

DANUBIUS HEALTH SPA ETIQUETTE

As our valued guest, for your safety and enjoyment, we kindly ask you to:

- ▶ Please always wear your slippers in the spa, pool and wet areas
- ▶ Help us to maintain hygiene standards by always showering before using the spa or pool facilities
- ▶ Some guests prefer using the sauna naked and some not. We try to accommodate all cultural habits, so please check the policy at your chosen destination
- ▶ In the interests of hygiene, please place your sauna towel under you when using the sauna, and always shower before going from the sauna into the plunge pool
- ▶ Please arrive to your treatment on time – our therapists are often fully booked. By arriving late you might miss part or all of your treatment
- ▶ Please be aware that some of our spas have a cancellation policy where a part of or all of the treatment cost may be charged in case of a no-show or cancellation
- ▶ If you have any comments regarding your treatment or spa service, please use our guest feedback service which you can find in the spa. Alternatively, you can either write a comment in our guestbook at the spa reception or speak directly to the spa manager.

Enjoy your visit!

WORKING WITH NATURE...

Welcome to **DANUBIUS HOTELS GROUP**, Europe's largest and most experienced spa operators! Our spas are situated in unique and beautiful locations in Hungary, the Czech Republic, Slovakia and Romania.

All of our spas are founded on natural resources that have a historical tradition of healing, that we combine with medical expertise to offer a unique and exciting experience.

DANUBIUS HEALTH SPAS

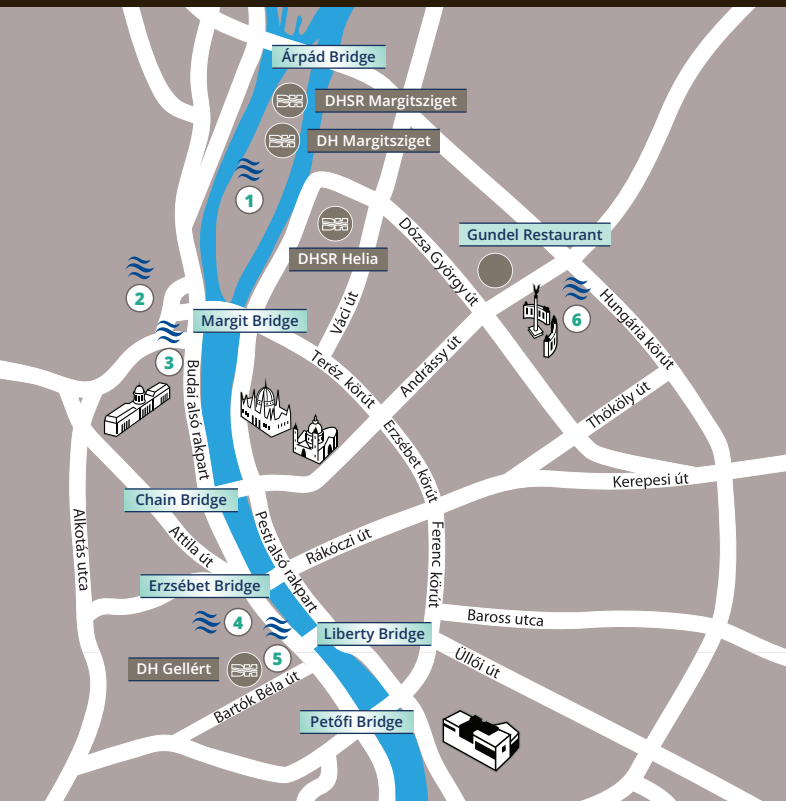
In our Danubius Health Spas you will find the following:

- ▶ **Natural Resources:** The heart of our treatments
- ▶ **Medical Expertise:** Experienced doctors and health professionals to support and guide you through your therapies
- ▶ **Therapeutic Treatments:** Effective medical procedures that have successfully treated generations of spa guests
- ▶ **Relaxation Services:** Relaxation facilities and treatments to really help you unwind and de-stress
- ▶ **Fitness and Beauty:** Danubius Premier Fitness and Emporium Wellness and Beauty centres
- ▶ **Danubius Healthy Choice:** Healthy menus to complement our delicious local cuisines; low-fat and calorie counted

DANUBIUS HEALTH SPA RESORTS



AREA MAP OF BUDAPEST



OTHER THERMAL BATHS IN BUDAPEST:

- ≈ 1. Palatinus
- ≈ 2. Lukács
- ≈ 3. Király
- ≈ 4. Rudas
- ≈ 5. Gellért
- ≈ 6. Széchenyi

SPA TRADITION AT DANUBIUS

We operate over 30 spa hotels in 5 countries. You will find that each of our locations has its own individual atmosphere, scenery and traditions. What they all have in common, however, is belief in the healing power of the earth's natural resources and a way of life that is built around the 'spa'.

Whether you are seeking the trusted results of our rehabilitation therapies, wish to relax and enjoy the soothing effects of nature's wonders, or simply want to escape to a beautiful and exotic location, then we are waiting for you with a warm welcome.

In many of our locations you will find our spa tradition reflected in the beautiful architecture of our properties. In the past, these spas were in fact therapy centres for the treatment of medical conditions.

With the ever-changing spa culture, we have also moved with the times. In addition to offering effective therapies for the treatment of medical conditions and maintaining good health, we also offer a wide range of pampering and relaxation services.

Whether you are visiting for medical reasons or to relax and de-stress, you will instantly sense the tradition and confidence behind our procedures and the execution of our treatments – treatments that have been tried and tested over centuries.

WHAT IS MEDICAL SPA? HOW DOES IT WORK?

Therapeutic stays are based upon a complete spa treatment plan that includes a medical consultation and individually prescribed treatments that take into consideration your specific health condition.

On arrival at a Danubius Health Spa you will be booked in with one of our highly experienced spa doctors. During this consultation you will be able to discuss your particular health or medical needs. Based upon these, the doctor will then design your personalised therapeutic treatment plan. This will combine natural treatments with physiotherapy, hydrotherapy, electrotherapy, medical packing and massage to achieve the necessary results.

Depending upon your progress, the doctor may subsequently adjust the treatment prescription during your stay. Besides the medical treatments, we also offer a wide range of relaxation and well-being treatments to ensure that you leave feeling relaxed and refreshed. If you are staying with us on one of our longer spa stays, the doctor will conduct a final examination and lifestyle recommendation. In order to benefit effectively from the treatment, you are advised to stay for at least 2 or 3 weeks.

WE OFFER TREATMENT FOR:

Musculoskeletal diseases such as:

- Diseases associated with and/or degenerative chronic inflammation of the joints
- Chronic inflammatory muscles diseases
- Fibromyalgia
- Back pain
- Ankylosing spondylitis

Preparation prior to orthopaedic surgery or post-accident rehabilitation

Digestive disorders and

Chronic peripheral circulatory disorders

Recommended spas: Budapest, Hévíz, Bük, Sárvár, Marienbad, Piešťany and Sovata

Kidney and urinary tract diseases

Recommended spa: Marienbad

Respiratory conditions

Recommended spas: Sovata, Sárvár and Marienbad

Gynaecological inflammatory diseases

Recommended spas: Marienbad and Sovata

Skin diseases (eczema, psoriasis, local dermatitis, acne and arthritic psoriasis)

Recommended spas: Sárvár, Smrdáky and Sovata



WHAT IS MEDICAL WELLNESS? HOW DOES IT WORK?

Medical wellness (lifestyle improvement or disease preventative programmes) means adopting certain lifestyle behaviours. This conduct must then be combined with certain medical therapies to improve your overall well-being, boost your health, and even possibly lengthen your life expectancy. Our doctors – experts in traditional spa therapies and their effects – will tailor a personal 'medical wellness' programme for you, especially designed to put your body and spirit back on track. Our medical wellness programme will include:

- ▶ A short questionnaire and personal doctor's consultation to establish an overall picture of your current health status.
- ▶ The medical wellness diagnosis entails a physical examination whereby we try to map out your state of health and discover any emerging illnesses in a timely manner in order to avoid future medical complications. The diagnosis contains:
 - Lifestyle questionnaire;
 - Live blood cell analysis (in some locations);
 - Other tests may include: blood pressure, breath function (in some places), chloresteral, blood sugar and body fat.

After this diagnosis, the doctor will prescribe a programme based on your own personal goals and requirements. Our Medical Wellness programmes are divided into the following areas:

- ▶ Weight loss
- ▶ Detox
- ▶ Stress management
- ▶ Re-energisation

WHICH SPAS OR COUNTRIES TO CHOOSE?

Recommended health spa resorts are Margaret Island, Bük and Hévíz in Hungary; Danubius Health Spa Irma-Thermia Palace and Balnea Esplanade in Slovakia and Nově & Centrální Lázně in the Czech Republic.

RELAXATION & WELLNESS

Our well-being stays range from 2 days to 3 weeks, and are focused on relaxation and rejuvenation. In our resorts you will discover a wide range of relaxation and beauty treatments, as well as many opportunities to improve your physical fitness.

Many of our traditional medical treatments are also extremely effective as part of a lifestyle improvement programme. Similarly, many of our natural resources have revitalising and re-energising effects. You will also be impressed by the superb pool, sauna, hydro and wellness complexes in some of our resorts.

WE OFFER:

Waterworlds: A variety of swimming pools, thermal bath complexes, hydro pools, sunbathing areas, saunas and steam rooms.

Relaxation treatments: Aside from the obvious benefits of providing relaxation and stress relief, treatments such as massages and baths provide numerous physiological benefits as well. Whether your body's aches and pains are the result of work, sport, or day-to-day stress, a wellness treatment like a massage will relax tense or aching muscles and joints. Arthritis, rheumatism, and chronic back pain can also be relieved.

Fitness clubs and exercise classes: We take care of your fitness and health needs. Fully equipped fitness centres and personal consultations alongside the numerous exercise classes, such as aqua fitness, yoga, Pilates, tai chi and nordic walking enable you to improve your cardiovascular fitness, strength and flexibility. Our friendly and helpful instructors cater to all ages and fitness levels, making sure you experience an enjoyable, safe and effective workout.

Beauty treatments: At Danubius we recognise that if you want to feel your best, it helps to look your best. As part of our modernisation process, we have created an exciting new beauty and wellness concept under the name 'Emporium'. We offer personal attention, expert advice, unparalleled service, and tried-and-tested treatments in a relaxed and welcoming environment.

Healthy food: Danubius Healthy Choice: healthy menus to complement our delicious local cuisines – low-fat and calorie counted.

