

city & spa · spa holidays · wellness & beauty

DANUBIUS HOTELS GROUP

SPA & WELLNESS HOLIDAYS

in Hungary



**DANUBIUS HOTELS
GROUP**

Budapest · Spa Hévíz · Spa Bük · Spa Sárvár

BOOK
danubiushotels.com NOW!

Sport and recreation in *HARMONY*

Danubius Premier Fitness – modern fitness equipment, a variety of exercise classes from Step to Yoga and friendly and helpful fitness trainers to motivate and give personal fitness advice.

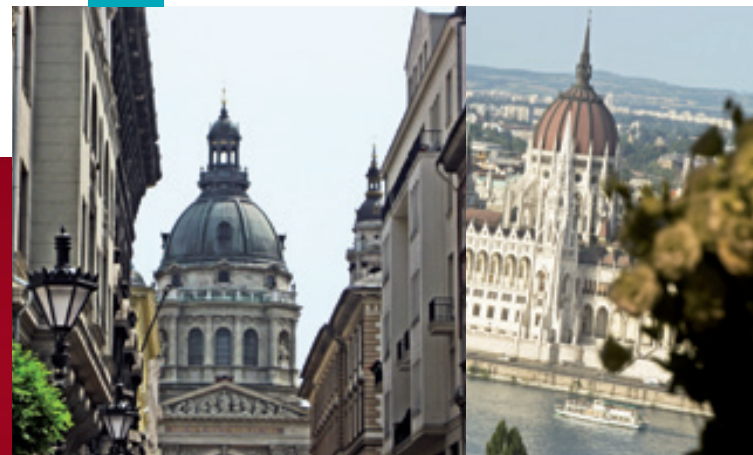
- Wide range of cardio and strength equipment
- Pools and saunas
- Individual training programmes and the latest trends in exercise classes

www.premierfitness.hu

Pampering and luxury

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

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



Capital of spas

Location:

245 km (2-hour drive) from Vienna
160 km (1.5-hour drive) from Bratislava
520 km (5-hour drive) from Prague
2 hours flight from Malmö, Copenhagen, Brussels
2,5 hours flight from London, Oslo, Helsinki, Stockholm, Riga

- Discover Budapest, one of the most romantic cities in the world – the 'Pearl of the Danube'.
- Choose the capital of spas for a city break that eases aches and pains. A staggering 80 natural thermal springs emerge in and around Budapest, feeding a dozen mineral-rich baths.
- Lie back and luxuriate in an original 16th-century Turkish spa. Pay a visit to the renowned Széchenyi, Gellért and Lukács baths.
- Enjoy a warming dip and take advantage of the thermal water's healing power – it is said to alleviate a range of medical problems, from sports injuries to skin complaints.
- Why not book yourself into one of our world-famous spa-and-wellness hotels and indulge in a few days of proper pampering?



Danubius Grand Hotel Margitsziget****superior, BUDAPEST
A TOUCH OF EXCELLENCE



Tel: (+36 1) 889 4700
E-mail: msz.reservation@danubiushotels.com
H-1007 Budapest-Margitsziget

At the heart of a romantic green park on Margaret Island, with a direct connecting passage to the Health Spa Resort Margitsziget.

Close to historical sights and the city-centre shops. The island's original spa hotel, with turn-of-the-century ambience, tradition, style and elegance.

Everything you need to keep fit! Jogging path, tennis courts, rowing boats, bicycles and lidos all on the island. Try out the 4-person family bike!

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



Danubius Health Spa Resort Margitsziget****superior, BUDAPEST
THE SPA ISLAND OF BUDAPEST



Tel: (+36 1) 889 4700
E-mail: msz.reservation@danubiushotels.com
H-1007 Budapest-Margitsziget

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

In the middle of a romantic park on Margaret Island, and surrounded by ancient trees and historical ruins.

A hotel and spa with fantastic pools, thermal baths filled with the natural, mineral-rich, healing waters of Budapest.

