



HELLENIC Academy of Thermal Medicine

Healing in Greece

FULL MEMBER OF FEMTEC



5TH HELLENIC CONGRESS THERMAL MEDICINE

11-13/10/2019

HOTEL «GALINI» | KAMENA VOURLA

THE THERMAL MEDICINE CONTRIBUTION TO HEALTH TOURISM

CO-ORGANIZATION:



UNDER AUSPICES:



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΥΠΟΥΡΓΕΙΟ ΤΟΥΡΙΣΜΟΥ



Ιατρικός Σύλλογος Αθηνών



ΕΛΛΗΝΙΚΟΣ ΙΑΤΡΙΚΟΣ ΣΥΛΛΟΓΟΣ
Πανελλήνιος Ιατρικός Σύλλογος



CONGRESS PROGRAM

SCIENTIFIC COMMITTEE

President: Kouskouris Konstantinos

Professor of Dermatology -Lawyer, President of Hellenic Thermal Medicine Academy, President of World Academy for Chinese and Complementary Medicine, President of Tourism Health Association. V. President of Medical Tourism P.M.A, Scient. Consultant in WHO, FEMTEC, C.U.G.M.

Members: speakers and coordinators of the Congress

www.thermalmedicineacademy.gr, email: konkouskouris@gmail.com



President's message of Hellenic Thermal Medicine Academy

Dear colleagues and participants

I honorarily invite you to the 5th Panhellenic Congress of Thermal Medicine with international participation that will be held 11- 13 October 2019 at the Galini Hotel, Kamena Vourla. In this Congress will participate outstanding colleagues, as well as internationally well established personalities who will present all the scientific up to date information and evolutions in the Thermal Medicine while at the same time lectures, workshops and round table discussions will take place.

The 5th Panhellenic Congress of Thermal Medicine will take place in cooperation with the European University of Cyprus and will be co-organized with the Regional Governor of Attica Mr G. Patoulis, the Regional Governor of Central Greece, Mr T. Spanos, the Mayor of Kamena Vourla Mr J. Sikiotis, the President of the Congress

Professor K. Kouskoukis and the Cultural Development Organization of Central Greece.

Thermal Medicine, with the scientific documentation support the thermal, mechanical, chemical and particularly biological and immunological effects of the healing natural resources which has emerged as a complementary therapeutic method to the Classical Medicine.

From ancient time health, wellness, power and beauty are among the most precious goods of life. Particularly in ancient Greece, the care of physical, mental and spiritual health was an important part of Greek culture. Greece has practiced healing until now experimentally, despite the privilege of being the birthplace of Hippocrates, father of Medicine, who founded the principles of Thermal Medicine.



THE THERMAL MEDICINE CONTRIBUTION TO HEALTH TOURISM

The therapeutic methods of Thermal Medicine are: external hydrotherapy (balneotherapy), drinking therapy, inhalation therapy, clay therapy, thalassotherapy, cavetherapy and biometeorological therapy. Thermal Medicine, updated from the empirical state to the scientific one with evidence studies (evidence based medicine) in Greece beginning with the law 3498 (2006).

In 2015, the Hellenic Academy of Thermal Medicine was founded, aiming to establish and update Thermal Medicine as a complementary therapeutic method, with scientific documentation of its medical applications. Furthermore in cooperation with the scientific societies of various specialties and the Institute of Scientific Research of Panhellenic Medical Association, where I am Vice President of the Health Tourism Committee, Thermal Medicine was established as Complimentary Medicine.

Promising signs for Greece are the legal and institutional framework that ensures the scientific documentation of therapeutic actions from natural resources in various diseases. Meanwhile an important positive development, is the decision of plenary session of Central Health Board in 2018 to establish Complementary Medicine integrating the Thermal Medicine.

The on-going approval of prescriptions from National Organization of Health Services has confirmatory role for the effects of the complementary Thermal Medicine's therapies. This effort reflects the current situation in Greece that aspirates for our country to become a global health resort – medispa not only for the elderly and patients with chronic diseases but also as preventive medicine, under the medical supervision, always by experienced and internationally acclaimed doctors. Our basic aim is to stop the «braindrain» and develop the «braingain», as the interest is growing internationally since the patients are looking for upgraded medical treatment, recovery, rehabilitation, anti-aging and wellness services.

