Health Resort / Sanatorium `Verkhovina`

Western Ukraine (Transcarpathian Region, Mezhgorsky Region, sett. Mezhgorie)

In a scenic nook of the Carpathians, on the heights of 600 meters above sea level, Sanatorium Verkhovina is set in the health resort Soyma, in 2 km from the settlement Mezhgorie, a district town of the Transcarpathians. In winter season you will be within easy reach from featured Transcarpathian Ski Resorts.

Mezhgorie district is located between the mountains Bordjava and Krasnaya in a spectacular valley of the river Rick. The highest peak of the Carpathians - Strimba (1719 m), legendary mountain lake Sinevir, the most picturesque Carpathian waterfall Shipot and impressive Tereble-Ritsakaya Hydrostation are well-known landmarks located nearby.

Health resort Soyma has been popular for its curative carbonaceous mineral springs since XVIII century. Today it offers a wide selection of SPA services provided by team of professionals. Convenient location, excellent medical care, quality accommodation, and vicinity of natural attractions make treatment in Verkhovina pleasant and effective in any time of the year.

Accommodation
3-storey residence building of the hotel is set in 50-60 meters from the cafeteria and administrative building, in 50 meters from the mineral water pump rooms and treatment building.

Single / Twin Economy+ (1-roomed)
Room amenities: two single beds, TV set, a set of furniture, bathroom unit (shower cubicle, washbasin, toilet), a balcony. Economy rooms have not been refurbished.

Single / Twin Comfortable Room (1-roomed)
Room amenities: two single beds, TV set, refrigerator, a set of furniture, bathroom unit (shower cubicle, washbasin, toilet).

Single / Double Suite (2-roomed)
Room amenities: a bedroom with a double bed, a lounge with a double folding sofa, two bathroom units (bath and washbasin, toilet, bidet), TV set, refrigerator, electric kettle, iron, ironing board, set of furniture, two balconies.

Catering
Three dietary meals a day, according to the doctor’s prescription.

Water supply
Cold water is available 24-hour
Hot water is available according to the timetable:
06:00 - 09:00 am
19:00 - 23:00 pm

Treatment
Indications for treatment in Verkhovina
Stomach diseases associated with different levels of gastric acidity;
Gall bladder and pancreas diseases;
Liver diseases;
Intestine dysfunctions;
Diabetes (non-insulin-dependant);
Metabolic disorders (calcium metabolic disorders);
Osteoporosis caused by long intake of hormonal agents;
Iron-deficient diseases;
Urinary diathesis;
Chronic intoxications.
Services
Café-bar, billiards, car park, library, mineral water pump room: mineral water "Soyma" and "Kelchinskaya", sightseeing tours.
In case of early departure whole cost of the package is charged.

Medical services
Principal treatment factor in the sanatorium Verkhovina is mineral water Kelchinskaya.
Mineral Water Kelchinskaya:
With average contain of minerals Kelchinskaya is carbonic, boric, chalybeate, hydrocarbonate, sodium-calcium-magnesium mineral water. It falls into the Narzan category with high contains of iron, cooper, zinc, manganese, and cobalt. Relative analogues of Kelchinskaya are Kyslovodsk and Zabaikalsky Narzans.

Treatment Characteristics:
Kelchinskaya is used in treatment of blood and blood-forming organs, anemia and blood deficiency. Kelchinskaya stimulates contain of iron and erythrocyte, formation and utilization of iron, facilitates absorption of blood in the intestine, takes part in hemoglobin synthesis, produce macrobiotic effect on erythrocytes, diuretic and choleretic effect, protects mucous membrane of gastrointestinal tract, reduce proteolitic activity of gastric juice.

Treatment indications:
Treatment of blood-forming organs: various forms and aetiology of iron-deficient anemia; Diseases of digestive organs: chronic gastritis, gastroduodenitis, ulcers, stomach post-operative conditions, chronic cholecystitis, post-cholecystitoktomia, chronic pancreatitis, stomach dyskinesia combined with deficiency of iron absorption.

Mineral water Soimy:
In balneological classification it falls into a independent category of carbonic hydrocarbonate-chlorides sodium-calcium waters of Soimynsky type.

Treatment Characteristics:
anti-inflammatory, anti-allergic, atherosclerosis – preventive, detox, anti-aging, antimicrobial effects; skin, joints, heart and vessels improving effect; atherosclerosis and pancreas curative effect, diuretic and choleretic effect; enzymes formative effect for treatment of disbacteriosis and anemidexox against radioelement and salts of heavy metal, rise immunity.

Treatment indications:
Diseases of digestive organs: chronic gastritis, gastroduodenitis, ulcers, stomach post-operative conditions, chronic cholecystitis, post-cholecystitoktomia, chronic hepatitis, pancreatitis, stomach dyskinesia with allergic manifestations; Treatment of blood-forming organs with iron-deficient anemia and chronic intoxications; Treatment of metabolic diseases: diabetes mellitus, lithogenic and urate diathesis (uraturia, phosphaturia), locomotive diseases: artritopathy, angiopathy, upper respiritory tract infections.

Medical and SPA services offered in the Sanatorium Verkhovina:
Balneotherapy (healing natural carbonic mineral baths)
Hydrotherapy (hydrotherapy, natural jet massage, hydro–laser massage)
Thermotherapy (mineral wax therapy, mud therapy)
Electrotherapy (light therapy, all types of electric physiotherapeutic treatment)
Exercise therapy.
Manual techniques (massage, mechnotherapy)