

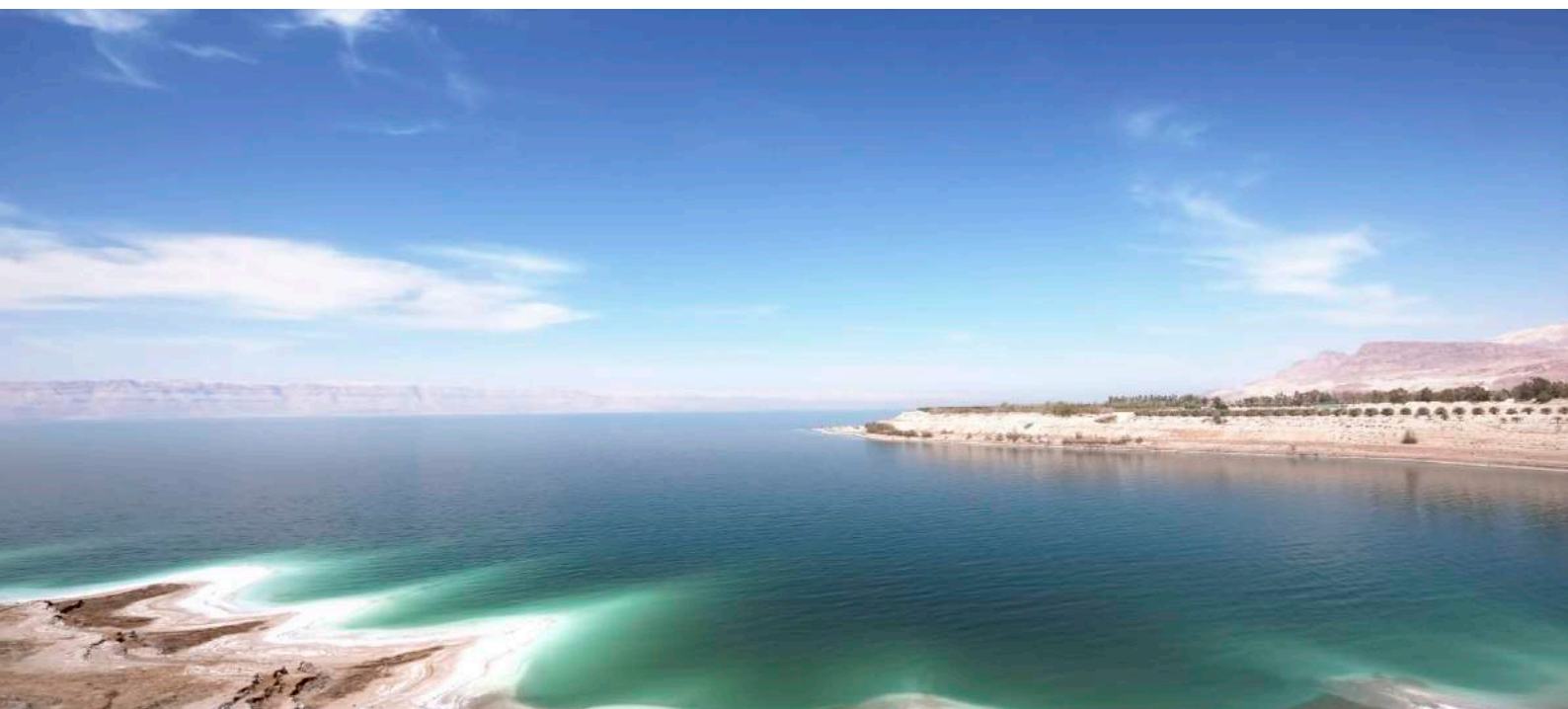


## A unique source of therapeutic water

Salt scrubs, mud packs and relaxing sun bathing - feel the healing power of the best minerals from the sea as you relax and unwind.



# SpaDreams Dead Sea Guide



## The Dead Sea - a treasure chest of vital minerals

The Dead Sea is a lake with no outlet to the sea, fed by a river in Jordan. This famous middle-eastern lake is located on the border of Israel and Jordan and lies over 400m below sea level. This 810 km<sup>2</sup> wellness paradise astounds its visitors with its healing salts, mineral-rich mud and atmosphere that creates a feeling of absolute inner peace.