Substantial role plays the establishment of a Master Degree Program specialized in Thermal Medicine in the Medical School of Athens, as well as the launch of a similar e-learning program. This effort has the ultimate goal of integrating Thermal Medicine as an elective course in undergraduate medical students' education and additionally thermal medical education in postgrad-

uate programs related to specializations.

Therapeutic applications of Thermal Medicine in the various specialties are applied based on research, medical studies, doctoral theses and scientific papers. Thermal Medicine as a Complementary Medicine helps eventually not only the treatment, recovery and rehabilitation of physical, mental and spiritual health, but also helps the treatment of old age, by applying longevity and well-being standards, as a preventive method.

Thermal Medicine has therapeutic actions in different diseases of myoskeletal, neurological, respiratory, cardiovascular, hematopoietic gastroenterological, urological and endocrine system as well as in dermatological, gynecological, allergic and otorhinolaryngologic ailments.

Determinant is the contribution of Attica Regional Governor, President AMA, ELITOUR, IHTC, G.G.D.I. and Founding Member of the Hellenic Academy of Thermal Medicine G. Patoulis, in promoting and establishing internationally the Thermal Medicine. With his inspirational energy created the World Institute of Greek Physicians, formulating national policy for the revival of Hippocrates's spirit establishing Greece to be prominent not only as therapeutic but at the same time as educational center of Hippocrates's Medicine and Classical Medicine with holistic approach.

Encouraging is also the contemporary and technocratic perception and understanding of Minister of Tourism Mr. T. Theoharis, d. Minister Mr E. Konsolas, President of N.T.O. and Mrs A. Gerekou f. d. Minister of Culture and Tourism, concerning the financial evaluation of the establishment and promotion of Greece as Health Tourism destination, especially for elder people (silver economy and golden economy), in combination with all thematic forms of tourism (clusters) inducing high added value and new jobs.

Yours sincerely

Kouskoukis Konstantinos

Professor of Dermatology –Lawyer –President of Hellenic Thermal Medicine Academy, President of World Academy of Chinese and Complementary Medicine, President of Tourism Health Association. V. President of Medical Tourism P.M.A, Scientific Consultant in WHO, FEMTEC, C.U.G.M.

FRIDAY ■■■■■
11/10/2019

10:00 REGISTRATIONS

10:00-13:00 WORKSHOP

COORDINATORS

Kouskoukis Konstantinos, Profoessor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy

10:00-11:30 Biological effects of the trace elements in thermal springs of Galini, Kamena Vourla and Koniaviti.

Christodoulou Nikolaos, Cardiologist r. General, f. Director of Cardiologic Clinic in 401 GMH

11:30-13:00 Experience of visiting thermal springs Galini, K. Vourla, Koniaviti & Cosmetic Spring

kontos Xaralampos, Dentist, Director of Health Center Piraeus

Kafkas Ilias, Dermatologist, MSc, Dr of Medical School Athens University, V. President of Hellenic Thermal Medicine Academy

13:00-14:00 Interactive discussion and scientific dissemination of the participants

*Konstantinidis Theodoros, Professor of Hygiene Democritus University, President of the MSc Health and Safety at Work
Giannoukos Konstantinos, Cardiologist, Dr Medical School of Athens University. MSc in Admistration of health services*

LUNCH

17:30-19:00 ROUND TABLE

**The contribution of Thermal and Complementary Medicine to regional development
Coordinators**

Patsourakos fotios, Cardiologist, MSC Medical School AUTH, V. President Athen's Medical Association

Polydorou Antonios, Cardiologist, Coordinator- Department of Hemodynamic- Invasive Cardiology, GNA "The Euagelismos", As. Prof. Medical School of IASI University

17:30-18:00 Homeopathic medicine as compoment to Complementary Medicine

Papamethodiou Dimosthenis, Neorologist and MSc, President of Greek Society of Homeopathic Medicine

18:00-18:30 The contribution of nutrition to Complementary Medicine

Thanassenas Christos, Nutritionist, Scientific Director for "Life Clinic" Clinic Nutrition Support

18:30-19:00 Developmental model of thermalism in Greek islands

Damoulakis Gerasimos, President of Committee on Tourism Development in C.U.G.M., f. Mayor of Mylos

19:30-20:00 OPENING CEREMONY

GREETINGS

Staikouras Christos, Minister of Economics

Theocharis Haris, Minister of Tourism

Consolas Emanouil, Deputy Minister of Tourism Ministry

Gerekou Angeliki President of GNT0 f. Deputy Minister of Culture and Tourism

Representatives of the Greek Parliament

Patoulis Georgios, Regional Governor of Attika, President of CUGM, AMA, IHTC, ELITOUR, & G.G.D.I.

