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**Lithuania**

The future of the medical SPA and wellness sector in the  
**aftermath of COVID-19 pandemic**



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# The effects of the COVID-19 pandemic

## COVID'S MENTAL STRESS

The percentage of people experiencing symptoms of depression and anxiety has surged amid the COVID-19 pandemic, data from nationally representative surveys show.

■ Before pandemic ■ During pandemic

### UK adults reporting symptoms of depression

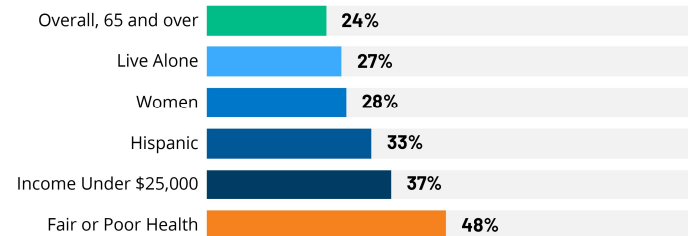


### US adults reporting symptoms of anxiety or depression



©nature

## 1 in 4 Older Adults Reported Anxiety or Depression Amid the Coronavirus Pandemic, Higher Rates for Some Groups



NOTE: Analysis is among adults age 65 and older. Self-reported health status. Adults of Hispanic origin may be of any race, but are categorized as Hispanic for this analysis; All other groups are non-Hispanic.

SOURCE: KFF, "One in Four Older Adults Report Anxiety or Depression Amid the COVID-19 Pandemic," October 2020.

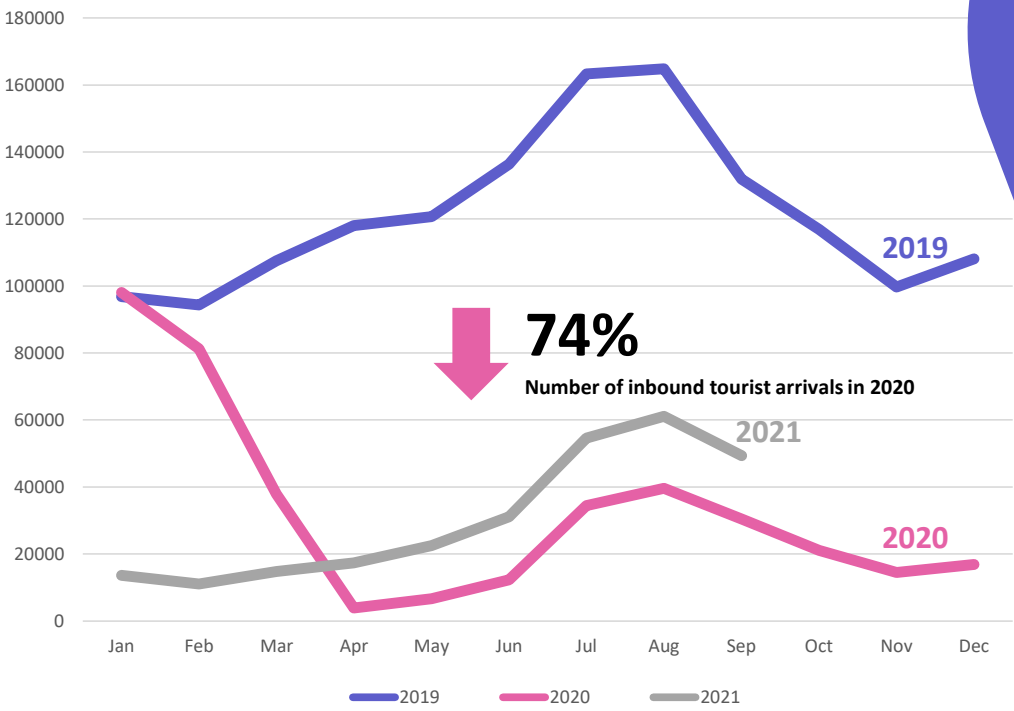
KFF





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# Changes in global tourism





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# How did we adapt to the pandemic?



