Health Resort / Sanatorium `Yurmino'

Crimea (Western Crimea, Saki)

Medical treatment-diagnostic centre Yurmino is a modern sanatorium complex and spa resort (for 200 beds), one of the best year-round sanatoria of resort town of Saki. It is located on the shore of the sea and Saki lake, in 10 km distance to the city Yevpatoriya. It is a well-arranged sanatorium complex with up-to-date diagnostic and treatment facilities.

Advantages:
- Mud treatment method - Compact technology, highly effective procedure
- Splendid location of the sanatorium, on the shore of the sea, sea air
- Comfortable accommodation
- Combined medical and spa-wellness treatment in the spa centre

Accommodation
Guestrooms are located in two 3-storey buildings of the sanatorium. Building years: 2002; 2008. There are 68 rooms in the treatment building of the sanatorium; and 45 rooms at the hotel building of the sanatorium.

Single Standard room (1-roomed. Room square is 9sq.m.)
Room amenities: bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, set of furniture, entrance hall, a balcony.

Single improved room (1-roomed, Room square is 12 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, set of furniture, a balcony. A place for child can be provided.

Single comfortable room (1-roomed, Room square is 16 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower/bath), TV set, refrigerator, air-conditioner, telephone, set of furniture, entrance hall, a balcony. A place for child can be provided.

Double/Twin Standard room (1-roomed, Room square is 17sq.m.)
Room amenities: bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, set of furniture, a balcony.

Double/Twin Junior Suite (1-roomed, room square is 17 sq.m.)
Room amenities: bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, safe, set of furniture, a balcony/without a balcony.

Double Suite (1-roomed, room square is 26 sq.m.)
Room amenities: bathroom unit (toilet, washbasin, shower cubicle with hydromassage, bidet), TV set, refrigerator, air-conditioner, telephone, a double bed, large panoramic windows.

Double Suite Duplex (1-roomed, without a balcony, room square is 50 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower cubicle with hydromassage, bidet), TV set, refrigerator, air-conditioner, telephone, a lounge, a bedroom on the second level, large panoramic windows. Extra bed is a sofa.

Double Suite (2-roomed, room square is 18 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, mini-bar, safe, a set of furniture, entrance hall, a bedroom, a small lounge, a balcony. Extra bed is a sofa.

Double Suite (2-roomed, room square is 28 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower), TV set, refrigerator, air-conditioner, telephone, mini-bar, a set of furniture, mini-kitchen, entrance hall, a bedroom, a lounge, a balcony. Extra bed is a sofa.

Double Suite-Studio (2-roomed, room square is 50 sq.m.)
Room amenities: a bathroom unit (toilet, washbasin, shower), TV set, air-conditioner, telephone, a set of furniture, kitchen, refrigerator, mini-bar, microwave oven, electric kettle, entrance hall, a bedroom, a lounge, a loggia adjoined to the kitchen.
Extra bed is a sofa. On the 4th floor of the treatment building there are guestrooms: duplex suites and junior suites (1-roomed) these rooms are without balconies.

Catering
For package tour Treatment we offer 3 meals a day (FB plan - smorgasbord).
For package tour SPA we offer 2 meals a day (HB plan - smorgasbord).

Water supply
Cold and hot water is available 24-hour.

Beach
Beach belongs to the sanatorium, sandy-pebbly beach within 30 meters from the sanatorium buildings, equipped with sunshades, sun beds, showers. There is a beach equipment hire shop, café, first aid post.

Treatment
Musculoskeletal diseases (comprehensive rehabilitation after diseases and injuries of musculoskeletal system, post-surgery conditions on spine and intervertebral discs)

Indications: joint inflammatory and degenerative changes (arthritis, arthrosis, polyarthritis, osteochondrosis, spondyloarthrosis, anklyosing spondylitis, Bechterew’s disease), postrauumatic arthritis, arthrosis, joint contractures, callus, chronic osteomyelitis, myositis, fiber myositis, bursitis, synovitis, tendovaginitis; post-surgery conditions on spine and intervertebral discs, posture defects (scoliosis, kyphosis, kyphoscoliosis), scoliosis of 1-2 degrees, consequences of breaking a bone of trunk and extremities.
Contraindications: acute illness; evident pain syndrome; abscessed forms of chronic osteomyelitis, fractures with delayed union and false joints; patients with evident disabilities which requires special treatment; general contraindications against spa and mud treatment.

