



CITY & SPA • SPA HOLIDAYS • WELLNESS & BEAUTY

DANUBIUS HOTELS GROUP

# SPA & WELLNESS HOLIDAYS in Hungary



BUDAPEST • SPA HÉVÍZ • SPA BÜK • SPA SÁRVÁR

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

**BOOK  
NOW!**

## 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

[www.premierfitness.hu](http://www.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: **Clarins, Babor, Kavitzcky**
  - 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



- ▶ 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 16th-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





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- Experience the power of nature on tranquil Margaret Island, located just 10 minutes from the city centre.
- Our refurbished rooms 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.

THE SPA ISLAND OF BUDAPEST



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 m² 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

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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, 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





# Danubius Health Spa Resort Helia\*\*\*\*

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- ▶ A place to mix spa relaxation with a thrilling city break. The hotel boasts a wellness and medical complex, and sits in an ideal position on the bank of the Danube, opposite Margaret Island.
- ▶ 15 minutes from the historical city centre of one of Europe's greatest capitals. Metro station is just a few steps away from the hotel.
- ▶ Relax and recharge! Swim in the large pool and enjoy a breathtaking panorama from the two-storey fitness club.
- ▶ Steer clear of the traffic jams! Use the underground station near by or the spacious car park just outside the hotel.
- ▶ 25 km from Budapest Airport, 9 km from Keleti Railway Station.



# Danubius Hotel Gellért

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E-mail: [gellert.reservation@danubiushotels.com](mailto:gellert.reservation@danubiushotels.com)  
H-1111 Budapest, Szent Gellért tér 1.  
[danubiushotels.com/gellert](http://danubiushotels.com/gellert)



- ▶ Impressive Art-Nouveau building with a rich history, set in a picturesque location on the Danube riverbank, at the foot of Gellért Hill.
- ▶ Traditional, welcoming hospitality and attentive service since 1918.
- ▶ Shares its premises with the famous Gellért Thermal Baths. Guests have access through a private hallway to the city's most beautiful thermal pools.
- ▶ Reach the city centre in the fastest way possible! The new Metro 4 station right near the hotel.
- ▶ Great business facilities, excellent food in the brasserie and a charming coffee shop serving traditional pastries.

## CITY AND SPA



### Medical spa & prevention

- thermal baths (7.8 x 5.3 m, 32-34 °C & 5.3 x 5.3 x 3.1 m, 36-38 °C)
- doctor's check up
- therapy centre with massages, packs, balneo- and hydrotherapy, electrotherapy, physiotherapy, Maitland manual therapy
- Budapest Retina Eye Clinique

### Relaxation & wellness

- Indoor swimming pool (17.5 x 7.8 m, 26-28 °C), Jacuzzi, steam room, sauna, infrared sauna, sun terrace, salt cave
- **Danubius Premier Fitness** on two floors with cardio and fitness equipment, fitness consultation and advice
- Group training sessions of different kinds of aerobics, yoga, aqua training, spinning, stretching and Pilates
- Wellness Centre: revitalizing , relaxing, Ayurvedic and Thai massages, baths
- Cosmetics and hair salon, manicure, pedicure, solarium

### THE GELLÉRT BATH

The stunning thermal bath and spa, together with a wellness complex, offer a unique experience with the following facilities and services:

**SPA WATER WORLD:** Indoor swimming pool (27x10 m), thermal baths, outdoor swimming pool with wave bath (38x14 m, closed in winter), outdoor thermal bath, jacuzzi, steam room, sun terrace, solarium, sauna.

**WELLNESS SERVICES:** Refreshing massages, Thai massage, beauty parlour, manicure, pedicure.

The first admission to the Gellért Bath is free. For each additional entry, the hotel grants a 50% discount off the daily ticket price to the hotel guests.

Gellért Bath and Spa Budapest is under the management of Budapest Spas and Hot Springs Co. Ltd and is operated independently from the hotel.



ART-NOUVEAU EXTRAVAGANCE  
– WORLD-FAMOUS 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 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.

