TOMESA SPECIALIST CLINIC
of dermatology, Orthopedics,
Allergology & rheumatical diseases

„The dead sea in Germany“
Since 1982 you can also use the water and light conditions of the Dead Sea in Germany.
The healing effect of the minerals from the Dead Sea has been known for centuries. Already in ancient times people undertook long journeys for a palliative bath in the Dead Sea. In the case of skin diseases salt bathes – together with sunlight – often lead to an astonishing improvement of the medical condition. Since 1982 you can also use the water and light conditions of the Dead Sea in Germany. In the TOMESA Specialist Clinic of dermatology, Orthopedics, Allergology and rheumatical diseases these conditions are simulated and optimised for the therapy in a patented system. The required special salt is directly imported from the Dead Sea. The long list of health-enhancing minerals traceable in the brine include Magnesium, Calcium and Sulphates. There is no comparable mineral composition to be found in any of Europe’s natural springs.

**Sunlight and brine alleviate skin problems**

Research studies have proved the healing effects of brine bathes in combination with UV radiation for skin diseases. Not only patients with atopic dermatitis and psoriasis vulgaris but also numerous other chronic skin conditions (see list on page 6) benefit by this treatment. During the bath the brine acts on the skin and causes the horny layer to swell up, making it more receptive for UV radiation. The minerals are anti-inflammatory, promote the desquamation of the skin and soothe itching and reddening. The skin regenerates in a very natural way with the result of a refined skin that feels soft and remains beautiful for a long time. The treatment possibilities of the TOMESA Specialist Clinic offer an alternative to an exhausting journey to the Dead Sea.
THE MINERALS OF THE DEAD SEA

The effects of the minerals of the Dead Sea are:

**Magnesium** helps to normalize the natural desquamation of the skin and accelerates the cell metabolism.

**Calcium** plays an important role in dermal metabolism. It has a calming effect on the skin and reduces itching.

**Sodium** binds the water required in the cells, stimulates dermal circulation and is important for the transport of energy and nutrients to the body cells.

**Potassium** improves the dermal metabolism, has a calming effect and regulates the water balance.

**Bromium** accelerates the natural renewal of the skin and has a calming effect. It relaxes the muscles, soothes the nerves and alleviates skin diseases.

**Iodine** ensures that the thyroid functions efficiently and plays an important role in the body's metabolism.

**Sulphur** is necessary for the production of keratine that forms the protective chemical basis of epidermal tissues to prevent moisture movement to and from the skin.
Individuell therapy for degenerative joint and spine diseases.

Many skin diseases like psoriasis vulgaris can be accompanied by joint problems. But also in the case of rheumatic or orthopedic diseases without skin problems you are here in good hands. What kind of orthopedic diseases can be treated in the TOMESA Specialist Clinic you can see on page 6.

Our physiotherapists treat you according to current medical knowledge and respond to your individuell needs. For orthopedic problems you can resort to a wide range of physical therapies like the treatment with thermotherapy or cryotherapy, electrotherapy, fango and massages.

The bath and gymnastics in the in-house high content brine thermal bath also contribute to a successful cure. Because of its high salt content enriched with specific minerals the brine has a high buoyancy and takes the load of the joints. The treatment aims at the improvement of the mobility of joints and spine and the soothing of pains, so that the use of painkillers can be reduced.

### The fundamental elements of the TOMESA therapy

- Balneophototherapy
- UV phototherapy (e.g. UVB, UVA, UVA1, PUVA)
- Bathes with different additives
- Treatment with creams
- Physical therapy (e.g. physiotherapy, massage, sports therapy)
- Psychological care
- Nutrition advice
- Ergotherapy
- Rehabilitation counselling (social consultancy)
- Health information and training
THE HOLISTIC APPROACH

A disease often has multiple reasons. Therefore TOMESA Specialist Clinic focuses in its treatment concept on the “whole being”. The therapies are holistic and interdisciplinary. Besides dermatological, orthopedical and rheumatological treatment we also provide psychological care. Especially skin diseases are often caused or worsened by stress. That’s why we give you the opportunity to learn methods of relaxation, so that you are able to cope with future stressful situations. Through lectures and individual talks you learn more about your disease and its triggers as well as about the possibilities to care for your skin after the in-patient treatment with the aim to remain free of symptoms for a long time.

