

2019

CITY & SPA · SPA HOLIDAYS · WELLNESS & BEAUTY



# *Spa & Wellness Holidays in Hungary*



BUDAPEST

SPA HÉVÍZ

SPA BÜK

SPA SÁRVÁR

*Book* NOW!

[danubiushotels.com](http://danubiushotels.com)



## SPORT AND RECREATION IN

## Harmony

DANUBIUS PREMIER FITNESS – modern fitness equipment, a variety of exercise classes from Step to Yoga and friendly and helpful fitness trainers to motivate and give personal fitness advice.

- Wide range of cardio and strength equipment
- Pools and saunas
- Individual training programmes and the latest trends in exercise classes

[premierfitness.hu](http://premierfitness.hu)

## PAMPERING AND LUXURY

Make your relaxing stay with us even more perfect and experience the services of our exclusive beauty salon. Recharge and beautify yourself in a top class, professional environment.



- First class cosmetic brands: **Sothys, Babor, Kaviczky**
- Wide selection of facial and body treatments
- Top quality, 'hands on' treatment methods
- Electro-cosmetic treatments
- Luxurious atmosphere
- Expert and professional knowledge and skills
- Effective skin care consultations



# BUDAPEST

## *Capital of Spas*

- Discover Budapest, one of the most romantic cities in the world – the 'Pearl of the Danube'.
- Choose the capital of spas for a city break that eases aches and pains. A staggering 80 natural thermal springs emerge in and around Budapest, feeding a dozen mineral-rich baths.



- Lie back and luxuriate in an original 16<sup>th</sup>-century Turkish spa. Pay a visit to the renowned Széchenyi, Gellért and Lukács baths.
- Enjoy a warming dip and take advantage of the thermal water's healing power – it is said to alleviate a range of medical problems, from sports injuries to skin complaints.
- Why not book yourself into one of our world famous spa and wellness hotels and indulge in a few days of proper pampering?

### *Location*

245 km (2-hour drive) from Vienna.

160 km (1.5-hour drive) from Bratislava.

520 km (5-hour drive) from Prague, 2 hours flight from Malmö, Copenhagen, Brussels.

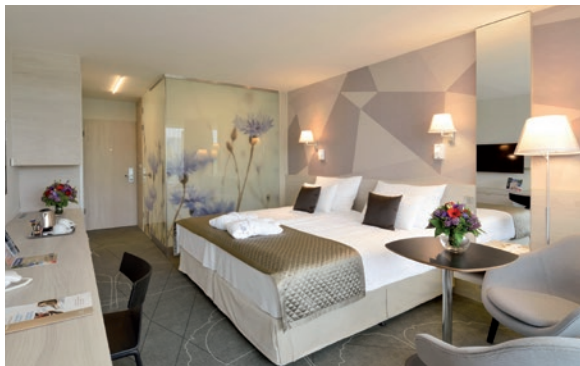
2,5 hours flight from London, Oslo, Helsinki, Stockholm, Riga.



# DANUBIUS HEALTH SPA RESORT

MARGITSZIGET\*\*\*\*superior

*The Spa Island of Budapest*



- Experience the power of nature on tranquil Margaret Island, located just 10 minutes from the city centre.
- Our refurbished rooms and public areas are a mixture of stylish comfort and youthful elegance.
- In the middle of a romantic park on Margaret Island, and surrounded by ancient trees and historical ruins.
- A hotel and spa with fantastic pools, thermal baths filled with the natural, mineral-rich, healing waters of Budapest.
- Excellent cuisine, delicious healthy menus and one of Europe's top health spas.

## MEDICAL SPA & PREVENTION

- Thermal bath (8 x 8 m, 37-38 °C), therapeutic exercise thermal bath (4 x 6.5 m, 33-35 °C), traction bath (4 x 6.5 m, 35 °C).
- Doctor's check up and diagnostics: arteriograph, diet consultation, lifestyle advice.
- Therapy centre with massages, mud-packs, balneo-, hydro- and electrotherapy, medical gymnastics.
- Cardio Centre, Focus Medical Laser Eye Clinic, Vital Center Dental Clinic, Aura International cosmetic surgery.

