

# "KHAN KHUJIRT" MED WELLNESS RESORT WITH INTERNATIONAL STANDARDS

Khan Khujirt med wellness resort is located in Khujirt sum, Uvurkhangai province, 390 kilometers from Ulaanbaatar city, surrounded by unique natural formation of mountain ranges. The resort provides spa and mud combined therapies, treatments, hotel accommodation and travel services.

The team of Khan Khujirt resort center offers customers comfortable accommodation, excursion to historical sights, spa and mud therapies as well as additional treatments specifically suited for each and every customers' time and need.

We provide international service quality, utilized with modern technologies, present the best design solutions, complies with several quality standards. The spa and wellness resort we established becomes not only the model standard across the country but also contributes to the developments of tourism sector and grows into one of the favorite destinations for domestic and international tourists.





# KHAN KHUJIRT

MED WELLNESS RESORT



## INFRASTRUCTURE

Khan Khujirt med wellness resort is connected to Ulaanbaatar city by 390km paved road and operational for all year round. To protect the privacy of our guests we installed 24/7 surveillance cameras throughout the resort as well as fire alarm and extinguisher system. Resort has emergency back-up power generator and waste water treatment system.



## HOTEL

Apart from our treatments and therapies at Khan Khujirt med wellness resort, you may rest and relax at our hotel. The hotel has totally 121 rooms and the capacity of receiving 250 guests at once. Room sizes are 20.48 m<sup>2</sup> – 55.52 m<sup>2</sup> with selections of standard, superior, junior suite, suite, family, presidential suit and disabled-friendly rooms.

Hotel rooms are equipped with internet, multiple channel television, water boiler, mini bar, telephone, soft and cozy bed, and convenient bathrooms for your comfort. An implantation of databased program contains booking, feedback and service history of our clients to provide a fast services shows that Khan Khujirt med wellness resort provides service on all levels with respect to the rights of the customers.

Also the therapy rooms are fully equipped with emergency system, therefore, in case of emergency, our team is able to give first aid assistance immediately.

## STANDARD ROOM



At our resort, we have 71 standard rooms with 2 single beds and private bathroom.

## SUPERIOR ROOM



Superior rooms are sized between 22 - 53m<sup>2</sup> with 2 single beds, private bathroom with shower.

## JUNIOR SUITE ROOM



Junior suite rooms are sized between 23 - 55m<sup>2</sup> with 2 double beds and living space, private bathroom with sofa, arm chair and private bathroom.

## SUITE ROOM



Suite room with the size of 43 - 47m<sup>2</sup>, has 2 double beds, living area with sofa and arm chair and private bathroom.

## FAMILY SUITE ROOM



Our family suite rooms have queen size bed and 1 crib, living area with plenty of space to put extra bed.

## DISABLED-FRIENDLY ROOM



Our resort is disabled-friendly by international standard with wheelchair access, wider doorways, walk in and roll in shower and equipped with 2 single beds and furnished in a way that gives an extra turning surface.



## SPA & THERAPY

Khan Khujirt med wellness resort offers all types of treatments and therapies allowed by Health Law of Mongolia as well as additional treatments depending on customer's physical conditions, such as hot spring, mud wrap, physical treatment, traditional treatment, physiotherapy, yoga, examination and diagnostics of specialized physician, proper planning of treatments and services as well as acupuncture, partial or full body massage, cupping therapy, detox therapy based on customer's choice.

Also in order to provide full safety and comfort for our customers, the treatment rooms are equipped for single and couple customers.

*We are part of the earth,  
The earth is part of us*

### KHUJIRT SOUM, WELL-KNOWN BY ITS SPRINGS

Depending on its components of nutrient minerals, springs are differentiated by healing from inside drinkable for healing certain organs or healing from outside otherwise mud wraps for healing certain injuries.

Khujirt spring heals the most common diseases among population such as nervous system, kidney, urinary system, bone, muscle and connective tissue disease.

