

## Balneary Area of South Maritime Dobrudja – Considerations about Climatic Conditions and Cutaneous Climatic Stress

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**Abstract:** South Maritime Dobrudja, known in the literature as the Southern coast of the Black Sea balneary seaside benefits of particular climatic conditions, due to the interaction of the sea and land, which create excellent conditions for tourism activities. The association between marine and plateau environment has offered and will continue to offer natural reserves for an adequate capitalization of the area, in terms of balneary climatic. By analyzing the combination of climatic factors and weather events we can state the values and regimes of meteorological elements underlying the genesis of a climatic system. Romanian seaside is regarded as a unique landscape, as a spatial interference area of forms and characters specific of two environments, well defined, marine and lacustrine environment, plateau and dry land environment. Romanian coastline provides an ideal environment for the practice of sunbathing (heliotherapy) and air baths (aero therapy). For further development of tourism it is necessary to be known the manifestations of indexes indicating the state of comfort or discomfort the human body is subjected to. Analysis of cutaneous climatic stress allows the identification of the periods of the year when the sensations of heat and cold affect the human body and the thermoregulation. Sensations felt on the skin are due to direct contact with air, but depend on the air temperature and air flow rate.

**Key words:** climate, weather conditions, climatic parameters, cutaneous climate stress, adaptation, balneary area, south maritime Dobrudja.

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