Health Resort / Sanatorium `Saki’

Crimea

Situated on the shore of the salt remedial lake of the town of Saky on arboretum park territory, the health resort occupies 30 hectares of seaside lands. It designed for simultaneous accommodation of 400 visitors.

Numerous treatment resources of the sanatorium and other favorable characteristics such as healthy climate of the sea and the planes, the salt lake with remedial mud and mineral waters and the vicinity of the sea – all these factors produce curable effect on the men's health.

The health resort is specialized in the treatment of gynecological diseases, women's infertility, musculoskeletal system and nervous system diseases.

Accommodation

Five-storey building of sanatorium Saki is equipped with a lift

Twin Standard Economy Room (1-roomed, 14 sq.m.)
Room amenities: two beds, a bathroom unit (shower, washbasin, toilet), TV set, refrigerator, a balcony.

Double Junior Suite (1-roomed, 16 sq.m.)
Room amenities: a double bed, a bathroom unit (shower, washbasin, toilet), TV set, refrigerator, split air-conditioner, a balcony.

Double Junior Suite Superior (1-roomed, 16 sq.m.)
Room amenities: a double bed, a bathroom unit (shower, washbasin, toilet), TV set, refrigerator, split air-conditioner, a balcony. Rooms were recently refurbished.

Double Suite (2-roomed, 23 sq.m.)
Room amenities: a bedroom with a double bed, a lounge with a set of furniture, a bathroom unit (shower, washbasin, toilet, hair-dryer), TV set, refrigerator, electric kettle, split air-conditioner, a balcony.

Double Luxury Suite (2-roomed, 23 sq.m.)
a bedroom with a double bed, a lounge with a set of new furniture (sofa and 2 arm-chairs), a bathroom unit (shower, washbasin, toilet, hair-dryer), TV set, refrigerator, electric kettle, split air-conditioner, a balcony. Rooms were recently refurbished.

3-storey "Log-house"

Twin standard room (1-roomed, 16 sq.m.)
Room amenities: two single beds, a bathroom unit (shower, washbasin, toilet, hair-dryer), TV set, refrigerator, electric kettle, central HVAC system, a balcony.

Twin Standard Comfort room (1-roomed, 16 sq.m., recently refurbished)
Room amenities: two single beds, a bathroom unit (shower, washbasin, toilet, hair-dryer), TV set, refrigerator, electric kettle, central HVAC system, a balcony. Rooms are located on the 3rd floor of the log-house or in a 2-storey building.

Catering

Three meals a day - smorgasbord.

Water supply
Cold water is available 24-hour a day, hot water- according to the schedule (7:00-9:00; 13:00-15:00; 20:00-22:00).

Beach
The city beach is within 4-5 km from the health resort (8-10 minutes of a bas drive, the transfer is paid), the beach is equipped with sun beds, umbrellas. There is a lavatory on the beach.
Treatment
Musculoskeletal system diseases: arthritis, polyarthritis, deforming arthritis, spondilo arthritis, spondilo artroses, the effects of fracture of the trunk and extremities, chronic euphrasy, bursitis, tendovaginitis, myositis, fibromiozity, osteomyelitis, Euphoria, scoliosis
Nervous system diseases: radiculitis, radiculoneuritis, osteochondrosis, disk herniation, plexitis, polyneuritis, neuritis of the facial and trigeminal nerves, lesions of individual nerves and limbs, autonomic polyneuritis, vegetative polionevrites, solidarity.
gynaecological diseases: chronic salpingitis, oophoritis, metritis, endometritis, parametric, uterus incorrect position, ovarian dysfunction, female infertility, menopause, adolescent gynaecology
Urological diseases: chronic prostatitis, male infertility, reduced male sexual potency
Skin diseases: psoriasis, chronic dermatitis, eczema, neurodermatitis
Vascular diseases: obliterate endarteritis, arteriosclerosis, varicose veins, trofic ulcers, vegetative-vascular dystonia
Upper respiratory tract and ENT organs: frequent acute respiratory viral infection, chronic bronchitis, rhinitis, pharyngitis, tracheitis, post-pneumonia conditions, chronic otitis, sinusitis, frontal sinusitis, tonsillitis, adenoids diseases
Digestive diseases: chronic gastritis, peptic ulcer and duodenal ulcer, chronic cholecystitis, cholangitis, biliary dyskinesia, colitis and enterocolitis
The impact of burns
Contraindications:
chronic osteomyelitis in the presence of major sequestrum or large metallic foreign body in the osteomyelitis focus
septic form of infectious nonspecific polyarthritis
amyotrophic atherosclerosis, multiple sclerosis
syringomyelia, syringobulbia, Parkinson’s disease
traumatic depletion
chronic pyelonephritis with a kidney disorders of various origin
urosepsis
tubes with symptoms of ataxia, cachexia and optic visual atrophy
skull injuries consequences with considerable motor function disorders, with epileptic seizures, mental disorders
malignant and benign tumours (myoma, fibroma, polycystic, prostate adenoma, multiple lipomatosis
all forms of tuberculosis
polyarthritis with progressive, deforming process with ankylosis, contractures with irreversible changes in the number of joints, preventing independent locomotion and serv – service
disease, accompanied by abrupt disturbances in the motor area (paralysis affecting independent locomotion), significant disorders of pelvic organs functions
all stages of pregnancy
acute stage of any disease, acute stage of chronic diseases and complicated processes of suppurative inflammation
acute infectious diseases before the end of isolation
thyroid gland diseases
II - V of hypertension degrees
myocardial infarction, acute cerebrovascular disorders regardless of the stage
gross pathology of ECG
mental illnesses, all forms of drug addiction and chronic alcoholism, epilepsy
blood disorders of any kind in acute stage and exacerbation stages
all forms of tuberculosis in an active stage - for all resorts and sanatoria of non-tubercular specialization
Services
Club, library, sauna, safe, laundry services, paid car park.

Sport and Entertainment
Sport grounds with tennis courts, badminton and volleyball grounds, skittlers (gorodki), gym with weight training machines.

Medical services
The voucher includes the following medical services: medicinal baths and general mud treatment according the prescriptions, cavitary medical treatment (tampons, mud or gum irrigations). Electric mud treatment or non electric mud applications are prescribed for the patients who can not undergo general mud treatment.
Mud baths with Biola, a purified mud od Saki lake;
Vaginal and rectal swabs;
Mud Wraps;
SPA treatment complex - a combination of fertility treatment procedures with mud, brine water of Saki lake, mineral water;
Therapeutic baths (whirlpool, pearl, bromine, brine)
Apparatus physiotherapy
Exercise therapy, massage, use of medical complex Evminov;
Therapeutic baths;
Apparatus massage by Park Land;
**Medical services offered at extra cost:** alternative treatment methods (acupuncture, air ion therapy, speleotherapy, gums irrigations). Urological and gynecological massage, more than 1,5 massage sessions.