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## New special equipment and treatments





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## New treatment programmes for post COVID-19 recovery





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## An influx of first-time customers





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## Working from home





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## Employers have begun purchasing more health services for their employees







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# Rehabilitation efficiency

- The study was performed at Medical SPA Eglės sanatorija
- Research participants: 60 patients with Covid-19 disease





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## The results:

- Hensch test (a delay of breath after exhaling) increased from 23 to 36 s
- Stange test (a delay of breath after inhaling) increased from 16 to 24 s
- Respiratory function improved significantly





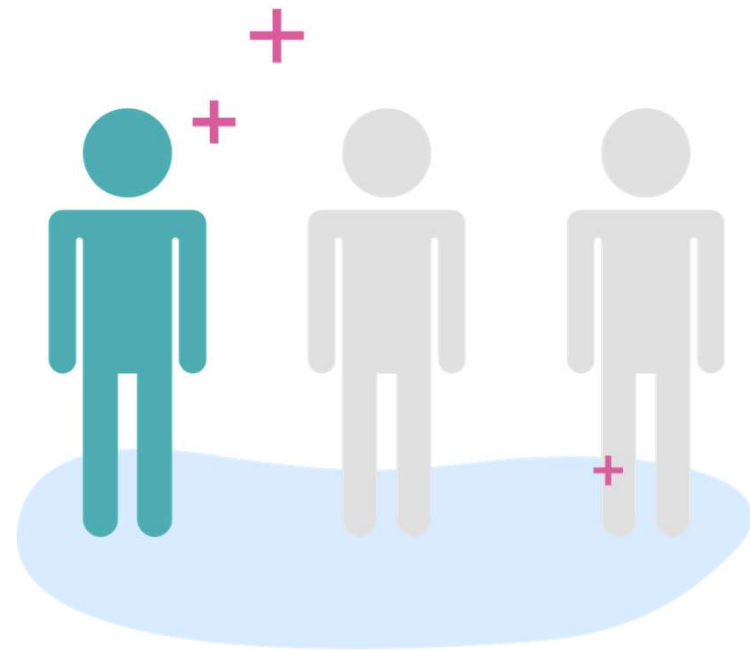
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# The importance of rehabilitation and health prevention



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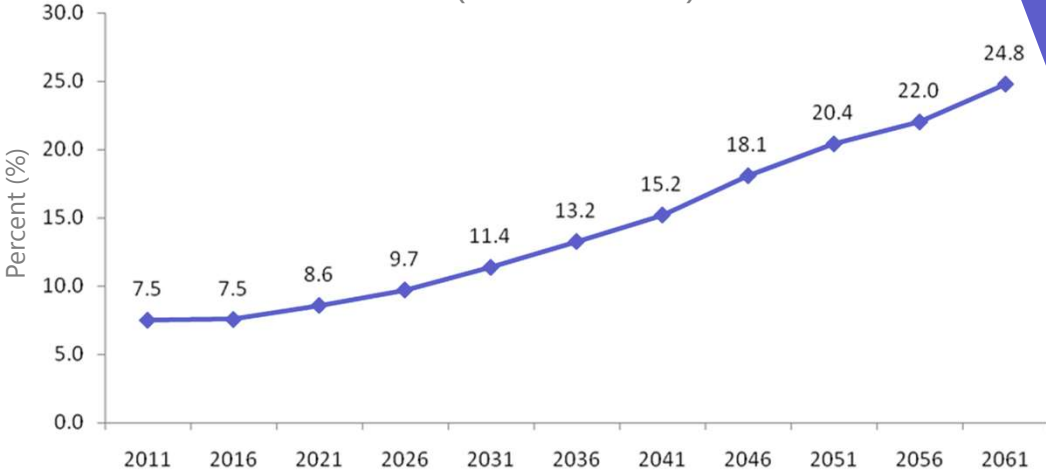
**1 in 3 people today are  
estimated to be living  
with a health condition  
that benefits from  
rehabilitation (WHO)**





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Percentage of projected elderly population  
(60 and older)



**People are living longer,  
but with more chronic  
disease and disability  
(WHO)**



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## Prevalence of chronic diseases

- Every 2 seconds someone aged 30 to 70 years dies prematurely from chronic diseases (WHO)
- Chronic diseases are responsible for 71% of all deaths worldwide (WHO)
- Each year the lives of 15 million people are cut short due to chronic diseases (WHO)
- According to the World Health Organization, the prevalence of chronic diseases increased by 57% in 2020.