Danubius Bubbles Club – keeping the whole family entertained. Our family friendly hotels include a professional team to entertain our guests and ensure they have a fun holiday. Among the activities on offer are pool games, sports competitions, handicraft programmes and other enjoyable events for both children and adults.

WHICH SPAS OR COUNTRIES TO CHOOSE?

All Danubius Health Spas. Highly recommended are Margaret Island, Hévíz, Aqua and Bük in Hungary; Hvězda-Skálník, Nově & Centrální Lázně in the Czech Republic; Thermia Palace and Balnea Esplanade Palace in Slovakia and Sovata in Romania.



NATURAL RESOURCES OF HUNGARY

Due to the thinness of the earth's crust in the Carpathian basin, Hungary is blessed with more than two thousand natural thermal mineral springs and wells producing thermal water. The heat and chemical composition of these thermal waters have a direct healing effect on many mobility conditions such as arthritis and rheumatism. Due to its muscle relaxant and analgesic effect, mud from the unique Hévíz thermal lake is used in the form of packs.

SPECIAL FEATURES OF HUNGARIAN THERMAL WATERS

GELLÉRT (BUDAPEST)

The water is rich in calcium-magnesium-hydrocarbonates and has been used since the 14th century for medicinal and relaxation purposes.

MARGITSZIGET (BUDAPEST, MARGARET ISLAND)

With the advancement of drilling technology, this water was brought to the surface in 1886 and is suitable for bathing and drinking. It does not have the typical sulphurous odour.

HÉVÍZ

This 2000-year-old medicinal water contains sulphur, radon and minerals, and was created by volcanic activity. It is the world's only natural thermal lake that is suitable for bathing. The water has been medically proven in treating mobility disorders, as well as postoperative orthopaedic rehabilitation.

BÜKFÜRDŐ

With its free carbonic acid content above 1000 mg, the water meets internationally established criteria for carbonic-acid springs. Moreover, the dissolved mineral content is very high. A mineral drinking cure is also available for musculoskeletal disorders.

SÁRVÁR

Due to the high salt and dissolved mineral content in the water, therapies involving the water to treat musculoskeletal complaints can achieve remarkable results. It also rejuvenates the skin – guests will experience a silky sensation during bathing.



HEALTH SPA TREATMENTS

SUITABLE AND NOT SUITABLE FOR:

Each spa resort specialises in the treatment of certain medical conditions.

If you suffer from any of the conditions listed in the 'not suitable for' list, you should contact the hotel prior to booking a stay with us. For more detailed information, please refer either to our website (danubiushotels.com) or directly contact the hotel of your choice.

SUITABLE FOR:

- ▶ Musculoskeletal diseases
 - Chronic degenerative joint diseases
 - Musculoskeletal diseases associated with chronic inflammation (e.g. Rheumatoid arthritis, ankylosing spondylitis, gout)
 - Soft tissue diseases (fibromyalgia, tendinitis, shoulder joint complaints)
 - Spinal disorders (inter-vertebral disk disorders, diseases involving the wear of cartilage, lumbago)
- ▶ Orthopaedic and accident rehabilitation
- ▶ Stress, fatigue
- ▶ Certain diseases of the respiratory tract (chronic obstructive pulmonary disease, mild asthma, respiratory allergies)
- ▶ Some digestive problems

NOT SUITABLE FOR:

- ▶ 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 (except in Slovakia)
- ▶ Certain skin diseases
- ▶ Shortness of breath
- ▶ Untreated thyroid problems or hyperthyroidism
- ▶ Patients in need of care who are not self-sufficient, the elderly
- ▶ Incontinence and defecation disorders
- ▶ Pregnancy

BALNEOTHERAPY

THERMAL BATH

Rich in minerals and warmed by the heat of the earth's interior, thermal mineral water is probably one of the most remarkable natural remedies known to mankind. Thermal water is the basis of our natural treatments in Hungary and Slovakia. It is particularly effective in the treatment of chronic inflammatory and degenerative locomotive disorders, and is also excellent in rehabilitation programmes. Relaxing in the warm water is also a perfect antidote to unwinding from the stresses and strains of modern life. In fact, its effect is so strong that a weekly visit to the local spa is routine for many people living in Central Europe. Thermal water naturally arises, or is pumped artificially up to the earth's surface, typically from a depth of around 2,000 meters. After this, it then cools to a temperature suitable for bathing, which is usually between 36-39 °C. You are encouraged to relax in the thermal bath for 15-20 minutes daily unless otherwise advised by one of our doctors. In some of our more traditional spas, your thermal bathing treatment will conclude with a 15-minute full body dry wrap. Some of our older thermal bathhouses are true architectural gems, whilst our newer facilities combine thermal water with sauna facilities, swimming and hydro pools.

- ▶ Time of treatment: 20-35 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

MEDICAL CHECK UP

INITIAL DOCTOR'S CHECK UP

If you are staying with us on a traditional or therapeutic spa package you will, upon arrival, be booked in for a check up with one of our spa doctors. The aim of this initial consultation is to check your health complaints, health history, that the treatments prescribed are safe and effective. If necessary the doctor may prescribe additional examinations and/or laboratory tests.

- ▶ Time: 15 min.
- ▶ Prescription: not needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

DOCTOR'S CONTROL

If you are staying with us for one week or longer on a traditional or therapeutic spa stay, it is likely that you will receive a weekly control check up with one of our spa doctors. The purpose of this consultation is to ensure that your treatment plan is having the best results possible and that you are getting the best out of our spa services. In some cases the treatment plan might be adjusted and additional treatments advised, depending on your progress.

- ▶ Time: 10 min.
- ▶ Prescription: not needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

INDIVIDUAL NUTRITION ADVICE

Our individual nutrition advice service is conducted by either a qualified dietician or nutrition consultant. The advice session may begin with a short assessment including blood pres-



sure, heart rate, body mass index, waist hip ratio and body fat percentage. The dietician also may ask you detailed questions to determine your current eating habits and give advice on how they can be improved. If you are a guest in the hotel they will also be able to design a personal dietary program for the length of your stay in consultation with the hotel chef. The aim of the program is to motivate you into improving your nutritional lifestyle, not just whilst you are with us, but when you return home as well.

- ▶ Time: 20-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox, Weight loss
- ▶ Available: Margitsziget

LIFE ASSESSMENT

This treatment has three parts. Firstly we take down the guest's essential measurements (height, weight and age). From these measurements we can determine the guest's BMI (Body mass index – which should be between 20 and 30). We also use these measurements in combination with the body fat measuring machine to calculate the ideal body weight in kilos and energy exchange (Kcal) according to that particular guest. In the second part we measure the blood pressure and the resting pulse rate with a digital blood pressure machine. Finally we examine the respiratory function capacity (inhalation and exhalation) with a spirometer. These measurements give a clear picture of the guest's health and are a good starting point for designing a fitness program or giving lifestyle advice.

- ▶ Time: 20-30 min.
- ▶ Prescription: not needed

- ▶ What is it for: Stress, Re-energizing, Detox, Weight loss
- ▶ Available: Helia, Hévíz, Aqua

MEDICAL WELLNESS DOCTORS CONSULTATION

Many of our 'healthy living' or 'disease prevention' programs (referred to in Europe as Medical Wellness) include a 'Medical Wellness Doctor's Consultation'. These are slightly different to a normal doctor's consultation. In addition to a standard medical examination you will also be asked to fill out a lifestyle questionnaire. This helps the doctor understand, not just your health status, but your overall lifestyle habits such as your fitness, your diet, how you feel in your professional and personal life as well as your stress levels. From this evaluation they will be able to create a really effective spa program to not only improve your health but address those problematic areas in your life to help prevent any serious health condition from developing. Some Medical Wellness Consultations also use the assistance of different diagnostic methods, such as a live blood cell analysis or bio-resonance.

- ▶ Time: 30-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox, Weight loss
- ▶ Available: Margitsziget

LIVE BLOOD CELL ANALYSIS

This is a special health examination based on the analysis of live blood cells that have taken from a finger pin prick. The small drop of blood is placed onto a slide and magnified through a camera onto the computer screen.

Both the doctor and guest are able to see the state of the magnified cells in perfect clarity and it shows clearly an overall picture of the health of the client. Poor diet, lack of hydration, stress and hidden signs of disease are all reflected in the size, shape and pattern of the blood cells. In addition to explaining the findings and giving advice, the doctor can also prescribe spa treatments and lifestyle advice to help address the risk factors found in the examination. In many Danubius Health Spa Resorts the live blood cell analysis is used as an essential part of the doctor's consultation at the beginning of our preventative and medical wellness programs. It is particularly useful in 'detox' stays where a noticeable difference can be seen in the health of the blood cells before and after the treatment. The live blood cell analysis is often done in combination with a lifestyle questionnaire assessment.

- ▶ Time of treatment: 45 min.
- ▶ Prescription: needed
- ▶ Available: Bük, Sárovar

ARTERIOGRAPH

TensioMed™ Arteriograph is a new medical invention capable of measuring arterial stiffness in a simple, fast and convenient way. The measurement takes just a few minutes with an upper arm cuff. The procedure is safe and painless, not causing any harm or discomfort. The device gives a measurement report called arteriogram which gives an overall assessment of the general condition of arteries. Arteriosclerosis if it is diagnosed in its early stage can be followed up with effective treatment to effectively combat the illness. Some of the main risk factors of arteriosclerosis are:

high blood pressure, family history of cardiovascular diseases, physically inactive lifestyle, overweight, smoking and stress. This assessment is recommended to anyone who has memory problem, women with menopause, and businessmen with a high heart rate or blood pressure. Prevention is vital: the earlier the disease is discovered the higher chance of survival.

- ▶ Time: 30 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget

HYDROTHERAPY

CARBON DIOXIDE BATH (in normal water)

The carbon dioxide bath is an individual bath of normal water at a temperature between 32-34 °C into which small 'fizzy' bubbles of carbon dioxide gas are pumped. The same carbon dioxide used in the food industry is pumped into the water through a tube. At our spa resort of Marienbad, natural gas is used, making this a signature treatment. The treatment can last between 10-20 minutes, during which you lie relaxed as small carbon bubbles caress and coat your skin while the gas is absorbed into the body. Medically, the carbon strongly congests the skin with carbon dioxide, thereby slowing down heart activity, reducing blood pressure and stress on the heart and improving blood circulation. This treatment is ideal for general relaxation, as there is a pleasant soothing feeling of general tickling from the carbon bubbles. The treatment in some of our spa locations is followed by a full body 15-minute dry wrap.



- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük, Sárovar

HYDROMASSAGE / WHIRLPOOL

This treatment is taken in a hot bath at a temperature of 35-37 °C and a relaxing massage with currents of whirling water. The effects are improved blood circulation and a loosening of muscle and joint stiffness. Aroma oils and essences can be added to the water to enhance the experience. The treatment can last between 10-20 minutes.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük, Sárovar

UNDERWATER JET MASSAGE

The treatment is given in a bath at a temperature of 35-37 °C. A powerful, pressurised (0.5-2.0 atm) jet of water is released through a hose underwater and directed manually by the therapist to the main muscle groups from a distance of between 10 and 15 cm and at an angle, in strokes. By varying the distance and angle, it is possible to change the intensity of the water jet pressure on the body. The aim of this deep massage is to release stiffness in the muscles and connective tissues and to partially release the joints. It is also probably one of the most effective spa treatments for relaxation available.

- ▶ Time of treatment: 10-40 min.
- ▶ Prescription: some places needed

- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

INDIVIDUAL BUBBLE BATH

The individual bubble bath is similar to the individual thermal bubble bath. However, instead of using thermal water, ordinary water that has been heated to a temperature of between 32-34°C is used. Small 'fizzy' bubbles of air are then pumped into this. The treatment lasts between 10-20 minutes, during which you lie relaxed as small air bubbles gently caress and coat the skin. The treatment is ideal for general relaxation, as there is a pleasant soothing feeling of general tickling caused by the bubbles. The treatment in some of our spa locations is followed by a full body 15-minute dry wrap.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Helia

UNDERWATER TRACTION (in normal water)

Underwater traction in normal water uses exactly the same procedures as in thermal underwater traction. (See: Underwater Traction in Thermal Water). The only difference is that normal water is used. Traction therapy is a passive procedure which uses mechanical force to induce stretching of the soft tissues (muscles, ligaments, tendons, joint capsules), with the pulling force during the traction treatment constant and continuous. Traction in water uses the weight of the body, which is suspended by the neck or below the arms in a pool of warm

water. Sometimes additional weights are added to the torso or feet to increase the stretching effect. During treatment, the body is gently stretched out, which releases the muscles and stiff spinal connective tissues. The treatment is supervised by a professional therapist.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Bük

UNDERWATER TRACTION (in thermal water)

Traction therapy is a passive procedure (designed by Károly Moll, a Hévíz rheumatologist) that uses mechanical force to induce stretching of the soft tissues (muscles, ligaments, sinews, joint capsules), with the pulling force during the traction both constant and continuous. Traction in water uses the weight of the body, which is suspended by the neck or below the arms, in a special pool of warm thermal water. Sometimes additional weights are added to the torso or feet to increase the stretching effect. During treatment, the body is gently stretched out, releasing the muscles and stiff spinal connective tissues. The treatment is supervised by a professional therapist and lasts for 15 minutes. Underwater traction in thermal water has a double benefit of traction as well as the healing effects of the minerals and heat from the thermal water. In this case, the sulphur and minerals are absorbed through the skin, after which they migrate to other structures in the body, such as ligaments, cartilages and sinews. Once it is in the body, the sulphur inhibits the degradation of elastine and collagen.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: needed
- ▶ What is it for: Stress
- ▶ Available: Hévíz, Aqua, Sárovar

HYDROTHERAPY | Kneipp treatments

ALTERNATING TEMPERATURE BATH

This treatment is similar in principle to the stepping bath and is based on the Kneipp principle of hot and cold water on the body. The difference between the two treatments is in the stepping bath: you physically step into baths of alternating temperatures, whereas with our alternating temperature bath you sit comfortably with your feet in a basin whilst a gentle jet of water is sprayed onto the feet at a warm temperature with intervals of cold water. This procedure is repeated for the wrists and hands in the arm bath with water. This treatment improves the immune system, circulation and metabolism and leaves one with a rejuvenated feeling.

- ▶ Time of treatment: 10 min.
- ▶ Prescription: needed
- ▶ What is it for: Re-energizing, Detox
- ▶ Available: Hévíz, Aqua, Bük, Sárovar

PHYSIOTHERAPY

GROUP THERAPEUTIC EXERCISE

Therapeutic exercise is a crucial part of the recovery process and instrumental to any rehabilitation program. This therapy is led by an expert physiotherapist, normally for a group



of guests with a similar diagnostic profile. An example of our classes includes therapeutic exercise for spine or joint conditions, osteoporosis, obesity, vascular conditions of the brain and exercise for cardiac patients. The therapy uses exercises designed to relax overloaded muscles, strengthen weak muscle groups, improve joint, spinal and pelvic mobilisation, and strengthen static/dynamic functions necessary for correct body positioning. An inseparable part of these classes are breathing exercises, in addition to training for speed, agility, endurance, balance, strength and overall fitness.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Helia, Bük, Sárovar

INDIVIDUAL THERAPEUTIC EXERCISE

A qualified physiotherapist conducts all individual therapeutic exercise sessions as prescribed by a doctor. These classes are designed to maintain or restore physical mobility as well as develop functional capabilities. The therapy includes active and passive movements as well as mobilisation and manipulation. Other methods may include visualisation, active muscle contraction, active assisted movements and free active movement. An inseparable part of these classes are breathing exercises in addition to training for balance, strength and flexibility.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

FULL BODY MEDICAL MASSAGE

Performed by qualified masseurs, the medical massage, sometimes referred to as the 'classical' massage, uses a variety of techniques during treatment. The massage generally targets areas where secondary changes have occurred as a result of injury somewhere in the body. Its aim is to speed up the recovery process by improving circulation to the problematic area. As well as improving blood flow to the targeted region, it can relax or stimulate muscles and mitigate pain. The massage is normally conducted in the following areas: back, arms, lower extremities, stomach, chest and neck. Depending on which areas are targeted, this is either referred to as a 'partial' or 'full body' massage.

- ▶ Time of treatment: 30-50 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Hévíz, Aqua, Bük, Sárovar

PARTIAL MEDICAL MASSAGE

After the doctor's examination and diagnosis, a specific area of the body is prescribed for massage. The aim is to stimulate blood circulation in this specific area, release muscle tension and improve the mobility of the connective tissue and joint.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

SEGMENT AND CONNECTIVE TISSUE MASSAGE

This uses a very specialised massage tech-

nique, targeting nerve connections and endings. The massage is carried out in one of four areas: the head and neck, the back, the chest or the pelvis. Using the thumb and forefinger, the masseur presses firmly along short or long, direct or curved lines. This massage action is very particular and not only promotes healing in the area being massaged, but through a 'reflex' effect it promotes healing in the entire body, which is why it is sometimes referred to as a 'reflex' massage. In addition, it has been found to be very effective in relieving stress, fatigue, sleep and digestive disorders and high blood pressure. The massage is a very sensitive body intervention that can have certain unexpected side effects, such as short breath, stomach pain, the lowering of blood pressure and sudden fatigue. As a result, prescription is given with care and under the guidance of a doctor.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress
- ▶ Available: Hévíz, Aqua

FOOT REFLEX MASSAGE

The main principal of reflexology is based on the fact that in the human body there are more than 70,000 nerve endings located in the foot. These nerve endings connect to internal and external organs throughout the body, through energy channels. This massage specifically targets the hands and feet, stimulating the nerve endings to produce a general healing effect. In particular, it has a positive 'reflex' effect on the blood circulatory and lymphatic systems, the immune system, and regulates the functioning of the endocrine glands.

The massage also has relaxing and pain-alleviation effects particularly effective for back pain and headaches. It can also help with cases of anxiety, insomnia and digestive system disorders.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük, Sárovar

MANUAL LYMPH DRAINAGE

This is a specialised massage normally conducted by a physiotherapist which is intended to assist the lymphatic system, particularly in cases where there is or has been an irregularity. The massage involves light rhythmical movements of the hand, applied to the lymph nodes and the lymphatic system. It is this action that stimulates lymph node activity to cleanse the body and assist the flow of lymphatic fluid to remove toxins, debris, cell waste and dead particles. The massage is usually divided into the extremities of the body, with each extremity generally taking half an hour to massage.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress, Re-energizing, Detox, Weight loss
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

WATER REHABILITATION

Water rehabilitation, perhaps better known as 'physiotherapy in water' or 'hydrokinesotherapy' is conducted in water at a temperature of approximately 33 °C. In most of our spas the water used will be natural thermal



water and the exercises lead by a qualified physiotherapist. Because of the buoyancy, resistance and chemical effects of the water, it is very effective for persons with degenerative diseases of weight-carrying joints in addition to post operative rehabilitation. Water rehabilitation is either conducted in groups with guests of a similar diagnostic profile or even individually.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia, Sárovar

ULTRASOUND THERAPY

Ultrasound uses sounds of high frequency and intensity that are converted to mechanical and heat energy. 30% of this mechanical energy results in a type of micro-massage in the tissues of the body that are targeted, resulting in heat generation. The treatment is administered by placing the head of the device in continuous or pulse application into the skin, which has been given a coating of paraffin oil or conductive gel. The depth of impact varies between 2-6 cm and the effect stimulates the molecules, causing subsequent chemical reactions. It also improves blood circulation as well as nutrition of the tissues with an analgesic and antispastic effect. The site of application needs to be prescribed by a doctor, but it is generally an area that is in pain or in need of relief.

- ▶ Time of treatment: 5-15 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

UNDERWATER ULTRASOUND

This treatment is a regular medical ultrasound therapy except that it takes place in a bath of water. With this method it is possible to treat effectively certain body parts (such as the hands, foot) as there are many small bones near to the skin's surface. The treatment is administered by placing the head of the device into the water on a continuous or pulse application at a distance of 1 cm from the skin. The depth of impact varies between 2-6 cm and the intensity of impact is mainly 0.8-0.9 Hz which is determined by doctors. This ultrasound therapy uses vibrations of high frequency and intensity that are converted to mechanical and heat energy. 30% of this mechanical energy results in a type of micromassage for the tissues of the body that are targeted, resulting in heat. The effect stimulates the molecules causing subsequent chemical reactions, improves blood circulation as well as nutrition of the tissues with an analgesic and antispastic effect. The site and intensity of application needs to be prescribed by a doctor, but it is generally an area that is in pain or in need of relief.