Excellent cuisine, delicious healthy menus and one of Europe's top health spas.



Medical spa & prevention

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

Relaxation & wellness:

- Indoor (8 x 8 m, 27-28 °C) and outdoor (6.5 x 12.5 m, 26-27 °C) pools, adventure pool (8 x 4.5 m, 32-34 °C), Jacuzzi, sauna, steam room, aroma cabin, solarium, infra-sauna, sun terrace
- **Danubius Premier Fitness:** 400 m² fitness facility, 35 exercise stations
- 2 aerobic rooms
- **Emporium Hair and Beauty:** facial and body treatments
- Wellness Centre: refreshing and relaxing massages, baths and packs, salt cave

Danubius Health Spa Resort Helia****, BUDAPEST
CITY AND SPA



Medical spa & prevention

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

Relaxation & wellness:

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



Tel: (+36 1) 889 5800
E-mail: helia@danubiushotels.com
H-1133 Budapest, Kárpát utca 62–64.

• A place to mix spa relaxation with a thrilling city break. The hotel boasts a wellness and medical complex, and sits in an ideal position on the bank of the Danube, opposite Margaret Island.

• 15 minutes from the historical city centre of one of Europe's greatest capitals.
• Metro station is just a few steps away from the hotel.

• Relax and recharge! Swim in the large pool and enjoy a breathtaking panorama from the two-storey fitness club.

• Steer clear of the traffic jams! Use the underground station near by or the spacious car park just outside the hotel.

• 26 km from Budapest Airport,
• 9 km from Eastern Railway Station.



Danubius Hotel Gellért, BUDAPEST
ART-NOUVEAU EXTRAVAGANCE – WORLD-FAMOUS SPA



Tel: (+36 1) 889 5500
E-mail: gellert.reservation@danubiushotels.com
H-1111 Budapest, Szent Gellért tér 1.

• Impressive Art-Nouveau building with a rich history, set in a picturesque location on the Danube riverbank, at the foot of Gellért Hill.

• Traditional, welcoming hospitality and attentive service since 1918.

• Shares its premises with the famous Gellért Thermal Baths. Guests have direct access through a private entrance to the city's most beautiful thermal pools.

• Reach the city centre in the fastest way possible! The new Metro 4 station right near the hotel.

• Great business facilities, excellent food in the restaurants and a charming coffee shop serving traditional pastries in a classically elegant setting.



THE GELLÉRT BATH

The famous Gellért Bath and Spa Budapest, connected to the Danubius Hotel Gellért, offers relaxation and recuperation for our hotel guests.

The spa complex

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

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

Wellness services: Refreshing massages, Thai massage, beauty parlour, manicure, pedicure.

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





- Hévíz is a globally renowned spa town just a stone's throw from Lake Balaton (the biggest inland lake in Europe).
- Lake Hévíz with its 4,5 ha watersurface is the world's second-largest natural thermal lake – and the largest that is suitable for bathing.
- The hot springs feeding the lake are rich in sulphur, radon and therapeutic minerals, while mud dredged from the lake bed is used for medical and wellness packs and other rejuvenating treatments.
- Bathe at any time of year – come rain, shine or snow! The water temperature varies between luxurious 33 and 35 °C in summer, while even in the depths of winter it never drops below 23 °C – meaning you can wallow in comfort as the snow falls all around.



Danubius Health Spa Resort Hévíz****superior

TRADITION, EXPERIENCE AND EXPERTISE



Tel: (+36 83) 889 403
E-mail: heviz.reservation@danubiushotels.com
H-8380 Hévíz, Kossuth Lajos utca 9–11.

• Situated in picturesque, green surroundings
 • five-minutes' walk from the largest natural
 • thermal lake in Europe.

• The very first hotel of Hévíz, now completely
 • renovated - over 30 years of tradition and
 • experience in treatments.

• The hotel's own medicinal well - drinking and
 • bathing treatment daily with fresh medicinal
 • water.