## RELAXATION & WELLNESS

- Indoor (8 x 8 m, 27-28 °C) and outdoor (6.5 x 12.5 m, 26-27 °C) pools, adventure pool (8 x 4.5 m, 32-34 °C), Jacuzzi, sauna, steam room, aroma cabin, solarium, infrared sauna, sun terrace.
- Danubius Premier Fitness: 400 m<sup>2</sup> fitness facility, 35 exercise stations, 2 aerobic rooms.
- Emporium Hair and Beauty: facial and body treatments.
- Wellness Centre: refreshing and relaxing massages, baths and packs, salt cave.



# DANUBIUS GRAND HOTEL

## MARGITSZIGET\*\*\*\*superior

*A Touch of Excellence*



- At the heart of a romantic green park on Margaret Island, with a direct connecting passage to the Health Spa Resort Margitsziget.
- Close to historical sights and the city-centre shops.
- The island's original spa hotel, with fin-de-siècle architecture, renovated hotel rooms, tradition, style and elegance.
- Everything you need to keep fit! Jogging path, tennis courts, rowing boats, bicycles and lidos all on the island. Try out the 4-person family bike!

**All spa & wellness facilities available in the neighbouring Danubius Health Spa Resort Margitsziget.**





# HÉVÍZ *Spa*



- Hévíz is a globally renowned spa town just a stone's throw from Lake Balaton (the biggest inland lake in Europe).
- Lake Hévíz with its 4.5 ha watersurface is the world's second-largest natural thermal lake – and the largest that is suitable for bathing.
- The hot springs feeding the lake are rich in sulphur, radon and therapeutic minerals, while mud dredged from the lake bed is used for medical and wellness packs and other rejuvenating treatments.
- Bathe at any time of year – come rain, shine or snow!  
The water temperature varies between luxurious 33 °C and 35 °C in summer, while even in the depths of winter it never drops below 23 °C – meaning you can wallow in comfort as the snow falls all around.

## *Location*

13 km from Hévíz – Balaton Airport,  
215 km from Budapest Airport,  
195 km from Vienna Airport and Bratislava Airport.

- Rent an inflatable ring and bob on the surface as you sip a drink or lose yourself in a good book. Float among the lake's Indian water lilies, with their flowers of deepest pink and their leaves the size of bicycle wheels.
- Take advantage of the area's unique microclimate, and stroll in the local nature reserve surrounded by lush forest. Wander around the lake or take a hike in the Keszthely Hills.



# DANUBIUS HEALTH SPA RESORT

## HÉVÍZ\*\*\*\*

*Tradition, Experience  
and Expertise*

- Situated in picturesque, green surroundings five-minutes' walk from the largest natural thermal lake in Europe.
- The very first hotel of Hévíz, now completely renovated - over 40 years of tradition and experience in treatments.
- The hotel's own medicinal well - drinking and bathing treatment daily with fresh medicinal water.
- With six different pools providing a bathing experience for both adults and children.
- Wellness oasis: more than forty pampering treatments – relaxation for body and soul.



## MEDICAL SPA & PREVENTION

- Indoor thermal bath fed by the hotel's own spring water with 2 pools (11.8 m x 7.6 m and 12.6 m x 8.7 m, 33°C and 37 °C), outdoor thermal pool with sun terrace (13.5 x 6.6 m, 33 °C, from May to September).
- Therapy Centre with doctors who are specialized in the treatment of rheumatism, locomotor disorders and internal problems.
- Wide choice of hydro-, balneo-, mechano- and physiotherapy.
- Special treatments: Hévíz mud pack, traction bath, drinking cure.



## RELAXATION & WELLNESS

- Swimming pool (10.3 m x 16.3 m 28 °C), 200 m<sup>2</sup> hydro pool (with hydro effects: Jacuzzi, massage shower, underwater body massage, geyser and waterfalls) with underwater music and in the evenings light effects, Jacuzzi, Bio (aroma) sauna, Finnish sauna, Infrared cabin, Steam cabin, Experience shower, Sauna rest area with heated benches, finnish log sauna in the garden.
- **Danubius Premier Fitness:** fitness room with modern facilities.
- Nordic walking, Qi Gong, yoga, aqua fitness, morning and fitness group exercise, hiking, cycling, table-tennis. Nearby tennis courts, football pitch, riding facilities, golf.
- **Emporium Wellness & Beauty:** Sothys and Kaviczky facial and body treatments, 20 different wellness massages (Thai, aromatic, relax, lymph drainage, hot stone, footreflex, etc), manicure, pedicure, hairdresser, solarium.
- Special wellness treatments: Aphrodite (honey and cream) treatments, wine therapy (whirlpool with red wine and massage with grape-seed oil).