- ▶ Time of treatment: 5-8 min.
- ▶ Prescription: needed
- ▶ Available: Sárovar

AUTOGEN TRAINING

Autogen training is one of the most well-founded and most researched relaxation techniques, and works by strengthening the natural self-healing mechanisms of the body. This is the only 'mind and body' technique whose origins are the results of medical research. Autogen training enables controlling

stress by teaching relaxation of the autonomic nervous system. The 'switch' to a relaxed state can be achieved through well-performed practice; this means that we are able to regulate our physical and psychological self according to our needs. It is recommended for those who would like to learn to consciously relax their bodies, calming their mental state and general well-being.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Bük, Sárovar

MAITLAND THERAPY

This therapy, originating from Australia, is a speciality of the Danubius Health Spa Resort Helia. The therapist first conducts a detailed examination to determine the origin of the pain (muscle, joint or bone), then with sensitive, small, gentle movements tries to remove the area of pain blockage.

- ▶ Time of treatment: 30 min.
- ▶ Prescription: not needed
- ▶ Available: Helia

HEALTH CHECK WITH THE MAITLAND METHOD

This method, developed by an Australian manual therapist, is a specialty of Danubius Spa Resort Helia. The physiotherapist determines the origins of musculoskeletal pain (muscle, joint, bone) in the course of a detailed examination, and then plans a further course of treatment and frequency schedule on this basis. The first treatment also takes place during the health check, in which fine, small, gentle strokes aim to enhance the mobility of

the painful area, relieving the underlying blockage causing the pain. In order to achieve long-term results, we recommend a maximum of 5 further treatments after the initial health check.

- ▶ Time of treatment: 55 min.
- ▶ Prescription: not needed
- ▶ Available: Helia

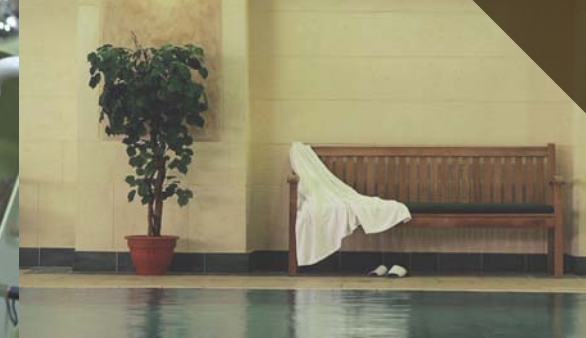
INDIVIDUAL INTIMATE EXERCISE

The individual intimate exercise is conducted by a physiotherapist, by recommendation. The treatment is effective for both prevention and rehabilitation. The therapy has the following benefits: increased awareness and knowledge, treatment of several types of incontinence, preparation for menopause, improving the condition of the body after abdominal surgery and improved function of the sexual organs.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Hévíz

INDIVIDUAL PILATES

The individual Pilates exercise session is led by a physiotherapist, and is personally tailored to the individual physical condition and goals of the guest. This exercise form is excellent for improving stability in the torso and increasing flexibility in the legs, which in turn helps minimize back complaints. In addition, Pilates is an excellent therapy for improving breath control, rehabilitation and prevention. The session also includes mind-body focus, exercises for muscle tone, balance, breathing and stretching. Guests with osteoporosis and high blood pressure should first check with a doctor before booking a session.



- ▶ Time of treatment: 40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Hévíz

BACK SCHOOL

Our 'back school' helps many people to be able to move without pain and is a key part of reconvalescence. Nowadays some exercise theories are considered out-dated. According to the latest research there are no correct or incorrect movements, only movements according to the moment and body strength – comfortable, uncomfortable, convenient or inconvenient. This program included in the back school teaches exercises aimed at strengthening all kinds of muscles crucial in supporting correct body posture. In particular the stomach, thigh and back muscles.

- ▶ Time of treatment: 30-60 min.
- ▶ Prescription: needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Hévíz, Aqua

MECHANICAL LYMPH DRAINAGE

This treatment is for the alleviation of lymph oedema using a special mechanical lymph massage developed by Dr. Emil Vodder (a biologist from Denmark). Symptoms mostly affect the lower extremities where gravitation is the strongest and include: swollen legs, distended pain, cellulite, restless leg syndrome and heavy legs. The treatment involves gentle pumping, circular movements to increase the lymph flow, helping to transport the non-necessary fluids into the blood circulation. The result is that the swelling decreases, the heavy leg sensation disappears and the person feels

lighter and slimmer. It also helps treat cellulite. During the treatment the lymph drainage applicator is applied to a certain part of the body (arm, leg, and/or belly). The machine pumps up and down, applying an alternating pressure. Because of hygienic reasons a long sleeved shirt or trousers are advised. The lymph drainage is prescribed for a maximum of 10 times, the duration of the treatment is between 30-40 minutes. 1-2 treatments a week are recommended.

- ▶ Time of treatment: 20-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox, Weight loss
- ▶ Available: Margitsziget

KINESIO TAPE THERAPY

Kinesiology tape is used as a therapeutic aid, made from elastic cotton fabric and adhered to skin, with which pain and disability can be reduced in a short time without side effects. Through the different professional bonding techniques, it can be used to achieve strengthening, correcting, or regenerating effects. As a result of the applied tape, skin and tissue loosens, lymph flow becomes more intensive, circulation improves, and heavy pressure on pain receptors is reduced. It stabilises muscles and joints, relieves the load on damaged tissues, prevents muscle cramps from forming, and reduces the occurrence of inflammation. Professionally-applied tape will remain on the surface of the skin for 4-5 days. Due to its elasticity and ease of wearing, it moves together with body tissue and does not limit movement.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Bük

ELECTROTHERAPY

TENS – TRANSCUTANEOUS ELECTRIC NEURO STIMULATION

This uses the principle that pain and pain impulses in the body can be dispersed through stimulation of the nervous system with an electrical current. This electrical current is either applied in impulses in short bursts, in waves, or in a continuous stream. A pad is placed upon the site of the problematic area, and the current passes through the skin to the nerve. This treatment is especially effective for conditions that require pain relief, particularly on the back or neck. Specific examples include spinal diseases, headaches and post-traumatic pain.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük, Sárovar

INTERFERENCE

In this treatment, different electrical pads at a medium frequency are placed onto the body together with a small vacuum. The effect is one of a micro-massage on the damaged tissue. Depending on the preset frequency, the muscles can be stimulated to a so-called muscle gymnastic condition, or alternatively produce relaxation in the muscle tone to have an analgesic effect. The treatment has two advantages: firstly, it reduces pain, and secondly, the micro-massage improves the circulation and flow of oxygen to the tissue, resulting in a healing effect.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

GALVANIC BATH

Water and a gentle electrical current are the components of this treatment, carried out in a bath at a temperature of 34 °C whilst electricity is passed through the body. The electric current has a tranquillising effect for cases of agitated nerves. This makes the treatment suitable for all conditions of pain in the motor organs, in particular degenerative diseases, inflammatory arthritis and joint problems. It also has a positive effect on improving the metabolism of the tissues, the shrinking of oedemas and reducing pain and spasticity.

- ▶ Time of treatment: 15 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Hévíz, Aqua, Sárovar

FOUR CELL GALVANIC BATH

This treatment is especially beneficial for rheumatoid arthritis. The forearms and lower limbs are placed into water trays at a temperature of 34°C. Water and a gentle electrical current are the components of this treatment, and an electric current is passed through these particular body parts. Because only the limbs of the body are immersed in water, the electric current in the four-cell bath can be given at a stronger intensity than the full galvanic bath (See: Galvanic Bath). The treatment also has the benefit of improving circulation.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar



IONTOPHORESIS

This is a treatment whereby medicine is absorbed into the body through the skin by means of an electric galvanic current. This is normally recommended as treatment in cases of arthritis and chronic inflammatory spinal problems.

- ▶ Time of treatment: 10-30 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

DIADYNAMIC STIMULUS CURRENT THERAPY

This treatment uses a mixture of electric currents, (both galvanic and impulse), which have an inhibitory or facilitatory effect, depending on the frequency, intensity and other parameters. The result is both pain relief and an improvement in circulation. In general, the treatment is prescribed for conditions such as sprains, bruises, oedemas, joint and spine deterioration and disc degeneration.

- ▶ Time of treatment: 5-20 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Bük, Sárovar

SELECTIVE STIMULUS GALVANIC CURRENT

Two pads are placed at both ends of the indicated muscle. An electric current is passed between the two pads. As a result, it is possible to feel the muscle fibres contracting and releasing as the treatment is in progress. The purpose of this treatment is to build strength in the muscles following an injury or operation, and is an important part of a rehabilitation package.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Bük, Sárovar

MAGNETIC THERAPY

This treatment is conducted while lying down on a bed or couch, while the treated body part is exposed to an artificial magnetic field (magnetic blanket, contact treatment head or magnetic cylinder). By creating a weak pulsating magnetic field around the body, it has the effect of recharging the magnetic stimulation of the cells. This results in normalising the metabolism and regeneration of cells, thereby supporting the healing process. The treatment also has contraindications, such as implanted cardio stimulators (pacemakers), fungal diseases, tumours and pregnancy.

- ▶ Time of treatment: 10-30 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

HV4 TREATMENT

This is an electrotherapy treatment with two parts. Firstly it creates muscle contraction and relaxation interchanging with each other to have a muscle strengthening effect. Secondly it stimulates the metabolic system, to loosen painful muscle clumps, reduce muscle tension and alleviate pain. Whilst this is happening toxins leave the body naturally through the blood system.

- ▶ Time of treatment: 10-16 min.
- ▶ Prescription: needed
- ▶ Available: Hévíz

AQUA DETOX

This revolutionary stimulation apparatus is a system, which combines the use of water and a bio-energetic field to positively encourage the microcirculation of the body. Aqua Detox is based on a holistic approach, using energy in the body and ionization. Your feet are placed in a saline solution and the apparatus turned on, whilst an electrode delivers a small, but electric charge into the solution. This charge ionizes the water and travels around the body, giving the cells a small negative charge. This helps the body to increase the oxygen supply to all the organs, and stimulates anything that may not be working effectively – either due to tiredness, poor diet or stress. The solution in the treatment bowl changes color during the session to – brown, orange, green or even blue! This color change is due to the ionization process and does not relate to the detoxification of the body; neither does it have any connection with the physical state of the person. The Aqua Detox treatment provides electrons and negative ions to rebalance the charge and neutralize the positive ions, therefore allowing the blood to improve its delivery of oxygen to the cells and tissues. Neutralizing the positive ions allows the cells to detoxify and accept nutrition. It can be used by people of all ages; however it is not recommended for people with pacemakers, epileptics or pregnant women!

