

## FEATURES OF WATER RECREATIONAL AND HEALTH COMPLEXES IN UKRAINE

<sup>1</sup>G.V. Belousova,

belousovadesign@gmail.com, ORCID: 0000-0003-1635-8317

<sup>1</sup>O.B. Vasilenko,

vasylenko@ogasa.org.ua, ORCID: 0000-0002-8261-3104

<sup>1</sup>*Odesa State Academy of Civil Engineering and Architecture, Ukraine*

**Abstract.** Today, attention to health has become not only a concern for one's future, but also a lifestyle. Everyone wants to be healthy, athletic, slim, beautiful and joyful, living in harmony with the world around them. There are plenty of ways to keep fit: many people run in the morning, go to the fitness center, follow a diet and fight against bad habits. Technologies and equipment in the beauty sector are constantly improving, and entire industries have emerged on the basis of the general passion for health, one of which is wellness. Today, the world is striving for natural methods of treatment and health maintenance. The idea of vacation as an opportunity for natural healing fits perfectly with people's stereotypes and needs. More and more people are willing to combine recreation with health and appearance care, so the topic of building water recreation facilities is relevant today not only for health and beauty industry professionals, but also for those involved in investment, construction, operation and management of hotels. In this regard, the right location for the construction of sanatoriums and resorts plays an important role. Beautiful landscapes, clean air and healing mineral waters make balneological resorts a great place to spend a vacation. A pleasant, carefree vacation there can be combined with healthy treatments.

**Keywords:** recreational complexes, resort, hotel, health improvement, interior, sanatorium, tourism, resort, architecture, health improvement, wellness, spa.

**Statement of the problem.** The importance of recreational complexes is especially increasing due to the negative effects of scientific and technological progress, environmental degradation and urbanization. Recreational activities are closely related to environmental protection measures, improvement of medical care, expansion of catering, trade and consumer services, recreation and entertainment. In the current conditions of preserving and increasing the existing base of tourist and recreational and health resort complexes, their construction is becoming increasingly important, as it makes it possible to increase the inflow of investment funds and, as a result, leads to the constant growth of the tourism and recreational business.

**Analysis of recent research and publications.** A significant contribution to the study of the problems of development and functioning of the sphere of recreational services was made by such well-known foreign and domestic scientists as O.O. Berezhna, L.Y. Gorshkova, V.O. Kvartalnov, T.D. Krysanova, D.V. Nikolayenko, G.A. Papiryan, V.S. Preobrazhensky, V.I. Stafiychuk, N.M. Sudova-Khomyuk and others. Their works consider both the development of the sanatorium and resort industry in general and analyze certain aspects, such as recreational complexes. An analysis of the content of published works, materials of scientific conferences and discussions devoted to the above-mentioned topics shows that there are still many insufficient problems that need to be solved.

**The relevance of the study.** The pace of life in a modern urbanized society is steadily increasing. The volume of information flows affecting people is increasing, and the environmental situation requires constant attention. One of the tools for preserving physical and psychological health is visiting new typological institutions of sports and medical care - health centers. The relevance of this study is related to the need for new integrated approaches to the formation of recreational areas, taking into account modern urban planning concepts that allow to improve the

multifunctional structure of short-term recreation and identify new forms of preserving the natural environment of the city. The relationship of the architectural form with the main characteristics of the site is considered by Yuri Kurbatov as a visual correspondence of the building itself to the scale of the city environment. In addition, Yuri Kurbatov distinguishes between the internal relations of an architectural object - "autonomous forces", and the relations of the object with the environment - "landscape forces". Modern development and the latest technologies influence the formation of architectural objects and their integration into the urban environment. Existing sports and recreation centers with a wide network are now moving to a new quality - the quality of universal service and unification of functional blocks, which is the most relevant trend in the modern development of large cities. Wellness centers are architectural objects that provide services in the field of physical culture, recreational activities, medicine, cosmetology and healthy eating.

**Research objective:** to find new architectural design techniques aimed at creating a comfortable recreational environment in the structure of a modern city without degrading the natural environment.

**Objectives of the study:** to analyze the scientific and practical experience of forming recreational complexes; to identify the peculiarities of the formation of recreational formations and factors influencing the architectural formation of recreational complexes; to determine modern methods of forming the architecture of multifunctional recreational complexes in the city structure.

