Safaga Climatotherapy Facts Sheet

Safaga climatotherapy is not a Spa treatment. Research studies showed modification of the immune system as patients of conditions such as rheumatoid, psoriasis, muscle-tension, fatigue and stress experienced evidenced long term improvement.

What is Climatotherapy?

It is defined as a treatment combining the natural elements of a specific geographic location. On the surface, it may seem commonsensical that time spent in a relaxing atmosphere with clean air and beautiful views, no matter where it is, can restore one’s health, or even cure specific ailments. But medical studies have determined that prolonged exposure to Safaga’s particular blend of rich mineral sands and waters does, in fact, substantially relieve both rheumatoid arthritis and psoriasis. It was also noted that factors like altitude, atmospheric pressure, sand composition, temperature and ultraviolet rays have positive effects on various health conditions. Thus, the climate and the geography of the area make a quantifiable difference in health.

Why Safaga Stands as an International Model in Health Tourism?

Safaga Mountains

The high mountains surrounding Safaga act as a natural defense against wind and sand storms, hence the climate is pure from any suspended stains that divert and absorb the ultra violet rays, which is highly therapeutic. The nearby hills as well as the mirror-like sea surface reflect a high ultraviolet density in the area, which could favourably modulate T-cell function.

Safaga Beach

The beach is taking the shape of a bay, therefore it is free of high waves and the water surface is quiet reflecting the ultra violet rays to the land.

The Sea Water

Due to the excessive existence of corals, the salt concentration of water is 35% higher than other seas, which means:

- Water density increases, hence gravity decreases allowing the human body to float on the water surface. This improves blood circulation and
more amount of blood reaches the skin which is very therapeutic for many conditions

The balance in the saline concentration inside and outside the human body contributes positively to the therapeutic effects

The human body may be influenced by the dissolved chemical components in the water in two ways:

- First as a result of the influx and anti-flow of ions
- Second by the penetration of certain chemical components or gases into the body.

The Black Sand

The analysis proved that the sand in this area consists of three radioactive elements existing in moderate concentration. The elements are uranium, potassium 40 and thorium, probably originated in the ancient volcanic craters at the bottom of the Red Sea. Other elements such as salts, especially the gold salt, and minerals are effective in rheumatoid therapy.

The black sand has highly effective therapeutic effects on conditions such as acute and chronic arthritis, joint edema, joint effusion and skin inflammation.

Results Statistics of Some Conditions:

Chronic Rheumatoid Arthritis (109 cases)

Major clinical improvement noted in 84% with a follow up after 6 months.

The climatic therapy has effect on the blood sedimentation rate and rheumatoid coefficient indicates affection on the disturbed immune system.

Psoriasis (80 cases)

After 4 weeks of climatic therapy, followed by 12 weeks of a follow up, final results showed excellent improvement in 90% of the cases. This is a great achievement compared to treatments using drugs with dangerous side effects.
**Chronic Stress, Fatigue and Stress Related Symptoms**

Safaga sands, sea water and ultra violet rays create healing properties that proved highly beneficial in conditions such as fatigue, fibromyalgia, stress and stress related symptoms. Relief of stress and relaxation in the beautiful resort area contribute to the therapeutic effects of the pure environment.

**Comparison Between Safaga and Dead Sea Area in Climatotherapy**

- Safaga has sunshine all year round which a basic therapeutic element, however, there is no sunshine during the fall and winter seasons at the Dead Sea.

- The Dead Sea area is 400 meters under sea-level, which affects negatively patients suffering from heart, liver and kidney diseases, hemorrhage, arteriosclerosis, high blood pressure, epilepsy, and nervous-system diseases.

- The Dead Sea water contains high concentration of bromine, which causes allergy represented by redness and itching that may lead to severe skin suppuration.

**Scientific and Medical Conferences Approved of the Studies and Results of Climatotherapy in Safaga**

- First Conference for Medical Researchers Department, NRC, 2002. Minister of High Education and Scientific Research, Dr. Mofied Shehab, praised Safaga and mentioned that the medical researches turned Safaga into a worldwide center for climatotherapy.