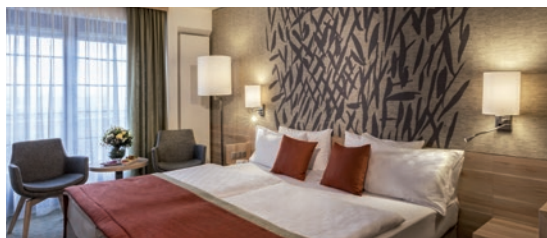
# DANUBIUS HEALTH SPA RESORT

AQUA\*\*\*\*

*Total Spa Relaxation*



- The first 'all-inclusive' spa and wellness hotel in Hévíz.
- Situated only a five-minutes' walk from the famous thermal lake.
- Pampering and relaxation utilising the lake's mineral-rich thermal water and revitalising mud.
- Choose from an impressive 'all-inclusive' buffet selection that focuses on a healthy lifestyle.



## MEDICAL SPA & PREVENTION

- Indoor thermal pool fed by the hotel's own spring water with 2 pools (6.8 m x 7.4 m and 6.9 m x 7.4 m, 37 °C and 33 °C), Kneipp tread-basin (from May to September).
- Therapy Centre with doctors who are specialized in the treatment of rheumatism, locomotor disorders and internal problems.
- Wide choice of hydro-, balneo-, electro- and physiotherapy.
- Special treatments: Hévíz mud pack, traction bath.
- Dental clinic.

## RELAXATION & WELLNESS

- Hydro-pool (200 m2, 29 °C, partly indoors with hydro effects: Jacuzzi, massage shower, underwater body massage, geyser and waterfalls), outdoor swimming pool (12 m x 8 m, 20–26 °C, from May to September).
- Sauna world: finnish sauna, infra sauna, textil sauna, steam bath, plunge basin.
- Fitness room, sun-terrace.
- Wellness Centre: revitalizing and relaxing massages, bath, salt cave.
- Numerous recreational options (aqua fitness, morning and fitness gymnastics, hiking, cycling, table-tennis, Nordic walking), nearby tennis courts, football pitch, riding facilities, golf.
- **Emporium Wellness & Beauty** with Babor and Kaviczy products (containing medicinal water and mud from Spa Hévíz), special treatments like Energizing body massage, ayurveda and Scen Tao of Asia massage etc, pedicure, manicure.
- **Bubbles Club** Animation.
- 2 indoor-pools for kids with slide, water-sprinkler cannon, paddling pool in the garden (in the summer months).







# BÜK SÁRVÁR *Spa*

## *Sárvár, the Royal Spa of Europe!*

- A charming little town in western Hungary that offers unspoilt nature and energizing thermal springs.
- Follow romantic walking trails through Royal Gardens, thick with rich plant life and home to a wide range of birds.
- Take a refreshing dip in the town's thermal water, which has healing properties that will make your skin as smooth as silk.
- Enjoy a shady stroll among black pines, Japanese acacias and beautiful magnolias in the town's fragrant botanical garden.



### *Location*

#### **SÁRVÁR**

60 km (1-hour drive) from Hévíz - Balaton Airport,  
135 km (2-hour drive) from Vienna Airport,  
150 km (2-hour drive) from Bratislava,  
240 km (3-hour drive) from Budapest Airport.



## *Spa Bük - for spa and sport!*

- Watch the sunset in the distance over the foothills of the Alps – Spa Bük is just 50 km from the Austrian border on the road to Vienna!
- One of Central Europe's most celebrated mineral-water springs and the region's most popular spa complex.
- A lucky find! The 58 °C thermal spring was discovered by chance when prospectors were drilling for oil in the 1950s.
- Go sporting mad! An 18-hole championship golf course, cycling, tennis, squash and many other activities to enjoy.