Some skin diseases are associated with food allergies or adverse food reactions. In this case you can also receive advice concerning nutritional questions.

“The therapeutic standards at the TOMESA Specialist Clinic are comparable with those of acute dermatological clinics”

Armin Faber
Manager TOMESA Specialist Clinic

The departments of TOMESA Specialist Clinic are under full-time medical specialist care. The patients are looked after by a team of experienced physicians, nurses and psychologists and well trained physiotherapists, massage therapists and sport therapists. The nutritional guidance and training is carried out by dietitians and ecotrophologists.
If you are suffering from one of these skin diseases the TOMESA therapy is suitable for you:

- Psoriasis
- Neurodermitis (atopical dermatitis)
- Chronic eczema
- Severe acne
- Vitiligo
- Parapsoriasis
- Allergies
- Alopecia areata
- Leg ulcers
- Other chronic skin diseases such as mastocytosis, lichen ruber, prurigo, scleroderma
- Skin diseases suffered by elderly people: dry skin, pruritus
- Congenital skin diseases: ichthyoses

If you suffer from one of these orthopedic or rheumatic diseases, the Tomesa therapy is suitable for you:

- Degenerative diseases of the joints and spine
- Inflammatory rheumatoid diseases of the locomotor system (e.g. chronic polyarthritis, Bechterew's disease)
- Diseases of the joints caused by psoriasis (psoriasis arthritis)
- Diseases of the joints and spine caused by metabolic disorders (e.g. gout)
- Chronic pain as a result of muscular dysfunction
- Subsequent treatment after joint replacements and spinal surgery
- Subsequent treatment after accidents and sport injuries
- Osteoperosis
- Rheumatic diseases with chronic general pain in the region of the muscles and connective tissues and the bones at typical trigger points (fibromyalgia)
THERAPY AIMS

What we want to achieve together

After your stay in the TOMESA Specialist Clinic we want you to enjoy a sustainable improvement of your complexion or your spine and joint problems. In case of serious courses of disease we aim for a clear improvement of the problems. The long-term aim of the therapy is to improve the patient’s quality of life, to retain or restore his/her capacity for employment or avoid a threatening disability. We want to enable you to take part again in many private and occupational activities that currently are limited for you.

The long-term success of the treatment often has to be ensured by the recognition and reaction to potential causes. This is sometimes enough to prevent a new episode. Together with the physicians and therapists we look for the causes to develop a strategy of prevention.

Here your cooperation is especially necessary and often behavior and attitude have to be reconsidered and led into a more health-enhancing direction. We would like to support you in doing this.

A further aim is to reduce or optimize the treatment with drugs as far as possible to enhance the patient’s well-being and reduce future treatment costs for both the patient and the patient’s health insurance.
METHODS OF TREATMENT

We offer the following methods of treatment:

Balneophototherapy

The TOMESA balneophototherapy with UV radiation in combination with saline salts of the Dead Sea is the basis of our dermatological treatment. The patient lies on a large and comfortable ledge integrated in the pool and in this way can be treated with UV radiation while bathing. For those patients with physical disabilities or certain diseases that prevent the use of the pool, saline baths in a bath tub are alternatively possible. In the TOMESA tub therapy system with integrated UV radiation the saline content can be varied according to individual needs.

In the treatment of dermatological diseases UV radiation and brine form an excellent compliment. The high proportion of active minerals promote the desquamation of the horny layer of the skin and in this way make the skin more responsive to radiation. Flakes come lose more easily and the magnesium content makes the inflammation subside very quickly.

UV light

Depending on the skin disease different wavelengths of light are beneficial. In the TOMESA Special Clinic UV-light from different spectral ranges can be applied according to need under all-day medical supervision. For this purpose the most recent equipment and light sources are available.

The doctors and therapists of TOMESA Specialist Clinic have this experience. The focus lies on the adequate treatment with active ingredient-containing ointments, but also the right choice of ointment base can contribute to a successful treatment. There are medical personnel on hand to assist patients with limited mobility and in the treatment of those parts they cannot reach themselves.

A feature of TOMESA Specialist Clinic is the special treatment of the skalp. Trained therapeutical personnel apply suitable active ingredients. Depending on the current condition of the (hair-covered) skalp they loosen flakes, heal inflammation or soothe itching. The house-intern TOMESA skin-care products are dermatologically approved, are parfume-free and very well-tolerated. You can also order these products to use them at home.