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox
- ▶ Available: Margitsziget

MAGNETIC THERAPY BEMER

This treatment is conducted in the lying position on a bed or couch, while the treated body part is exposed to an artificial magnetic field (magnetic blanket). By creating a weak pulsating magnetic field around the body, it has the effect of recharging the magnetic stimulation of the cells. This results in the normalizing of the metabolism and regeneration of cells thereby supporting the healing process. The treatment also has counter indications, such as implanted cardio stimulators (pacemaker), fungal diseases, tumors and pregnancy.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: needed
- ▶ What is it for: Re-energizing
- ▶ Available: Sárovar

ULTRASOUND WITH INTERFERENCE

A combined physical therapy procedure, in which ultrasound and mid-frequency electrotherapy are applied together. One electrode is placed on the surface of the body, while the other (active) electrode is filled by the ultrasound handpiece. The treated tissue induces local vasodilation, which improves circulation and assists in the removal of accumulated metabolites. It also has significant smooth muscle antispasmodic and analgesic effects. In all cases, the frequency and intensity of the treatment is specified according to a doctor's prescription.

- ▶ Time of treatment: 10 min.
- ▶ Prescription: needed
- ▶ Available: Bük, Sárovar



EDIT

EDIT (electric differential therapy) is a low-frequency type of electrotherapy, which can be combined with other low-frequency (e.g. TENS) or mid-frequency (e.g. inferential therapy) electrical signals for therapeutic treatment. The essence of the biological effect – by inducing local hyperaemia – is an improvement in tissue metabolism, which results in improved circulation and reduced oedema. It is beneficial for relieving chronic muscle spasms and reducing pain. Its effect is primarily felt on the surface layer of tissue. The low-frequency mode of operation – depending on the direction of power – increases the stimulation threshold of the sensory nerves while reducing their motor movement, thus creating an analgesic and muscle-strengthening effect. The treatment occurs with either 2 or 4 electrodes, causing a local tingling sensation.

- ▶ Time of treatment: 10-15 min.
- ▶ Prescription: needed
- ▶ Available: Bük

PACKS

MUD PACK

In Danubius hotels, the mud used in treatments comes mainly from three famous sources: from the famous Hévíz Thermal Lake in Hungary, and from sediment from a branch of the River Váh on the site of the hot springs in Piešťany. Saturation of this mud in the thermal waters creates a unique compound inhabited by healing bacteria and sulphur that has many chemical and biological reactions. Firstly, it has excellent heat-conducting fea-

tures, cooling down four times slower than water, and secondly, when the sulphur and minerals are absorbed through the skin to the ligaments, cartilages and sinews, it inhibits the degradation of elastine and collagen. The mud is applied either by pump or hand onto the body in a 5 cm-wide layer, except for the head and frontal parts of the chest and neck. Its temperature is normally between 40-45 °C. The body is then wrapped up in blankets. After 20 minutes, the mud is hosed off and a 15-minute dry wrap can be conducted. The mud pack results in a reduction of local swelling around the joints, a reduction of muscle tension and better nutrition of the cartilage, connective tissue and spinal discs. It also strengthens anti-inflammatory activity and immune processes within the body. The mud can also be applied partially. In Sovata, Romania, mud is used from the Bear Salt Lake. This mud is applied in the same way. The salt mud is not only effective for mobility disorders, but also for some skin conditions and gynaecological disorders.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük, Sárovar

PARAFANGO PACK

Parafango is a combination of dry mud, usually used from a local source as in Piešťany, and pure hard paraffin and paraffin oil. The mixture is melted and heated in a special unit, then applied to the problematic area of the body in a 1 cm thick layer, just as it begins to harden at a temperature of between 38-45 °C.

The intensity of the heat is slightly lower than the pure paraffin, making it a more patient-friendly treatment. The local application of the heat relaxes the muscles, causing spasm release, easing chronic pain and supporting the healing and nutrition of the tissues. It also has sedative and immunobiological features.

- ▶ Time of treatment: 15-45 min.
- ▶ Prescription: some places needed
- ▶ Available: Helia

SPECIAL CREAM PACK

A variety of special cream packs is available for inflammatory and painful conditions. Generally, the cream is spread on the affected body part, which is covered with a special foil and kept warm with a blanket. These creams include Innoreuma, Antiphlogistin and sulphur, which have a chilling effect when applied to the skin. They are also effective for anti-inflammation and pain relief. Likewise, the Ritex pack achieves the same effect, but creates a hot sensation when applied to the skin, which additionally helps blood circulation to the area.

- ▶ Time of treatment: 20-60 min.
- ▶ Prescription: needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

INHALATION

INHALATION

Inhalation with medicine has the same effect and uses the same principles as salt inhalation or thermal water inhalation (See: Salt Inhalation), but has a stronger effect. A combination of water, sometimes mineral water and medi-

cine, are inhaled through a tube. During this inhalation process, the medicine is inhaled directly into the respiratory system and lungs, where it helps to dissolve mucous and has a cleansing reaction. It is effective in the treatment of chronic respiratory conditions, allergies or the after-effects of a cold or respiratory infection.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: some places needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

SALT INHALATION

Salt pulverized in mineral water or medicinal water is inhaled through a tube into the mouth. In Sovata, Romania, natural salt water is used. During the inhalation process, tiny salt particles are inhaled into the respiratory system and lungs. Since salt has an antibacterial effect, the salt particles help dissolve mucous and have a cleansing reaction in the respiratory system. Since salt is a natural substance, this treatment naturally is entirely based on natural resources. It is effective in the treatment of chronic respiratory conditions, allergies or the after-effects of a cold or respiratory infection.

- ▶ Time of treatment: 10-20 min.
- ▶ Prescription: some places needed
- ▶ What is it for: Re-energizing
- ▶ Available: Helia, Sárovar

OXYGEN INHALATION

Oxygen is inhaled through an intranasal tube into the nose whilst you lie comfortably in a reclining chair. The air being inhaled is enriched with about 40-60% oxygen at a reasonable level of humidity. An increased supply of oxygen into the body enhances the im-



mune system, improves heart activity and the elasticity of the lungs, helps the condition and efficiency of the mind and is excellent for overall health. Sometimes a vitamin drink is also offered as part of the treatment.

- ▶ Time of treatment: 50-120 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

SALT CAVE (artificial salt cave)

The salt cave is a room constructed from real salt, and depending on the location this salt can be imported from several different sources. The room is designed to be relaxing and atmospheric. During the treatment, you lie comfortably in a chair relaxing whilst breathing in the special salty air. In the process, tiny salt particles are inhaled into the respiratory system and lungs. Since salt has an anti-bacterial effect, the salt particles help dissolve mucous and have a cleansing reaction in the respiratory system. It is effective for the treatment of chronic respiratory conditions, or the after-effects of a cold or respiratory infection. Because the body is in a totally relaxed position, the inhalation process is more effective, and it combines improved respiratory function with stress reduction. In some locations this treatment is followed by a thermal bath (See Balneotherapy: Thermal Bath).

- ▶ Time of treatment: 45-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Bük, Sárovar

SALT CHAMBER

This is a small room into which is pumped a saline mist. The person receiving the treatment sits comfortably in a chair inhaling the salt particles in the air. Salt has a natural anti-bacterial effect and also breaks down mucus in the respiratory system. This is an excellent treatment for people suffering from respiratory conditions or allergies. Some chambers may have their walls constructed out of salt bricks.

- ▶ Time of treatment: 45 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Aqua

PHOTOTHERAPY

LASER THERAPY

Laser therapy is a therapy that uses coherent, monochromatic light that is part of the segment of visible light. This light is applied locally to the body either continuously or in impulses, based on a doctor's prescription. It is either carried out on specific points, or larger areas using a laser scanner. It has a special bio-stimulating effect, mainly due to the fact that it stimulates collagen, speeds up the regeneration of blood vessels and lymphatic routes and improves the utilization of oxygen resulting in a positive effect on the healing process.

- ▶ Time of treatment: 5-15 min.
- ▶ Prescription: needed
- ▶ Available: Aqua, Sárovar

U.V. SOLUX/INFRA RED

Using the same rays that are contained in sunlight, the body is exposed either partially or

fully. U.V. rays can be used for different medical effects. Applied with care, U.V. light can improve the body's immune system, muscle performance and the formation of red blood cells. U.V. light is also used in the treatment of many skin disorders, such as psoriasis and eczema, particularly in our health spa in Smrdáky, Slovakia, which specializes in treating conditions of this type.

- ▶ Time of treatment: 1-20 min.
- ▶ Prescription: not needed
- ▶ Available: Hévíz

RELAXATION, BEAUTY, FITNESS | Wellness massages

THAI MASSAGE

This ancient massage actually has its origins in India. The founder of this art was an Indian Doctor, Jivaka Kumar Bhaka, who was a contemporary of Buddha. The massage is conducted in light clothing, on a special mattress lying on the floor. It is a full body massage, during which the masseur uses steady and precisely-directed pressing actions on the pressure points of the body, combined with passive stretching movements. Massaging these pressure points removes energy blockages and removes pain in the joints, spine and muscles. The massage also helps strengthen the nervous system, increases mobility/flexibility, and improves blood and lymph circulation.

- ▶ Time of treatment: 50-80 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük

FOOT MASSAGE

Foot massage is different from reflexology (See Physiotherapy: Foot Reflex Massage). The foot massage is a gentle, general massage with Swedish massage techniques concentrated on the feet, ankles and toes. The massage is conducted on a normal massage bed with the feet slightly raised. It has the effect of improving blood circulation, and releasing tension, tiredness and stiffness in the feet and ankles. This treatment is recommended after a long day or tiring journey.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

REVITALIZING AROMATIC MASSAGE

The revitalizing aromatic massage is conducted on a massage bed whilst the masseur massages part or all of the body. The massage uses Swedish techniques in combination with aroma oils. Different aroma oils are used in our different spa locations, for example Peppermint, Rosemary and Lemon oil in a Hazelnut oil base. Our revitalizing aromatic massage is effective in improving blood circulation, the oxygen supply to the tissues, muscle flexibility and in refreshing and reviving the body. The time of the massage depends very much on you, but is generally available in 20-minute sessions that can be extended according to your wishes.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar



RELAXING AROMATIC MASSAGE

The relaxing aromatic massage is conducted on a massage bed whilst the masseur massages part or all of the body. This is a slow massage with Swedish techniques that uses steady stroking movements of the hand in combination with aroma oils. Different aroma oils are used in our various spa locations. Our relaxing aromatic massage is effective in releasing tension in the joints and tissues, improving muscle flexibility, blood circulation and built-up tension. The time of the massage depends very much on you, but is generally available in 20-minute sessions that can be extended according to your wishes.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

HOT TOWEL BACK MASSAGE

This massage uses two rolled up towels soaked in hot water. The massage targets the back using the heat from the towels and a special rolling action, with the masseur firmly rolling the towels across the neck, shoulders and down the back to the sacrum in one continuous action. The treatment is excellent for reducing stress in the back, and releasing tension and pain. This makes a refreshing alternative to other standard massages, but can also be used in conjunction with other relaxation and massage treatments (See: Dolce Vita Massage).