### *Location*

#### **BÜKFÜRDŐ**

80 km (1.5-hour drive) from Hévíz - Balaton Airport,  
120 km (1.5-hour drive) from Vienna Airport,  
140 km (2.5-hour drive) from Bratislava,  
245 km (3-hour drive) from Budapest Airport.

# DANUBIUS HEALTH SPA RESORT BÜK\*\*\*\*

*Serving Up the Perfect  
Holiday*



- Intimate, all-inclusive hotel in a charming town at the foot of the Alps.
- A perfect retreat for guests of all types, whether you are after a gastronomic experience, a break outdoors or some 'wellness' pampering.
- Ideal for families with children. While the children are entertained by our trained staff, the adults can relax in the hotel's thermal and adventure pools.
- Recharge your batteries with some sport and exercise – play a game of tennis, squash, pool or table tennis, try your hand at mini-golf or bowling, or simply go for a session in the gym.

## MEDICAL SPA & PREVENTION

- Indoor thermal bath (63 m², 37 °C), medical examination, fitness check up, anti-stress consultation.
- Therapy Centre with massages, mud pack, balneo-, hydro- and electrotherapy, medical gymnastics.
- Optician.

## RELAXATION & WELLNESS

- Indoor swimming pool (15 m x 8 m, 26–28 °C), outdoor swimming pool (20 m x 10 m, 25–26 °C), Jacuzzi, steam room, sauna, partly indoor and partly outdoor adventure pool (170 m², 32–36 °C) with massage showers, air-showers, sofa, chess- and card-play table.
- Garden, sunbathing area, solarium.
- **Danubius Premier Fitness:** fitness studio, gym.
- Use of sports facilities included in room price: tennis, squash, minigolf, table tennis, boules.
- Supervised fitness programmes: aqua aerobics, nordic walking, autogenous training.
- Nearby: golf, riding school and hunting facilities.
- **Emporium Wellness & Beauty:** cosmetic treatments, manicure, pedicure, hairdresser.
- Wellness Centre: revitalizing and relaxing massages, baths, special cupping therapy, salt cave.
- **Bubbles Club** Animation.
- 2 indoor pools for children, child animation, playground.



# DANUBIUS HEALTH SPA RESORT SÁRVÁR

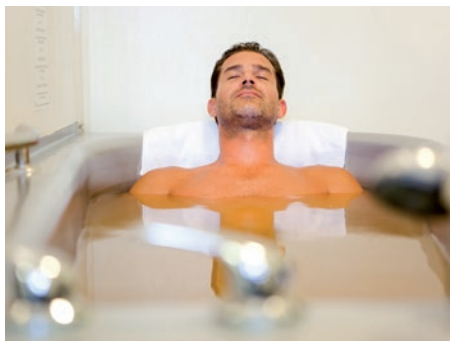
*Where Nature and Healing  
Embrace*

- Breathtaking flora and lush natural woodland.
- Enjoy an array of healing and relaxing treatments in the hotel's spa, fed by Sárvár's thermal water – and ranked among the Royal Spas of Europe.
- Stroll in the beautiful 200-year-old arboretum, accessed directly from the hotel's garden.
- Bathe in the thermal pool and benefit from the water's exceptional rejuvenating effects. It makes your skin feel wonderfully smooth and years younger.
- A perfect place for total relaxation. Medical centre, pools and spacious 'sauna world'; delicious cuisine featuring a selection of healthy menus.



## RELAXATION & WELLNESS

- Adventure pool (104 m<sup>2</sup>, 30–34 °C) with Jacuzzi, massage showers and underwater jets.
- Sauna 'world' with traditional Finnish sauna, infrared sauna, aroma cabin and steam room.
- Garden, sunbathing area, solarium.
- **Danubius Premier Fitness:** fitness studio, gym.
- Bicycles, table-tennis, badminton and basketball courts, garden chess, supervised fitness programmes: aqua aerobics, nordic walking, jogging in the botanical garden, Wai Tan Kung, tree therapy, autogenous training.
- Beauty parlour, pedicure, manicure.
- Wellness Centre: revitalizing and relaxing massages, baths, detox treatments.