**The main text of the study.** Since ancient times, people have possessed knowledge that contributed to health improvement. Among them, the most important role was played by water complexes using natural balneological resources. The rudiments of balneology appeared in the 5th century BC, when the ancient Greek scientist Herodotus described the method of use and described the indications for the appointment of mineral waters. The works of Hippocrates mention the healing properties of river, salt and sea water. He was the first to study the effects of water on the human body and in his works described the peculiarities of the beneficial effects of warm water in some cases and cold water in others. We can also mention the ancient Roman baths. The historical development of water recreation facilities has deep roots. The development of human society is associated with a significant increase in the importance of recreation (from Latin recreatio - restoration).

Recreational activities are closely related to environmental protection measures, improvement of services, expansion of catering, trade and household services, recreation and entertainment. In ancient Greece and Rome, early multifunctional structures were developed (agora, community center, thermae - baths that included libraries, public meetings, dining rooms, lecture halls, etc.) During the Middle Ages, such public centers lost their importance due to religious spheres of life, and private buildings became places of communication and socializing. After the Industrial Revolution, there was an active formation of urban public centers, public complexes with various functions (passages, galleries, meetings, shopping and residential complexes, business centers, etc.) It is important to note that such large structures are becoming dominant in the structure of cities, and the design of multifunctional architectural objects is becoming a priority [1].

Conducting a detailed analysis of the historical formation of this type of structure, it can be argued that the factors that led to the emergence of modern water recreational complexes are: religious, natural, social, urban, technological progress, cultural, economic, communication, recreational. It can also be said that the historical basis of modern hydraulic structures is the culture of water procedures and rituals that arose in ancient times and spread in Mesopotamia, Egypt, Greece, and the Roman Empire. The Roman physician Archigen (first century AD) is credited with the first classification of mineral waters. In the 15th century, the Italian monk G. Savonarola published a treatise on Italian mineral waters containing instructions on how to use mineral baths.

In the sixteenth century, the Italian physician G. Fallopius published his lectures "Seven Books on Warm Waters" in which he tried to find out the chemical composition of mineral waters. The beginning of scientific balneology in the XVII-XVIII centuries was laid by the German scientist F. Hoffmann, who first established the chemical composition of mineral waters and the presence of salts of carbonic acid, sodium chloride, magnesium sulfate, etc. In 1822, the Swedish chemist I.J. Berzelius made precise chemical analyzes of mineral springs in Karlovy Vary (Karlsbad) and developed scientific methods for determining the composition of mineral waters. Over time, due to the development of natural sciences and medicine, balneology began to develop rapidly and turned into a large field of theoretical and practical medicine. Today, as before, medical and health tourism is closely related to balneology, and accordingly, the types of tours depend on the type of resorts.

The basis for the classification of resorts is its leading natural healing factor. Accordingly, resorts are divided into balneotherapy, mud and climate resorts. If resorts have several resort factors, they are considered climate-balneotherapeutic, balneo-mud, climate-mud, climate-balneo-mud, etc. Ukraine has a powerful natural resource complex based on land and mineral resources. The level of water and recreational resources in the country is quite high. The structure of Ukraine's recreational resources includes two components: natural and socio-economic. Ukraine has a variety of natural recreational resources (climatic, biological, hydrological, landscape, mineral water sources, therapeutic mud, etc.). The total area of lands suitable for recreational use is 9.4 million hectares (or 15.6% of the country's territory), including 7.1% of flat recreational landscapes and 2.3 mountainous landscapes (1.9 in the Carpathians and 0.4 in Crimea). About 7.8 million hectares are classified as conditionally suitable for recreation. Almost 10% of all forests in the state forest fund are of recreational value. The Crimean peninsula occupies a special place in the system of recreational use of the territory of Ukraine. The average annual duration of a favorable period for recreation here is 175-190 days, and the comfortable period is 65-80 days. The lands of nature reserves and national parks can be used for recreation, and their number is growing in Ukraine. Mineral healing waters of various compositions have been found in almost all regions of Ukraine, but the largest number of sources is concentrated in the western part. In particular, in the Zakarpattia region.

Many mineral water springs have been explored in Luhansk, Dnipro, Poltava, and Rivne regions, and there are also open sources in Ivano-Frankivsk, Kharkiv, Zhytomyr, Vinnytsia, Khmelnytsky, Kyiv, Cherkasy, Donetsk, and Zaporizhzhia regions. Ukraine has quite significant reserves of therapeutic mud, which are concentrated mainly in the southern and northwestern regions. The oldest resorts in Ukraine, such as Berdiansk, Yevpatoria, Kuyalnyk, and others, operate on the basis of mud deposits [2]. In addition to medical resorts, there are sports and recreation resorts. For example, seaside climate resorts attract much more people for active recreation than for treatment. Seaside resorts of former socialist countries are mainly focused on medical treatment, while in other countries of the world seaside medical resorts are rare. Ski resorts are even more sports oriented. Health tourism also includes trips to national medicine centers.

