

**A SPACE FOR RECOVERY,
SELF-CARE, AND A RETURN
TO INNER PEACE**



**Time for balance –
Health tourism of
Zagreb County**

HEALTH AS BALANCE

Health is not just the absence of disease. Health is a state of balance – of body, mind, and the environment in which we spend time.

Zagreb County offers an environment that naturally encourages recovery: silence, greenery, and time for oneself, le remaining close to urban centres and healthcare facilities.

Health tourism here does not mean isolation, but a feeling of safety, accessibility, and care.

Without excessive promises. In a rhythm that suits everyone.



NATURAL RESOURCES AND TRADITION OF RECOVERY



NAFTALAN NATURAL HEALTH RESORT - A UNIQUE NATURAL SPECIALTY

Ivanić-Grad is one of the rare places in Europe known for naftalan, a natural healing substance that has been used in medical practice for decades.

Naftalan developed at the junction of natural resources, professional medical care, and years of experience in therapeutic work.

Naftalan is the foundation of Zagreb County's recognition in the field of health tourism.

REHABILITATION AND PROFESSIONAL CARE IN A NATURAL ENVIRONMENT

Zagreb County has a long tradition of rehabilitation and long-term recovery, in facilities located in a peaceful, green environment.

The special value of this approach lies in the combination of:

- professional healthcare
- long-term stay
- natural environment that encourages calming and stability

Here, recovery does not happen in a hurry, but gradually and carefully.



WELLNESS AND PREVENTION

Health tourism today increasingly includes prevention, regeneration, and health preservation.

WELLNESS FOR HEALTH

Wellness facilities in Zagreb County are designed as a complement to health tourism – not as a spectacle, but as a space of silence and relaxation.

The offer includes:

- relaxing treatments
- pools and saunas
- relaxation and regeneration programs
- beauty and aesthetic programs

The emphasis is on the feeling of balance, not on luxury.

NATURE AS THE FOUNDATION OF WELL-BEING

Staying in nature is an important part of the health experience.

Forests, parks, and open landscapes of Zagreb County provide space for:

- walks and light movement
- spending time on the fresh air
- silence and mental rest

Nature here is not an additional service – it is the foundation.



MOVEMENT AS HEALTH SUPPORT

Light movement is part of the daily routine of recovery and prevention.

Zagreb County offers:

- maintained parks and promenades
- gentle walking trails
- opportunities to spend time outdoors, suitable for all age groups

Movement here does not exhaust, but stabilizes and strengthens.



FOR DIFFERENT NEEDS

Health tourism in Zagreb County is intended for a wide range of visitors:

- people in the recovery phase
- elderly people
- visitors who want to take preventive care of their health
- companions and family members of patients

The proximity of Zagreb additionally ensures a sense of accessibility and safety, with a simultaneous stay in a calmer environment.



SUSTAINABLE AND RESPONSIBLE APPROACH

A space that heals with silence,
an environment that provides safety...

Time for balance begins here.

www.visitzagrebcounty.hr

**See you - where caring for one's health becomes a natural
part of the stay.**