## MEDICAL SPA & PREVENTION

- Indoor thermal bath (12.5 m x 8 m, 36 °C) and outdoor thermal bath (13.5 m x 8 m, 28–32 °C), medical examination, diet consultation, anti-stress consultation.
- Therapy Centre with massages, mud pack, balneo-, hydro- and electrotherapy, medical gymnastics, relax salt cave.





# THE HEALING EFFECTS OF THERMAL WATER



## CHEMICAL EFFECTS

Penetration through the skin

- **Calcium: for the bones**
- **Hydrogen Sulphide: reduces inflammation**
- **Ca-Mg-HCO<sub>3</sub>: for osteoporosis**

## PHYSICAL EFFECTS

- **Temperature (heat: relaxation and pain alleviation)**
- **Buoyancy (better mobility)**
- **Currents (massage)**

## BATHING IN THERMAL WATER

**Length of treatment:** 20-30 minutes, daily.

**What to expect:** A deep relaxing sensation and pain relief for aching muscles and joints.

The mineral content of the water varies depending on location, with each spa offering slightly different health benefits and effects.

# THE FAMOUS HÉVÍZ THERMAL MINERAL MUD



The mud, which has thoroughly soaked in the lake's thermal water, comprises decomposed aquatic plants, sulphur and has a high mineral content.



## HEALING EFFECTS

- Heats the deep tissues
- Improves blood circulation
- Relaxes the muscles
- Reduces inflammation
- Reduces chronic pain
- Speeds up healing

## MUD PACK

**Length of treatment:** 20 minutes.

**What to expect:** The body is covered in thick, hot mud (of around 40 °C) and wrapped tightly in a blanket. At first, the body feels hot, but as it adjusts to the temperature there is an intense relaxation effect.



# THE UNIQUENESS OF OUR SPAS

## DANUBIUS HEALTH SPA RESORT BÜK

All-inclusive traditional spa stays, proactive revitalising packages, stress management, family friendly hotel with treatments for children.

With its free carbonic acid content above 1,000 mg, the **Bük spa water** meets internationally established criteria for carbonic-acid springs. It can be used for both drinking and bathing and is excellent for treating mobility conditions.

## DANUBIUS HEALTH SPA RESORT SÁRVÁR

Spa resort specialising in treating both respiratory and mobility conditions, revitalisation programmes, yoga weekends and detox stays. The hotel particularly caters for seniors.

The **Sárvár medicinal water** has a high alkaline and hydrogen carbonate content that provides excellent results in the treatment of **rheumatism**. It also has a **rejuvenating** effect on skin, producing a noticeable silky sensation while bathing.

## DANUBIUS HEALTH SPA RESORT HÉVÍZ

The hotel is renowned throughout the world for its expert physiotherapists who employ the latest rehabilitation techniques. The spa offers effective treatments for the more serious rheumatic, degenerative non-inflammatory, nerve and orthopaedic disorders. Active programmes, wellness and beauty treatments are also available.