The most popular are centers of oriental, especially Tibetan, medicine (China, India), centers of oriental massage (China, Thailand), and recently trips to bloodless operations to Filipino specialists have become fashionable. In America and Western Europe, the word "spa" is added to a place name to denote a place with special healing properties, and in Eastern Europe and Ukraine, it is most often "resort." The origin of this or that word, oddly enough, is connected with the small Belgian town of Spa, nestled in the foothills of the picturesque Ardennes. In the Middle Ages, the town of Espa (Latin for fountain) became famous for its healing waters. The abbreviation of the phrase SPA gave the name to the entire wellness area. Today, the fashionable word "spa" is used to describe resorts, new medical technologies, wellness and cosmetology centers - in short, anything that uses water and other natural factors to promote beauty and health: light and heat therapy, aroma therapy, and the enchanting sounds of nature.

A tourist and recreational complex is a complex that unites a system of tourist and recreational facilities, infrastructure enterprises and other industries that have close production and economic ties and share resources to meet various health, educational, cultural and other needs of the population.

The resort and recreational system includes: a specific location of recreation, i.e. territorial and recreational space represented by objects of natural resource potential; tangible and intangible factors of production; enterprises producing recreational services; market intermediaries ensuring the complexity of services and the efficiency of the system; consumers of resort and recreational services; factors and forces of the external environment affecting the system.

Types of recreational complexes: tourist; sanatorium and resort; health and recreation; cultural and recreational; etc.

Types and functional structure of recreational service facilities.

A resort is an area that has natural healing factors and the necessary conditions for their use for therapeutic and prophylactic purposes; a health resort is a natural area with mineral and thermal waters, therapeutic mud, ozokerite, climatic and other natural conditions favorable for treatment, medical rehabilitation and disease prevention.

Classification of resorts: 1. By treatment. 2. By value. 3. By geographical location. 4. By medical profile. 5. By functional use. 6. By departmental subordination. 7. By capacity. 8. By age composition. 9. By the duration of operation. 10. By the nature of the health effects. 11. By the recreational mode. 12. In relation to the settlement system.

The basic element of a resort is a health facility. The following types of facilities exist in Ukraine: Sanatorium. Boarding house with treatment. Sanatorium-preventorium. Resort clinic. Balneological hospital. Rest house. Boarding house. Recreation center. Recreation camp. Children's health camp. Tourist base. Preventorium. Camping. Hotel (motel, hotel, aquitel, hotel, motel, flytel, etc.).

In other countries, there are other classifications of health and recreation facilities. The most common type of recreational facility in the world is a resort hotel (fig. 1, fig. 2).

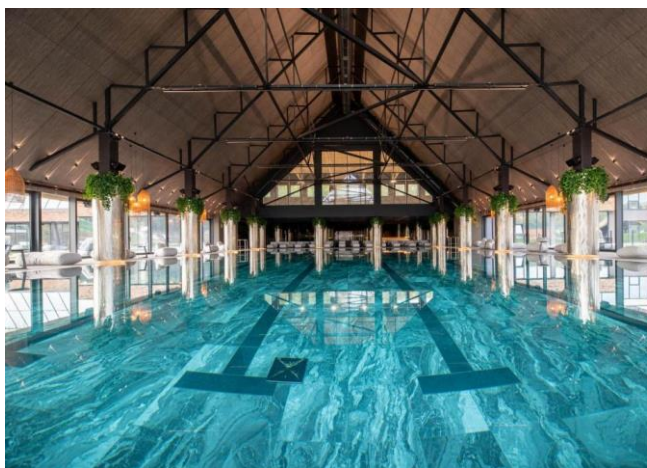


Fig. 1. Emily Resort hotel in Ukraine.  
Lviv. Photo of the Wellness & Spa area.



Fig. 2. Model of the layout plan of the hotel  
of the Emily Resort hotel complex. Lviv.  
Ukraine

The modern market includes spa resorts, centers and clinics. Spas are a knowledge-intensive business, so, in addition to equipment and other things, one of the main requirements is highly professional staff with a higher education in methodology. The main consumer motive of the clientele of these facilities is the desire to relax and relieve stress, but there is a tendency to turn to those spas that provide a holistic approach to health. The peculiarity is that it is not a service that is offered, but its result. For this purpose, programs or packages of services are created, since the use of only a single or one-time service is often not enough to achieve a specific result.