Peripheral nervous system diseases (complex rehabilitation after trauma and disease of the peripheral nervous system, functional disorders of the nervous system).

Indications: polyneuritis, polyneuropathy, polyradiculoneuritis, radiculitis, radikuloneuritis, solyarit (plexitis), ganglionitis, vertebral diseases (cervicalgia, torakalgia, lumbodynia) coccyalgia, clinical manifestations of spinal osteochondrosis (reflective, vegetation-vacuolar, neuro-dystrophic) discopathy, neuritis of the facial nerve (paresis and facial muscles contracture), trigeminal neuralgia (chronic disease course with rare attacks), neurosis, asthenic conditions, vegetative dystonia, psychosomatic disorders, chronic fatigue syndrome.
Contraindications: acute diseases of the peripheral nervous system evident pain syndrome; evident sympalgia (neuralgia), which requires constant medical correction, impeding patient movement, drug withdrawal syndrome, psychopathy, alcoholism, general contraindications against spa and mud treatment.

Gastrointestinal organs diseases (complex rehabilitation of gastrointestinal and metabolic diseases)

Indications: Gastric ulcer and duodenal ulcer, gastritis, chronic hepatitis, cholecystitis, pericholecystitis, post-surgery scars and adhesions of liver and gall bladder, adhesive disease, chronic colitis, enteroocolitis, constipation, obesity, diabetes mellitus (non-insulin dependent).
Contraindications: acute phase or exacerbation of a chronic disease, evident pain syndrome, fevers, tuberculosis, tumors (malignant and some benign) and tumors surgery post-conditions, pregnancy, nephritis, nephrosis, post-infarction and post-stroke condition, diseases of blood and blood-forming organs, hypertension of II and III stages; evident varicose vein and haemorrhoid bleeding, epilepsy, psychosis, hyperthyroidism (severe); diabetes of 2-3 stage, decompression glaucoma.

Gynecological disorders (comprehensive rehabilitation of chronic gynecological diseases, female infertility, menopause disorders)

Indications: Infertility caused by: chronic inflammatory diseases of uterus, tubes and adnexa, vagina, genital hypoplasia, hormonal infertility, perimetritis, perisalpingitis, pelvis minor adhesions, chronic salpingo-oophoritis, metroendometritis, deviations of the uterus; menopause, frigidity, bacterial vaginosis, colpitis, miscarriage, ovarian hypofunction, disorders of menstrual function.
Contraindications: cervical polyps, fibroids, ovarian cysts, endometriosis, uterine bleeding, bleeding erosion, hypoplasia of the uterus (3-4 stage), a violation of ovarian-menstrual function of central origin, general contraindications against spa and mud treatment.

Urological diseases (comprehensive rehabilitation of urologic diseases, diseases of the male sex organs and male sexual disorders)

Indications: treatment of prostatitis and impotence, male infertility treatment, the treatment of cystitis, urethritis, uric acid diathesis, treatment of pyelonephritis6 non-specific diseases of the urinary tract, epidimict
Contraindications: General contraindications against spa and mud treatment
Skin diseases

**Indications:** Psoriasis at any stage, chronic eczema, lichen planus, scleroderma, neurodermatitis, post-surgery /injury scars, frostbite and burns residual effects, vulgar ichthyosis, seborrhea, youth acne, cellulite; wrinkled, flabby, sagging skin of the neck, face, chest; hair loss and partial alopecia, nail brittleness and delamination.

**Contraindications:** acute inflammatory skin diseases, fungal infections, skin infections, t telangiectasia, hypersensitivity to therapeutic mud components, general contraindications against mud and spa treatment.

**Services**
Restaurant, bar, cafe, conference hall (Cinema theatre), laundry, secured parking lot (paid), Wi-Fi Internet (available at extra cost).

**Sport and Entertainment**
SPA salon (freshwater heated indoor swimming pool (water t = 28 C / 82 F), two hydromassage zonas, oncoming wave, Jacuzzi, Finnish sauna, Turkish hammam), table tennis, tennis court, billiards, arcade machine hall, sport ground, children’s game room, outdoor heated children’s freshwater swimming pool (t=24-26 C / 75-79 F) with slide – operates only in summer period.

**Medical services**
Pearl, anticellulite baths, vacuum amd point massages, hydro-massage, dentist surgery, gynaecological room, mud treatments, short frequency therapy, ultrasonic and computer diagnosis, colon-hydrotherapy