

世界温泉与气候养生重庆共识

World Thermalism Hydrotherapy & Clmatohterapy

Chongqing Consensus

October 16th, 2018

Chongqing, China

2018年10月16日，在重庆市人民政府大力支持下，由世界温泉与气候养生联合会（FEMTEC）、中国旅游协会温泉旅游分会（CHTA）、重庆市旅游发展委员会、重庆市气象局、重庆市北碚区人民政府、重庆市温泉旅游行业协会共同发起，来自中国、意大利、俄罗斯、日本、匈牙利、瑞士和波兰的有关温泉与气候养生的专家、学者、企业家、媒体和相关从业者集聚重庆市北碚区，共同举办中国首届温泉与气候养生旅游国际研讨会，达成如下共识：

With the vigorous support of Chongqing Municipal People's Government, the First International Symposium on Hydrotherapy and Clmatohterapy Tourism in China is held on October 16 of 2018, which is jointly launched by World Federation of Hydrotherapy and Clmatohterapy (hereinafter referred to as "FEMTEC"), China Hot Spring Tourism Association (hereinafter referred to as "CHTA"), Chongqing Tourism Development Committee, Chongqing Meteorological Administration, Beibei District People's Government of Chongqing City and Chongqing Hot Spring Tour Association and attracts many hot-spring and climatotherapy experts, scholars, entrepreneurs, media and relevant practitioners from China, Italy, Russia, Japan, Hungary, Switzerland and Poland to gather together in the Beibei District of Chongqing City. The following consensuses are reached on the Symposium:

一、 温泉是一种遍及全球各地的世界性资源。温泉乃大自然对人类的慷慨馈赠，弥足珍贵。温泉既是一种水利资源、热能资源和矿产资源，更是一种

健康资源。让我们一起全球协作、感恩温泉、竭尽全力照护温泉，使之源远流长、永续造福人类。

1. Hot springs are an international resource that is spread all over the world. Hot springs are a precious and generous gift provided by the Nature to human beings. Hot springs are not only a kind of water resources, thermal energy resources and mineral resources,, but also one type of health resources. Let us express our gratitude to hot springs and collaborate with each other to vehemently protect hot springs. Therefore, hot springs will be utilized for a longer time and benefit the mankind in a sustainable manner.

二、 自古以来，人类与温泉就结下了不解之缘。如今，世界上有一百多个国家和地区的人民在以各种方式保护和利用温泉资源。人类在探索温泉、认识温泉、崇尚温泉和利用温泉的持续过程中，逐渐发展出东方与西方两大主流温泉文化体系以及其他不同特色的区域和国家温泉文化体系。毋庸置疑，世界温泉文化的共同属性与核心价值就是健康。

2. Since the ancient time, human beings have forged an indissoluble bound with hot springs. Nowadays, there are many people from over 100 countries and regions protecting and utilizing hot-spring resources in various manners. During the continuous processes of exploring, recognizing, advocating and utilizing hot springs, the mankind has gradually established Oriental and Western mainstream hot-spring cultural systems and regional & national hot-spring cultural systems with different features. Undoubtedly, health is the common property and the core value of the World Thermalism Culture.

人类两千多年来利用温泉的实验和实践证明，科学并恰当地利用温泉资源并结合气候疗法等自然疗法，可以促进健康、预防疾病，甚至可以起到辅助治疗部分慢性病并显著增强康复的效果。因此，世界卫生组织（WHO）在其于2013年在中国澳门发表的《世卫组织2014-2023传统医学发展战略》中明确

把温泉作为一种传统医学/补充医学 (T&C) 进行推荐。作为坚信温泉健康价值的温泉人，我们愿意为利用温泉来促进人类健康的宏伟事业而不懈努力。

According to experiments and practices of utilizing hot springs in over 2,000 years, a scientific and appropriate utilization of hot-spring resources, which is combined with climatotherapy and other naturopathy, can promote health, prevent diseases and even provide auxiliary treatments for some chronic diseases. Besides, such diseases later demonstrate an obviously enhancing recovery effect. Therefore, the World Health Organization (WHO) specifically recommends hot springs as one kind of Traditional & Complementary medicines (T&C) in the *WHO Traditional Medicine Strategy:2014-2023* published at Macao of China in 2013. Firmly believing in the health value of hot springs, we are willing to make unremitting efforts to promote human beings' health through hot springs.