Spanos Theofanis, Region Governor of Central Greece

Sikiotis Ioanis, Mayor of Kammena Vourla, Cardiologist

Bendeniotis Emanouil, V.Chairman of Board Directors- European University of Cyprus, f. D. Minister

Zang Qyuei, Ambassador of people's Republic of China.

Jan Bondy, Ambassador Extraordinary and Plenipotentiary of the Czech Republic

Iveta Hricova, Ambassador of the Slovak Republic

20:00-20:15 Health Tourism in Attika region

Patoulis Georgios, Regional Governor of Attika, President of CUGM, AMA, IHTC, ELITOUR, & G.G.D.I.

20:15-20:30 The Health Tourism portal www.vitabooking.com

Mamalakis Petros, Gen. Secretary IHTC & ELITOUR

20:30-20:45 Investment opportunities in Thermal Tourism

Katseli Louka, Professor of Economics Athen's University, Chair National Bank of Greece and Cyprus, f. Minister

20:30-21:00 Thermal medicine for elders (silver economy - golden economy)

Kouskoukis Konstantinos, Professor of Dermatology –Lawyer, President of the Hellenic Thermal Medicine Academy

DINNER

11-13/10/2019

SATURDAY
12/10/2019

12 13

09:00-11:30 ROUND TABLE

Therapeutic natural resources & therapies

COORDINATORS

Pantos Konstantinos, Obstetrician Gynecologist, Doctor of Medical School of Athen's University, Director of Clinic "Genesis

Karambelias Vasilios, Surgeon, Dr Medical School of Patra's University

09:00-09:30 Developmental model of Thermal Tourism

Kechris Ioanis, MD Surgeon- Intensivist- Authorized Consultant for medical tourism in Attica region, Member of executive board of Athens Medical Association

09:30-10:00 Thermal springs in Bulgaria

Koutsikos Panagiotis, Businessman, President of the Hellenic-Bulgarian Chamber of Commerce, V. President of the Hellenic Health Tourism Association, Honorary Consul of El Salvador

10:00-10:30 Thermal medicine to heart diseases

Sykiotis Ioannis, Cardiologist, Mayor of Kammena Vourla

10:30-11:00 Advanced medical esthetics and thermal medicine

Kouskoukis Alexandros - Efstratios, Biologist, MSc, Dr of Medical Schools Athen's and Democritus Universities

11:00-11:30 In vitro fertilization and Health Tourism

Spinou Nikitas, Obstetrician - Gynecologist, Dr of Medical School Patra's University, Director of AVE Medical Centers

11:30-11:45 BREAK

11:45 -14:15 ROUND TABLE

Therapeutic applications with hydrotherapy and clay therapy

COORDINATORS

Skandalakis Panagiotis, Professor of Anatomy, Athen's University, f. Deputy Minister, f. President of CHC Mavragani Kleio, Assoc. Professor of Rheumatology, Medical School Athen's University

11:45-12:15 Hydrotherapy and clay therapy to degenerative, post traumatic diseases and rehabilitation

Velonas Stylianos, Military Physical Doctor, Acupuncturist, Consultant of Physical Medicine and Rehabilitation Dpt., 414 Military Hospital

12:15-12:45 Thermal medicine to vascular diseases

Polydoru Antonios, Cardiologist, f. Coordinator of the Department of Hemodynamic-Invasive Cardiology, GHA «Evangelismos»

12:45-13:15 Hydrotherapy in neurological diseases. Experience from the therapeutic spring of Galini

Mangioros Dimitrios, Milit. Neurosurgeon, Acupuncturist, Consultant in Chief Neurosurgical Dpt & Pain Management Division, 251 HAF