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük

RELAXING HEAD AND FACE MASSAGE

This treatment is conducted lying in a comfortable position. A relaxing massage technique is applied with gentle pumping and stroking movements to the face, forehead, nose, eyes and ears. The same technique is also used on the nape or back of the neck. This massage gently reduces stress and tension and is recommended after a stressful day, stiffness after a long journey, or after working on the computer for a long stretch.

- ▶ Time of treatment: 15-30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

TRADITIONAL DRY BRUSH MASSAGE

This special massage uses stroking techniques, applied in a special technique to the skin using a brush of half bristles. This action helps increase blood circulation in the skin and removes dead cells from the upper skin layer. This leaves the skin surface smooth and receptive for other treatments. It is therefore often used as a preparation treatment for some packs (See Further relaxation treatments: Aphrodite Pack). Owing also to its effect as a metabolism stimulator, it can be used as part of a detoxification or anti-cellulite treatment.

- ▶ Time of treatment: 15-25 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük

ANTI-CELLULITE MASSAGE

This is a body shaping massage in which the fat cells in the connective tissue under the skin are broken down by a special powerful massage technique. As this is a very intensive massage, minor bleeding can occur under the skin's surface as a side effect. For this reason, sufficient fluid intake is recommended after the massage to help flush out the toxins from the body released during the treatment. Due to the intensity of this treatment, it is not recommended for guests over the age of 60 or for those with varicose vein problems. The treatment is effective in helping combat cellulite, particularly when combined with a fitness programme.

- ▶ Time of treatment: 20-25 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox, Weight loss
- ▶ Available: Helia

DOLCE VITA MASSAGE

This treatment begins with a relaxing aroma massage (See: Relaxing Aromatic Massage). This is a slow massage technique that uses steady stroking movements of the hand with relaxing aroma oils. It is then followed by a hot towel back massage (See: Hot Towel Back Massage) for 20 minutes, using two rolled up towels soaked in hot water. The massage targets the back muscles, using the heat from the towels in a special rolling action. The masseur firmly rolls the towels across the neck, shoulders and down the back to the sacrum in one continuous action. It finishes with a short relaxation back massage. The combination of both treatments helps improve muscle flexibility, blood circulation, built-up emotional stress in the back, and releases tension and pain.

- ▶ Time of treatment: 45-50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

DE LUXE MASSAGE

The de luxe massage is a relaxation massage, based on Swedish massage techniques for 50 minutes. This is a slow massage that uses steady stroking movements of the hand in combination with aroma oils. Different aroma oils are used in our various spa locations, for example: Lavender, Tangerine and Orange flower in a Hazelnut oil base. Our relaxing aromatic massage is effective in releasing tension in the joints and tissues, improving muscle flexibility, blood circulation and built-up tension.

- ▶ Time of treatment: 50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia

SHIATSU MASSAGE

Shiatsu is an old, traditional Japanese healing method which is carried out on the floor in loose clothing. (Shiatsu in Japanese means 'finger pressure'). Unlike the massages of the West that focus on kneading and friction, pressure and stretching are the techniques used in Shiatsu. The masseur uses palms, fingers, thumbs, knuckles, elbows, knees and feet on the body's acupuncture points along what are considered the body's meridians or energy channels. In Shiatsu, it is believed that disease is a result of blocked or unbalanced energy in these channels, and the pressure applied in the massage helps to release it.



Shiatsu massages are effective in treating many conditions, particularly respiratory and digestive problems, as well as headaches.

- ▶ Time of treatment: 50-75 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Aqua

HOT STONE THERAPY

Hot stone therapy is a variation on classic massage therapy. Massage oil is first applied to the body, which allows the stones to glide smoothly along the muscles. The stones used are normally lava or basalt, a type of rock rich in iron that retains heat. These stones are heated to a suitable temperature and used to massage the back. After the massage with the stones is completed, the treatment continues with a normal massage using Swedish techniques. When this is completed, the hot stones may then be placed on key points on the body and left for a short period of time. Depending on the length of the massage, this can then be repeated on the front section of the body. The massage is effective for back pain, poor circulation, stress relief and tension.

- ▶ Time of treatment: 25-75 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

ROYAL FOUR HANDS MASSAGE

This superior relaxation massage utilizes two masseurs who have been especially trained to work in harmony with one other, four hands in synch, resulting in what must be the most luxurious of massages. This 40-minute treatment concentrates on every part of the

body from head to toe and it starts with a combined relaxing head and face massage and foot massage at the same time. It is then followed by a relaxing massage on the legs and arms and then on the back, the masseurs working in tandem with synchronized, rhythmic movements. The treatment finishes with one masseur concentrating on the pectoral girdle and the other the sole of the feet resulting in an unbelievable recharging sensation. The positive effect of this 'massage of all massages' is a sensation of total relaxation and rejuvenation.

- ▶ Time of treatment: 40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Bük

WINE CREAM MASSAGE

This massage is performed with a massage cream made from famous Hungarian wines, and is considered a Hungarian speciality. The basis of the massage is a relaxing massage technique, which, depending on the duration of treatment, is applied to the back or over the entire body. The effect of the massage depends on the active ingredient content of the wine cream and can be skin nourishing or regenerating, relaxing and energising at the same time.

- ▶ Time of treatment: 20-50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget

VACUUM MASSAGE

This unique treatment is carried out utilising the positive effects of suction through a specially-designed rubber cup. The cup is gently

pressed down onto the skin, and when slightly released produces a naturally-pressurised vacuum effect. The skin is then lubricated with oil through soft massage techniques. The cup is pressed down onto the skin and directed in circular movements across the hip, waist, back and shoulders. As well as relaxing the body, this treatment is especially effective for stimulating blood circulation.

- ▶ Time of treatment: 20-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Hévíz, Aqua

DEAD SEA SALT MASSAGE

This treatment begins with a full body scrub. Dead sea salt and oil are used as an exfoliating scrub to naturally remove dead cells from the outer layer of the skin and open and clean out the pores. A warm shower then washes off the oil and salt particles, after which body lotion is applied to the skin in the form of a massage, leaving you feeling relaxed, revived and with baby-soft skin.

- ▶ Time of treatment: 30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Bük, Sárovar

LYMPH MASSAGE

The lymph system is crucial for the body's drainage of toxins and bacteria. This massage uses a very light pressure combined with soft pumping movements to stimulate the lymph nodes. The massage begins in the lymphatic area of the neck, and slowly works down the body to targeted areas. Different from lymph drainage (which is carried out by a physiotherapist for

serious health conditions), a lymph massage can be given by a trained therapist or cosmetician as part of an anti-cellulite or detox programme.

- ▶ Time of treatment: 20-50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Hévíz, Aqua

CHOCOLATE MASSAGE

The treatment begins with a special body scrub followed by a shower, during which a chocolate-almond massage oil is heated to a warm temperature. This delicious combination is applied all over the body and left to absorb for 20 minutes. This is washed off in a second shower. The final phase of the treatment is a mouth watering chocolate lotion that is rubbed into the skin. This unique mixture of chocolate and almond oil not only revitalizes the skin and replaces lost nutrients, but also has a positive, uplifting effect on your state of mind.

- ▶ Time of treatment: 20-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Sárovar

SPORT MASSAGE

This treatment is a classic full body massage using Swedish techniques. The aim of the treatment is to invigorate, stimulate the muscles and release any tension. Therefore during the treatment the masseur will use such actions as squeezing and light slapping. This is a perfect treatment for after sports or physical activity.

- ▶ Time of treatment: 25 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Helia



DETOX HONEY BACK TREATMENT

In this treatment we use honey combined with a special pumping massage movement that causes a vacuum effect. This helps the absorption of the minerals from the honey deep into the skin layer. Not only does this help to activate the inner organs, but at the same time it removes toxins from the body. This treatment is recommended for spine problems, neck, shoulder, backache, rheumatism and joint inflammation. In addition it helps relieve any tightness and improves the elasticity of the skin.

- ▶ Time of treatment: 15-40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox
- ▶ Available: Aqua, Bük, Sárovar

ROYAL MESSAGE

This massage combines both a full body relaxing massage based on Swedish massage techniques with a relaxing head and face massage (See: Relaxing Head and Face Massage) at the end. Our relaxing aromatic massage is effective in releasing tension in the joints and tissues, improving muscle flexibility, blood circulation and built-up tension. The essential oils enhance the relaxing effect of the massage.

- ▶ Time of treatment: 50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Helia

AYURVEDIC MASSAGE

A traditional south-indian massage simultaneously harmonising the triple unity of the body, mind and spirit. During the treatment natural essential oils are used in a personalised way

following diagnosis of the dosha (a unique combination of vata, pitta and kapha). The treatment extends to the entire body with the exception of the face and the section of the scalp with hair on it. In addition to traditional massage using an intensive massage technique it tightens and nourishes the skin, strengthens the immune system, increases metabolism and improves circulation. Indications: acute and chronic backache, exhaustion of a mental origin, osteoporosis.

- ▶ Time of treatment: 65 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Aqua

TRADITIONAL CHINESE FIRE CUPPING

The ancient Chinese method is one of the most powerful and effective ways of stimulating the reflex zones. As a response to the suction of the vacuum the capillaries expand in the treated area improving the blood supply and with the fresh blood more oxygen flows to the connecting tissues. Parallel to this the used blood, lymph and metabolites enter the blood stream, the tissues are purged and the detoxification of the body commences. This treatment is suitable for a number of problems, e.g: localised weight loss, treating cellulite, improving lymph circulation, headache, cold, allergy, asthma, shortness of breath.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Bük

TIP TO TOE MESSAGE

This long pampering treatment starts with a relaxing head and face massage, followed by a full body massage based on Swedish massage techniques with foot massage at the end. Our relaxing aromatic massage is effective in releasing tension in the joints and tissues, improving muscle flexibility, blood circulation and built-up tension. The essential oils enhance the relaxing effect of the massage.