三、自 14 世纪以来，温泉疗法(Balneotherapy)作为一种医疗资源逐渐在欧洲得到了持续发展和广泛运用。19 世纪和 20 世纪初，欧洲的温泉医学发展达到了一个鼎盛时期，基于温泉疗法以健康为核心价值的温泉主义 (Thermalism) 概念获得广泛传播和践行。最近 20 年来，以观光休闲为特征的温泉旅游在中国得到迅猛发展，取得了举世瞩目的成就。中国温泉旅游已经崛起为世界温泉界的一支生力军。2009 年以来，中国旅游协会温泉旅游分会作为世温联的副主席成员国，与世温联紧密合作，在中国坚持不懈地推广和践行温泉主义，开创了温泉康养旅游的新时代。世温联与中温协一致认为，在遵循温泉主义的基础上，将源自欧洲的温泉水疗与气候疗养生同包括中医在内的东方自然疗法相结合，并融入蓬勃兴起的温泉康养旅游，必将为温泉主义注入全新的内容和澎湃的活力，将温泉主义推向一个前所未有的高潮。

3. As one kind of medical resources, the (Balneotherapy) has gradually experienced continuous developments and extensive applications in Europe since the

14th Century. As the development of Thermal Medicine in Europe reached a peak in the 19th Century and at the beginning of the 20th Century, the definition of Thermalism that is based on the Balneotherapy with health as its core value was widely spread and practiced. Recent 20 years have witnessed rapid developments of and remarkable achievements by hot-spring tours featuring sightseeing and leisure in China. China's hot-spring tourism has emerged as a potential sector among the global hot-spring circle. As one vice-chairman member country of FEMTEC since 2009, the China Hot Springs Tourism Association has closely cooperated with FEMTEC and persistently popularized & implemented the Thermalism in China, thus China's new era of hot-spring health tourism being created. FEMTEC and China Hot Springs Tourism Association agree that, on the basis of the Thermalism, the combination between Hydrotherapy & Climatohterapy originating from the Europe and Oriental naturopathy involving traditional Chinese medicines is integrated to flourishing hot-spring health tours, which will inevitably add totally new contents and inject the immense vitality into the Thermalism and drive the Thermalism towards an unprecedented climax.

四、 人类所处的地理环境和气候环境与人类的生存和发展息息相关。气候甚至于决定人类的命运。数千年来，无论是东方还是西方，都发展出来了利用气候和地理环境来防治疾病、增进人类身心健康的方法和体系，例如起源于欧洲的气候疗法、地形疗法、海洋疗法和环境医学；起源于日本的“汤治”文化；以及起源于中国的风水，中医与道医中的天文医学（astronomical medicine）、四季养生及二十四节气养生等。

4. Geological and climate environments where people live are closely bound up with human beings' survivals and developments. Climates can even determine human beings' fates. For thousands of years, both the Oriental and the Western have developed methods and systems of preventing diseases and strengthening human beings' health through climate and geological environments, such as climatotherapy, terrain therapy, thalassotherapy and environmental medicines originating from the

Europe; the “Hot-Spring Cure” Culture originating from Japan; Fengshui, astronomical medicines in traditional Chinese medicines and Dao medicines, and Four-season & 24-Solar-Term Well-beings originating from China.

起源于欧洲，繁盛于日本和东亚各国的森林浴、森林疗养和森林医学，是人类利用有利的自然环境和生态系统来促进自身健康的最新成就。我们相信，在温泉水疗与气候疗法、森林疗养等传统疗法和补充疗法有机结合、合理搭配的情况下，温泉对人类健康的促进作用将会更加有效。

Originating from the Europe and flourishing in Japan and east Asian countries, forest bathing, forest recuperation and forest medicines are the latest achievements of promoting human beings' health through advantageous natural environments and ecological systems. We believe that hot springs will exert a more effective effect on promoting human beings' health based on an organic combination and a reasonable collocation of traditional and complementary therapies, such as the thermalism hydrotherapy & climatohterapy and forest recuperation.

五、当前世界医学已经发展到了一个整合医学的新时代。我们愿意遵循世界卫生组织关于健康的定义，响应“人人享有健康”的号召，聚焦于关注人的身心灵与社会交往的全面健康，以发展温泉与气候养身旅游来促进人类健康。

5. The contemporary medicine in the world has entered into an integrative medicine era. We are willing to abide by the definition of health given by WHO, respond to the call of “Each Person Enjoys Health”, focus on the comprehensive health of human beings' hearts and social interactions and promote the health of the mankind by developing the hot-spring and climatohterapy tourism.

