Grand Marine SPA-hotel 4*

Resort Hotel

Odessa Grand Marine Spa is a 4-star world class SPA and recreational hotel complex; it is located in elite resort area Sauvignon on the Black Sea coast. Grand Marine Spa offers big selection of exclusive medical programs on the bases of its own Centre of Aesthetic and Rehabilitation Medicine. The territory of the hotel is surrounded by nice arboretum park; the hotel owns a well-appointed beach, indoor and outdoor swimming pools, winter garden. The hotel is proud for its friendly and effective personnel, excellent SPA facilities and well-developed infrastructure. Marble decorated mineral water pump-room is installed in the restaurant of the hotel. Within the territory of the hotel there are two mineral springs. Well depth is 210 and 380 meters.

Accommodation

Grand Marine Spa hotel offers 58 well-appointed guestrooms. Each hotel room has Wi-Fi Internet, a telephone, Satellite TV, LSD or Plasma TV sets, HVAC, safe, mini-bar, a glazed balcony with a view of the sea or a landscape park of the hotel.

- **Single Standard Junior Room** (1-roomed, room square is 21 sq.m., there are 3 rooms of this category at the hotel)
  Room amenities: a single bed, a bathroom unit (shower cubicle, washbasin, toilet, hair-dryer, bathrobe, slippers, set of toiletries).

- **Double / Twin Comfortable Standard** (1-roomed, room square is 33 sq.m., there are 47 rooms of this category at the hotel)
  Room amenities: a double bed or two single beds, writing table, a bathroom unit (shower cubicle with a tropic shower, washbasin, toilet, hair-dryer, bathrobe, slippers, set of toiletries).

- **Double Junior Suite** (1-roomed, room square is 51 sq.m., there are 5 rooms of this category at the hotel)
  Room amenities: a spacious room divided into bedroom and lounge area; a double bed, folding sofa, writing table, a bathroom unit (bath, washbasin, toilet, bidet, hair-dryer, bathrobe, slippers, set of toiletries), a guests’ bathroom unit (washbasin, toilet)

- **Double Suite** (1-roomed, room square is 61 sq.m., there are 2 rooms of this category at the hotel)
  Room amenities: entrance hall, a bedroom and a lounge with built-in mini-kitchen a folding sofa, writing table, and a guests’ bathroom unit (washbasin, toilet); the bedroom with a double bed, dressing table, a bathroom unit (bath, washbasin, toilet, bidet, hair-dryer, bathrobe, slippers, set of toiletries).

Catering

Breakfast, Half Board (breakfast and dinner), Full Board (breakfast, lunch,
dinner); Buffet meals are on menu.

**Water supply**

Cold and hot water is available 24 hour.

**Beach**

Located within 50 meters from the hotel, a well-appointed beach belongs to the hotel; the beach is equipped with sunshades and daybeds, beach towels, showers, toilet.

**Treatment**

Special medical programs are based on the up-to-date medical technologies and medical achievements used worldwide.

The main treatment principle of the Centre of Recreational and Aesthetic medicine is based on drug-free healthcare and health improvement modalities for our patients. Treatment is based on maximum use of powerful natural factors combined with physical therapy, detoxication, haemo-correction, nutritional therapy, and personalized physical training programs.

Experienced professional medical personnel choose proper preoperative, operative and post-operative recovery programs for gynaecological, urological, plastic and aesthetic surgery patients on ambulatory, “one-day surgery” service.

All procedures are aimed on cleansing, health-improvement and rejuvenation of the organism.

Grand Marine Spa offers treatment services and consultations in the following medical fields: pulmonology, orthopedics, traumatology, cardiology, urology, neurology, dermatology, dietetics, pediatrics.

**Services**

Conference hall for 100 seats, beauty salon, ATM, Wi-Fi and wired Internet, currency exchange, business - centre, lobby bar, a herbal bar, winter garden, a summer bar, room service, dry cleaning, car park, car hire, souvenir stall, sightseeing services, shop, a mineral water pump room.

**Sport and Entertainment**

Heated mineral water indoor swimming pool with Jacuzzi, 500 square meters outdoor swimming pool, children's swimming pool, children's room, sauna, Turkish steam bath - Hammam, Medical SPA Centre, billiards.

**Medical services**

There are two underground natural mineral water springs on the territory of the SPA Hotel Complex.

Mineral spring No 1 - Natural bromine sodium chloride water of high salinity for outdoor use.

Mineral spring No 2 - Natural sodium chloride water "Lustdorfskaya" for internal use.

Natrium chloride mineral water is favourable for:

- immunity improvement;
- bile outflow for treatment of liver diseases;
- metabolic and vitality improvement;
- release and lessen gastrointestinal inflammatory process;
- drop cholesterol level and blood sugar;
- hypertension release.

Medical centre offers special health-improving programs "Health family", "Complex Body Detox", exclusive treatment programs "Female health " and "Male health", unique beauty packages "Premium Beauty" and program "Anti-Aging".

- Recreational and aesthetic medicine centre of Grand Marine SPA has the following structure:
  2. Physical and thermal therapy unit.
  3. Detoxification and haemocorrection unit.
  4. One-day hospital stay.
  5. Gynaecology consulting room.
  6. Urology consulting room.

- The restorative and aesthetic medicine centre provides medical services in the following areas:
  - Cardiovascular pathologies
  - Bronchial and pulmonary pathologies
  - Gastrointestinal pathologies
  - Diagnostics and treatment of metabolic disorders
  - Aesthetic medicine: cosmetology, plastic surgery
  - Plasmapheresis, ozone therapy
  - One day surgery
  - Ultrasound diagnostics of all organs and systems including any stage of pregnancy
  - Gastrointestinal endoscopy
  - Laboratory diagnostics (clinical, biochemical blood count, endocrine profile, viral tests - enzyme-linked immunoassay, PCR-diagnostics, allergy diagnostics)
  - Functional diagnostics (Holter monitoring, ECG and BP tests, loading test, bicycle ergometry, spirometry)
  - Diagnostics and treatment of female genital diseases
  - Diagnostics and treatment of male genital diseases
  - Medical treatment room services
  - Physiotherapeutic room services
  - Balneotherapy (mineral water from the springs on the SPA’s own territory)
  - Colon hydro-therapy
  - Wax - ozokerit therapy
  - Mudtherapy (using the muds of Kuyalnik estuary)
  - Speleotherapy
  - All kinds of massage
  - Oxygen cocktails
  - General health-improving and special therapy programs