This sea, famous for its therapeutic properties, is one of the richest sources of natural salt in the world. This unique place with its extraordinary combination of oxygen-rich air, therapeutic UVB solar radiation and mineral-rich sea salt has invited people to relax and improve their well-being for over 2000 years.



## Contents

THE ORIGINS OF THE DEAD SEA	Pg. 2
THERAPEUTIC EFFECTS OF THE DEAD SEA	Pg. 3
Bathing in the Dead Sea	
Salt scrubs and mud treatments	
Sun bathing	
The Dead Sea climate	
DEAD SEA MEDICAL CENTRES	Pg. 4
The German Medical Centre in Israel (DMZ)	
Medical Centres in Jordan	
SIGHTS OF JORDAN	Pg. 5
SIGHTS OF ISRAEL	Pg. 6
IMPORTANT INFORMATION	Pg. 7
General information	
Entry Requirements	
Arrival	
Security	
Photography	
Language	
Currency	

# The Origins of the Dead Sea

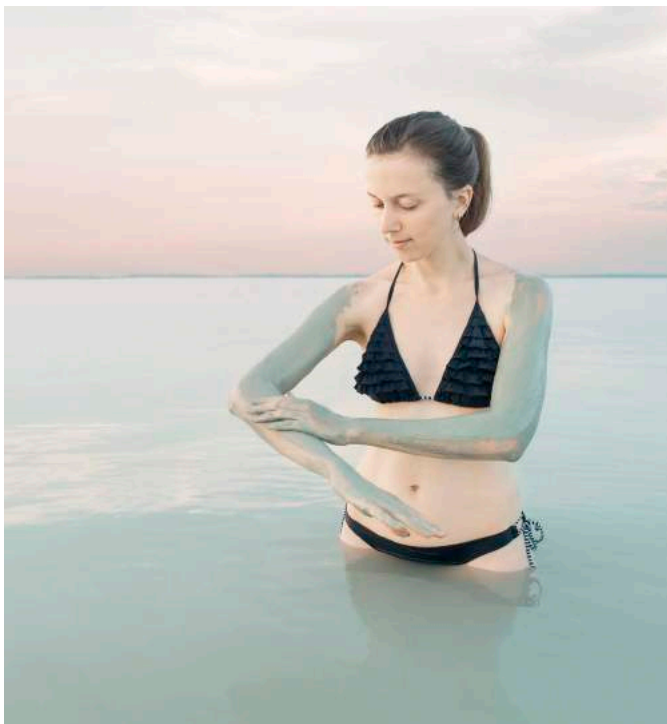


## Healing Properties of the Dead Sea

The high salt content of the Dead Sea and the feeling of floating in the water it causes is the object of immense fascination. This unparalleled relaxing experience enchants wellness-lovers and incites a feeling of complete weightlessness. Therapy for numerous complaints can be found at this unique place.

Minerals in the water help to heal skin diseases, problems with the respiratory system, circulatory problems, high blood pressure and much more. Mud from the Dead Sea, known as peloid, has an anti-bacterial effect, which contributes towards treating rheumatisms and arthritis, and gives the skin a fresh glow, as it contains effective anti-aging complexes, such as bromides, potassium, calcium and magnesium. Bromide has a calming effect on the skin and relaxes the muscles. Potassium regulates moisture content, is responsible for fighting infections and strengthens the body's defences. Calcium helps to pores to cleanse and has anti-allergen, calming and soothing effects. Magnesium preserves moisture in the skin and has positive effects on airways and allergies.

The notable, scientifically-proven healing effects of the Dead Sea on various illnesses last for a long time. Complaints such as fatigue and migraines can be treated here thanks to the healthy air with its high oxygen content. The health promoting synergy of water, mud, air and moderate sunbathing are perfect for an all-round cure for your body and mind.



## The Origins of the Dead Sea

About 1.5 million years ago the Dead Sea region was covered by an ocean. Due to an earthquake, the Jordan-Rift valley reshaped itself and the Dead Sea was formed in the deeper areas. The strong rays of sun outside this area and the extremely dry climate caused the rivers delivering fresh water to evaporate. Salts and minerals stayed behind, giving the Dead Sea the unique properties for which it is still known today.





# The Therapeutic Effects of the Dead Sea



## Bathing in the Dead Sea

Relax under the sun's warm rays and let yourself be healed. The substances that are evaporated by the heat and dissolved in the air free airways and are particularly effective for people with asthma. This natural brine-inhalation dissolves mucus and has anti-inflammatory effects. Additionally, a salt bath is far better for the skin than a regular water bath, as water baths withdraw minerals from the skin.