Khujirt hot springs is +48C to +56C hot water emerges from 120 meters depth and comprises of weakened radon, hydrocarbonate, sodium carbonate, low levels of mineralization (0.5 g/l) and alkalinity (PH-8.5).

### MUD THERAPY

Khujirt Hot spring's therapeutic mud is rich in essential elements for nervous and organ systems of human body. For instance, the sulfur mud contains mixture of humic substances and plant remains which has low acidic environment of hydro carbonate - chloride - sodium - potassium, medium mineralization and weak odour of hydro sulfuric.

Therefore, mineral water and mud combined therapy nourishes human body with vitamins, minerals, increase metabolism, maintain normal nerve and organ functions, treat microelement deficiency, cure and prevent illnesses.

## BALNEOTHERAPY



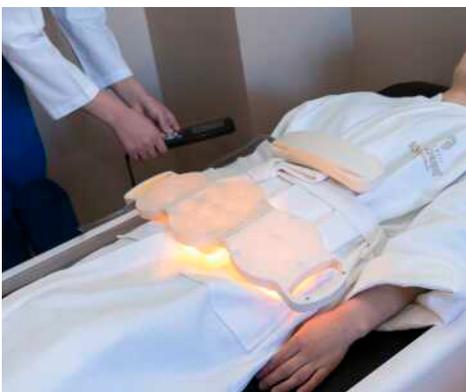
Natural hot water emerges from the depth of ground with the temperature of +55C to +60C degrees and is not drinkable due to its sulfur. The minerals are only absorbed through skin by using our special bath treatment.

## MUD THERAPY



Natural organic mud is heated to an appropriate temperature, and enriched with springs, then the springs and mud mixture transfers micro-elements to cure illness. Treatment is carried out by applying the mud to the body and cover it with a special blanket which heats up to an appropriate temperature to keep the warmth.

## PHYSICAL THERAPY



Radiotherapy and electric stimulation are combined with spa and mud therapy which is conducted with modern equipment of BTL, German brand. This treatment is forbidden for people allergic to radiation and have metallic compartments in their bodies (sprig, metal, joint connector).

## IONIC DETOX THERAPY



An ionic detox foot bath is a natural method of assisting the body by eliminating harmful toxins and heavy metals, benefits of ionic detox therapy's are liver, kidney and parasite cleansing, reducing inflammation as well as enhancing the immune system.

## SALT CAVE



The negatively charged ions in salt improve our health and mood. Inhaling particles may reduce inflammation and mucus in the lungs, improving respiratory conditions such as asthma, allergies, bronchitis and sinus.

## PARAFFIN & PARAFANGO THERAPY



Paraffin treatment uses warm oil-based wax that soothes chronic joint pain and relaxes stiff muscles and improves blood flow to the treated area. Parafango is mixture of paraffin wax and dehydrated mud. Warm parafango stimulates lymphatic flow and draws out toxins from around fat cells, resulting immediate noticeable results.



## MOTION THERAPY



Beneficial for greater ease and range of movement, prevention of injuries, pain relief of neurological, spinal and respiratory disorders.

## INSOMNIA TREATMENT



Sleep is naturally recurring state of mind and body. Therefore, we will use non-medical methods to help improve relaxation and sleep, such as stimulus control therapy, relaxation techniques and behavioural interventions.

## SPA



To give a truly enjoyable experience for our customers, we use skin care products of world renowned German brand "JANSSEN COSMETICS" at our "Peace Lily" spa salon.

## SHARKO SHOWER



Sharko—power shower is the treatment of neurological diseases and disorders of the musculoskeletal system, as well as overall vitality, hardening and strengthening the immune system.

## GALVANIC BATH



A galvanic bath uses the components of water and gentle electrical current. You lie in a 34 degree celsius bath, electricit is then passed through your body.

Galvanic bath's are mostly used in the treatment of degenerative diseases such as in flammatory arthritis and problems with the joints.

## PRESSURIZED HOT SPRING ORAL MASSAGE



By massaging the oral cavity - teeth, gum and tonsil with pressurized hot spring, it reduces and treats tonsillitis. Also, prevents dental diseases and gives much needed natural minerals for the oral cavity.