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# Challenges in rehabilitation and health prevention



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**Lack of prioritization,  
funding, policies and  
plans for rehabilitation  
at a national level**





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**High out-of-pocket  
expenses and non-  
existent or inadequate  
means of funding**





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**Lack of trained  
rehabilitation  
professionals, with less  
than 10 skilled  
practitioners per 1  
million population in  
many low- and middle-  
income settings**





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**Lack of available  
rehabilitation services  
outside urban areas,  
and long waiting times**



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# Lithuania – your destination for wellness and health

Palangos  
**LINAS**  
SVEIKATOS CENTRAS  
**ENERGETIKAS**

PALANGOS  
REABILITACIJOS  
LIGONINĖ

**gradių**  
SANATORIJA

 **PALANGA**

 **ANYKŠČIAI**

spavilnius  
ANYKŠČIAI 

 **ABROMIŠKĖS**

 **BROMIŠKIŲ**  
reabilitacijos ligoninė

 **BIRŠTONAS**

FDRC **nemunas**  
 Eglės sanatorija  Tulpės sanatorija  **versmė**

 **DRUSKININKAI**

 Eglės sanatorija

 **DRAUGYSTĖS  
SANATORIJA**

 **UPA**  
REABILITACIJOS CENTRAS

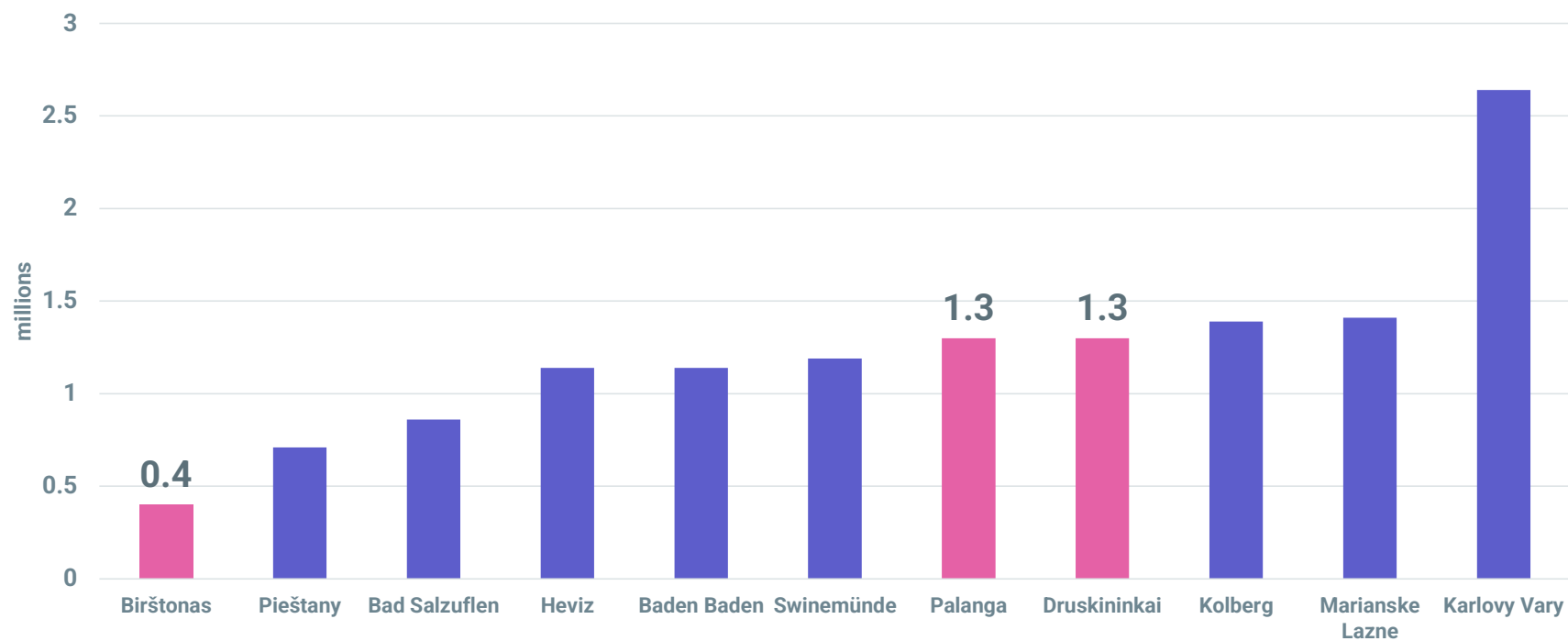
 **GRAND SPA  
LIETUVA**

 spaVilnius  
DRUSKININKAI

# Overnight stays (2019)



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## Why Lithuania?

- Know-how
- Licensed medical institutions
- 5 treatments per day
- Natural resources
- Price-to-quality ratio





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