## Mud

The lowest point on Earth exerts a particular fascination due to its uniqueness. On the seabed another excellent therapeutic material can be found, which can be used in the form of mud packs to aid with any cure. The mineral-rich deposits in the black mud are spread all over the body and actively care for the whole body, from head to toe. A real all-rounder: the effect is anti-allergic, aging of the skin is delayed, circulation is improved and the amount of moisture in the skin is regulated.

## Salt Scrubs

The combination of salt crystals and oil gives tired skin a fresh look, as it gently removes dead skin, particularly around the knees and elbows. Natural substances from the Dead Sea can be used as salt scrubs for the skin to cleanse the pores and reduce build-up of calluses. They can also be used as hair products to combat dandruff.



## Climate

The unique climate of the Dead Sea is created by its particular location in the desert. In summer temperatures can reach 34-51 °C. Temperatures are milder in winter at 14 - 17 °C.

## Sunbathing

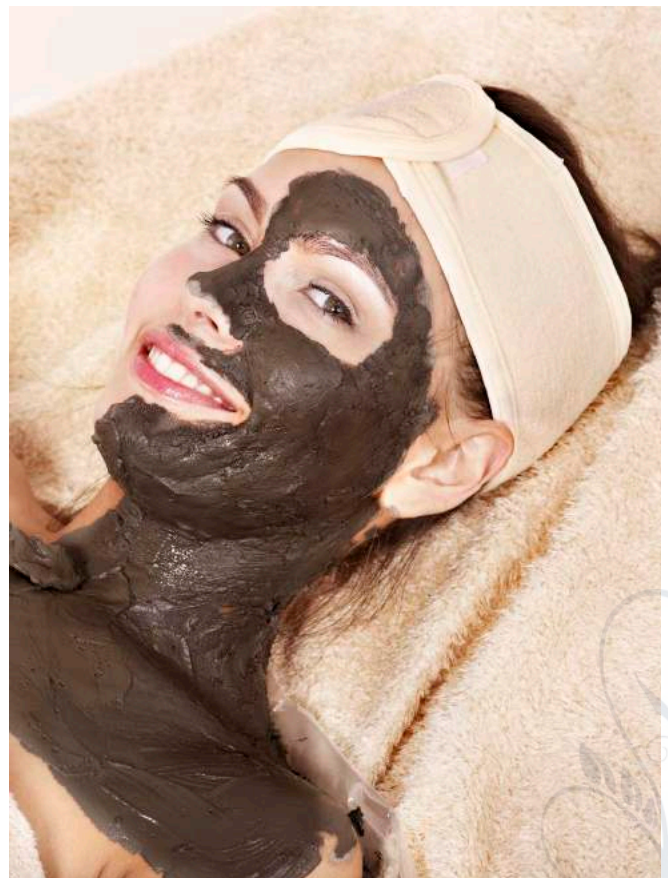
The natural rejuvenating properties of the Dead Sea offer everything you need for healthy beauty. Even sunbathing is not damaging thanks to the low location of the Dead Sea. Due to the high temperatures and high level of evaporation, there is a haze over the lake that filters the damaging UVB rays.

# Dead Sea Medical Centres



## German Medical Centre Israel (DMZ)

The DMZ clinic in Israel specialises in highly effective therapies for healing skin diseases, respiratory diseases and rheumatisms. The spa resort Ein Bokek is situated at the southern end of the Dead Sea and offers public beaches and a natural solarium, as well as two shopping centres with restaurants and cafés. The healing centre is located in Hotel Lot in Ein Bokek and is known as an inpatient rehabilitation facility. You will be treated by doctors and specialists in dermatology, rheumatology and pneumology. A social pedagogue and well-educated nurses take care exclusively of the guests' well-being. Climate therapy at DMZ consists of a personal treatment programme that is created by a doctor, tailored to suit the needs of each individual guest. The daily routine is made up of sun bathing, time in the shade and bathing in the Dead Sea, to compliment the effects of the ointments applied by the specialists. The therapy is supported by in-house massages, sulphur baths and mud packs at the individual cure departments of the hotels. In order to check the progress of the treatments, medical control and final examinations are carried out. water bath, as water baths draw minerals out from the skin.