• With six different pools providing a bathing
 • experience for both adults and children.
 • Wellness oasis: more than forty pampering
 • treatments – relaxation for body and soul.



Relaxation & wellness:

- Swimming pool (10.3 m x 16.3 m 28 °C), 200m² hydro pool (with hydro effects: Jacuzzi, massage shower, underwater body massage, geyser and waterfalls) with underwater music and in the evenings light effects, Jacuzzi, steam room, biosauna, sauna, log sauna in the garden
- **Danubius Premier Fitness:** fitness room with modern facilities
- Nordic walking, Qi Gong, yoga, aqua fitness, morning and fitness group exercise, hiking, cycling, table-tennis. Nearby tennis courts, football pitch, riding facilities, golf.
- **Emporium Wellness & Beauty:** Clarins facial and body treatments, 20 different wellness massages (Thai, aromatic, relax, lymph drainage, hot stone, footreflex, etc), manicure, pedicure, hairdresser, solarium
- Special wellness treatments: Aphrodite (honey and cream) treatments, wine therapy (whirlpool with red wine and massage with grape-seed oil)

Medical spa & prevention

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



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

Location:

13 km from Balaton-Hévíz Airport,
 190 km from Budapest Airport,
 180 km from Vienna Airport and
 Bratislava Airport.

Danubius Health Spa Resort Aqua****
TOTAL SPA RELAXATION



Medical spa & prevention

- Indoor thermal pool fed by the hotel's own spring water (14 m x 7.5 m, 35 °C), Kneipp tread-basin (from mid April to mid October)
- Therapy Centre with doctors who are specialized in the treatment of rheumatism, locomotor disorders and internal problems
- Wide choice of hydro-, balneo-, mechano- and physiotherapy
- Special treatments: Hévíz mud pack, traction bath
- Dental clinic



Tel: (+36 83) 889 401
E-mail: aqua.reservation@danubiushotels.com
H-8380 Hévíz, Kossuth Lajos utca 13–15.

• The first 'all-inclusive' spa and wellness hotel in Hévíz.

Situated only a five-minutes' walk from the famous thermal lake.

• Pampering and relaxation utilising the lake's mineral-rich thermal water and revitalising mud of the lake.

Choose from an impressive 'all-inclusive' buffet selection that focuses on a healthy lifestyle.



Relaxation & wellness:

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



SPA BÜK - SPA SÁRVÁR



Location - Bükfürdő:

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

Location - Sárvár:

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

➤ Watch the sunset in the distance over the foothills of the Alps – this spa is just 50 km from the Austrian border on the road to Vienna!

➤ One of Central Europe's most celebrated mineral-water springs and the region's most popular spa complex.

➤ A lucky find! The 58 °C thermal spring was discovered by chance when prospectors were drilling for oil in the 1950s.

➤ Go sporting mad! An 18-hole championship golf course, cycling, tennis, squash and many other activities to enjoy.



➤ A charming little town in western Hungary that offers unspoilt nature and energizing thermal springs.

➤ Follow romantic walking trails through Royal Gardens, thick with rich plant life and home to a wide range of animals.

➤ Take a refreshing dip in the town's thermal water, which has healing properties that will make your skin as smooth as silk.

➤ Enjoy a shady stroll among black pines, Japanese acacias and beautiful magnolias in the town's fragrant botanical garden.

Danubius Health Spa Resort Bük****
SERVING UP THE PERFECT HOLIDAY



Tel: (+36 94) 889 400
E-mail: buk.reservation@danubiushotels.com
H-9740 Bük, Európa út 1.

Intimate, all-inclusive hotel in a charming town at the foot of the Alps.

A perfect retreat for guests of all types, whether you are after a gastronomic experience, an outdoors break or some 'wellness' pampering.

Ideal for families with children. While the children are entertained by our trained staff, the adults can relax in the hotel's thermal and adventure pools.

Recharge your batteries with some sport and exercise – play a game of tennis, squash, pool or table tennis, try your hand at mini-golf or bowling, or simply go for a session in the gym.