Treatment with ointments

An important component of the dermatological therapy is the topical treatment. This treatment requires a lot of experience, be it the treatment with creams, lotions or ointments, with nurturing agents or therapeutic ingredients.
THE TOMESA THERAPY CONCEPT

Ergotherapy

It is important for nearly every person to stay independent and to master daily life and profession. But sometimes ill health leads to impairments. The ergotherapy contributes to the recovery of abilities lost through illness or disabilities and the improvement and maintenance of action ability in daily life and so enables the patient to be reinstated in the family, profession and society.

The focus lies on “do-it-yourself”. For this purpose a variety of activating and action-oriented methods of ergotherapy and occupational therapy are applied. Individually customized training materiels, functional, playful and artistic technics are central to this therapy. It also includes training and advice on sensible and creative leisure time activities.
Physical therapy

The physical therapy includes all methods working with physical methods such as heat, cold, water, light and electricity. Our department for physical therapy also offers massages, physiotherapy and sport therapy. Highly qualified staff are available for all necessary treatments, be it lymph drainage, mud baths, reflex-zone massage or migraine treatment. Special therapeutical equipment is available for the training in sport therapy or physiotherapy. The large TOMESA special saline bath is available to relieve the joints in the context of kinetic therapy.

Methods to overcome stress include relaxation methods such as autogene training or progressive muscle relaxation according to Jacobson. Patients are also given coping strategies for their time after the treatment in the clinic.

Psychological support and treatment

If the intake interview shows that psychological support would be advisable, a psychologist will be consulted in common consent with the patient. The psychological co-treatment is part of the holistic therapy concept. With psychological support it is possible to develop strategies to overcome illness and handle common occupational and private stress situations. The extend of support will vary depending on the symptoms, the current psychological problems and the individually needed care.
THE TOMESA THERAPY CONCEPT

**Nutrition**

The TOMESA kitchen offers a low-fat, varied and delicious mixed diet according to the recommendations of the German Nutrition Society (DGE). At the self-serving buffet the patients can compose a balanced diet rich in vital substances. This diet stimulates the metabolism and makes the counting of calories dispensible.

In nutrition counselling patients receive help by our dietitian in creating their own healthy meals, especially in the case of overweight, diabetis, high blood fat, gout, osteoporosis, gastro-intestinal diseases as well as food allergies and food intolerances. You receive comprehensive information to put your newly required knowledge into praxis at home.

If wished it is also possible to practise immediately. In our in-house teaching kitchen we offer cooking courses with different emphasis (low-allergen diet, wholefood diet, low-energy diet) on a regular basis.

Special attention is payed to the exclusive use of fresh products to exclude undesirable food additives as much as possible. As a special clinic for allergies we feature the required declaration of all allergenes and food additives at our buffet. Special meals such as vegetarian meals, diabetic or allergen-specific diets can be arranged if medically necessary.
QUALITY IS IMPORTANT FOR US

We want you to have a successful stay in our clinic, therefore we want to offer you all services from admission, therapy to departure on a high standard. For this reason the TOMESA Specialist Clinic takes part in all the quality assurance measures required by cost-bearing parties and meets the requirements of dermatological rehabilitation according to the guidelines of the German Dermatological Society (DDG).

We are working intensively on ways to reduce relapses. For this reason the treatment outcome of all patients is evaluated to optimize the therapy. Anonymous patient data are collected to obtain informative figures required for statistical analysis. This evaluation makes it possible to compare the severity of the disease upon admission and discharge. The therapeutical standarts of the TOMESA Specialist Clinic are comparable with that of a dermatological acute clinic.
APPROPRIATE PROCEDURES

Other types of care available at the TOMESA Specialist Clinic include:
- semi-residential care
- outpatient benefits/
  open spa treatment
- outpatient cure (e.g. treatment
  provided on prescription)

Patients from most of the EU-
countries can be treated. Please
enquire of your concerned health
insurance about the appropriate
procedures.
You need the prescription of your doctor to prove the necessity of outpatient spa treatment. You can choose the place and the accommodation to a great extend freely in accordance with your doctor. That means for you that you can book the accommodation in our house and make use of the treatments of the TOMESA Specialist Clinic prescribed by the local balneologist.