Wellness centers are preventive sports, health and wellness facilities that provide services in the areas of physical culture, recreational activities, medicine, cosmetology and healthy eating. The first wellness center, The Wellness Resource Center, was opened in 1975 in Mill Valley, California, USA, and included four functional blocks: medical, wellness, sports and healthy food. In 1976, Pit's Wellness Club added a fifth functional cosmetic block to the original functional structure, which includes a hairdressing salon, beauty studio and nail service. Thus, the composition of the main functional blocks was formed and fixed, in which the facility can be considered a wellness center. Later, additional functional blocks were added to the basic ones: retail, hotel, exhibition and communication (fig. 3, fig. 4).



Fig. 3. Fragment of the master plan of the location of the Emily Resort hotel complex. Lviv. Ukraine

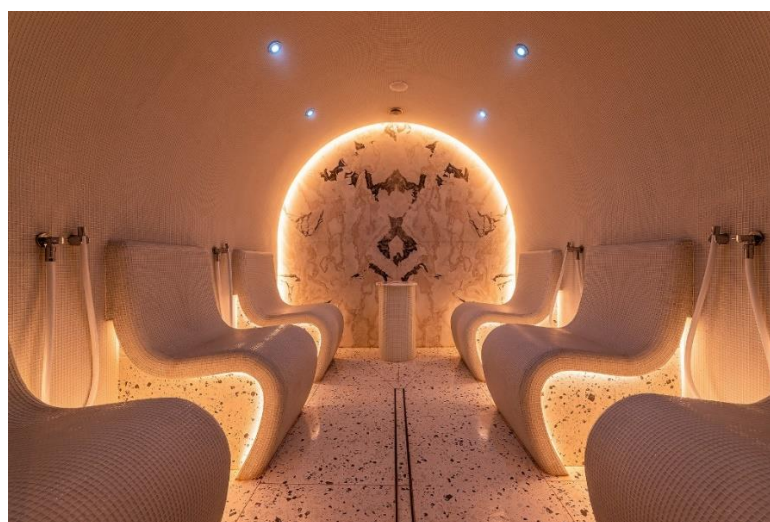


Fig. 4. Hammam Wellness & Spa area in the hotel complex Emily Resort.Ukraine. Lviv.

Emily Resort is a new modern multifunctional complex for recreation, entertainment, sports and health improvement for the whole family all year round. The complex's functions include the widest possible range of services and recreational opportunities. Considering only the Wellness&Spa area of this complex, the following services are available: 12 saunas and steam rooms, 4 swimming pools for adults and children, jacuzzi and vats on the terrace, a private beach, an ultra-modern gym, cozy lounge areas, massage rooms, and a phyto-bar (fig. 5, fig. 6).

This hotel complex was designed as the largest event hall in Ukraine with an area of 1500 square meters and 200 seats, a hotel with 166 rooms, parking for 560 cars, 8 football fields, a sleeping building, a medical rehabilitation center, a spa center, a gym, a swimming pool with a hydropark, a food unit, laboratories for sports science and medicine. In addition, there is a hall for game sports, martial arts, gymnastics, acrobatics, aerobics, etc

The complex is located on the shore of Vynnyky Lake, a pond on the Marunka River, near the eastern outskirts of Lviv, in the western part of Vynnyky (hence the name). The lake is located on the territory of the Vynnyky Forest Park, part of which is considered to be the territory of Lviv (Lychakivskyi district of the city). The lake is flowing, which contributes to the self-purification of water. The lake is 440 m long, 200 m wide, with a total area of 6.2 hectares and a depth of 5 m near the dams. The width of the beach area is up to 50 m, and the recreation area itself covers an area of 17.3 hectares. The water in the lake is yellowish in color because the streams that feed it flow through clay rocks rich in iron. This gives the water not only its characteristic color but also its healing properties.

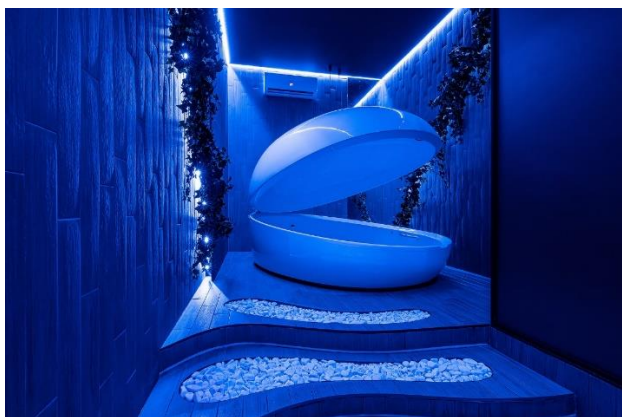


Fig. 5. Spa area in the Emily Resort hotel complex. Lviv. Ukraine



Fig. 6. Ski lift in the Emily Resort hotel complex. Lviv. Ukraine..