13:15-13:45 Experience of thermal aesthetics in Aesthetic Dermatology

Prinou Alkistis, MD Medical Aesthetics

13:45-14:15 Ganoderma: the highest hyper nutrition and supplement

Koutsoukos Georgios, DXN General Manager

14:15 LUNCH BREAK



SATURDAY

12/10/2019

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15:00-17:30 ROUND TABLE

Hydrotherapy - mud therapy in primary health care

COORDINATORS

Kreatsas Georgios, Professor of Obstetrics and Gynecology, V. Rector of Athen's University

Patsourakos Fotios, Cardiologist, MSc Medical School AUTH, V. President Athen's Medical Association

15:00-15:30 Thermal Medicine to primary health care

Skliros Efsthios, General Practitioner, President of HSHREP, V. President GCGR

15:30-16:00 Hydrotherapy and clay therapy in orthopedic diseases

Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "KAT" Hospital

16:00-16:30 Eye movement, biological systems diagnostic- therapeutic applications in psychology and complementary medicine

Pavlidis George, Inventor f. Professor of psychology- learning difficulties, Universities of UK, Greece & USA

16:30-17:00 Hair restoration & Health Tourism

Giotis Konstantinos, Founder of DHI Global Medical Group

17:00-17:30 Balneology and mud therapy in skin diseases

Noutsis Konstantinos, Dermatologist ,Dr Medical Schooll Athen's University .f. Director of Dermatogic Departure GHA «Evangelismos»

17:30-17:45 BREAK

17:45-20:15 ROUND TABLE

Proposals for investment and development to thermal springs resorts

COORDINATORS

Koutsilieris Michail, Professor of Experimental Physiology, School of Medicine, Athen's University

Papadellis Panagiotis, Orthopedic Surgeon, f. Director of Orthopedic Clinic "TRC" Hospital

17:45-18:15 Thermal tourism, its context and contribution to development

Benteniotis Argyrios, Ph.D. c., LL.M., M.Sc, LL.B., B.A., c.Dr of Economics and Regional Development, Panteion University of Athens

18:15-18:45 Bringing academia and market together for sustainable growth: a case study of Medical Tourism in Cyprus

Agapidaki Eirini, MSc, PhD Lecturer Public Health Medical School European University of Cyprus

18:45-19:15 Thermal Medicine & digital health

Papanikolaou Christina, President of the Department of Digital Health & Cross-Border Care, Scien. Inst. Research PMA, f. Gen. Secretary Public Health Ministry of Health

19:15-19:45 Cognitive traps in medical practice

Chatzipavlou Alexander, MD, MSc, Clinical Professor of Orthopedic Surgery & Rehabilitation, University of Texas, f. Professor of Orthopedic Surgery, University of Montreal, Adjunct Professor of Chiropractic School, Houston, USA

DINNER



11-13/10/2019

SUNDAY ■■■■■
13/10/2019

13 ■■■■■

08:30-12:00 ROUND TABLE

Thermal Medical therapies

COORDINATORS

*Bouros Dimosthenis, Professor of Pulmonology, Medical School Athen's University
Tzouvara Sofia, General Practitioner, MSc, Dr of Medical School Athen's University, Gen. Secretary in World Academy of Chinese and Complementary Medicine*

08:30-09:00 Metabolic health with Lindberg's isoglycemic diet

Dr Fedon Lindberg, Manager dr. Lindbergs Clinics, Oslo-Norway

09:00-09:30 The contribution of architectural health to thermal medicine

Chrysikou Evangelia, MSc Architectural Management, university of Edinburg , Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL)

Savopoulou Eleftheria, MSc Architectural Management, university of Edinburg , Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL)

09:30-10:00 Thermal medicine - biometeorological therapy

Tzouvara Sofia, General Practitioner, MSc, Dr of Medical School NKUA, Gen. Secretary in World Academy of Chinese and Complementary Medicine

10:00-10:30 The contribution of Health Tourism to the Greek doctors repatriation

Polydourou Victoria, MD, PHD, Consultant Cardiology- Fital cardiologist, "GENESIS" Athens Clinic, scientific collaborator of European University of Cyprus