If you would like to undertake an outpatient spa treatment in our clinic please coordinate further details such as prices for accommodation/board with our patient service before you start the treatment.

You can reach the guest service department Monday to Friday from 8 a.m. to 5 p.m. under the telephone number: +49 6648 / 55-6124

Information about other possible outpatient treatments you can get through the doctor’s secretariat under the telephone number: + 49 6648 / 55-6144.
OUR ACCOMMODATION

Our house

The TOMESA Specialist Clinic was examined by the Institute for Hygiene and Environmental Medicine of the Justus-Liebig-University Gießen and obtained the appropriate quality certificate. All sampled air values in our house are far below the required standard values.

TOMESA Specialist Clinic is located in the centre of the traditional spa Bad Salzschlirf. Cafés, restaurants, shopping possibilities and the spa park are all close to the clinic. The house itself offers a large sunroof, a barbecue area, a fitness room and table tennis. If you arrive by car you can use our own parking area.

The TOMESA Specialist Clinic has adjusted the room facilities according to the needs of people with skin diseases. Therefore the floors of the convenient and comfortable rooms are wipeable and low in allergens. Of course all of our rooms are non-smoking rooms.

If you wish we can provide encasings suitable for allergy sufferers. Guests with a hypersensitivity to air pollutants can also live here without problems.

Free time activities at TOMESA

Participation in prevention activities
(as far as places are available), e.g.
- Water gymnastics
- Spinal exercises
- Autogenic training, progressive muscle relaxation
- Nordic walking

Movie nights
Varied offer of movies

Trips into the surrounding region with our TOMESA bus, e.g.
- Schlitz, the town of castles
- Vogelsberg mountains
- Alsfeld and Lauterbach, the cities of half-timbered houses
- Fulda (cathedral, St. Michael’s Church, sightseeing tour, shopping)

Leisure room
- Billiards
- Darts
- Football table

Fitness room
Usage of all fitness equipment

Own brand of dermatologically tested TOMESA skin care products
OUR SURROUNDINGS HAVE TO OFFER A LOT

Bad Salzschlirf is a spa rich in traditions. It is located in the wooded area between Rhön and Vogelsberg which is full of scenic attractions. Spa guests have been treated here for more than 100 years.

The surroundings are ideal for extended hiking or biking tours. You can explore the area either alone by road bike or mountain bike or on foot or you can take part in guided hiking or biking tours free of charge. Bikes and poles for nordic walking you can rent from our house for a small fee. Table tennis as well as sport and fitness equipment are also available in the TOMESA Specialist Clinic.

The town itself offers an extensive spa parc and a miniature golf course. Golf courses are only a few kilometres away and the neighbouring town offers riding possibilities for horse enthusiasts.

In a very short time you can also reach the Baroque town Fulda which was appointed the most beautiful town in Hesse in 2012. You can spend some nice afternoons strolling through the Baroque quarter with Dome and St. Michael's Church (the oldest church in Germany) or visit some of the many beer gardens and restaurants.

The Rhön is also easily accessible by car. It belongs to the UNESCO biosphere reserve and is known as one of the cultural landscapes most worthy of preservation in Europe. In 2012 the Hessian Broadcasting Corporation marked out the Rhön as “the most beautiful landscape in Hesse”. Not only the nearby Wasserkuppe- with 950 meters the highest mountain in Hesse- is worth a visit, but you can also enjoy moors, well-kept hiking trails and rustic cabins.

COSMETICS AND AESTETICS

With our cosmetics product line we can solve most of your cosmetic problems. Good advice and the well-being of your skin is most important for us. We help you to be more attractive and mentally satisfied through right treatment and appropriate care with premium products.