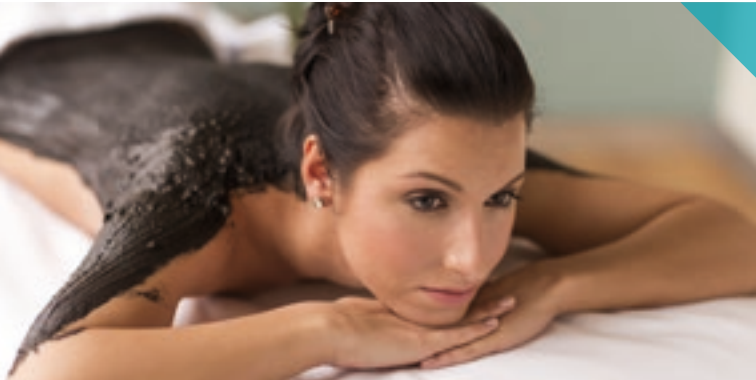


LAKE HEVÍZ – A FORCE OF NATURE

- ▶ 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.



**Location:**  
13 km from Hévíz - Balaton Airport,  
215 km from Budapest Airport,  
195 km from Vienna Airport and  
Bratislava Airport.



- 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 m² hydro pool (with hydro effects: Jacuzzi, massage shower, underwater body massage, geyser and waterfalls) with underwater music and in the evenings light effects, Jacuzzi, steam room, biosauna, sauna, 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:** Clarins 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)

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



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.



# Danubius Health Spa Resort Aqua\*\*\*\*

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[danubiushotels.com/aqua](http://danubiushotels.com/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 Kaviczky products (containing medicinal water and mud from Spa Hévíz), special treatments like Khanya-energy balance body massage, ayurveda and KoroKan massage etc, pedicure, manicure
- **Danubius Bubbles Club** Animation
- 2 indoor-pools for kids with slide, water-sprinkler cannon, paddling pool in the garden (in the summer months).



## SÁRVÁR, THE ROYAL SPA OF EUROPE!

- 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.



# SPA | BÜK, SÁRVÁR

- 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 animals.
- 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.



## SPA BÜK – FOR SPA AND SPORT!

### 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

### 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.



# Danubius Health Spa Resort Bük\*\*\*\*

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danubiushotels.com/buk



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, drinking cure, 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
- **Danubius Bubbles Club** Animation
- 2 indoor pools for children, child animation, playground



WHERE NATURE  
AND HEALING EMBRACE

### 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, fitness check up, anti-stress consultation
- Therapy Centre with massages, mud pack, balneo-, hydro- and electrotherapy, medical gymnastics, relax salt cave.

### Relaxation & wellness

- Adventure pool (104 m², 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, skittles, table-tennis, badminton and basketball courts, garden chess, pétanque, 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



# Danubius Health Spa Resort Sárvár

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- 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.