In addition to water and recreational services, the presence of three ski slopes plays an important role in the hotel complex's specifics. Although this part of the service is available only in winter, it is an important criterion for many vacationers when choosing a vacation destination

**Conclusions.** In the structure of the modern city, everyday recreation is carried out in complex multifunctional buildings, in recreational complexes and recreational centers. Multifunctional recreational complexes are located in the planning structure of the city. Such recreational complexes include open spaces of gardens and squares and public open spaces: exhibition, memorial, spectacular, decorative, advertising and information, and attraction spaces. Architectural and spatial techniques for the placement of multifunctional recreational complexes are built according to the zonal or infrastructural principle.

The zonal principle is associated with the organization of recreation areas in the city center, in large residential areas and in the peripheral areas of the city. The infrastructural principle determines the location of recreational facilities and recreation areas along transport routes, forming radial-beam, circular and linear planning structures of recreational space. The environmental needs of today also dictate new directions in the design of recreational spaces. The modern development of architecture and construction, intensive development of natural resources, the formation of a developed infrastructure and the development of polyfunctional architecture lead to the transformation, integration and improvement of the formation of recreational areas in the urban environment [4].

The principles of formation of water and recreation complexes in Ukraine may include the following aspects. Variety of services: complexes should offer a wide range of services to attract as many customers as possible. For example, these can be swimming pools of different depths and temperatures, hydro-massage baths, saunas, baths, fitness centers, etc.

Environmental safety: complexes should be as environmentally friendly as possible. Water should meet quality standards, and buildings and grounds should be equipped with modern water and air purification systems.

Attractive design: the complexes should be attractive to visitors, which is ensured by the modern design of buildings and territories.

Convenient location: the complexes should be located in convenient locations that are easily accessible to visitors. For example, it can be city parks or the sea coast, or Kuyalnik. The complexes should employ qualified staff who will be attentive to customers and provide them with quality service. Prices for services in the complexes should be affordable and accessible to a wide audience to attract as many visitors as possible.

In general, the development of water and recreation complexes in Odesa, Odesa region and Ukraine as a whole should be based on the needs and wishes of visitors to provide them with the

most comfortable conditions for recreation and health recovery.

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### ОСОБЛИВОСТІ ТА ТИПИ ВОДНИХ ОЗДОРОВЧО-РЕКРЕАЦІЙНИХ КОМПЛЕКСІВ В УКРАЇНІ

**Г.В. Бєлоусова,**

belousovadesign@gmail.com, ORCID: 0000-0003-1635-8317

**О.Б. Василенко,**

vasylenko@ogasa.org.ua , ORCID: 0000-0002-8261-3104

*Одеська державна академія будівництва та архітектури, Україна*

**Анотація.** Сьогодні увага до здоров'я стала не просто турботою про своє майбутнє, але й стилем життя. Здоровим, спортивним, струнким, красивим та радісним, живучі в гармонії з навколишнім світом хоче бути кожен. Способів тримати себе у формі достатньо: багато хто бігає зранку, ходить у фітнес-центр, стежить за дієтою і бореться зі шкідливими звичками. Технології та обладнання в сфері краси постійно вдосконалюються, а на базі загального захоплення здоров'ям виникли цілі індустрії, одна з яких - wellness. Нині в світі сформоване прагнення до природних методів лікування і збереження здоров'я. Ідея відпочинку як можливість природного оздоровлення прекрасно підходить до стереотипів і потреб людей. Все більше бажаючих поєднати відпочинок з оздоровленням і доглядом за зовнішністю, тому тема будівництва водних оздоровчо-рекреаційних закладів сьогодні актуальна не тільки для фахівців індустрії краси та здоров'я, а й для тих хто займається інвестиціями, будівництвом, експлуатацією та управлінням готелями. В цьому питанні важливу роль відіграє правильно вибране місце для будівництва санаторіїв та курортів. Красиві пейзажі, чисте повітря і цілющі мінеральні води роблять бальнеологічні курорти прекрасним місцем для відпустки. Приємний безтурботний відпочинок там можна поєднати з корисними для здоров'я процедурами.

**Ключові слова:** рекреаційні комплекси, курорт, готель, оздоровлення, інтер'єр, санаторій, туризм, курорт, архітектура, оздоровлення, wellness, спа.