

TIP TOUCH
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2019
G3T

GLOBAL THERMAL THINK TANK

Results of French Research on the Benefits of Thermal Medecine

Jean-Guy de GABRIAC

**Global Thermal Think-Tank
G3T - Japan**

18 October 2019



EXPERTISE & PASSION



After managing an acclaimed massage institute & training academy near the Champs-Elysées in Paris (2001-2004), Jean-Guy de Gabriac became an award-winning **advisor, innovator & educator** fueling the creativity of Hospitality teams and elevating Wellness worldwide.

His workshops & master classes **enhance Guest experience, service & profitability** for hotel groups, cosmetic brands, and spas.

For the past 17 years, Jean-Guy spoke at 60+ international conferences, contributed to 150+ articles in trade publications, and served as:



Founder
World Wellness Weekend



GLOBAL WELLNESS INSTITUTE™
EMPOWERING WELLNESS WORLDWIDE

Chairman
Supporting the UNITED NATIONS 17 SDGs



GLOBAL THERMAL THINK TANK

Member
Global Thermal Think Tank



Member
Wellness Tourism Association



Board Member
International Massage Association



Judge
World Spa & Wellness Awards



WORLD SPA & WELLNESS CONVENTION

Conference producer
World Spa & Wellness Conventions
(Dubai, London, Phuket)

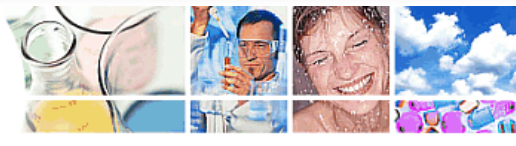


THERMAL MEDICINE IN FRANCE

- **110 Thermal centers**
- **600.000 curists** in 2018 (+1,8% / 2016) (+25% / 2006)
- **10,1 M days of thermal treatments**
- **850 thermal Medical doctors**
- **Average cost for 18 days = 1.100 €**
 - **Rheumatology** **77,8%**
 - **Respiratory** **7.8%**
 - **Phlebology** **3.3%**
 - **Digestion** **3.3%**
 - **Dermatology** **2.4%**
 - **Psychosomatic** **1.7%**
 - **Urinary** **1.3%**



BUDGET AFRETh *(French Association for Thermal Research) 2004 -2018*



13,1 M € invested by AFRETh:

- ❑ 8,6 M € for SMR studies : aims to measure and prove the Medical efficiency given by thermal stays.
(SMR: Rendered Medical Service)
- ❑ 4,5 M € for R&D studies

**51 Research projects financed
(average 300,000€ per study).**

RESEARCH RESULTS



STOP-TAG (2006)

Publication: [Complementary Therapies in Medicine](#)

STUDY: Psychosomatic benefits of thermal water vs. paroxetin

- **56% of curists declare anxiety reduced by 50% with Thermal water** (*only 28% with paroxetin*)
- **21% of curists are cured with Thermal water (lasting effects up to 6 months)**

THERMARTHROSE (2009)

Publication: [Annals of Rheumatic Diseases](#)

STUDY: Medical Service Rendered on Knee Arthritis vs. classic treatment

- **50% of curists declare better range of movement & reduced pain with Thermal water** (*vs. 25% with classic treatment*)
- **25% of curists feel lasting improvements with Thermal water (up to 9 months)** (*vs. 8% with classic treatment*)

RESEARCH RESULTS



MAATHERMES (2011)

Publication: Complementary Therapies in Medicine

STUDY: Focus on overweight & obesity in thermal medicine

- **57% of curists have lost at least 5% of their weight with Thermal water treatment**
(only 18% for other study group)
- **5kg is average weight loss on the 14th month with Thermal water** *(only 0,45 kg for other study group)*

RESEARCH RESULTS



PACThe (2013)

Publication: European Journal of Cancer

[PDF Programme of Accompanying women after breast Cancer treatment completion in Thermal resorts' \(PACThe\) Randomised clinical trial of 251 patients](#) (19 pages)

[Long-term adiposity control by a 2-week physical/nutritional intervention in SPA in naïve breast cancer patients treated by chemotherapy](#) (20 pages)

STUDY: Treatment for Women in remission of Breast-Cancer vs. classic hygieno-dietetic follow-up

- **Drastic improvement in quality of Sleep, and Reduction of depression symptoms**
- **Significant improvement of quality of life with Thermal water (up to 12 months)**

3 peer-review international publications
about post breast cancer cures in spas
Eur. J. Cancer 2013, 49 : 1530-1538
Eur J Oncol Nurs. 2014, 18: 305-311
Br. J. Cancer 2017, **23;116(11):1389-1393**

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STUDIES UNDER WAY



ITILO

STUDY: **Evaluation of the effectiveness of a short and standardized thermal intervention in low back pain patients.**

Participating Thermal centers: Amnéville, Aix-les-Bains, Balaruc, Dax, Royat, Saint-Amand-les-Eaux.
88 patients

FIETT

STUDY: **Evaluation of the effectiveness of a therapeutic patient education program as a standardized spa treatment for fibromyalgia patients**

Participating Thermal centers: **Dax, Saint-Paul-lès-Dax**
157 patients

SEP-SPA

STUDY: **Thermal cures in the treatment of multiple sclerosis - effectiveness on the quality of life**

Participating Thermal centers: **Lamalou-les-Bains, Nérís-les-Bains, Ussat-les-Bains**
200 patients

Let's keep in TOUCH...



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