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

Danubius Health Spa Resort Sárvár****
WHERE NATURE AND HEALING EMBRACE



Tel: (+36 95) 888 400
E-mail: sarvar.reservation@danubiushotels.com
H-9600 Sárvár, Rákóczi utca 1.

Breathtaking flora and lush natural woodland.

Enjoy an array of healing and relaxing treatments in the hotel's spa, fed by Sárvár's thermal water – and ranked among the Royal Spas of Europe.

Stroll in the beautiful 200-year-old arboretum, accessed directly from the hotel's garden.

Bathe in the thermal pool and benefit from the water's exceptional rejuvenating effects. It makes your skin feel wonderfully smooth and years younger.

A perfect place for total relaxation. Medical centre, pools and spacious 'sauna world'; delicious cuisine featuring a selection of healthy menus.



- Relaxation & wellness:**
- Thermal adventure pool (104 m², 30–34 °C) with Jacuzzi, massage showers and underwater jets
 - Sauna 'world' with traditional Finnish sauna, infrared sauna, aroma cabin and steam room
 - Garden, sunbathing area, solarium
 - Danubius Premier Fitness:** fitness studio, gym
 - Bicycles, skittles, table-tennis, badminton and basketball courts, garden chess, pétanque, supervised fitness programmes: aqua aerobics, nordic walking, jogging in the botanical garden, Wai Tan Kung, tree therapy, autogenous training
 - Beauty parlour, pedicure, manicure
 - Wellness Centre: revitalizing and relaxing massages, baths, detox treatments



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



Danubius Healthy Choice

The Danubius Healthy Choice menus and buffet selections offer tempting dishes prepared with quality ingredients. These meals are specially-reduced calorie dishes, low in fat and sugar and based on international, vegetarian, organic and local cuisines.

Healthy breakfast

It is by now common knowledge that it is vital to start the day with a healthy breakfast. This is important not only to recharge our bodies with energy, but a healthy breakfast additionally gives a perfect ‘jump start’ to the metabolism. Nutritionists also recommend complex carbohydrates rich in fibre. This is why our “Healthy Choice” selection contains plenty of cereals and seeds and healthy foods such as organic vegetable juice, organic milk or sprouts.

Light “Healthy Choice” dishes

We offer low sodium and fat dishes as part of our selection. These primarily are comprised of the typical ingredients in a Mediterranean diet, such as olive oil, various types of fruit, vegetables, cereals and, of course, fish. We prefer to use unsaturated fats, for example rapeseed oil, which helps to reduce cholesterol levels. We also recommend you combine this with salad and vegetables.

Salad bar

You can create your own healthy salad from the many vegetables and salads on offer. These not only contain plenty of vitamins, but also have a high mineral content to reinforce the beneficial bifida bacteria in the stomach. In addition, they reduce harmful cholesterol and regulate sugar levels.

We avoid salad dressings containing saturated fats and oils such as mayonnaise, which have been shown to be harmful to one’s health.

Fresh fruit

It is advisable to eat 3 or 4 servings of fruit a day. Fruit fibre not only feeds the ‘useful’ bacteria in the stomach, but helps to reduce high cholesterol levels in the blood. It also contains a high amount of vitamin C, a protective antioxidant.





Discover Danubius brands & products

Classic Collection

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



Working with nature...



A balance of fitness & relaxation



An exciting new beauty & wellness concept

To learn more, visit our websites:

spabreakoffers.com

danubiushotels.com

More Danubius hotels

HUNGARY – Budapest & Countryside

UNITED KINGDOM – London

CZECH REPUBLIC – Mariánské Lázně

SLOVAKIA – Piešťany, Smrdáky

ROMANIA – Sovata



Danubius Hotels Customer Service
and Budapest Reservations Centre

Tel: (+36 1) 889 9999

Fax: (+36 1) 889 4111

E-mail: reservations@danubiushotels.com

More hotels & online booking:

danubiushotels.com