## DANUBIUS HEALTH SPA RESORT AQUA

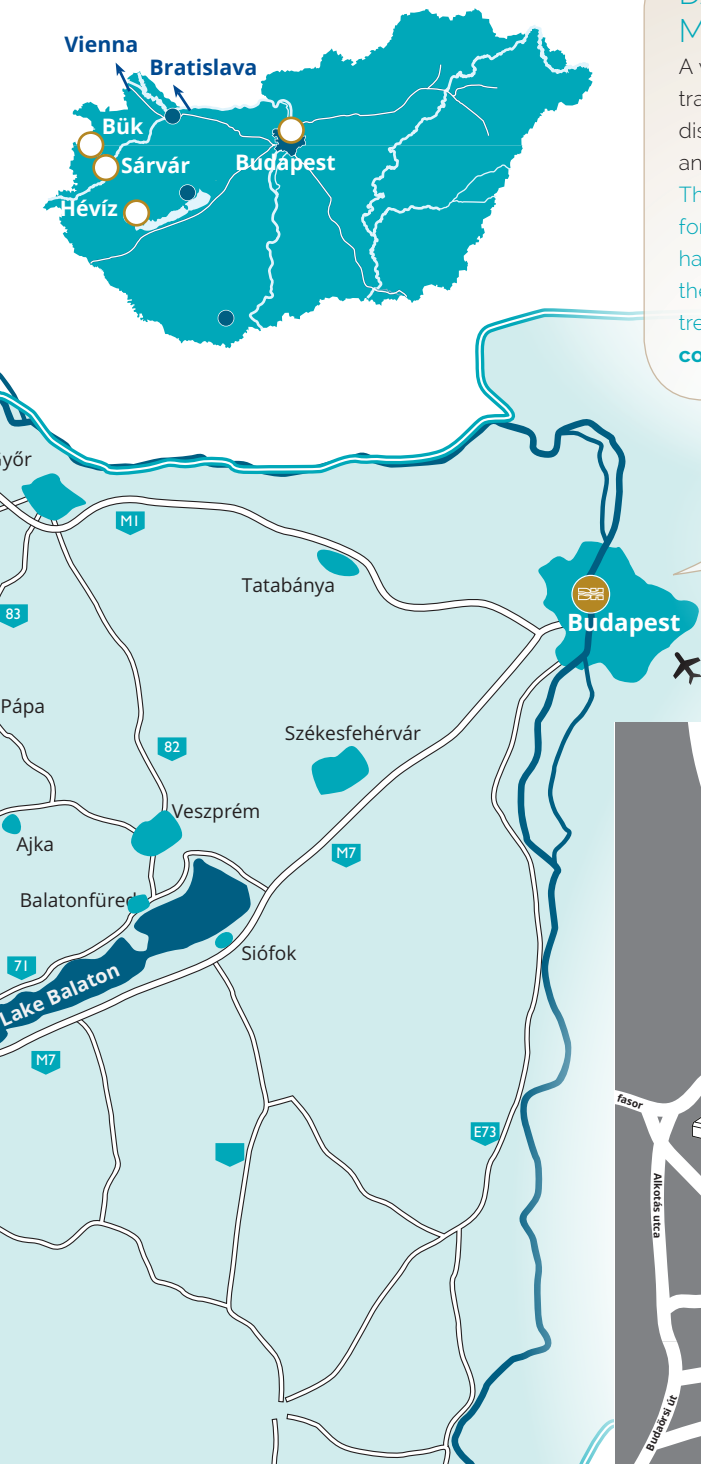
All-inclusive, classic spa stays specialising in mobility diseases, spine-care and active programmes, as well as wellness and beauty treatments, all in a family friendly environment.

The **thermal water of Hévíz** is medically proven to be effective in the treatment of **mobility disorders and complaints**, particularly as part of a **post-operative orthopaedic rehabilitation** programme. Both hotels are within close walking distance of the lake.





# HUNGARY



## DANUBIUS HOTELS MARGARET ISLAND

A world class medical health centre with traditional treatments for mobility diseases in addition to detox, weight loss and rejuvenation packages.

The Margaret Island spa water is suitable for both bathing and drinking. It does not have the typical sulphurous odour, and at the same time is an extremely effective treatment for **mobility and gastric conditions**.

## BUDAPEST



# CHOOSING THE RIGHT PROGRAMME...



- **Medical Spa Stays:** complete, complex spa treatment stays with a daily personal treatment plan based on your individual needs, put together by one of our doctors
- **Medical Wellness:** healthy lifestyle programmes aimed to boost your well-being, combined with medical therapies to improve your overall health
- **Relaxation, Wellness & Beauty:** well-being stays that focus on relaxation, pampering and rejuvenation

## MEDICAL SPA STAYS

Recommended stay 2-3 weeks

### WE OFFER TREATMENT FOR:

- Rheumatism (soft tissue and rheumatoid arthritis)
- Arthritis (osteoarthritis of the spine and joints)
- Chronic inflammatory degenerative diseases of the musculoskeletal system
- Back pain
- Fibromyalgia
- Ankylosing spondylitis
- Metabolic disorders
- Rehabilitation after surgery or accident
- Chronic peripheral circulatory problems



## DANUBIUS MEDICAL PACKAGES

**7/14/21 nights** with half board or all inclusive  
Initial and final **doctor's check-up**

**10/30/45** treatments ordered by the doctor:

**Balneotherapy:** therapies involving thermal water and natural resources

**Hydrotherapy:** hydro massage; underwater jet massage and traction

**Physiotherapy:** physiotherapy, therapeutic exercises, medical massage

**Electrotherapy:** TENS therapy, galvanic bath, magnetic therapy

**Packs:** mud packing and other medical packs

**Inhalation:** oxygen or salt inhalation, salt cave

Unlimited use of the hotel's **spa & fitness facilities**

Some health insurance companies will reimburse the cost of your treatments. Contact them to ask for the details before your stay.