10:30-11:00 Inhalation therapy for respiratory diseases

Bouros Dimosthenis, Professor of Pulmonology, Medical School Athen's University

11:00-11:30 Thermal medicine to hematopoietic diseases

Politou Marianna, Associate Professor of Hematology, Medical School Athen's University

11:30 BREAK

11:45-15:00 ROUND TABLE

Applications of thermal medicine

COORDINATORS

*Nikolaou Chrysoula, Professor of Medical Biopathology - Immunology NKUA, V. President of CHC
Kouskouris Konstantinos: Professor of Dermatology -Lawyer, President of the Hellenic Thermal Medicine Academy,*

11:45-12:15 Thermal Medicine to Aesthetic Dermatology and anti-aging

Kardasi Maria, Dermatologist - Venereologist, Antiaging doctor, Aesthetic Medicine, President of the Hellenic Anti-Aging Academy

12:15-12:45 Thermal medicine to IVF

Pantou Agni, Obstetrician - Gynecologist, Dr of Medical School Athen's University

12:45-13:15 Thermal Medicine and palliative care for chronically ill patients

Katsochi Despina, Radion Oncologist, Dr Aachen University, President of Akos

13:15-13:45 Recommendative platform for Thermal Tourism

*Karafyllis Ioannis, Dr Health Economist
Voutsinas Vasilis, Professor of Business Administration Dpt., University of Patras*

13:45-14:15 Wellness tourism

Kouremenos Nikolaos, Instructor-Director Raison D'Eter SPA, Sweden

14:15-14:45 Sports medicine and Thermal Medicine

Roussis Xenofon, Orthopedician, Dr Medical School Bologna University, President of ATHLETIA

14:45-15:00 Health Tourism Center «Mentor» in Delphi

Diakogianni Urania, President of Public Benefit Foundation Diakogianni- Zika

DISCUSSION - CONCLUSIONS

Kouskouris Konstantinos, Professor of Dermatology -Lawyer, President of the Hellenic Thermal Medicine Academy