我们认为，以中医“治未病”为代表的古老的传统医学智慧启迪了现代预防医学的发展。我们倡导个人应该采取更加负责任和积极主动的健康行为，利用温泉与气候养生，践行以预防为主的健康生活方式，共同创造一个惠及全球的健康乐活的和谐社会。

We think that ancient and traditional medicine wisdom represented by “preventive treatment of diseases” of traditional Chinese medicines enlightens the development of modern preventive medicines. We advocate that individuals should adopt more responsible, active, subjective and healthy behaviors, carry out prevention-oriented healthy living manners through hot springs & climatohterapy and jointly create a healthy and harmonious society that benefiting the whole world.

六、 我们认识到：重庆拥有极其丰富的温泉资源、优美的自然风光、悠久的历史、强大的市场辐射力、多样的气候类型、优越的地理位置以及通达全球的立体交通体系，是发展“世界一流温泉旅游城市和温泉疗养胜地”理想之地。

6. We recognize that Chongqing is the ideal choice to build a “world-class hot-spring tourist city and Thermalism Hydrotherapy resort”, due to its extremely abundant hot-spring resources, beautiful natural landscapes, time-honored histories and cultures, strong market radiations, diversified climates, advantageous geological locations and three-dimensional transportation systems approaching to the whole world.

距今 1595 年前的南北朝时期的宋景平元年（公元 423 年），佛教高僧慈应率众在重庆缙云山下的嘉陵江温汤峡西岸（今重庆市北碚区的北温泉）的温泉泉群旁创建了温泉寺，开启了重庆温泉养生的历史。将近 1600 年的温泉发展史，重庆温泉从一点扩展到全市，形成了“五方十泉”、“一圈百泉”、“两翼多泉”格局，2012 年，“世温联”授予重庆“世界温泉之都”的称号，极大地推进了重庆温泉旅游产业的发展。凭借独特的立体气候优势，温泉与气候养生日益相生相容，催生了一大批旅游度假区和气候养身集群，遍布重庆全域。

In the first year of Song Jingping (A.D. 423) during the Southern and Northern Dynasties, the Buddhist monk Ci Ying led to build the Hot Spring Temple beside hot-spring groups (Northern Hot Spring at the Beibei District of Chongqing City) at

the western direction of Wentang Gorge, Jialing River, Jinyun Mountain, Chongqing, who created the history of Chongqing's hot-spring health. Based on its hot-spring development history of nearly 1,600 years, Chongqing has formed a hot-spring layout of "Ten Hot Springs in Five Directions", "Hundreds of Hot Springs in One Circle" and "Many Hot Springs in Two Directions", expanding the sphere of hot springs from one point to the whole city. In 2012, Chongqing was awarded the title of "The Capital of World Hot-Springs" by FEMTEC, which greatly promoted the development of the hot-spring tour industry in Chongqing. By virtue of unique three-dimensional climate advantages, hot springs are increasingly compatible with climatohterapy, which generates a large number of tourist resorts and climatohterapy clusters across Chongqing.

基于此，我们认为，通过我们的共同努力、集聚全球资源，在重庆建立一个具有全球性示范意义的、温泉与气候养生有机结合、温泉与文化旅游融合发展的面向未来的温泉产业集群基地——“温泉谷”---对于世界温泉产业的发展具有里程碑意义。

We think that, by virtue of mutual efforts and global accumulated resources, it's of ground-breaking significance for the development of the world hot-spring industry to establish one hot-spring industry cluster base -"Hotspring Valley"- that bears international demonstration significance, a combination between hot springs and climatohterapy and an integrated development of hot springs and cultural tours and that is open to the future.

七、 我们确信，作为“世界温泉之都”，重庆将在东西方温泉之间发挥特殊交流、合作与融合发展的桥梁作用，并肩负着引领全球温泉创新发展的使命和示范的责任。

我们将全力支持重庆、寄望重庆发展为东西方温泉文化交融、温泉旅游与健康复合发展的国际典范。

在重庆，全球温泉人相遇、相知并携手发展。让我们以世界温泉与气候养生的名义，从重庆出发，携手共进，走向亚太，走向全世界，为全人类的健康和福祉做出新的更大的贡献。

7. We firmly believe that, as “the Capital of World Hot Springs”, Chongqing will act as a bridge between Oriental and Western hot-spring circles to promote specific exchanges & cooperation and integrated developments and undertake both the mission of leading innovative developments of global hot springs and the exemplary responsibility.

We will spare no efforts to support and expect Chongqing to become an international model with the integration of Oriental and Western hot-spring cultures and the compounding development of hot-spring tours & well-beings.

People engaged in the global hot-spring industry meet, know and cooperate with each other in Chongqing. In the name of World Thermalism Hydrotherapy & Climatohterapy, let us start in Chongqing and jointly exploit markets of Asia-Pacific regions and the whole world, making newer and greater contributions to all human beings' health and welfare.

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