## Medical Centres in Jordan

Two medical centres in Jordan offer high quality therapy. The Dead Sea Medical Center is integrated into the Dead Sea Spa Hotels in Sweimeh hotel complex. The center in Jordan is managed by a dermatologist with a lot of experience in the use of climate therapy to treat skin conditions. The ZARA Medical Center is integrated into Mövenpick Resort, where you'll find professional dermatologists, and everything you need for wellness, beauty and relaxation. The ZARA Medical Center was the first business in Jordan to achieve the Green Globe certificate - the world-leading authority for sustainability.



# Sights in Jordan



Jordan inspires its visitors with its fascinating beauty and thrilling contrasts. A 89,000 m<sup>2</sup> land of architectural, scenic and cultural wonders, Jordan offers a diverse holiday experience. Alongside the unique sights of the Jordanian desert with its biblical and historical cities and impressive desert castles, stunning natural parks and typical Arabic dishes await you.

## Petra - The most valuable treasure of Jordan

One of the biggest attractions in Jordan is the impressive 2000 year old capital of the Nabataean Kingdom, Petra. The Jordanian pink rock city impresses its visitors with its monumental cave architecture, and was once the home of the Bedouin community of Al-bedoul, who lived in these caves for hundreds of years. In 1985, this mysterious city was declared a UNESCO World Heritage Site and has attracted the attention of not only archaeologists but also culture enthusiasts worldwide ever since. Take enough time to discover the multifaceted city of Petra - don't forget to bring comfy shoes and a bottle of water!



## Madaba - The City of Mosaics

Combine your healing holiday in this biblical land with a trip to a religious archaeological site. The Christian mosaic city Madaba with its mosaic map showing Jerusalem and the Holy Land, which dates back to the 16th Century Greek Orthodox Church of Saint George. From the „City of Mosaics“, you can travel just 4km by foot or by taxi to the Holy Mount Nebo, from which Moses saw the promised land of Canaan. One of the most important discoveries of biblical archaeology is the baptismal site of Jesus in Bethany, 10km North of the Dead Sea in Jordan - breathtaking culture with a unique flair on the East bank of the Jordan river.

## Typical Arabic Cuisine

Arabic cuisine promises togetherness. Food here is far more than just nutrition, it's a companionable, social event. The cold and warm dishes, known as mezze, are served in small bowls and consist of a choice of meat, salad, vegetable puree and fine sauces. The delicious mezze are a meal on their own, as they are very filling. The Jordanian national dish is its distinctive Bedouin dish mansaf. A mountain of rice with almonds, pistachios and raisins is served on a tray, roast lamb and goat milk sauce complete this feast. The meal is traditionally eaten with the right hand, but you can ask for a knife and fork to be provided.





# Sights in Israel



Israel - the Holy Land, a melting pot of cultures in which traditions and modern lifestyles collide. A country full of contrast with a unique history that still permeates life today. Between the Sea of Galilee and the Red Sea, you'll discover an immense variety of landscapes.

**Mount Sodom:** The 12km long ridge of pure salt at the southern part of the Dead Sea is regarded as the biblical city Sodom that perished along with Gomorrah. The salt pillar known as Lot's wife is particularly striking.

