” u Beogradu.

**BAVIMO SE:** reumatskim oboljenjima u hroničnoj fazi: zglobovi i van-zglobni reumatizam, zapaljenski, metabolički i degenerativni reumatizam; stanjima posle traume i operacija na lokomotornom aparatu; ginekološkim i neurološkim oboljenjima; hroničnim oboljenjima probavnog trakta; kožnim oboljenjima – ekcemi, psorijaza; sportskim povredama.

**TERAPIJE:** hidro, peloid, parafango, gas, elektro, kinezi.

Po svojim karakteristikama Bujanovačka banja je jedinstven lokalitet, ne samo na starom kontinentu, već i u svetu. Samo na ovom mestu sretno su spojena tri faktora: termomineralna voda, lekovito blato i prirodni gas ugljendioksid. Danas koristimo samo trećinu onoga što nam je dala priroda. Dakle, imamo rezervi koje određujemo za odlične rezultate u prevenciji, rehabilitaciji i lečenju.



17520 BUJANOVAC; TEL: +381 17 653 361, 651 292; TEL/FAX +381 17 651 810

WWW.VRELOBUJANOVAC.CO.YU E-MAIL: BVRELOS@PTT.YU

# PUBLIC MEDICAL, PRODUCTION, TRADE AND CATERING COMPANY “VRELO” BUJANOVAČKA BANJA

## The strongest in Europe!



“When man has health, he has hope. When man has hope, he has every thing!”

The hot spring and medicinal mud in Bujanovac Spa existed back in the Roman Age. Next to the spring is village Kraljeva Kuća (King's House), which bears such name because of the rest house of King Milutin who used to enjoy the benefits of this spring.

In the past years, especially in the summers, people from all over the country come here to find medicine for gout and skin diseases.

A large swamp that smelled of sulfur and mud was both nondescript and miraculous at the same time. Children and the old, both sick and healthy, even cattle with the remains of dry mud on their bodies, enjoyed the benefits of the hot mineral water.

In the 1960's, the authorities, helped by police, dispersed people who sought the medicines for their illnesses in the water and the mud.

The barbwire was installed and broken glass scattered all around the spring. Those more resistant, more certain of the healing power of the water and the mud, bathed by night.

**NEVERTHELESS, THE NATURE WON AGAINST THE AUTHORITIES!** We started research and formed a clinic within Health Center in Bujanovac. Two indoor swimming pools were built in 1975, while the modern Institute for Prevention, Treatment and Rehabilitation of Disabilities “Vrelo” was built in 1984 on the Rakovac wasteland.

The referential analyses were performed at eminent Institute in Karlovy Vary, at Institute “Slovakoterme”, Pještani spa, Bratislav.

The Royal Society of Medicine of Great Britain placed Bujanovac Spa among the three most significant spas in Europe. The proofs that this spa is natural sanatorium that has no equal are the certificates issued by medical centers in London and Frankfurt.

Today, the regularity of the Bujanovac water is checked by Belgrade-based Institute “BATUT”.

**WE DEAL WITH:** chronic rheumatic diseases: articular and extra-articular rheumatism, inflammatory, metabolic and degenerative rheumatism; post-traumatic conditions and the conditions after surgeries on locomotor system; gynecological illnesses and neurological diseases; chronic digestive tract diseases; skin diseases – eczema, psoriasis; sports injuries.

**THERAPIES:** hydro-, peloid, parafango, gas, electro-, kinesi-.

**By its characteristics, Bujanovačka Spa is the unique location not only on the old continent, but also in the world. Only at this place are three factors successfully joined: thermo-mineral water, medicinal mud and natural gas (CO<sub>2</sub>). Today we use only one third of everything the nature gave us. Thus, there are reserves that are assigned for excellent results in prevention, rehabilitation and treatment.**

## Za pamćenje

### *Zlatna pravila ishrane vase pelagića*

- Pre svakog jela operite ruke.
- Ukoliko prilike dozvoljavaju jedite tri obroka dnevno, po mogućstvu u isto vreme, na taj način želudac će uredno da vari hranu.
- Jedite dok glad ne utolite i kada vam je najslađe prestanite sa jelom.
- Jedite lagano i dobro žvaćite hranu jer je dobro sažvakana hrana upola svarena.
- Narodna mudrost kaže da svaki zalogaj treba 32 puta žvakati, pa ga tek onda progutati.
- Jedite samo onda kada osećate glad.
- Nemojte jesti kada ste suviše umorni, zagrejani ili ljuti, jer od toga obroka biće slabe vajde.
- Izbegavajte svađe i sekiraciju pre, za vreme i posle jela.
- Ako vam prilike dozvoljavaju prilignite ili odspavajte jedno pola sata posle ručka.