- ▶ Time of treatment: 70-80 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Helia

LAVENDER OIL MESSAGE

The difference between this treatment and a normal relaxing aromatic massage is that we purposely use essential Lavender oil from the ancient Monastery of Pannonhalma based on an ancient Hungarian recipe. The relaxation effect is generated through special active ingredients in the massage oil and the absorption of the Lavender essences. This treatment uses slow Swedish massage techniques with steady stroking movements of the hand to relieve muscle tension caused by stress. Our Lavender oil massage is effective in releasing tension in the joints and tissues, improving muscle flexibility and blood circulation and releasing built-up tension. The remaining oil is given to the guest after the treatment for home usage and as a souvenir and memento of Hungary.

- ▶ Time of treatment: 20/50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

FOOT MESSAGE WITH HEAVENLY LINDEN CREAM

The special effects of this treatment combine both the benefits of massage with an effective skin treatment for the foot. The skin on the soles, which can often be cracked and dry, are softened with Heavenly Linden Cream from our owned labeled line of Danubius Care Collection beauty products. This rich protective cream is an excellent product for foot massages, being absorbed completely into the skin, softening the soles of the feet. The active elements in the cream replace the fat content of the skin helping to preserve its softness. This treatment is recommended for tired feet after a long day or tiring journey, using Swedish massage techniques concentrated on the feet, ankles and toes. The massage has the effect of improving blood circulation, releasing tension, tiredness and stiffness. The remaining cream is handed to the guest after the treatment for home usage and as a souvenir and memento of Hungary.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Helia, Hévíz, Aqua, Bük, Sárovar

KID'S MESSAGE

This short massage is almost like a treatment appetizer especially for kid's, introducing them to the experience and benefits of massage. Our excellent therapists have tailored certain traditional massage techniques and adapted them to suit the body of a child. This massage is effective in improving blood circulation, the oxygen supply to the tissues and it improves muscle flexibility and reduces stress which can



be caused by studying. During this treatment, as with all our kid's treatments, parents should accompany and stay with their child.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Bük

'DANUBIUS MAGIC' HOT OIL CANDLE MASSAGE

This magical, pampering treatment uses a candle massage oil in a special ceramic pitcher designed especially for the light appliance of the oil which contains a variety of scents. Before the start of the treatment, guests are able to choose the appropriate fragrance to suit their mood. The solid palm oil turns liquid after being heated. The candle massage oil has a superb skin softening and protecting effect. By the end of the treatment, the skin becomes velvety-soft, flexible and pleasantly-scented, while the body is physically, energetically, and mentally recharged.

- ▶ Time of treatment: 25-50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

'DANUBIUS GOLD MAGIC' HOT OIL CANDLE MASSAGE

This aroma cup contains argan oil and gold dust, which is lit and changes to liquid gold before your very eyes. Our guests are spoiled during the treatment with this heated 'liquid gold', combined with sophisticated massage movements. The unique features of skin-nourishing argan oil are its 80% essential fatty acid

and its high vitamin E content. It increases oxygen supply to the skin, provides elasticity to the skin, regenerating and binding free radicals, and helps restore the skin's hydration. The soothing warmth and perfumed fragrance of the liquid gold is nothing short of enchanting. After using – just as if you had stepped out of Cleopatra's shrine – the skin becomes silky to the touch, bewitchingly attractive, golden shiny and fragrant.

- ▶ Time of treatment: 25-50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

RELAXATION, BEAUTY, FITNESS | Baths

REVITALIZING AROMA BATH

This treatment is carried out in a bath, sometimes with soft whirling water at a temperature of about 34 °C. Different herbs and oils are added to the water depending on the effect desired. For revitalization the unique extracts from different plants. These plant extracts combined with the effects of the warm water help to re-energize and refresh the body. The bath is normally combined with massage or an alternative wellness treatment.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük

RELAXING AROMA BATH

This treatment is carried out in a bath, sometimes with soft whirling water at a tempera-

ture of about 34 °C. To this different herbs and oils are added depending on the effect desired. For relaxation the unique extracts from different plants. These extracts combined with the effects of the warm water help ease tension in the muscles and release stress. The bath is normally combined with massage or an alternative wellness treatment.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

CLEOPATRA BATH

This treatment is carried out in a bath of soft whirling water at a temperature of 34 °C. Milk and honey are used as a basis for this treatment and are added to the water. Honey is known to contain a large concentration of natural minerals, trace elements and vitamins. It also has a smoothing, antibacterial effect on the skin and the skin feels noticeably soft and smooth after this treatment. In addition the soft massaging water helps the body to relax and unwind. The Cleopatra bath is generally recommended after a dry brush massage (See Massage: Traditional Dry Brush Massage).

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

WINE BUBBLE BATH

Mixed to a pleasantly warm bubble bath of 34 °C, we add wine originating from the local area. The bubbles from the water gently massage the body relaxing the muscles, mean-

while the antioxidant ingredients from the wine are absorbed through the skin into the body. We recommend this treatment as part of a wine and wellness program, often combining it with a wine cream massage afterwards.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Hévíz, Aqua

DEAD SEA SALT BATH

The salt from the dead sea is famous for its healing qualities, particularly with regards to skin and mobility problems. We combine this unique ingredient with a hydromassage bath. The dead sea salt is mixed into a warm water. The bubbles and water currents gently massage and relax the body, whilst the salt detoxifies and cleans the skin.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Detox
- ▶ Available: Hévíz, Aqua, Sárovar

ALKALINE BATH

Alkali salts and soda bicarbonate are sprinkled into a bath full of softly swirling pleasantly hot water at a temperature of 34 °C. It restores the pH of the body's skin acidified from pollutants, significantly supporting the detoxification of the whole body in addition to leaving the skin feeling silky. Plenty of liquid and 15 minutes relaxation is very important after the treatment followed by a skin refreshing shower.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox
- ▶ Available: Margitsziget



STRESS RELIEF HÉVÍZ MUD BATH

This treatment is carried out in a bath at a temperature of about 34 °C to which Hévíz liquid mud is added. The positive effects of the mud from Hévíz are well known. Because of chemical components of the mud it is a perfect therapy to combat stress, fatigue and stress. In addition the mud is rich in mineral ingredients that detoxify the skin and body, improve the blood circulation and complement lost minerals, whilst, at the same time, leave the skin feeling regenerated and toned.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Bük, Sárvár

BITTER AND SWEET BEER BATH

The beer bath is well known from the Middle Ages for its rejuvenating and regenerating effects. The bath is enriched with hop and grain extracts, high in vitamin B and the foam generated from the bath helps to pamper and revive the skin. Natural almond oil results in the skin becoming silky soft and fresh. The uniqueness of this treatment is in the fragrance of the oil which is sweet, but with a pleasant slight bitter twang.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

RED WINE BATH WITH ANTI-CELLULITE EFFECT

Mixed to a pleasantly warm bubble bath of 34 °C, bath oil is added containing red wine and grape extracts. Different to the simple red

wine bath which uses actual wine, this special oil creates a relaxing, pampering foam in the tub. The oil from the red grape is exceptionally high in natural antioxidants, helping to delay skin aging and improve skin elasticity. The treatment helps to regenerate, moisturize and rejuvenate the skin, the oil's special ingredients having an anti-cellulite influence.

- ▶ Time of treatment: 15-20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Bük

AROMA BATH WITH LAVENDER

This treatment is carried out in a bath at the relaxing temperature of around 34 °C with Lavender bath salts brought directly from the Monastery of Pannonhalma, based on an ancient Hungarian recipe. Lavender, grown on the slopes of the hill on which the Monastery stands is known for its relaxing and calming effects. During the treatment the dried Lavender flowers float the water's surface. The reason for the intense relaxation sensation experienced during the treatment comes from the essential Lavender oil, as its active ingredients are absorbed deeply into the skin, combined with the pleasant temperature of the water. The bath is effective for releasing tension, relieve stress. This aroma bath with Lavender is generally recommended before a Lavender oil massage.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárvár

RELAXATION, BEAUTY, FITNESS | Further relaxation treatments

WELLNESS MUD PACK

The wellness mud pack is an excellent therapy for replenishing lost minerals from the body and cleaning out the pores of the skin. The warm mud is packed directly onto the skin and left for 20 minutes. During the treatment the capillaries enlarge letting in the small particles of mud that are washed away at the end of the treatment with any waste products from the skin. Because of the gentle heat and chemical components of the mud, it is a perfect therapy to combat stress, tiredness and nerve problems. The microelements of the mud also have a peeling effect, which removes dead skin, making it feel smooth and revived afterwards. The wellness mud pack is different to the traditional mud pack (See Packs: Mud Pack) in that the quality of the mud is smoother and it is applied at a lower temperature and a thinner layer.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárvár

INFRAASAUNA

The infrasauna is different to a normal sauna in that the infrared light which is used, (similar to the rays of the sun), heats only the body and not the air in the sauna chamber. This means that the temperature of the chamber only reaches about 38 °C making it a suitable treatment for guests who dislike the heat intensity of the traditional sauna or who have

cardiovascular complications. This heat, generated by the rays, penetrates through the skin to produce a heat deep in the body. The direct result of the treatment is improved blood circulation, detoxification through perspiration, a strengthened immune system and a feeling of relaxation. The heat also leads to a dilation of blood vessels that increases the oxygen supply to the joints, hence fastening the healing process.

- ▶ Time of treatment: 20-25 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox, Weight loss
- ▶ Available: Margitsziget, Helia

APHRODITE PACK (Superior)

Aphrodite pack superior is a wellness treatment starting with a foot bath and aroma oil ritual. The treatment begins with a dry brush massage (See Massage: Traditional Dry Brush Massage). This special massage uses stroking techniques applied in a special way to the skin, using a brush of half bristles. This action helps increase the blood circulation in the skin capillaries and removes from upper skin layer dead cells leaving the skin surface smooth and receptive. The body is then covered with a special cream containing whipped cream, honey and orange oil and then wrapped. This cream wrap is left for 20 minutes whilst the nutrients from the honey and cream are absorbed into the skin. The treatment is completed with a short relaxation massage.

- ▶ Time of treatment: 45-50 min.
- ▶ Prescription: not needed
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua



GREEN CLAY PACK

This green clay, with special detox properties is applied over all the body including a thin layer on the face. The body is wrapped tightly and left for twenty minutes, whilst the clay naturally absorbs toxins from the skin. After 20 minutes the clay is hosed off in a shower. As part of the detox process, plenty of water or tea is recommended after the treatment.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox
- ▶ Available: Helia

BODY SCRUB WITH SALT AND FRUIT BRANDY AND ALKALINE BATH

This skin renewing therapy has been created from an old Hungarian folk recipe. Sea salt and fruit brandy are mixed together with massage oil to create a special thick body scrub. Using smooth movements the mixture is gently massaged into the skin over the whole body. The salt granules naturally remove the dead skin cells and this combined with the vitamin fruit brandy stimulates the blood circulation in the skin. The result is clean, soft, velvety skin. The treatment ends with a 20- minute bath with alkaline salts.

