Spanish “Bilbilis” Foundation for research and innovation in medical hydrology and hydrotherapy


Bilbilis Foundation for Research and Innovation in Medical Hydrology and Balneotherapy. Zaragoza, Spain.

Introduction: Bilbilis Foundation (BF) created in December, 2007 is the first Spanish Foundation on Medical Hydrology (MH) and Balneotherapy providing the largest funding to research projects in Medical Hydrology, Rehabilitation and Geriatrics. The consultant team includes a wide range of specialists in different bio-areas, interested in medicinal waters, hydration and ageing.

Objective: To link basic research with daily clinical practice in Medical Hydrology, promoting National & International research projects with the objective of new diagnostic and therapeutic approaches, promoting quality in the clinical setting, concern about economic impact and medical results of Hydration and Hydrothermal therapies. Including these working fields: Rehabilitation, Nutrition, Geriatrics and Cosmetic Medicine. Lecturing and training program activities, teaching other medical professionals through organization of seminars and conferences.


Results: Presentation of main research pelotherapy projects developed during the last 5 years. Website presentation and development. Access to Bibliographic Database: about 9,500 Medical hydrology references (Evidence Based Medicine). Collaborative agreements. Development of research methods on Medical Hydrology, Pelotherapy and ageing.

Conclusion: BILBILIS FOUNDATION would like to establish new collaborative agreements with other scientific organizations and researchers in Medical Hydrology & Hydration. Study of ageing process and therapeutic approaches to prevent it.

Key words: medical hydrology, thermalism, hydration-hydrotherapy, pelotherapy-mud-therapy.

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