PARTICIPATION

Agapidaki Eirini, MSc, Phd Lecturer Public Health Medical School European University of Cyprus
Benteniotis Argyrios, Ph.D. C., LL.M., M.Sc, LL.B., B.A., Dep. Doctor of Economics and Regional Development, Panteion University of Athens
Bendeniotis Emanouil, V. Chairman of Board Directors - European University of Cyprus, f. D. Minister
Bouras Dimosthenis, Professor of Pulmonology School of Medicine Athen's University
Chatzipavlou A., Clin. prof-Orthopedic Surgery & Rehabilitation, Texas Univ., f.prof- Orthopedic Surgery Montreal Univ. A. prof -Chiropractic School Houston Usa.
Chryssikou Evangelia, Architect - Nursing Assistant, Assist. Professor, MSc Director Healthcare Facilities, University College London (Ucl)
Christodoulou Nikolaos, Cardiologist r. General, f. Director of Cardiologic Clinic in 401 GMH
Consolas Emanouil, Deputy Minister of Tourism Ministry
Damolakis Gerasimos, President of Committee on Tourism Development in C.U.G.M., f. Mayor of Mylos
Diakogianni Urania, President of Public Benefit Foundation Diakogianni- Zika
Fedon Lindberg, Manager Dr. Lindbergs Clinics, Oslo Norway
Gerekou Angeliki, President of GNTO f. Deputy Minister of Culture and Tourism
Giotis Konstantinos, Founder of DHI Global Medical Group
Iveta Hricova, Ambassador of The Slovak Republic
Jan Bondy, Ambassador Extraordinary And Plenipotentiary of The Czech Republic
Kafkas Ilias, Dermatologist, MSc, Dr of Medical Schools Athen's University, V. President of Greek Thermal Medicine Academy
Karafyllis Ioannis, Researcher, Chemical Engineer
Karambelias Vasilios, Surgeon, Dr Medical School of Patra's University
Kardasi Maria, Dermatologist - Venereologist, Antiaging Doctor Aesthetic Medicine, prof. Sym. "Laser Way", President of The Hellenic Anti-Aging Academy
Katseli Louka, Professor of Economics Athen's University, f. Minister
Katsochi Despoina, Radiotherapist, Oncologist, Doctor of AACHEN University, President AKOS
Konstantinidis Theodoros, Professor of Health Duth, President of The MSc Health and Safety at Work
Kontos Xaralampos, Dentist, Director Health Center Piraeus
Kouremenos Nikolaos, Instructor-Director Raison D'eter Spa, Sweden
Kouskoulis Alexandros - Efstratios, Biologist, MSc, Dr of Medical Schools Athen's and Democritus Universities
Kouskoulis Konstantinos, Professor of Dermatology -Lawyer, President of the Hellenic Academy of Thermal Medicine, President of World Academy for Chinese & Complementary Medicine, Scientific Consultant In WHO, ELITOUR, C.U.G.M.
Koutsikos Panagiotis, Businessman, President of Hellenic-Bulgarian, Chamber of Commerce, V.President - HHTA, Honorary Consul of El Salvador
Koutsilieris Michail, Professor of Experimental Physiology, School of Medicine, Athen's University
Koutsoukos Georgios, DXN General Manager
Kreatsas Georgios, Professor of Obstetrics And Gynecology, V.Rector of Athen's University
Mamalakis Petros, Gen. Secretary IHTC & Elitour
Mangioros Dimitrios, Neurosurgeon, Chief Of Staff (Hi) 1st Neurosurgical Clinic 251 GNA
Mavragani Kleio, Rep. Professor of Rheumatology, Medical School of Athen's, Athen's University
Nikolaou Chrysoula, Professor Of Medical Biopathology - Immunology Athen's University, V.President Of CHC
Noutsis Konstantinos, Dermatologist, Dr. Medical School Athen's University, f. Director of Dermatologic Departure GHA «Evangelismos»
Pantos Konstantinos, Obstetrician Gynecologist, Doctor of Medical School of Athen's University, Director of Clinic "Genesis"
Pantou Agni, Obstetrician - Gynecologist, Dr. of Medical School Athen's University
Papadellis Panagiotis, Orthopedist, f. Director of Orthopedic Clinic "KAT"
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Polydorou Victoria, Pediatric Cardiologist, Dr of Medical School, Athen's University
Prinou Alkistis, MD Medical Aesthetics
Roussis Xenofon, Orthopedician, Dr Medical School Bologna University, President Of Athletia
Savopoulou Eleftheria, MSc Architectural Management, university of Edinburg, Assist. Professor, MSc, Director Healthcare Facilities, University College London (UCL)
Skandalakis Panagiotis, Professor of Anatomy, Athen's University, f. President of CHC, f. Deputy Minister of Foreign Affairs Ministry
Skliros Efsthathios, General Practitioner, President of GCGR
Staikouras Christos, Minister of Economics
Sykiotis Ioannis, Cardiologist, Mayor of Kammena Vourla,
Spanos Theofanis, Region Governor of Central Greece
Thanassenas Christos, Nutritionist, Scientific Director For "Life Clinic" Clinic Nutrition Support
Theocharis Haris, Minister of Tourism
Tzouvara Sofia, General Practitioner, MSc Doctor Medical School of Athen's University, General Secretary of the World Academy of Chinese and Complementary Medicine
Velonas Stylianos, Head of The Department of Physical Medicine and Rehabilitation, Commissioner 414 Military Hospital
Voutsinas Vasilios, Professor of Business Administration DPT, University of Patra
Zang Qyuei, Ambassador of People's Republic of China.
Zissimopoulos Athanasios, Professor of Nuclear Medicine, Medical School DUTH, f. President of Hellenic Nuclear Medicine Society

SPECIAL OFFER FOR THE ATTENDEES:

HALF BOARD (RUN OF THE HOUSE)	PRICE PER ROOM/ OVERNIGHT
Single room	75€ M/V, 85€ S/V
Double room	99€ M/V, 110€ S/V
Triple room	138€ M/V, 148€ S/V
1 st child 0-12 years: free, 2 nd child 2-12 years: 20€	
Outside thermal poll (33°C): Free use	
Late check-out on Sunday till 16:00 with no extra charger	

Secretariat:

Zoi Malapetsa, 6944307423

Registration- Free issuance of participation certificates

phone booking: 22350 80501

email: manager@mitsis-galinihotel.com, www.mitsishotels.com