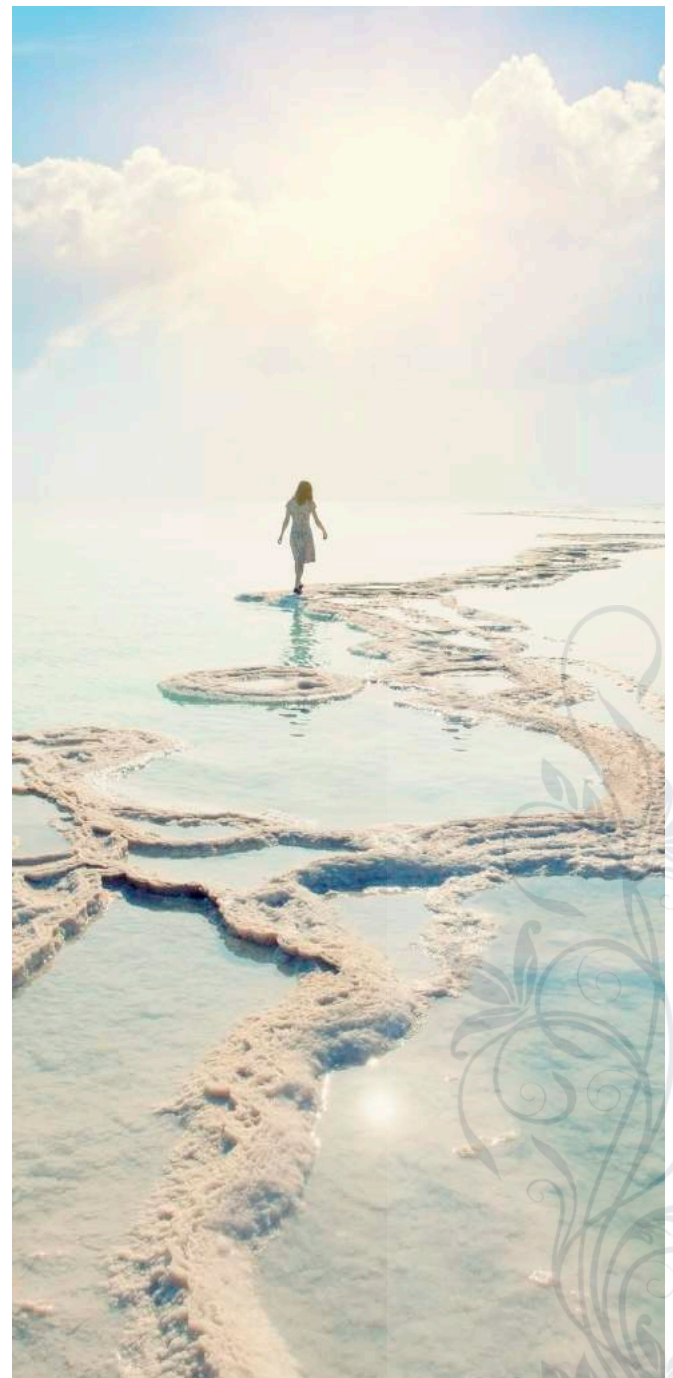
**Jerusalem:** The cradle of the three monotheistic world religions: Judaism, Christianity and Islam. Visit the holy sites of the Western Wall, Mount of Olives, the Holy Sepulchre and the Rock. The old town with its four different quarters is of particular interest.

**Massada National Park:** The mountain fortress of King Herod, recognised since 2001 as a UNESCO World Heritage Site. Well-preserved Roman fortress with cisterns, baths and mosaics adorn this timeless symbol of Jewish national history. Massada offers a breathtaking view of the Dead Sea and the Judean desert.

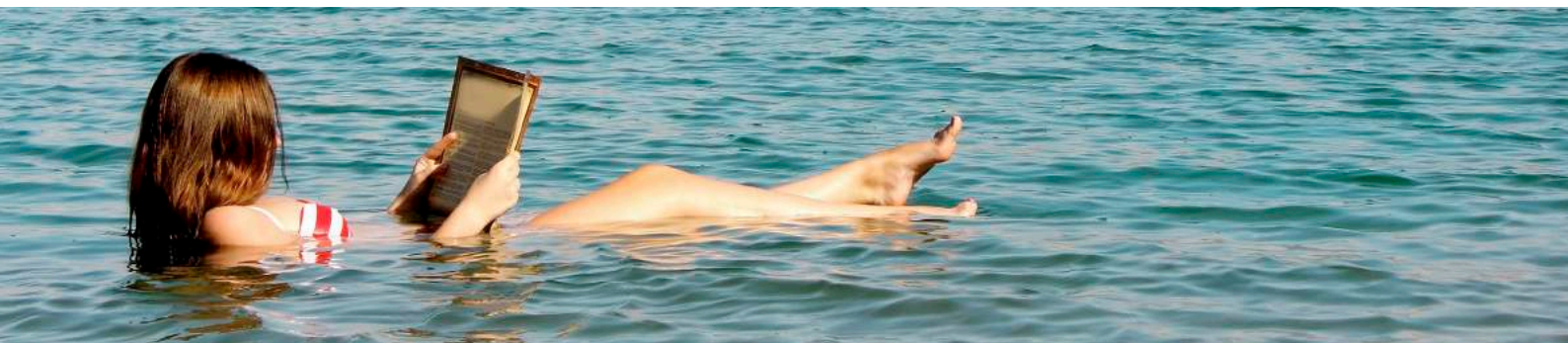
**Negev Desert:** Lies in the South with the Bedouin town Beer Sheva and bewitches its visitors with beautiful landscapes and fascinating rock formations. Take a jeep tour with a Bedouin guide, picnic on the plateau at sunset and enjoy extraordinary views of the Dead Sea and the red illuminated mountains of Jordan.