# DANUBIUS MEDICAL WELLNESS PACKAGES

(available from 6 nights)

Energy Rejuvenate, Detox, Active Weight Loss, Prevention Spine, Anti-Stress, Get Fit & Relax, Vitality, Balance & Harmony, Diet & Relaxation Programmes



## MEDICAL WELLNESS STAYS

Our well-being / prevention stays combine healthy living with medical therapies to improve your overall well-being, and to increase the healthy years of your life.

WE OFFER TREATMENT FOR:

- Weight loss
- Detox
- Stress management
- Re-energising



## MEDICAL WELLNESS PACKAGES

Our doctors will tailor a personal 'medical wellness' programme for you that will include a personal doctor's consultation and a medical wellness diagnosis where we screen you to assess your health and locate any problems that may be lying dormant (but that are easily corrected if detected early).

The diagnosis contains:

1. Lifestyle questionnaire
2. Live blood cell analysis (in some locations)
3. Arteriograph (in some locations)
4. Breath-function test
5. Cholesterol, blood sugar, blood-fat analysis
6. Doctor's check-up and screening, blood pressure, spine and joint assessment

After this diagnosis the doctor will prescribe a programme based on your own personal goals and requirements.





# SPA & WELLNESS STAYS

## STEP BY STEP

Choose your preferred Danubius hotel and spa package on our website: [danubiushotels.com](https://danubiushotels.com)

On arrival at a Danubius Health Spa you will be booked in with one of our highly experienced spa doctors.

After a personal consultation, the doctor will design a personalised therapeutic treatment plan for you.

Depending upon your progress, the doctor may subsequently adjust the treatment prescription.


If you are staying with us for at least 2 or 3 weeks, the doctor will conduct a final examination and give you a lifestyle recommendation.



For other spa packages or wellness & beauty offers please visit [danubiushotels.com](https://danubiushotels.com)

If you are interested in Danubius Hot Deals you can subscribe to our [newsletter](#) on [danubiushotels.com](https://danubiushotels.com)

Bathing in medicinal or thermal water is not recommended (contraindicated) in the following cases:

- Infectious diseases
  - Fever
  - Acute inflammation
  - Untreated hypertension
  - Cardiovascular disease: coronary insufficiency, cardiac muscle weakness, post-cardiac surgery and severe irregular heartbeat (in these cases, please consult a cardiologist for specific treatment recommendations)
  - Malignant tumours and blood disorders currently undergoing treatment
  - Severe anaemia, haemophilia
  - Epilepsy
  - Acute thrombosis, phlebitis, leg ulcers
- 
- A female doctor with dark hair, wearing a white lab coat and a stethoscope, is pointing with a yellow pen at a model of a human spine. She is looking down at the model. A patient's head and shoulder are visible in the foreground, looking towards the doctor. The background is bright and out of focus.
- Endometriosis
  - Certain skin diseases
  - Shortness of breath
  - Untreated thyroid problems or hyperthyroidism
  - Patients in need of care who are not self-sufficient
  - Incontinence and defecation disorders
  - Pregnancy



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[danubius.europoints.com](http://danubius.europoints.com)

## Getting THE POINTS

Join our Danubius EuroPoints

Guest Programme now!

Collect points & benefit from  
the Danubius hotels' experience.

For detailed information please visit  
[danubius.europoints.com](http://danubius.europoints.com) or  
ask for the Danubius EuroPoints  
catalogue at the reception desk  
of the Danubius hotels.



## Danubius Healthy Choice

The **DANUBIUS HEALTHY CHOICE**  
menus and buffet selections offer  
tempting dishes prepared with  
quality ingredients.

These meals are  
specially-reduced calorie  
dishes, low in fat and sugar  
and based on international,  
vegetarian, organic and  
local cuisines.



## MORE DANUBIUS HOTELS

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