- Health Tourism in Egypt between the Past and the Future, the Faculty of Medicine, Suez Canal University, 2000

- The Annual Conference of the Egyptian Society of Rheumatology and Rehabilitation, Menaville, Safaga, 1999
The European Conference on Travel Medicine organized by WHO, Venice, Italy, 1998

The Fourth National Conference of Tourism for Treatments, Cairo, 1998

The First International Conference on Health Tourism & Climatotherapy, Aswan, 1996


Symposium of “Safaga and Recent Treatments” organized by the Faculty of Medicine, Ain-Shams University, Cairo, 1995

The Second National Conference of Tourism for Treatments, 1995

International Press Conference in Menaville – Safaga 22/06/1995

More Research & Events about Safaga as a Climatotherapy Center


The National Psoriasis Foundation, an NGO based in Oregon, USA, included Safaga in the new edition of its booklet “Alternative Approaches”.

During the First International Conference for Health Tourism held in Egypt in March 2004, a publication on Health Care & Health Tourism, in which Safaga climatotherapy was discussed, was presented.

In 2001, Dr. Hani El Nazer was appointed as the president of the National Research Center, and in 2002 he was honored with an award for his accomplishments for treating psoriasis through climatotherapy in Safaga.

A seminar for Therapeutic treatments was held during the Mediterranean Travel Fair, Cairo, 2001.

Dr. Ahmad El Galad, professor of Environment, faculty of Tourism, 6th October University, Cairo, presented a research about climatotherapy in Safaga. The research received an award from the Board of Arab Ministries, 1999.

“PSO Aktuell”, a German magazine specialized in the research and treatment of psoriasis, published an article about treating psoriasis in Safaga.

Safaga area for climatotherapy became part of the primary schools curriculum, Egypt.

International Research Visits:

- Professor Dr. Bruno Sansoni: Analytical Chemistry, Munchen University, Germany. Dr. Sansoni is chairman of the International Society of Medical Hydrology and Climatology and president of the International Environmental Consulting. In his report he emphasized Safaga as a destination for climatotherapy.

- Professor Dr. Vladimirov, MD., manager of the Psoriasis Therapy Center in Russia, visited Safaga with a group of physicians in 1996.

- Professor Dr. Gilles Lestringant from France represented the Ministry of Health in the United Arab Emirates.

Major Organizations Involved in the Research Studies:

The Ministry of Scientific Research, Egypt
The National Research Center, Egypt

USAID

Organizations Established as a Result of the Research Studies:

The National Committee of Health Tourism

The Faculty of Rheumatism & Rehabilitation in Safaga as part of Ganoub El Wadi University, Upper Egypt.
Menaville Resort ****
Recreational & Health Tourism Destination
Safaga, Red Sea, Egypt

Menaville stands as the only resort that offers a climatotherapy clinic as well as a spa that offers a wide range of therapies. Menaville was the first major resort to open in Safaga, Red Sea, Egypt, with a prime location on a sandy beach in a sheltered bay, 60 kilometers south of Hurghada. The resort offers not only a therapeutic experience to thousands of guests every year, but also a memorable and rejuvenating vacation to the whole family.

Several forward thinking doctors have been researching for decades the medical and therapeutic effects of the climate and environment of Safaga. Called the healing zone, Safaga is a small town free of pollution. The area gives you a great chance to go back to nature in its calm and pure state. The resort is not only a destination for climatotherapy but it also enhances general health due to the dry fresh air, the gold sand and the crystal clear sea water. It is noted that peace of mind and deep relaxation is cultivated after a short stay at the resort because of its very unique environment. To learn more about Menaville Resort, Spa and Climatotherapy Clinic visit: www.menaville.com

The resort has a Diving Center, Surfing Center, and provides facilities for sports such as volleyball, basketball, handball, tennis, speedball, table tennis, as well as stretching classes by the beach.

The resort organizes the following trips: safari, diving, glass boats and submarine. It also has a large swimming pool with a Jacuzzi and a large gym. On the resort stands a recreation center for kids with an outdoor kids’ park. It also offers several restaurants and cafes, internet café, international communication center, meeting rooms and banking services. There are shops just outside the resort.
One major feature about the resort is its closeness to the area of Luxor and Aswan that is accessible by bus from Safaga. Trips to this greatest home of the pharaonic heritage can be organized through the hotel.