



# INTERNATIONAL

# SPA MANAGERS

# MASTER DEGREE EXPERT CLUB

[WWW.GLOBALWATERHEALTH.ORG](http://WWW.GLOBALWATERHEALTH.ORG)

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## **SPA & WELLNESS CHARTER**

To attract young people voluntarily to disseminate,  
support and implement the philosophy of a wellness (healthy) lifestyle

1. **SPA & WELLNESS** Charter was developed by the "International SPA Managers Club" co-organizer of the "International Water Bridge" and is proposed to be supported by all participants in the IWB, including partners from over 30 Universities from the Balkan region, Europe, USA and Russia.
2. Her message spread the Olympic principle "... important is the participation ..."  
Every young European citizen to participate in the dissemination and implementation of the Wellness philosophy for "healthy lifestyle".
3. **SPA & WELLNESS CHARTER** is distributed by volunteers with an interest and knowledge in the field of SPA and WELLNESS culture. This culture is associated with life-giving properties of the Bulgarian mineral water, hydrotherapy and practices for making Bulgaria a leader tourists destination for the SPA and Wellness practice.
4. **SPA & WELLNESS CHARTER** aims to improve the effectiveness of health prevention to optimize psycho-physical and emotional health of young people by improving their WELLNESS and SPA culture.

5. **SPA & WELLNESS CHARTER** made a significant contribution to health promotion for young people in Bulgaria, Europe and the world by facilitating their relationships, sharing best practices and personal appearances at high creative and innovative activities.

6. **SPA & WELLNESS** Charter is an independent youth volunteer initiative, which is not limited for use only in Bulgaria and expected by formulating it as a "Cause" in Facebook be able to become a European and international cause for young people.

7. **SPA & WELLNESS** Charter contains 7 key words: "Dignity," "freedom," "equality," "solidarity with the water," "physical activity", "Nature Conservation ". that have to comprise the daily lives of every young citizen from Bulgaria, Europe and over the world.

**"DIGNITY"**: harmony between physical, psychological, emotional and spiritual **WELLNESS** and promotion of personal dignity in priority;

**"FREE"**: free choice of methods and effects in the application of SPA programs and procedures;

**'EQUALITY'**: equality between men and women and non-discrimination on ethnic origin or religion;

**"SOLIDARITY WITH THE WATER "**: knowledge, dissemination and implementation of recreational properties of all mineral waters;

**"MOTOR ACTIVITY"**: the widespread dissemination of the benefits and advantages of the specific culture for the aquapractices;

**"CONSERVATION OF NATURE"**: acceptance of nature as an integral and important part of ourselves and taking the daily efforts for its preservation.