**Chapter 3:**

**Typologies of Health and Wellness in Hospitality and Tourism**

**Test Questions**

*Multiple Choice*

1. Medical spas/baths, surgery trips, and rehabilitation retreats are all examples of which type of tourism:
   1. Physical healing
   2. Spiritual
   3. Psychological
   4. Leisure/entertainment
2. Meditation retreats, yoga centers, and pilgrimages are all examples of which type of tourism:
   1. Physical healing
   2. Spiritual
   3. Psychological
   4. Leisure/entertainment
3. Thalassotherapy has strict requirements to maximize its health benefits; these include all of the following *except*:
   1. Sea water must be drawn from a certain depth and distance offshore
   2. The water must be heated to around 96/98 degrees F (34-35 degrees C) to keep the microorganisms alive
   3. The water must be used within 48 hours of collection to ensure those microorganisms retain their healing powers
   4. The only way to use this type of healing water is by soaking in it
4. Which of the following focuses primarily on the relaxation/rest aspect of wellness?
   1. Occupational wellness workshops
   2. Spa resorts with “fun waters”
   3. Pampering spas/baths
   4. Rehabilitation retreats
5. Primarily recreational thermal/mineral springs are used for all of the following *except:*
   1. Swimming pool facilities
   2. Waterparks
   3. Health resorts that use the water for treatment
   4. Thermal or hot springs resorts
6. Spiritual tourists are most to be attracted to all of the following places *except*:
   1. A garden or forest
   2. A rock music festival
   3. The city of Jerusalem
   4. An ancient Catholic church
7. \_\_\_\_\_\_\_\_\_\_\_ encompasses treatments or activities that encourage self-transformation through balancing the mind, body, and spirit.
   1. Holistic tourism
   2. Medical tourism
   3. Spiritual tourism
   4. Occupational wellness
8. The biomedical health paradigm includes all of the following features *except*:
   1. Viewing health as the absence of disease
   2. Short-term focus on curing or alleviating disease symptoms
   3. Consultation is participatory, empowering, and empathic
   4. Health and disease are objective, observable phenomena
9. The wellness health paradigm includes all of the following features *except*:
   1. Intervention focuses on invasive procedures
   2. Viewing health as a balance between internal and external forces
   3. Long-term focus on health prevention
   4. Patient must assume self-responsibility
10. \_\_\_\_\_\_\_\_\_\_\_ are a type of facility combining surgical and therapeutic treatments.
    1. Yoga retreat centers
    2. Thalasso spas
    3. Medical spas
    4. Thermal/mineral water bathing facilities

*True/False*

1. Secondary wellness tourists are more likely than primary wellness tourists to add components to their trip in an a la carte manner.

T

1. Many people around the world, especially in developed Western economies, lack the level of activity in their everyday lives necessary to remain healthy.

T

1. Medical tourism only includes traveling within one’s own country for medical care.

F

1. Workplace wellness programs have not been shown to have positive results for both employees and organizations.

F

1. An individual with a healthy work-life balance is obsessed with their work and tries to gain approval and public recognition of their success.

F

*Short Answer*

1. Name and describe the typical qualities of at least two of the broad categories of spa tourists according to Tawill (2011).

The **Aristocrats** are high-class, tactful, and organized. They are often older people with a high income seeking to rest and relax, either by choice or by recommendation from their doctor to take a rehabilitation break. This group expects a clean space and polished design, with many facilities, high-end service, and attention to detail. Cost is generally not a big concern for them. The **Explorers** are looking for a unique spa experience, possibly in an exotic location or with atypical treatment offerings. This group wants to try new activities, and often prefers to travel alone. On the other hand, people in the **Socializer** category like to visit a spa with friends or family. They are often looking for a short break with opportunities to socialize with their group in a café, relaxation room, and shopping area. Lastly, the **Budgeters** are seeking to indulge themselves at a day spa, often through a core treatment like a massage, and then making full use of the included facilities like a swimming pool or sauna, to maximize their limited funds. They are more likely to visit a local day spa than to spend money on extras like an overnight stay.

1. Discuss 2-3 ways that secular spiritual tourism differs from religious spiritual tourism, and how the two can overlap.

**Secular drivers:** Wellness and Healing, Personal Development, Personal Quest, Socialization, Journeying, Recreation/Leisure. Focus on self.

**Religious drivers:** Religious Observance, Ritualized Practice, Special Occasion, Socialization, Identity, Cultural Practice. Focus on institution.

1. Define the concept of workplace wellness and give a few examples of the purpose of this type of program.

The concept of **workplace wellness** “includes expenditures on programs, services, activities and equipment by employers aimed at improving their employees’ health and wellness. These expenditures aim to raise awareness, provide education, and offer incentives that address specific health risk factors and behaviors (e.g., lack of exercise, poor eating habits, stress, obesity, smoking) and encourage employees to adopt healthier lifestyles.”