## SERVICES

To reach our customers needs and to be accessible for all family members, we strive to provide various types of additional services such as kid's play room, dance hall, reading room, mini cinema, fitness and coffee shop.



## RESTAURANT

High quality buffet restaurant serves Mongolian, European, vegetarian, children's and therapeutic cuisine foods, prepared by master chefs.



## DEER MOUNT CONFERENCE HALL



Modern and equipped, our conference hall and meeting rooms have capacity of 10-100 people are available for conferences, residential seminars, meetings, symposium and your professional activities. They are also available for events such as weddings and birthdays.

## ONYX MEETING ROOM



## MINI CINEMA



A mini cinema with capacity of 24 people.

## READING ROOM



Provides books and magazines related to health, science discovery, literature and children's books for free.

## BUGANDAI KIDS PLAY ROOM



Kids play room equipped with healthy toys and safe area.

## EMERALD BALL ROOM



Equipped with modern sound and light systems for our guests to enjoy their time healthily and actively.

## BLUE OPAL COFFEE SHOP



Comfortable area where hot and cold coffee, fresh juices, shakes and other desserts are served.

## RAINBOW SHOP



Store to purchase essential products.

## FITNESS ROOM



Fitness room free of charge during the stay.

## BILLIARD



Resort has entertainment rooms with a pool table and full size table tennis facilities. Bats and balls are provided for guests enjoyment.

## TABLE TENNIS



## ADVISORY

The main scheme of treatments include over 40 types of therapies for around 115 diseases and 90.4% of overall treatment is targeted for the main diseases and 9.6% is targeted for secondary disease treatments.

Therefore, based on your basic health state and evaluation, physician's examination, analysis, medical history of your family, lifestyle, and characteristics of your job, we will suggest treatment plan suitable for you.



## POST-TREATMENT CARE

Depending on patients, the post treatment care might differ, however following regime is to be followed during springs and mud treatment:

- ❖ Avoid direct exposure to wind
- ❖ Avoid get wing cold, getting wet under the rain, holding cold objects, showering or swimming in cold water
- ❖ Patients with unstable blood pressure shall take medicines regularly according to physician's prescription
- ❖ Patients with diabetes shall take medicine for lowering blood sugar level and test your blood sugar in the morning and evening
- ❖ Patients with eye pressure shall use suitable eye drops regularly
- ❖ In case of dizziness, nausea, or activation of chronic disease during or after treatment, consult the physician
- ❖ The regime advised by your physician shall be followed during and after the treatments for at least 21 days period.

## FOLLOWING DOCUMENTS ARE NEEDED WHEN COMING TO THE WELLNESS RESORT

The "Sending Letter" is used for keeping accessibility of the nursing services, arranging nursing orders, and receive patients with confirmed diagnosis.

- Sending Letter (Filled properly and stamped by the physician of the district or province's joint hospital or medical center of your residence)
- Related analysis, x-ray, ambulatory card – Blood de-talisation, urine general analysis, electrocardiogram (heart and coronaray diseases), roentgen, computer tomography picture (for bone, joints, and spine diseases), vaginal swab (for gynecological treatment) are required. Related analysis, x-ray pictures shall be taken in last 14 days (maximum 1 month)
- Identification Card (For children – Birth of certificate)



## HOW TO OBTAIN A "SENDING LETTER"

- ♦ Receive from representative office in Ulaanbaatar city.
- ♦ Address: 1st floor, GBC center, Peace avenue 4th khoroo, Bayangol District, Ulaanbaatar city
- ♦ Contact Phone: 7718-8888.
- ♦ Working Days: Monday-Friday 09:00 - 18:00.
- ♦ Request from your residence/provincial health center
- ♦ Corporate Reservation Phone: 7718-8888
- ♦ Download from [www.khankhujirt.mn](http://www.khankhujirt.mn) website or receive in any preferred electronic form.