# THE POWER OF **NATURE**



INVESTING IN YOUR HEALTH, NATURALLY



# 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.

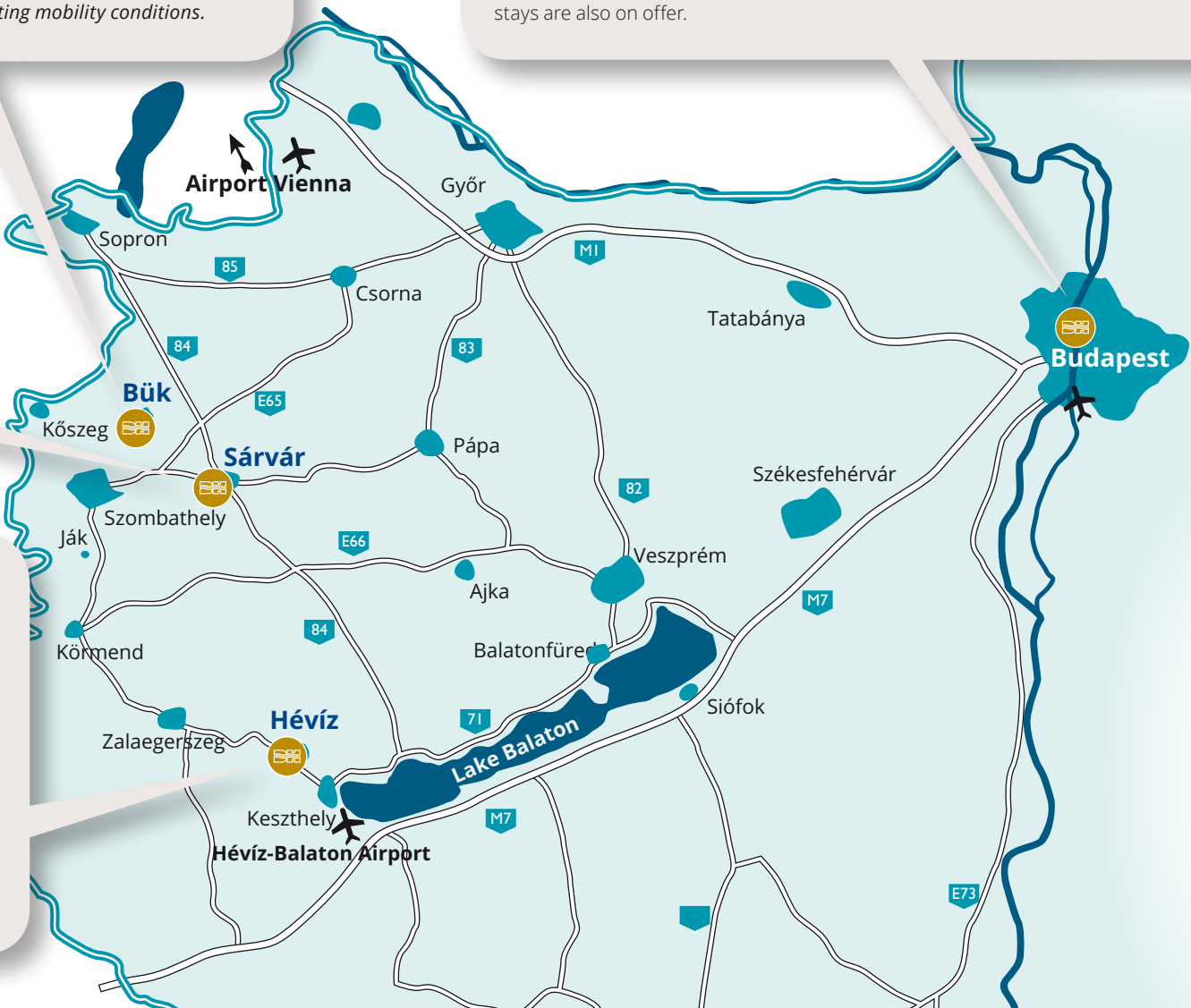
*The **thermal water of Hévíz** is medically proven to be effective in the treatment of **mobility disorders and complaints**, particularly as part of a **post-operative orthopaedic rehabilitation** programme. Both hotels are within close walking distance of the lake.*

## DANUBIUS HEALTH SPA RESORT MARGITSZIGET

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

## DANUBIUS HEALTH SPA RESORT HELIA

A high class physiotherapy centre specialising in sports and spine injury prevention programmes using the latest physiotherapy methods, including the Maitland technique. Stress management stays are also on offer.



*Both hotels use the **Margaret Island spa water**, 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**.*





# 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



## 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



## 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.



## 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.



## 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



# SPA & WELLNESS STAYS STEP BY STEP

Choose your preferred Danubius hotel and spa package on our website: **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**

If you are interested in Danubius Hot Deals you can subscribe to our **newsletter** on **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
  - 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



## Getting THE POINTS

Join our Danubius EuroPoints Guest Programme now!

Collect points & benefit from the Danubius hotels' experience.

For detailed information please visit [danubius.europa.points.com](http://danubius.europa.points.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.





## Discover Danubius brands & products

### *Classic Collection*

A unique selection of hotels with tradition, style and elegance.

DANUBIUS  
*HealthSpa*

Working with nature...

DANUBIUS  
*PremierFitness*

A balance of fitness & relaxation



An exciting new beauty & wellness concept

To learn more, visit our websites:

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

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

## More Danubius hotels

HUNGARY – Budapest & Countryside

UNITED KINGDOM – London

CZECH REPUBLIC – Mariánské Lázně

SLOVAKIA – Piešťany, Smrdáky

ROMANIA – Sovata

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More hotels & online booking:

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