

tourist information
map location



Tourist information
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www.visitbenidorm.co.uk



What's more, there are twenty hotels that provide services in the health and beauty sector, offering hydrotherapy, aromatherapy, anti-stress, beauty and slimming treatments by professionals specialising in body care. Modern installations, with spas and wellness centres, designed for relaxation and well-being in an endless programmes designed for pampering guests during their stays.

The guests who stay at our matchless hotels benefit from an improved quality of life when they come to relax, banish stress and feel revitalised thanks to our health, beauty and relaxation services, tailored to their individual needs.



HEALTH & WELLNESS



BENIDORM

city & beaches
Benidorm



Benidorm

Benidorm



Health & Wellness

The city of Benidorm, lapped by the Mediterranean Sea, is the south of the Valencian Community.

With an exceptional, warm climate and very little rainfall, you can enjoy the sunshine and the sea all year round, with average annual temperatures of 20°C. There are two beaches and three coves where the sea is a pleasant 19°C, all year round.

Since the end of the 19th century, Benidorm's climate has made it a popular destination for health tourism. In fact, for more than 100 years, doctors from all over Spain have been prescribing Benidorm's sunshine and sea to their patients; in fact the first tourism facility built in the town was a spa.



MONTHS	MONTHLY AVERAGE	MAXIMUM	MINIMUM
JANUARY	13.84	22.05	7.35
FEBRUARY	12.69	21.14	4.88
MARCH	14.98	24.97	5.39
APRIL	15.88	19.79	8.36
MAY	18.06	27.79	11.23
JUNE	21.75	32.10	15.06
JULY	25.16	32.36	19.53
AUGUST	25.04	31.60	19.91
SEPTEMBER	23.82	28.30	19.36
OCTOBER	20.67	29.90	13.92
NOVEMBER	14.57	27.30	5.41
DECEMBER	11.79	17.09	6.14
TOTAL	18.64	33.36	4.68

More than a century later, the sun and the sea still make the city a healthy place. The curative properties of both have been known since ancient times. They help to improve cases of rheumatism, asthma and osteoporosis and also treat two of the today's most common illness: stress and anxiety. According to doctors, the ions in the Mediterranean Sea normalise the components of blood and fractures have even been seen to knit three times more quickly in sea water than in fresh water.

But as well as the sun and the sea, Benidorm also has top level health facilities. Public health facilities as well as two important private hospitals equipped with the best installations and technologies, which offer superb quality standards and are staffed by highly qualified, multi-lingual doctors who provide personal care, backed by the latest scientific-medical advances. With all these medical and surgical specialities and with agreements with all health insurance companies, these hospitals have made the city as a great health tourism destination.