#### *VASA PELAGIĆ - NEZDRAVO JE:*

- Zagrejan napiti se mnogo hladne vode.
- Piti vodu iz bunara koji se nalazi blizu nužnika ili đubreta.
- Jestu isuviše hladna ili suviše topla jela. To važi i za pića.
- Sa pretovarenim stomakom otići na spavanje.

#### *PRAVILA VASE PELAGIĆA ZA DUG I SREĆAN ŽIVOT*

- Budite umereni i skromni u jelu, piću i ljubavi.
- Rano ležite i rano ustajte.
- Spavajte pri otvorenom prozoru u nezagrejanoj prostoriji ili u otvorenoj prirodi.
- Vaše telo neprekidno naprežite radom ili sportom ili i jednim i drugim.
- Ako želite da sačuvate vaše zube za stare dane, perite ih bar svako veče pre spavanja.

## To be remembered

### *Golden nutrition rules of vasa pelagić*

- Wash your hands before every meal.
- If the circumstances allow, eat three meals a day. If possible, try eating always at the same time, because your stomach will, in that way, be able to digest your food properly.
- Eat until you satisfy your hunger and stop eating when the food seems most delicious to you.
- Eat slowly and chew the food well, because well-chewed food is half-digested.
- People wisely say that each mouthful should be chewed 32 times and then swallowed.
- Eat only when you feel hunger.
- Do not eat when you are too tired, warmed up or angry, because such meal will be of no use.
- Avoid quarrels and worries before, during and after meal.
- If the circumstances allow, lay down or take a nap about half an hour after lunch.

### *VASA PELAGIĆ – IT IS UNHEALTHY:*

- Drinking too much cold water when warmed up.
- Drinking water from the well located near toilet or garbage.
- Eating too cold or too hot meals. The same goes for drinks.
- Going to bed with overloaded stomach.

### *ADVICES OF VASA PELAGIĆ FOR LONG AND HAPPY LIFE*

- Be moderate and modest when eating, drinking and loving.
- Go to bed early and get out of bed early.
- Sleep next to an open window in an unheated room or in the open nature.
- Constantly exert your body with work or sport or both.
- If you want to save your teeth for the old age, brush them at least every night before you go to bed.

## Impressum

Izdavač / publisher:

**Limes Press**

**Beograd, Zmaj Jovina 4/III**

**tel. +381 11 38-20-687. 38-20-792**

Direktor / director:

**Zoran Kijanović**

Suorganizator / co-organizer:

**Udruženje specijalizovanih zdravstvenih ustanova  
za prevenciju, lečenje i rehabilitaciju**

**Direktor / director: Svetlana Strailović**

Autor publikacije i urednik / author of the project & editor:

**Slavica Karović**

Autor teksta / text writer:

**Luka Mijatović**

Dizajn i prelom / design & pre-press:

**Marko Mančić**

Fotografije / photos:

**Dragan Bosnić**

Publikaciju podržali / supported by:

**Vlada Republike Srbije -**

**Ministarstvo trgovine, turizma i usluga,**

**Ministarstvo zdravlja,**

**Udruženje banjskih i klimatskih mesta Srbije,**

**Turističke organizacije opština:**

**Kraljevo, Zaječar, Kuršumlija, Sokobanja,**

**Vrnjačka Banja Zlatibor, Zlatar, Ivanjica,**

**Arandelovac, Vrnjačka Banja, Kanjiža, Irig,**

**Novi Pazar, Medveđa i Loznica.**

Prevod / translator:

**“Vibilija”, Beograd**

Štampa / print by:

**Rotografika, Subotica**