**Ein Gedi Oasis:** The beautiful Kibbutz with an impressive botanical garden.

**Qumran:** Ancient caves and settlements on the northern shore of the Dead Sea, the site where the famous Dead Sea Scrolls were found, the oldest surviving copy of the Bible.



# Important Information



## General Information

During the fasting month of Ramadan you must be aware of restrictions in public life (e.g. restaurants closing during the day outside of hotels, reduced working hours at government offices and embassies) and exhibit elevated sensitivity with regards to religious matters and respect for the Islamic tradition. Please abide by the alcohol ban. Lèse majesté (offense against a sovereign) is punishable.

## Entry Requirements

**Israel:** Your passport must be valid for at least six months from the date of entry. A visa can generally be obtained on entry at entry points, with a few exceptions. If your passport has been stamped with the entry/exit stamp from another country it may lead to additional questioning, but it does not usually prevent entry to Israel. Please check the FOC website for up to date entry requirements: <https://www.gov.uk/foreign-travel-advice/israel/entry-requirements>

**Jordan:** For entry to Jordan you will need a passport that is valid for at least 6 months. A visa is also required and can be obtained at airports or at the Sheikh Hussein/North border crossing. This normal tourist visa is valid for one month and can be extended. If you have a stamp from Israel in your passport, you may be refused entry to surrounding Arabic countries. Please check the FOC website for up to date entry requirements: <https://www.gov.uk/foreign-travel-advice/jordan/entry-requirements>

## Arrival

**Israel:** The arrival airport Tel Aviv is about 130km away from the complexes in Ein Bokek, Ein Gedi and Neve Zohar.

**Jordan:** The arrival airport in Amman is 60km away from the complexes in Sweimeh.

All SpaDreams hotels offer a shuttle transfer service that will pick you up directly from the airport.

## Security

We recommend that you seek up to date information from authorities before planning your holiday. In general, avoid keeping valuables on you or lying around. Take a separate copy of your documents. Women can travel alone without complications, however you should wear appropriate clothing and take religious, cultural and social traditions into consideration.

## Photography

Taking photos of military sites and facilities is strictly forbidden. If you would like to take photos of people, ask them kindly for permission first.

## Language

In Israel the official languages are Hebrew and Arabic. Hebrew, Arabic and English are taught in school. The official language of Jordan is Arabic but many people speak English.

## Currency

The currency of Israel is new shekel. 1 GBP = approximately 5.46 ILS. In Jordan, the dinar is used. 1 GBP = approximately 1.03 JOD. For daily updated rates, please check online or contact your bank.

Currency exchange is possible at the airport 24/7. You can also exchange money at the hotel but you will not always get the best rate. In many places you will find ATMs that accept visa and mastcard. Most hotels and big restaurants accept credit cards.





# SpaDreams Travel Themes



## Spa & Wellness

Perfect moments of relaxation:  
Indulge in luxurious treatments and  
let yourself be pampered.



## Ayurveda

The knowledge of life:  
Renew your senses and bring your  
mind, body and soul into balance.



## Cures & Health

Proven and up to date:  
Active care and effective treatments  
for a variety of medical conditions.



## Yoga

Harmony between body and mind:  
Exercises, breathing techniques  
concentration and meditation.



## Detox & Fasting

Purify your body:  
Rid your body of toxins to kick start  
a health new lifestyle.



## Weight Loss

Slim down in style:  
Lose weight on holiday with the  
help of fitness and nutrition  
specialists

Yoga      Relaxation  
Holiday      Traditional healing cures      Nutrition      Aromatherapy  
Slimming      Detox      Buchinger      Massage  
Regeneration      Fitness      Ayurveda      Shaitsu      Holistic  
Burnout cures      Peeling      Wellness      Climate cures      Wellbeing  
Cleanse      Fasting      Mineral bath      Thalasso  
Pampering      Beauty      Exercise      Romantic weekends      Anti-stress  
Vitality      Weight loss      Fango      Mental health      Steam  
Retreat      Kneipp      Qi Gong      Dead Sea      Rejuvenation  
Luxury spa      Thermal cures      Metabolic balance

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