We are different from most beauty institutes, we are a specialist clinic with many years of experience concerning skin. We want you to have a healthy skin because we know, that only a healthy skin can be a beautiful skin. We therefore carry out a skin diagnosis before every advice and treatment. The visual diagnosis based on experience and training is the most important part. It is supported by sensible instrument-based methods such as the measurement of sebum and moisture. The care for the youthful skin is clearly different from the requirements of the ageing and strained skin.
HOW TO GET THERE

By rail
You can reach Bad Salzschlirf via the ICE railway station Fulda and from there you take the local train or a taxi to Bad Salzschlirf (approx. 17 km)

By car
By motorway from the east:
Berlin - Leipzig - Erfurt – Eisenach, take the Bad Hersfeld exit and follow the signs to Schlitz and Bad Salzschlirf

By motorway from the south
Munich - Würzburg – Fulda or Stuttgart- Würzburg - Fulda, exit the motorway at the Dreieck (junction) Fulda and follow the signs to Bad Salzschlirf

By car from the west
Cologne – Olpe – Giessen, take the Alsfeld-Ost exit and follow the signs to Lauterbach and Bad Salzschlirf

By car from the north
Hamburg – Hannover – Kassel, take the Niederaula or Hünfeld/Schlitz exit and follow the signs to Schlitz and Bad Salzschlirf

Please ask about our inexpensive special taxi service for TOMESA guests. Please make your arrangements with our guest service department.

Our driving service
We pick you up at any place in Germany and bring you back in a totally relaxed way and to an affordable price.
Information under telephone number: +49 6648 / 55-6712 or +49 6648 / 55-6182
PACKAGE OFFERS
FOR PRIVATELY FINANCED SPA TREATMENTS

Package offer for the skin
(minimum stay 8 days / 7 nights)

- Accommodation incl. full board
- Medical examination at admission and discharge
- Balneophototherapy
- Saline bath / medical bath / steam bath
- UV radiation therapy / ointment therapy with active agents
- Kinesitherapy (Nordic walking, gymnastics, fitness training)
- Nutrition advice
- Yoga / relaxation training
- Medical massage
- Daily as much mineral water as you like from our pump

TOMESA package offer
(minimum stay 8 days / 7 nights)

- All medical and therapeutical applications as prescribed by a doctor
- Doctor's fee for examinations at admission, during therapy and at discharge including a final report
- Accommodation in comfort single or double bedrooms
- Daily full board and coffee in the afternoons
- Daily as much mineral water as you like from our pump
- Lectures by our doctors and therapists
- Free of charge use of the fitness center and the saline bath

Burn out prevention
Tired, exhausted, stressed? You can't cope anymore with your daily life?

We provide for you a one-week stay with attractive offers. Aims are to recognize stress patterns, to restore the ability to relax and the improvement of communication skills (e.g. learning to say “no”)

Our offer for a one-week stay

- 1x talk with a doctor
- 4x individual talk with a psychologist
- 2x Nordic walking or fitness
- 4x relaxation training (autogene training, progressive muscle relaxation, introduction to Yoga)
- 3x classical massage
- 2x water gymnastics
- 1x lecture stress / stress management
- 2x creative ergotherapy
- 2x relaxing aroma bath
- 1x nutrition advice
- Daily full board and coffee in the afternoons
- Daily as much mineral water as you like from our pump

We look forward to give you advice under the telephone number: +49 6648/ 55-0
Prices on request
HYDRAFACIAL™

Our newest cosmetic treatment method Hydra Facial is one of the most advanced non-invasive treatment methods in the area of skin regeneration. It is the only method that combines cleaning with peeling and at the same time offers extraction, hydration and antioxidative protection for the skin. It helps provide a beautiful clear complexion without irritating. The treatment leads to an excellent rejuvenation and unique rehydration of the skin. It is clinically proven that the complexion is improved in case of small wrinkles, blocked and widened pores, oily and acne-prone skin. In case of hyperpigmentation it also achieves a significant beautification of the complexion.

Step 1
Exfoliation
Your skin is like a rough diamond: unpolished you only can sense its beauty. To make it visible, dead skin cells have to be removed and the healthy and fresh skin appears.

Step 2
GlySal acid peel
This acid peel helps loosen dirt and debris from pores and prepares for the extractions.

Step 3
Extractions
Painless automated extractions to clean out pores.

Step 4
Hydration
Antioxidants and hyaluronic acid are introduced through Vortex-Fusion.

The solution HYDRAFACIAL™, the anti-aging revolution from Los Angeles

It is an internationally approved method of gentle exfoliation known through different magazines and TV-programs. The skin is deeply cleansed and replenished with antioxidants, vitamins and hyaluronic acid through Vortex-Fusion®. The additional light therapy and lymph drainage round off the treatment outcome. To enjoy a continually improved complexion the treatment should be repeated monthly.
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