- ▶ Time of treatment: 40 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Detox
- ▶ Available: Margitsziget, Helia

DEAD SEA COMPLEX BODY TREATMENT

The treatment begins with a traditional body scrub, which cleans, opens up the pores and removes dead skin. The scrub mixture is then washed off in a warm shower, whilst a special mixture of Dead Sea mud is prepared. This

mixture is applied to all the body and is then covered with a foil and blanket. Following a relaxing rest for 20 minutes the mud is removed in an invigorating shower. An effective anti-cellulite gel is then applied to all the problem areas of the body.

- ▶ Time of treatment: 60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Detox
- ▶ Available: Bük, Sárvár

BODY WRAPPING

This treatment combines the benefits of body wrapping with aromatherapy. It begins with the appliance of a special cream followed by a wrap using a porous film – from the ankle up to the neck area, which is administered with a slight pressure to gently compress the cells. Then follows a 45-minute period of relaxation to allow the cream to absorb into the skin. When the treatment is over and the film is taken off, the non absorbed cream is massaged into the body. It is then advised to drink plenty of water to ensure a positive effect from the treatment and to abstain from bathing for a couple of hours. The aim of the treatment is to stimulate the blood and lymph circulation, which helps trigger the body's detoxification processes, as well as to promote weight loss. It is also recommended in combating cellulite and stretch marks as well as to improve the skin's elasticity. This is an excellent treatment when used in conjunction with dieting, detoxifying and weight loss programs.

- ▶ Time of treatment: 50 min.
- ▶ Prescription: not needed
- ▶ What is it for: Detox, Weight loss
- ▶ Available: Margitsziget, Hévíz, Aqua, Sárvár

FISH MAGIC

In this 20-minute-long fish pedicure tiny Garra Rufa fish pamper your feet underwater with a micro-massage. The fish delicately remove dead skin cells during the treatment, rejuvenating your feet, which become soft and smooth following the treatment. The fish remove calluses and dead epidermal skin on the soles of the feet through pinching and sucking, which is a much gentler compared to mechanical or chemical methods. During cleaning, the fish inject a special enzyme into the cleansed surface that promotes a rapid regeneration of the skin. The water is sterilised and the water and fish are regularly replaced, ensuring the highest level of hygiene. Fish pedicures pleasantly relax the feet, reducing the feeling of fatigue and making the skin softer. The treatment also has a beneficial effect on eczema, psoriasis, and corns alike. It is also recommended for diseases of the joints, muscle damage, and neurological disorders. However, it is strictly prohibited for any type of viral, fungal, or bacterial disease on the feet, or feet that have open wounds or cuts.

- ▶ Time of treatment: 20 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress
- ▶ Available: Margitsziget, Bük, Sárvár

RELAXATION, BEAUTY, FITNESS | Fitness

DANUBIUS PREMIER FITNESS CLUBS AND STUDIOS

At Danubius we operate our own brand of fitness clubs under the name of Danubius

Premier (See: www.premierfitness.hu). These clubs offer fully equipped fitness centers with membership for outside guests. Each club has a wide range of strength and cardio equipment, pools and saunas and the latest trend in exercise classes (See: Exercise Classes). Friendly, multi-lingual staff are on hand to give advice and assist in devising fitness programs (See: Personal Fitness Consultation). In some of our spa locations, we offer a smaller version of a Danubius Premier Fitness Club, these have been branded under the name 'Danubius Premier Fitness Studios'. In each studio you will find a variety of professional cardio and strength equipment, enough to offer a full-body complete fitness workout.

PERSONAL FITNESS CONSULTATION

In our Danubius Premier Fitness locations we offer the possibility of a fitness consultation. During the consultation the instructor will conduct a screening to determine your fitness level and if you have any risk factors. This will include a blood pressure and heart rate reading and an assessment of your weight, body mass index and waist/hip ratio. Following the consultation they will also discuss your goals and help you design a program to help you achieve them. The fitness consultation normally includes demonstrations and coaching on how to use the equipment. A follow up consultation is advised two months later.

- ▶ Time of treatment: 20-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia, Hévíz, Bük, Sárvár



PERSONAL FITNESS TRAINING

Personal fitness training is different to a standard fitness consultation and advice. In a standard fitness consultation the instructor will carry out essential measurements, establish your goals and demonstrate the exercises. Whilst of course our instructors are on hand to give assistance and advice, once the guest understands the program they will be left to exercise on their own. With personal training the trainer will carry out the same assessment and demonstration, but they will remain with the guest during the workouts. Personal training is especially appropriate for guests wanting to really develop their fitness potential or for guests who need professional motivation during their workout. Generally guests will book a number of personal training sessions with a definitive goal to achieve at the end of the course.

- ▶ Time of treatment: 60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget

RELAXATION, BEAUTY, FITNESS | Exercise classes

AQUA FITNESS

Aqua fitness is different to water rehabilitation (See Physiotherapy: Water Rehabilitation) in that its focus is not just mobilization, flexibility and rehabilitation. Here, a number of exercises are incorporated into the class using large muscle groups that increase heart rate thereby giving the body a cardio workout. Regular exercise of the cardiovascular system has

been proven to reduce heart disease, lower blood pressure, help weight loss and reduce the risk of many diseases. Aqua fitness uses the resistance of water to exercise the body as well as resulting in minimum stress being placed upon the joints. In addition to improving the cardiovascular fitness of the body, using certain water-based equipments, muscle-toning exercises are often incorporated into the class. All fitness classes begin with warm up and stretching, before beginning the more intensive exercises. Classes likewise end with a cool down and developmental stretching.

- ▶ Time of treatment: 20-30 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárvár

STEP AEROBIC

Regular exercise of the cardiovascular system has been proven to reduce heart disease, lower blood pressure, help weight loss and reduce the risk of many diseases. In addition it helps speed up the body's metabolism. To exercise the cardiovascular system it is necessary to use large muscle groups such as the legs. Based on this principle step aerobic combines traditional aerobic movements (See: Aerobic) with small steps up onto a purpose built step. With an increased fitness level these steps can be heightened. Step aerobics are an extremely comprehensive aerobic and cardiovascular workout and are therefore only advised for persons with a good level of basic fitness. All fitness classes begin with warm up and stretching, before beginning the more in-

tensive exercises. Classes likewise end with a cool down and developmental stretching.

- ▶ Time of treatment: 30-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia

AEROBIC

Regular exercise of the cardiovascular system has been proven to reduce heart disease, lower blood pressure, help weight loss and reduce the risk of many diseases. In addition it helps speed up the body's metabolism. To exercise the cardiovascular system it is necessary to use large muscle groups. Aerobics uses dance movements and rhythmical stepping, directly targeting the large muscle groups of the body, which in turn work the heart and respiratory system. All fitness classes begin with warm up and stretching before beginning the more intensive exercises. Classes likewise end with a cool down and developmental stretching.

- ▶ Time of treatment: 30-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia

PILATES

Joseph Pilates developed his concept in England whilst interred during the First World War, basing his principles on yoga and Tai Chi (See: Yoga, Tai Chi). Whilst working in a hospital he began devising equipment to rehabilitate his patients, taking springs from beds and rigging them to create resistance. Pilates is mainly taught on a mat, sometimes using specialist equipment that has changed little from the original hospital bedsprings. Practiced faith-

fully Pilates yields numerous benefits, including increased lung capacity, strength, flexibility, posture and balance. The balance and control taught in Pilates helps in all areas of one's life. His methods are so successful that all types of people now use them from ballet dancers to rugby players.

- ▶ Time of treatment: 30-60 min.
- ▶ Prescription: not needed
- ▶ What is it for: Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia

YOGA

The word yoga means 'union' in Sanskrit, the language of ancient India where it originated – the union of mind, body and spirit. Many people think that yoga is stretching, but whilst stretching is certainly involved, yoga is really about creating a balance in the body through developing both strength and flexibility. This is done through a series of poses, each of which has specific physical benefits. These poses can be done quickly in succession, creating heat in the body through movement, or slowly to increase stamina and improve the alignment. In addition to these poses, yoga classes may include instruction on breathing or meditation.

- ▶ Time of treatment: 60-75 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Weight loss
- ▶ Available: Margitsziget, Helia, Hévíz, Aqua

NORDIC WALKING

Nordic walking is derived from cross-country skiing and its principle is based on using two specially designed poles whilst walking. This means that during the workout the upper



body is utilized, resulting in a more intensive cardio workout compared to normal walking. However because of the support from the walking sticks, you do not feel you are working out at such a high intensity, meaning a lower 'perceived rate of exertion'. In addition, the exercise works the arms, shoulders, upper chest and back muscles through a full range of movement, lengthening muscles that are often tight. The poles are also good support and they provide stability if you have balance, knee or leg problems.

- ▶ Time of treatment: 60-120 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing, Weight loss
- ▶ Available: Hévíz, Bük, Sárovar

RELAXATION, BEAUTY, FITNESS | Beauty

CLARINS BEAUTY TREATMENTS

Clarins facial and body treatments are unique. They combine the natural benefits of botanical ingredients with special manual techniques. Experience this perfect marriage of product and technique to reveal your full beauty – softer skin, a firmer body and the soothing balance of inner calm.

- ▶ Time of treatment: 60-75 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Hévíz

BABOR BEAUTY TREATMENTS

This is a unique skin care system that has over 50 years of experience of being on the market. It offers professional cosmetic treatments for a vast variety of skin needs. Babor is a leading beauty brand from Germany combining the very best natural ingredients with a range of cosmetic techniques. It's treatments and products are continually being modernized and refined according to the latest trends.

- ▶ Time of treatment: 30-90 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Aqua

KAVICZKY BEAUTY TREATMENTS – THE SYMBOL OF NATURAL BEAUTY

Hévíz mud and thermal water are key ingredients in the Kaviczky product range which makes use their special curative effects for this unique skin care range. A special combination of agents are present in each Kaviczky product, called the Pannon Formula PFTM, combining the mud, thermal water, natural grain extracts and purified essential oils.

- ▶ Time of treatment: 30-90 min.
- ▶ Prescription: not needed
- ▶ What is it for: Stress, Re-energizing
- ▶ Available: Margitsziget, Hévíz, Aqua, Bük

OTHER BEAUTY SERVICES

Hair dresser, hand and foot care.

- ▶ Available: Margitsziget, Helia, Hévíz, Aqua, Bük, Sárovar

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